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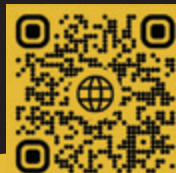


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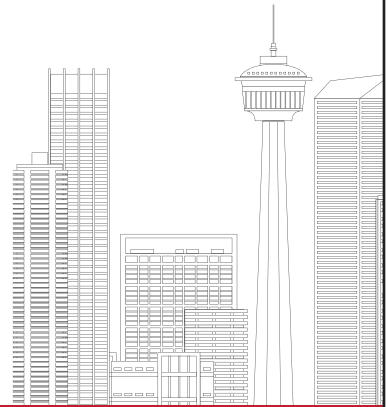


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**News, Events,  
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## Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

## The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



## Evanspark Boulevard: Safety Update

by Mike Stiles, ECCA Safety

Concerns have popped up again regarding Evanspark Blvd at the gate and SVPW. We will continue to work with the Ward 2 office and advocate for better material coverage and a sign posted to warn drivers of the dangers that this hill shows us yearly, not to mention the waste of money replanting the same trees every spring.

While we work on this, I ask you all to contact 311 via phone or the app to request gravel at this location and any other locations in our community. More calls for service equal more attention to our community. If no one calls, the City assumes Evanston doesn't need anything.

## Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



## St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
  - a. Canada
  - b. Ireland
  - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
  - a. Snakes
  - b. Rats
  - c. Witches
3. What colour is worn on St. Patrick's Day?
  - a. Blue
  - b. Red
  - c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

SCAN THE QR CODE  
FOR THE ANSWERS!





# Ride the Wave of Daylight Savings

*from Alberta Health Services*

The daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or 'internal clock' that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change.

**Here are some things you can do to adapt as we 'spring' forward in time:**

**Sleep Soundly:** We need between seven to nine hours of restful sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

**Physical Activity:** Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

**Routine:** Keeping ourselves in check with our regular daily activities is important. It can promote a sense of organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

**Involvement:** Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



**Nourishment:** Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those that you truly enjoy. It is all about balance!

**Giving Back:** People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands, shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to jive and thrive with change!



## Heritage Stories: Have You Ever Been to Rouleauville?

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to *Heritage Inspires YYC*

If you've wandered the avenues of Calgary's historic community of Mission, you most certainly have visited what was once the Village of Rouleauville. Mission Notre Dame de la Paix (Our Lady of the Peace) was founded in 1875 by French-Catholic Oblate missionaries and relocated to a peaceful spot along the Elbow River. In 1884, Father Albert Lacombe oversaw the subdivision of a two quarter-section block of land with the intent of establishing a Roman Catholic Francophone settlement south of Calgary. A sandstone church was built in 1889, later to become St. Mary's Cathedral when the Diocese of Calgary was created in 1912. The current Cathedral opened in 1957.

In 1885, the Sacred Heart Convent was established, along with the first Francophone Catholic education system in southern Alberta, helped by Supreme Court Justice Charles Rouleau. Around 1887, Dr. Édouard Rouleau, Charles' brother, moved to an 1885 Queen Anne Revival house, now known as the Rouleau House, and became medical chief of staff when Holy Cross Hospital was founded by the Grey Nuns in 1892. A year after Édouard purchased the home, he had it moved two lots over to 114 St. Joseph's Street (now 18 Ave SW) and extended. The charming home featured a simple gable-fronted structure, tall bay windows, and ornamental fretwork with a kitchen at the rear. The home was sold in 1905 and continued to function as a private residence, and at times a boarding house. It survived a fire in 1950, then was slated for demolition in 2003. Thanks to public outcry, the home was saved and moved again in 2005 onto a new foundation at 1880 1 St SW. It is adjacent to St Mary's Parish Hall, once a railway station, and now home to Alberta Ballet. The Canadian Northern Railway Bridge and tracks are still visible at the rear. Restoration began in the spring of 2019 and in September of 2020, it was designated a Municipal Heritage Resource. Rouleau House is the oldest surviving building in Calgary's historic Mission district.



