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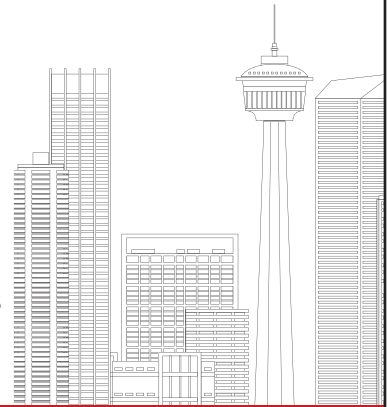


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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

Cats, Canines, & Critters of Calgary

Baloo and Walter, *Springbank Hill*

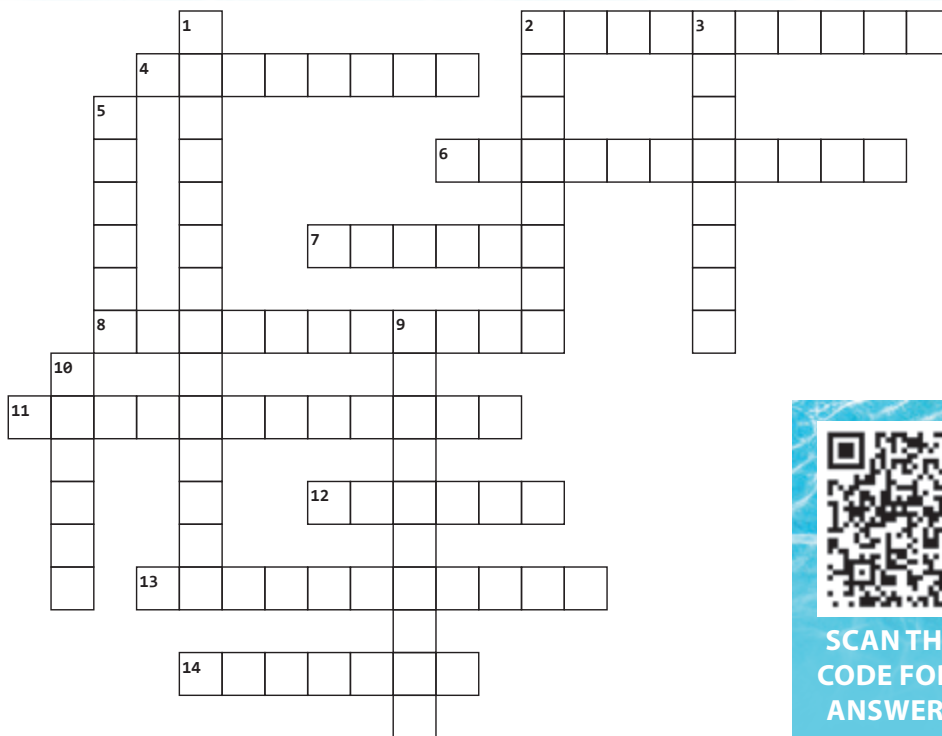
JC Cat, *Evanston*

Pepper, *Evergreen*

Tuxedo Joe, *Cranston*

To have your pet featured, email news@mycalgary.com

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

101 Ways to Reduce Stress

by Nancy Bergeron R. Psych | info@nancybergeron.ca

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

Have Your Own Reasons for Healthier Eating

from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- **Short-term goals:** You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- **Update your goals:** It will help you stay motivated if you track your progress and update your goals as you move forward.



Tips for Setting Goals:

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **As soon as you reach a goal, set a new one.**

Stay Away from Cyanobacteria (Blue-Green Algae)

from Alberta Health Services

Cyanobacteria (also referred to as blue-green algae) is a type of bacteria found in many lakes, ponds, and reservoirs. Cyanobacteria can multiply a lot in the summer, causing extensive growths called blooms. The blooms cause scum on the surface of water and can be blue-green or greenish-brown and often smell musty or grassy.

Some bloom-forming types of cyanobacteria produce toxins. When toxic blooms die and decay, toxic chemicals may be released into the water. Some toxins can be in the water at low levels for many months after a bloom forms. Some blooms are so bad that they cause livestock deaths. Some blooms don't contain toxins, but you can't tell if a bloom is harmful or not from how it looks. If you see a bloom, always take precautions as if it is toxic.

How does cyanobacteria affect human health?

