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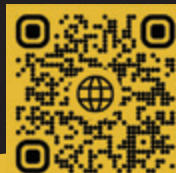


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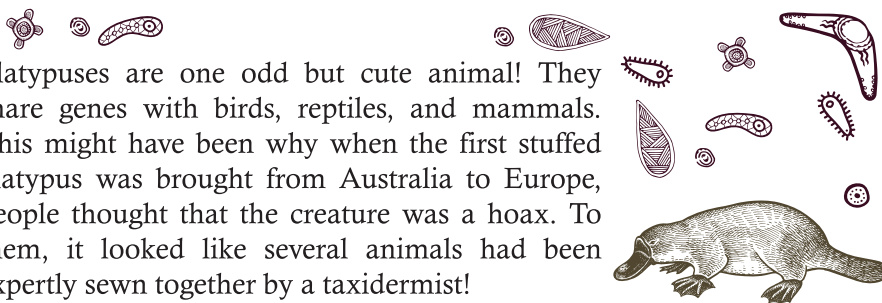
Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

One Odd Animal

Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!



The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

Gentle Intentions

from Alberta Health Services



Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some “gentle intentions.” Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night’s sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



CRIME STATISTICS

Evanston Crime Activity was Down in November 2022

The Evanston community experienced 0 crimes in November 2022, in comparison to 4 crimes the previous month, and 7 crimes in November one year ago. Evanston experiences an average of 7.8 crimes per month. On an annual basis, Evanston experienced a total of 93 crimes as of November 2022, which is up 2% in comparison to 91 crimes as of November 2021. To review the full Evanston Crime report visit evan.mycalgary.com.

How To Report Crime In Evanston: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



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The 'J' is Born!

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.



Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!






Councillor, Ward 2
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 @WynessJennifer @JenniferWyness

Evanston Real Estate Update

Last 12 Months Evanston

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2022	\$ 515,000	\$ 505,000
October 2022	\$ 567,450	\$ 556,250
September 2022	\$ 484,900	\$ 472,000
August 2022	\$ 523,950	\$ 519,194
July 2022	\$ 519,000	\$ 505,000
June 2022	\$ 437,450	\$ 432,500
May 2022	\$ 544,400	\$ 543,450
April 2022	\$ 577,450	\$ 576,250
March 2022	\$ 522,444	\$ 550,000
February 2022	\$ 577,500	\$ 613,750
January 2022	\$ 537,400	\$ 585,200
December 2021	\$ 524,900	\$ 515,100

Last 12 Months Evanston

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	22	15
October 2022	24	30
September 2022	37	32
August 2022	26	22
July 2022	31	37
June 2022	46	42
May 2022	54	50
April 2022	62	66
March 2022	102	90
February 2022	81	56
January 2022	29	26
December 2021	16	23

To view more detailed information that comprise the above
 MLS averages please visit evan.mycalgary.com

Happy New Year Ward 2!

As 2022 wraps up, I would like to wish you and your loved ones a Happy New Year heading into 2023. As Council resumes this week, I want to remind citizens that I am available to be reached by email or by phone, and I look forward to hearing from you on what matters most. Please visit my website to stay up to date on all the latest news.

Traffic Safety Measures in Ward 2

Whether you're walking, biking, or driving, our office is committed to keeping Calgarians safe and on the move, within your communities and on Calgary's road network. By working together, we can improve traffic safety.

I am pleased to share the following Safety and Mobility Improvements confirmed for Ward 2:

Completed:

- Citadel Link and Citadel Hills Gr - Temporary traffic calming curb extension(s) and starburst pedestrian signs
- Hamptons Dr and Hampstead Rd - Temporary traffic calming curb extension(s)
- Nolan Hill Bv and Nolan Hill Av - Marked and signed crosswalk
- Arbour Crest Dr and Arbour Crest CI - Ladder crosswalk pavement markings
- Hawkcliff Ga and Hawkwood Bv - Pedestrian sleeves and ladder crosswalk markings
- Hidden Valley Dr and Shaganappi Tr - New traffic signal

In Progress:

- Evansford Ci/Evanspark Ci and Symons Valley Pkwy - New traffic signal (Jan 2023)
- Nolanridge Co/Nolanridge Cr and Sarcee Tr - New traffic signal (Q2 2023)
- Evanstone Vw and Evansbrooke Link (Kenneth D. Taylor School) - Temporary traffic calming curb extension(s) (Q2 2023)
- Kincora Glen Rd (Concept being developed) - Temporary traffic calming curb treatment (Q2 2023)
- Ranchview Dr and Ranch Estates Dr (Concept being developed) - Temporary traffic calming curb extension(s) (Q2 2023)
- Nolan Hill Bv and Nolancrest Ga - Marked and signed crosswalk (Q2 2023)



MP Calgary Rocky Ridge

Pat Kelly

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✉ pat.kelly@parl.gc.ca

Happy New Year! My hope for you and your family is a happy, healthy, and successful year ahead.

In October 2022, I was honoured to be appointed to the Conservative Shadow Cabinet as Shadow Minister for Prairie Economic Development and as Advisor to our Leader (Economy).

I am also now a member of the National Defence Committee where we are studying Canada's Arctic Security. Experts have testified about the urgent need to modernize NORAD and improve Canada's Arctic defence capabilities. I also recently travelled to Washington, DC where the committee received Arctic defence briefings.