*Holy Cross Hospital (CPL Postcards from the Past)*



*Rouleau House (CHI 2021)*



*St. Mary's Church 1908-10  
(CPL Postcards from the Past)*



*Sacred Heart Convent ca 1894  
(CPL Postcards from the Past)*



*St. Mary's Parish Hall CNR Station  
(CHI 2017)*



*St. Mary's Parish Hall  
(CHI 2019)*

## The Children of Weather

by Ananya Mirok, Grade 5

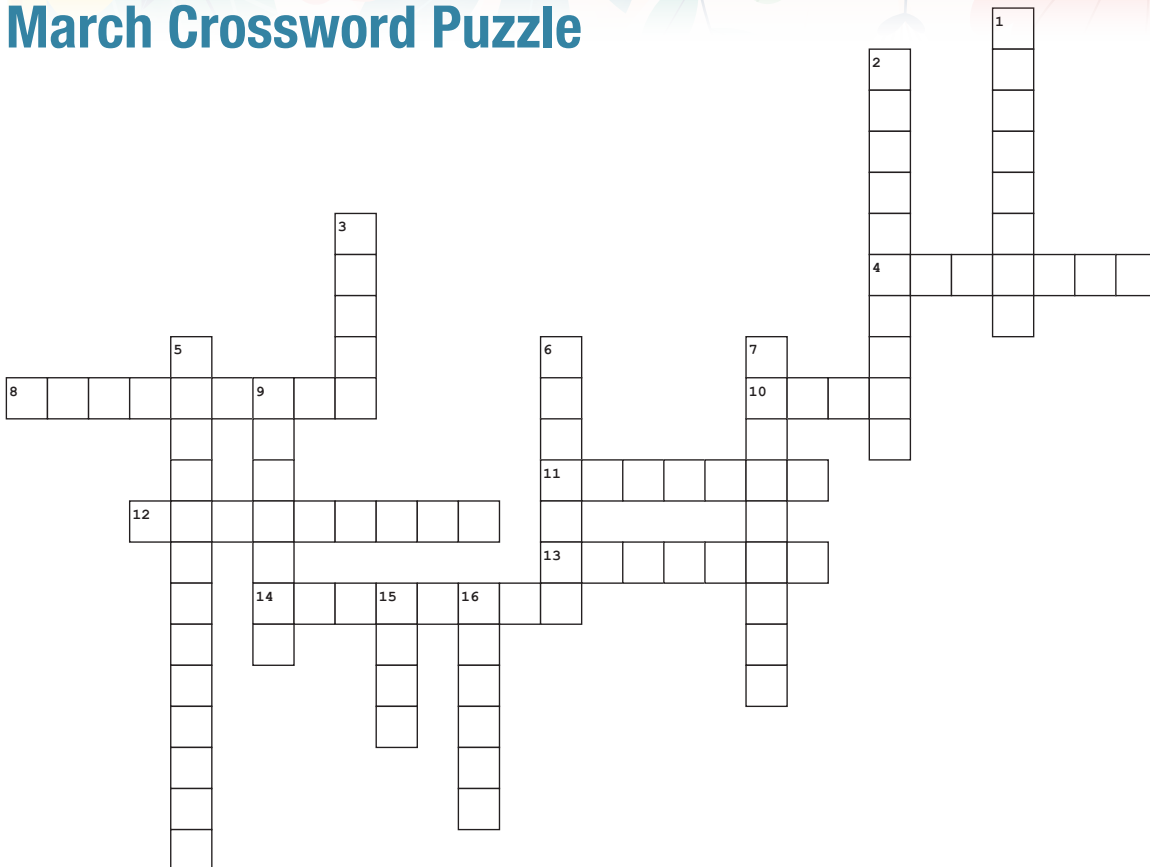


Icicles are like shards of glass growing on the windowpane  
Wind whirls around it as it goes  
Trees put on its coat of snow  
The pine dances in the air  
Doing the waltz with the snow  
The frost lands lightly on the hill  
Chilly wind sways the trees and bends the leaves  
Sparks of snow, fall so bright  
Glittering even in the night  
The only colour is grey and white  
Throughout the day and in the night

