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St. Margaret (K-9 Spanish program)	403-500-2025
Notre Dame High School	403-242-1801
École Terre des Jeunes (K-6 French)	403-247-2458
Ste-Marguerite-Bourgeoys (s)(K-12 French)	403-240-2007
École de la Rose sauvage (7-12 French)	403-230-3112
St Dominic Fine Arts Elementary	403-500-2058
Queen Elizabeth High	403-777-6789
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Hidden Valley Elementary (K-3 French)	403-777-7236
Dalhousie School (K-5 Spanish Bilingual)	403-777-6030
Valley Creek Middle School (4-9 French)	403-777-7995
Senator Patrick Burns School (6-9 Spanish Bilingual)	403-777-7400
William Aberhart High School (10-12 French Immersion/Spanish Bilingual)	403-289-2551



Playground/School zones

Please note that in Calgary Playground zones are from 7:30 a.m. to 9 p.m., all year around with a speed limit of 30km/h.

SMCA has fielded numerous complaints about speeding thru our Playground/School zones, please slow down to make our community safe for everyone!

To report an ongoing traffic concern, such as speeding issues, please submit a Traffic Service Request at:

<http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx>

-Sarah Meagher-Bromley

SANDSTONE MACEWAN COMMUNITY ASSOCIATION

1100 Bershire Boulevard NW, Calgary, Alberta T3K 3M3
General Inquiries: macsand@macsand.ca • www.macsand.ca

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Community Partnerships	Amanda Turvey	amanda.turvey@calgary.ca

Sandstone/MacEwan Community Association Meetings

are held the 3rd Tuesday of the month
at 7:00PM at the Berkshire Citadel-Sandarac Drive, NW
Everyone is welcome to attend.

3rd Tuesday of Every Month

Meetings will resume September 20, 2016



PRESIDENT'S MESSAGE

Happy Birthday Alberta! Did you know both Alberta and Saskatchewan joined Confederation the same day on September 1, 1905? We were nearly the last to the Confederation party with only Newfoundland/Labrador following March 31, 1949 and the Nunavut Territory April 1, 1999.

You are going to see lots of build up for CANADA 150 over the next several months in anticipation of Canada's big Anniversary next summer! Many of you will have memories of Canada celebrating the 100th Anniversary of Confederation in 1967. Do you recall the song Ca-na-da? How about the Centennial coins? Did you make it to Expo 67 in Montreal, Canada's premiere coming out event on the international stage? What about the Centennial Train that traversed the country? My family had replicas of the birch bark voyageur canoes in our basement for decades.

The SMCA board is hoping to have an event to recognize this milestone next summer and we welcome suggestions or offers to volunteer.

The not so lazy days of summer are sadly behind us and you may be like many who are busily trying to replenish the bank accounts after a summer of camps, vacations, and constantly looking for ways to keep bored kids entertained.

September is an exciting month of new challenges. Kids dressed in their new garb anxiously head into their next grade and navigate their way around new schools, classrooms and of course teachers. Outside of the classrooms, they are busy trying out for their fall/winter activities and hoping they make "that team". Adults come out of their vacation slumber and begin to execute projects and expectations. Recognizing what a hectic time this is, please be cautious when driving through our neighborhoods because despite parents' instructions to their kids about road safety, it doesn't always stick.

I am writing this letter in advance of Sandstock 2016 so you can anticipate hearing all about the event in next month's letter. The SMCA board voted to recognize SMCA's 30th birthday in tandem with Sandstock and I will comment on that later as well.

Thank you to all of you who have either renewed your membership or are brand new community association

members. Those who purchased a three-year membership (\$50.00) will have received a SMCA go mug and those who purchased a one-year membership (\$20.00) should have received two SMCA beverage koozies. Please contact us if you have not received your gift.

Mark your calendars for the SMCA AGM on October 18, 2016 at the Berkshire Citadel Church at 7:00pm.

Please remember to nominate your neighbor! We will choose a lucky neighbor quarterly and recognize them with a gift.

