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Girl Guides

Everything she wants to be.

AURORA SKY DISTRICT

(Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)

New Aurora Sky District Crest

Formerly known as Nitanisak District, we changed our name to better reflect Girl Guides of Canada's commitment to Truth and Reconciliation.

Aurora Sky District serves the communities of Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill.

Aurora is a mystical and romantic name that means "dawn" in Latin. An aurora also refers to a natural light display in Earth's sky called the aurora borealis, or northern lights, visible only in high-latitude regions like the north and south poles.

Being one of the most northern districts in Calgary, when the conditions are right, we are able to see the polar lights in the northern night sky during the summer.

Camp Skills Day

We were very fortunate to have beautiful weather on our inaugural District Camp Skills Day on April 29. We were also very lucky to have a great venue at Charles Butler Memorial Park just north of the city. Being that our district is on the north edge of town, it made for very easy access. We had 97 girls attend the event. The stations were run by the older girls for the younger girls, a wonderful way for older girls to show leadership and teach skills to the younger ones.

Activities included tent setup, making fire starters, creating their own camp snack, and Camp Jeopardy. At lunchtime, one of the highlights was an impromptu gathering of 50 girls or so all around the parachute. This was all rounded out with a traditional campfire – an actual fire (despite the wind) and singing songs around it.

With all of the fun that was had, we will definitely be holding this event in future years.





EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

EvanstonCreekside | **ECCA**
Community Association

PO Box 47059 20 – 12192 Symons Valley Road NW,
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Communication	Vacant
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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.

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Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



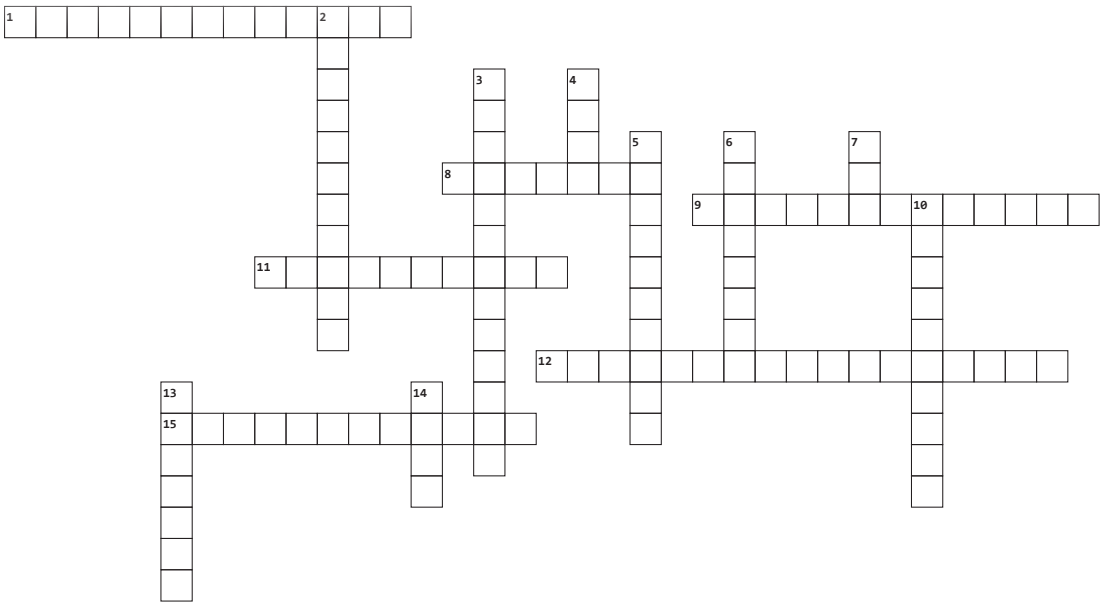
Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!





June Crossword Puzzle



Across

- 1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- 8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- 9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- 11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- 12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- 15. This Calgary landmark was opened to the public on June 30, 1968.

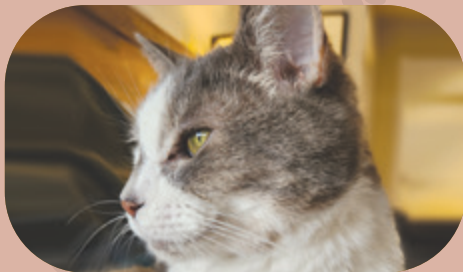
Down

- 2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
- 3. 43 years ago, this NHL hockey team relocated to Calgary.
- 4. The month of June is named after this Roman goddess.
- 5. In North America, National _____ Day is celebrated on June 8.
- 6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- 7. The first Friday after Father's Day is National Take Your _____ to Work Day.
- 10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- 13. This European country experiences the longest summer solstice due to its geographical location.
- 14. The official Father's Day flower.

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



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GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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FOR THE ANSWERS!



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How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar

with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at BBB.org.