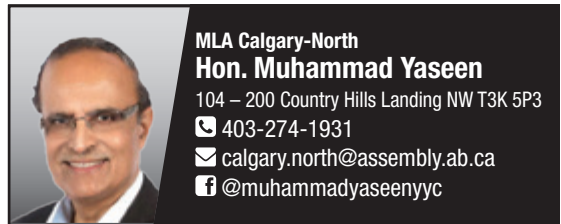
As your voice in Parliament, I take every opportunity to raise concerns about affordability and the important role of Alberta's energy industry in the Canadian economy and in world energy security, including my recent statement on the impact of high energy prices on vulnerable people:

"Mr. Speaker, cold kills, not often by direct exposure, but quietly. People who are stuck in cold homes are more likely to die from high blood pressure and cardiac events resulting from their body's struggle to maintain circulation.

Reports say that 150,000 people will likely die from the cold in Europe this winter due to soaring energy costs amid Putin's murderous war on Ukraine. While Germany restarts its coal-powered plants, the Liberal government continues to block LNG projects and pipelines that could supply the world with affordable cleaner energy.

Thousands of Canadians also cannot afford to heat their homes due to inflation, taxes, and supply constraints. It is time for the government to cut the carbon tax and get out of the way so that Canada can supply the world with affordable energy. Its failure to do so will likely cause some vulnerable people to lose their lives this winter."

You are always welcome to contact my office at 403-282-7980 or pat.kelly@parl.gc.ca.



MLA Calgary-North

Hon. Muhammad Yaseen

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✉ calgary.north@assembly.ab.ca

📱 @muhammadyaseennyc

I want to share with you highlights of the Speech from the Throne by her Honour Lieutenant Governor Salma Lakhani. A detailed copy of her speech can be found at <https://www.alberta.ca/throne-speech.aspx>.

Affordability Measures: Implementing targeted inflation relief and affordability measures to support Albertans; extending the energy price protection and reviewing the electricity pricing system to look at lowering costs for power transmission and distribution; providing support for foodbanks; helping low-income Albertans with the cost of transit; providing additional support and indexing benefits for vulnerable Albertans; and indexing personal income taxes.

Jobs and Economy: Creating conditions to grow industries, business and job opportunities; enhancing trade infrastructure and agreements; reducing barriers to interprovincial trade for agriculture and food production; continued leadership in hydrogen and petrochemicals and development in helium, lithium, liquefied natural gas, geothermal energy, and minerals; providing clear and environmentally responsible direction for developing tourism amenities such as campgrounds, trails, and other attractions; developing strategies to address labour market gaps; and enhanced funding to engage with minority communities and support anti-racism initiatives.

Healthcare: Taking action to improve healthcare delivery and health outcomes; restoring local decision-making closer to point of care and directing more resources to frontline care; improving EMS response times and cutting emergency wait times; improving access to primary care and address staffing challenges; reducing wait times for surgeries; and expanding supports for mental health and addictions, including for schools and families.

Standing Up for Alberta: Defending Alberta's rights under the Canadian Constitution; accessing federal funding to meet Albertans needs, values, and priorities; pushing back against federal programs that create hardships for farmers and ranchers; and developing stronger relationships with other provinces and territories for areas of cooperation and mutual economic prosperity.

Wishing you all a joyous and prosperous new year!

What is Monkeypox?

from Alberta Health Services



Monkeypox is a rare disease caused by the Monkeypox virus. It can infect humans. It's usually mild and most people recover on their own after a few weeks. However, some people can get very sick and even die.

Early symptoms may include:

- Fever
- Chills
- Swollen Lymph Nodes
- Headache
- Muscle Pain
- Joint Pain
- Back Pain
- Exhaustion (Feeling Very Tired)

Most people with Monkeypox infection will get a rash or sores on their hands, feet, mouth, and genitals. The rash can last 14 to 28 days. You can spread Monkeypox to others from the time your symptoms start until the rash goes away and your skin heals.

Who is most at risk?

You're at risk if you have close contact with someone who has Monkeypox (for example, you live with the person or have sexual contact with them). You may be at higher risk of getting very sick if you:



- Have a weak immune system
- Are under 18 years old
- Are pregnant

How does it spread?



Monkeypox spreads through close contact with someone who has Monkeypox. It may also spread if you have contact with bedding, sheets, or clothing that touches the rash and has virus on it. The virus enters the body through broken skin or your eyes, nose, or mouth.

How can I prevent Monkeypox from spreading?



- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Don't touch your face, nose, or mouth with unwashed hands.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you're sick or have skin sores.
- Practice safer sex (use condoms or other barriers against skin-to-skin contact).
- Avoid close contact with people who have Monkeypox and their clothing, towels, or bedding.

Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.

SAFE & SOUND

Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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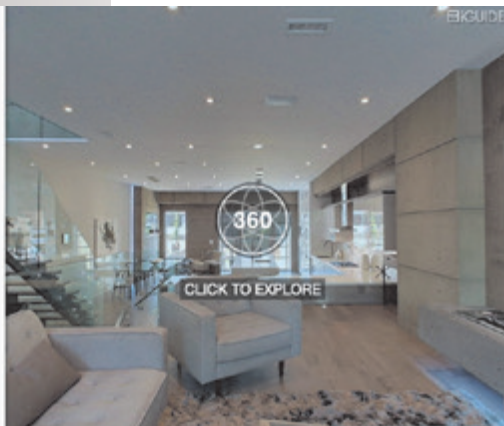
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Year of the Rabbit

2023

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What's your move for 2023?



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