We hit 500 likes on Facebook! A special thanks to Trevor Bacon for his excellent and timely posts as well as keeping our community sign updated. Let's keep that number going so don't forget to like us on Facebook and follow us on Twitter. Check out the website at www.macsand.ca or contact us at macsand@macsand.ca.

Sue Coatham
President
Celebrating 30 years of SMCA



**Sandstone MacEwan Community Association
Annual General Meeting (AGM)
Will be held on;**

**Tuesday, October 18, 2016
At 7:00PM
Berkshire Citadel (Salvation Army)
222 Sandarac Drive N.W.**

All community members welcome!



News from the Friends of Nose Hill

by Anne Burke

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was to control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at calgary.ca/goats.

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effect-

iveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact steven.snell@calgary.ca.

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PREPARING FOR FIRST FLIGHT

On October 31, the new International Terminal at YYC will open its doors to the public. In preparation for this milestone we asked community members to volunteer their time and help us try out the systems in the new facility.

Are you volunteering or know someone who is? Here is what to expect at the International Terminal Trials:

- 

Over **2,500** Calgarians will participate in the trials.
- 

From **curb-to-gate** volunteers will experience everything from: signage, self check-in options, boarding processes and more.
- 

Volunteers include **individuals and groups** of all ages.
- 

Volunteers will get a **sneak peek** of the new shops and services that the International Terminal is proud to host.
- 

Trials are an important part of preparing for opening day. Volunteers will become a part of **aviation history**.

To learn more about the new International Terminal visit yyc.com/waypoints.



Sandstone M^{AC}Ewan Real Estate Update

Last 12 Months SANDSTONE VALLEY MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$409,500.00	\$415,323.00
June 2016	\$464,450.00	\$458,900.00
May 2016	\$399,500.00	\$413,000.00
April 2016	\$459,900.00	\$459,500.00
March 2016	\$455,000.00	\$448,900.00
February 2016	\$470,000.00	\$453,000.00
January 2016	\$369,900.00	\$366,000.00
December 2015	\$439,900.00	\$416,500.00
November 2015	\$459,900.00	\$451,000.00
October 2015	\$549,900.00	\$536,500.00
September 2015	\$429,900.00	\$420,000.00
August 2015	\$569,000.00	\$557,500.00

Last 12 Months M^{AC}EWAN GLEN MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$431,450.00	\$424,500.00
June 2016	\$436,950.00	\$443,500.00
May 2016	\$399,000.00	\$390,500.00
April 2016	\$464,900.00	\$453,000.00
March 2016	\$404,850.00	\$387,500.00
February 2016	\$463,350.00	\$452,500.00
January 2016	\$539,900.00	\$535,000.00
December 2015	\$409,900.00	\$400,000.00
November 2015	\$429,999.00	\$423,500.00
October 2015	\$437,400.00	\$423,000.00
September 2015	\$449,900.00	\$448,000.00
August 2015	\$414,900.00	\$406,000.00

To view the specific SOLD Listings that comprise the above MLS averages please visit sandstone.great-news.ca or macewan_glen.great-news.ca

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Membership Application

Family Name: _____
Address: _____ Postal Code: _____
Phone: _____ Email: _____
Number of Residents: _____ Children's Ages: _____
Date: _____ Signature: _____

May we put you on a list of volunteers? Yes No

Membership Fees are:

\$20 per household per year, or \$50 for a 3 year membership

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Writings about Reading

Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.

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- Ed Bradley, CBS-60 Minutes

Polybutylene (also known as PB or Poly-B) pipe is a flexible, grey pipe that was used in several million homes built from 1970 to the mid-1990s. Due to problems with leaks, Poly-B water pipes are no longer accepted by United States or Canadian building codes and have been the subject of class action lawsuits in both countries. Poly-B fails without warning because it breaks down from the inside of the pipe over time, which can result in sudden catastrophic damage or severe structural damage including mold if a pipe has been leaking for some time without detection. The older the pipe, the more likely it is to fail. Not replacing Poly-B in a home has a 60% probability of failure within 20 years, which further increases over time.

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Coast of the United States to breed in Canada, and even as far north as Alaska.

- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the

back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.