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Backyard Play Safety

from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

Load up on Legumes for Lunch

from Alberta Health Services



Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas, and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron, and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal Ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes, and carrots. Add them to rinsed, drained canned chickpeas.
2. Toss with a dressing made of vegetable oil, vinegar, or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/2 tsp. coarse black pepper
- 3/4 cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- 1/2 pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than 3/4 inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



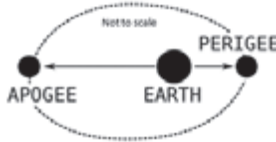
Bon Appétit!



RESIDENT PERSPECTIVES

Stargazing with Pat J: Why Don't We Have a Supermoon Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



The Moon's orbit around Earth is oval shaped with the Earth offset slightly to one side.

Because of this, our distance from the Moon varies from about 360,000 kms when it is closest to Earth (perigee) and 400,000 kms when it is furthest away (apogee).

A full Moon takes place when the Earth is directly between the Moon and the sun.

If it occurs when the Moon is at 100% perigee (absolute closest point to Earth), this is a true Supermoon and can make the Moon appear 14% larger and 30% brighter than if it were to happen when the Moon was at apogee.

Unfortunately, a true Supermoon is a very rare event. The last one took place on January 15, 1930, and won't happen again until December 6, 2052.

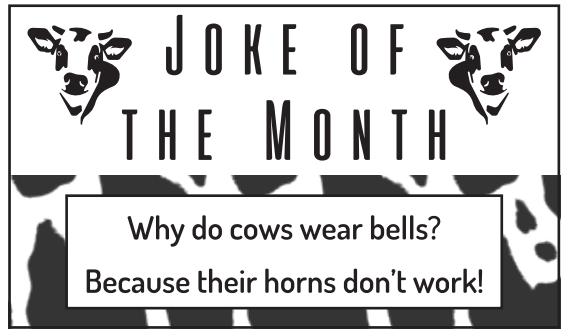
In 1979, an astrologer named Richard Nolle felt 122 years was just too long to wait, so he put forward the idea that whenever a full Moon occurs at 90% perigee or greater, that too should count as a Supermoon. Why Richard chose 90% as his cut off, is unclear.

2023 will have four of these 90% Supermoons, occurring on July 3, August 1, August 31, and September 29.

Incidentally, 2023 has 13 full Moons instead of 12, something that only occurs every two to three years. That extra full Moon, which falls on August 31, is called a 'Blue Moon.'

Traditionally speaking, a 'Blue Moon' is the third full Moon of an astronomical season containing four full Moons. No, it won't be blue.

Because they will not be as close to Earth as the genuine article, the 2023 Supermoons will appear only 7 to 10% larger than a regular full Moon.



BRAIN GAMES SUDOKU

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

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Evanston Real Estate Update

Last 12 Months Evanston

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$549,900	\$560,000
March 2023	\$539,900	\$545,000
February 2023	\$553,950	\$560,000
January 2023	\$367,450	\$369,950
December 2022	\$529,950	\$518,500
November 2022	\$519,950	\$510,000
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

Last 12 Months Evanston

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	33	43
March 2023	47	31
February 2023	22	16
January 2023	17	18
December 2022	12	14
November 2022	21	16
October 2022	22	30
September 2022	35	32
August 2022	26	22
July 2022	31	37
June 2022	46	42
May 2022	54	50

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

✓ CHECKLIST

9 PM ROUTINE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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This Stampede, stay safe and have fun!

Sometimes, the best way to avoid the crowds and enjoy the Stampede is by using taxis and rideshare apps like Uber. Here are some things you can do to stay safe while having a good time.

Passengers should make some checks before they get into any vehicle, during Stampede and throughout the year. Apps like Uber provide a photo of the driver, the licence plate number, the make/model of the vehicle, and GPS tracking. If you're hailing a taxi, make sure to check that the driver and vehicle are both licensed. A taxi plate verifies these on the car's rear bumper, and the driver's ID must be posted in a visible location. Also, make sure to take note of the taxi number, company, and colour of the vehicle. For more information and safety tips, visit calgary.ca/taxi.

Preparing Your Property for Rain

Along with warm weather, Calgary summers can also bring heavy rainfall. Here are some tips to help you prepare:

- Be sure to clean out eavestroughs, downspouts, and any storm drains near your house.
- Extend downspouts away from your home. Direct them onto your garden or lawn so the water can soak into the ground.
- If you have a swale on your property, remove yard debris to ensure water flow.
- If you have a sump pump, check to make sure it's working. Consider adding a circuit breaker alarm to the pump to notify you if the power supply is lost.

During intense rainfalls, storm drains can become overwhelmed and may take time to drain. If you see water pooling around storm drains and it hasn't drained within 90 minutes, take a photo and submit it at calgary.ca/stormdrains. If immediate safety is a concern or water is entering a building, call 311.





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Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

For over 25 years, *Shibley & Company* has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service.

219, 8120 Beddington Blvd. NW, Calgary T3K 2A8
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