Children might be more at risk for getting sick from cyanobacteria because they often spend more time in the water and may swallow contaminated water by accident.

If you have contact (e.g., swimming, boating) with water containing cyanobacteria, you may experience:

- Skin irritation and rash
- Sore throat
- Sore, red eyes
- Swelling of the lips
- Hay fever symptoms (e.g., stuffy nose)

If you drink water containing cyanobacteria, you may experience:

- Headache
- Diarrhea
- Weakness
- Liver damage
- Fever (temperature more than 38.5°C or 101.3°F)
- Nausea and vomiting
- Muscle and joint pain
- Stomach cramps

Treat all cyanobacteria blooms with caution. Call Health Link at 811 if you have been in contact with water that has a cyanobacteria bloom and are having symptoms.



How does cyanobacteria affect livestock and pets?

Lakes contaminated with cyanobacteria can be deadly if toxins are present. Some illnesses and deaths of livestock and wildlife have been linked to animals drinking water containing cyanobacteria. Keep animals away from natural water sources that contain cyanobacteria blooms because animals aren't concerned about how water looks or smells before they drink it. Don't let animals eat whole fish or trimmings (any waste from filleting a fish including the head, bones, intestines, or skin) from affected lakes.

What about watering my vegetable garden?

Don't use water with cyanobacteria to water edible plants (especially plants with edible parts exposed to the ground surface, such as cabbage, lettuce, tomatoes, and other salad vegetables). It is not known if fruits and vegetables absorb toxins from contaminated water.

Is it safe to cook with water that might contain cyanobacteria?

Boiling water doesn't remove cyanobacteria toxins. Don't cook with water that might contain cyanobacteria.

What else do I need to think about?

- Treat any cyanobacteria bloom as if it is contaminated.
- Don't swim or wade in water with scum on the surface.
- Don't drink water if it might be contaminated with cyanobacteria.
- Have another source of drinking water for pets and livestock.
- If you see a bloom or have questions about cyanobacteria, call Environmental Public Health at 1-833-476-4743.
- Call Health Link at 811 if you have been in contact with contaminated water and have any of the symptoms listed above.
- Call a vet if your pet has been in contact with contaminated water.

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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How to Spot a Credit Check Scam When Apartment Shopping

from the Better Business Bureau

Moving this summer? Watch out for a new twist on fake rental ads. According to multiple BBB Scam Tracker reports, scammers use fake tenant credit checks to trick potential renters into compromising sensitive personal information.

How the Scam Works

You find a good deal on an apartment while browsing rental listings online. When you call the number to inquire, the owner asks you to complete a credit check before you can see the place. If you agree, they'll send you a link to a website where you can get the credit check done.

The website may look professional, but it's all part of a scam. After you enter your sensitive information and pay for the credit check, the "landlord" will disappear. Your credit card information could be compromised, and you could even be at risk for identity theft.

One consumer reported the following experience: "I gave my name, address, and social security number to obtain my credit score from this website. I was asked to take a screenshot of my score and send it to the same address that emailed me the link. Afterward, I was sent an email with a showing time, but the house number was not listed on this email or on the listing on Craigslist." Afterward, the consumer was unable to reach anyone about the apartment. Their calls and emails went unanswered.

How to Avoid Credit Check Rental Scams

Be wary of lower-than-usual prices. If the rent for an apartment is well below the going market rate, consider it a red flag. Scammers love to draw people in with claims that sound too good to be true.

Do some research. Search the listing online, as well as the associated phone number and email address. If you find another listing for the same property in a different city, you've spotted a scam. Reverse image searches can be helpful, too, as can searching the alleged landlord's name along with the word "scam." These searches only take a few minutes and are well worth the effort.

Always see the property in person. Many rental scams involve listings for properties that don't exist. Something is fishy if the renter refuses to let you know where the apartment is before you complete a credit check or pay them a deposit. Be wary, too, if you are given the address of a home with a "for sale sign" in the yard. You might not be in contact with the actual owners.

Verify the property owner's information. Contact a licensed real estate agent to see who owns a property or check the property appraiser's website. Ask the landlord for a copy of their ID to verify that they are who they claim to be before you offer up sensitive personal information like your social security number for a credit check. If the landlord refuses or gets upset, you could be dealing with a scammer.