- The Bufflehead is Canada's smallest duck and they can squeeze through holes only eight centimeters wide!
- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

The Tiny but Mighty Bufflehead

Article by J.G. Turner
Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf

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How to get your risk profile right

Suzanne Smith-Demers – Consultant

Every investor fears losing money but if you're feeling panic then your risk profile isn't right.

Of course, investing is about picking securities that will make money, it's also about choosing investments in line with your risk tolerance. Determining your risk tolerance can be difficult but when you get it right, investing will be that much easier. Here's how.

Start with your goals You need to know what you're trying to achieve before you can set your asset mix – in other words, define your financial goals. Age is also a factor, be conscious of how much time you have to cope with market corrections.

Understand real market risk You may feel riskier than you really are when the stock market is producing spectacular gains. But when you experience an episode of market volatility, you get a better understanding of your real risk-tolerance.

Some investors can absorb a 20% loss a year and feel comfortable because they know that markets will eventually recover and rise. Others may panic and sell at a loss.

Define your real risk tolerance The first step is to define your time horizon, is it short-term or long-term? Then define your true comfort level with risk by asking yourself how much you're comfortable potentially losing in the short term. Don't just use percentages – "I'd be okay with losing 10% or 15%." — use dollar terms — "If I have X amount invested, I will be comfortable losing Y amount."

By establishing your correct expectations from day one, you won't panic with inevitable market volatility.

Your professional advisor will have a questionnaire to help you achieve the correct risk profile and investment mix for your situation. Make sure you are talking about what really matters to you, beyond the questionnaire.

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Photograph: www.alamy.com

When A Child Falls Behind:

TIPS FROM A PSYCHOLOGIST
& FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educa-

tional programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.



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Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.


It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.

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



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BUILDING BLOCKS DAYHOME AND TRANSPORT: We are a private family Dayhome offering part and full time childcare as well as transport services to and from schools and other nearby locations. Our home is smoke free and pet free as well as CPR trained. Please contact us for more information. Shamim and Sam 403-455-9861 building.blocks.dayhome@yahoo.ca.

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Animal Trivia

Sharks apparently are the only animals that never get sick. As far as is known, they are immune to every known disease including cancer.

STEP INTO FALL

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



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Greetings Residents,

Safety Reminders for Back to School

Safe driving goes beyond the first week of September, drivers need to exercise caution the rest of the year, too. Have a great school year and drive safely! Visit www.canadasafetycouncil.org/child-safety/safety-reminders-back-school.

Calgary AfterSchool

Trying to figure out what to do with your child once school starts? Calgary AfterSchool offers, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3 p.m. – 6 p.m., when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills. For more information, including a listing of all programs, visit Calgary.ca/AfterSchool.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.



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Website at www.michellerempel.ca

An important change that will significantly impact Canadian democracy is about to happen. The Federal government has announced that it will change the way that we elect our representatives.

At present, when you vote in a federal election, you cast a vote for the person you want to have represent you in Ottawa. The candidate who receives the most votes is then selected to serve our community. They are directly accountable to the electorate in their community for their decisions.

The Federal government is going to change this process.

However, they have not told us how they are going to change the system. Instead, they've indicated that they likely will not let Canadians have a direct say on whatever they propose via referendum.

I'll point out the obvious; any politician will have a self-interest in changing the voting system. As such, I believe that it is highly inappropriate for politicians to change how they are elected without direct approval from Canadians.

My town-hall meeting last May featured a lively discussion on electoral reform and I thank all the participants for their insight and input. But, in order to directly consult with you, all households in my riding will receive a survey from me, with information on this vital topic and asking your own opinion on the subject. When you receive this please return it to me with your comments. You may also complete the survey online at www.michellerempel.ca/survey.

I need your voice and thoughts on this urgent and highly important issue.

You may also contact me directly with your concerns on this vital issue, or any others, by email at: Michelle.Rempel@parl.gc.ca.

Or by mail to: Suite 201, 1318 Centre Street NE, Calgary, Alberta, T2E 2R7. Mailings to M.P. offices are postage free.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women’s Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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