The snow is now melting  
Frost is all gone  
Ice is slipping off the bark  
And now it's dawn  
Sprouts and beans are growing now  
The butterflies are flying around  
Petals are growing but not here yet  
People are planting, knees on the ground  
Seedlings are hatching, growing right now  
Caterpillars are crawling around  
Eating every leave in sight  
With the butterflies in the sky  
They wish they could take to flight

Petals in the sky  
Blossoms in my eye  
Day as bright as light  
As well as in the night  
Sky as blue as the sea  
But is lighter than thee  
Birds are coming back  
And that is a fact  
In the warmth and light  
The sun comes very bright  
At the beach we play  
In the hotness of the day  
Greenest grass in all the land  
Same with the trees and leaves  
Summer is coming to an end  
That means school will start again  
  
The smell of apple pie walks through the air  
Filling our nostrils with the scent of cinnamon  
We see streaks of colour hitting the ground  
All the leaves floating around  
Autumn is leaving us once more  
Winter is now walking through the door

# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**







## Personal Safety When Walking

*A message from the Federation of Calgary Communities*



- Tell someone where you are going, which route you are taking, and when you will be back.
- Be aware of your surroundings. Notice everything that goes on near you and particularly in front of you.
- The earlier you notice a possible problem, the greater chance you have of dealing with it.
- Listen to your instincts. Something that doesn't look or seem right will probably cause a problem – so, if you notice something like this, move yourself away from it as quickly as possible.
- Walk facing the traffic.
- Walk near the curb unless cars are parked on the street. Stay away from shrubbery, darkened doorways, and alleys where an assailant can be hiding.
- Never assume parked cars are empty.
- Avoid using headphones - you might not hear trouble approaching. If you use headphones, it is

recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.

- Be wary of casual requests from strangers (someone asking for directions, a cigarette, or change – they could have ulterior motives).
- Be alert. Look over your shoulder once in a while.
- Never accept rides with strangers.
- If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.
- Enjoy your walk, but always remain aware of your surroundings.

### **If you suspect that you are being followed by a pedestrian:**

- Cross the street.
- Don't try to figure out if someone is following you by turning down an alley or dark side street.
- If you know you are being followed, go directly to the nearest well-lighted business and call the police.

### **If you are being followed by a vehicle:**

- Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.
- Get the license number and write it down.
- Never try to outrun a vehicle. Change directions whenever possible. You can make a U-turn faster than a vehicle.
- Seek help at a place of business.

### *The Boiling Lake*



The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!

### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

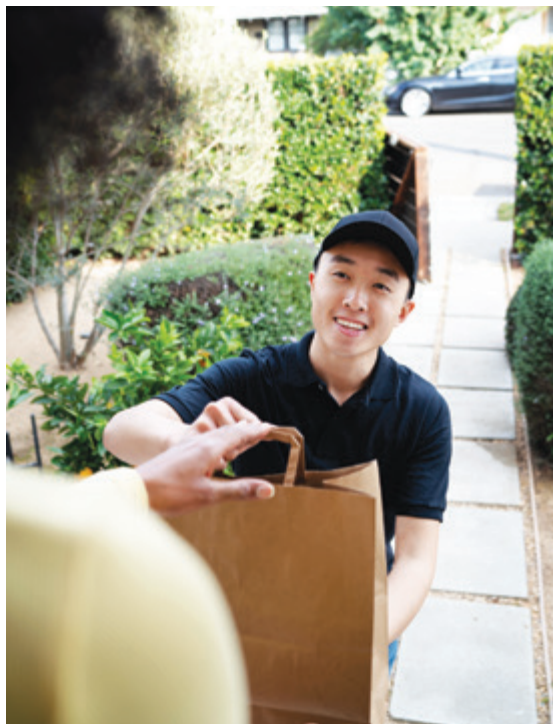
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





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