Be cautious about credit check websites. If you need a credit check, always use reputable sources, such as those recommended by the Financial Consumer Agency of Canada.

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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CODE FOR THE
ANSWERS!



Evanston Real Estate Update

Last 12 Months Evanston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 23	\$619,900	\$630,000
May 23	\$578,350	\$600,500
April 23	\$549,900	\$560,000
March 23	\$539,900	\$545,000
February 23	\$553,950	\$560,000
January 23	\$367,450	\$369,950
December 22	\$529,950	\$518,500
November 22	\$519,950	\$510,000
October 22	\$567,450	\$556,250
September 22	\$484,900	\$472,000
August 22	\$523,950	\$519,194
July 22	\$519,000	\$505,000

Last 12 Months Evanston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 23	43	31
May 23	41	44
April 23	32	43
March 23	47	31
February 23	22	16
January 23	17	18
December 22	12	14
November 22	20	16
October 22	22	30
September 22	35	32
August 22	26	22
July 22	31	37

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

CRIME STATISTICS



Evanston Crime Activity was Down in June 2023

The Evanston community experienced 1 crime in June 2023, in comparison to 3 crimes the previous month, and 7 crimes in June one year ago. Evanston experiences an average of 6.5 crimes per month. On an annual basis, Evanston experienced a total of 78 crimes as of June 2023, which is down 34% in comparison to 119 crimes as of June 2022. 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.

BRAIN GAMES SUDOKU


			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

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Parks Wayfinder: Discover Calgary Parks

Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit <https://maps.calgary.ca/ParksWayfinder/> to learn more.

When it Roars, Stay Indoors

Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

Four-Legged Friends Seeking Homes

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

Announcing Alberta's New Cabinet: On June 9, Premier Smith swore in Alberta's new cabinet. Cabinet will work collaboratively to accomplish the goals Albertans voted for, including continuing to grow and diversify the economy, keeping life affordable, reforming the health care system, tackling crime, providing help for those struggling, and defending Alberta's interests. I have been appointed Minister of Immigration and Multiculturalism and look forward to serving Albertans in my new role.

Fuel Tax: Alberta Government has extended the provincial fuel tax relief program to the end of the year. To learn more, visit <https://www.alberta.ca/release.cfm?xID=885154C375949-B22A-8D82-8D4BBF727B888A3E>.

Stampede: I want to thank all those who invited me to events during stampede and throughout the summer. I had a lot of fun and met so many incredible people. These events cannot happen without the tremendous help of volunteers who make it possible. Kudos to all of you!

Thank You: I am very thankful to you for your trust and confidence in re-electing me as your MLA. I am very much looking forward to continuing to serve the residents of Calgary-North. Please do not hesitate to reach out to me at any time should you need assistance.

Wishing you a relaxing summer!



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Prior to the summer adjournment I raised questions in the House of Commons about the high cost of living and the impact of interest rate increases on homeowners with mortgages, and on those who want to buy their first home.

Many homeowners are concerned about the impact of high interest rates on monthly budgets when their mortgages renew. The cost of government is driving up the cost of living and pushing up interest rates. Persistent deficits, which began well before the COVID crisis, contribute to inflation, which causes interest rates to go up, resulting in higher payments.

Many young Canadians are giving up on the dream of homeownership, and renting is increasingly unaffordable. I urged the government to reign in its spending to get inflation and interest rates under control, and to stop blocking energy infrastructure projects to preserve and create high paying jobs in Alberta.

The government has also made necessities like fuel, food, and home heating more expensive with a significant increase to the carbon tax on April 1, and the introduction of a second carbon tax (clean fuel regulation) which came into effect on July 1. I repeatedly asked the government to stop raising taxes that increase the price of basic necessities and disproportionately impact the vulnerable.

I worked on two Parliamentary reports recently tabled in the House of Commons. The Defence committee tabled “Cyber Defence of Canada”, and the Access to Information Privacy and Ethics committee tabled “The State of Access to Information in Canada”. Both reports contain important recommendations that I hope the government will act upon.

I have enjoyed spending time with people at community events this summer. If you would like me to participate in an event, please contact my office with the details, and I will be pleased to attend if my schedule allows.



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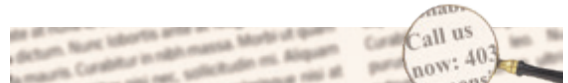
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