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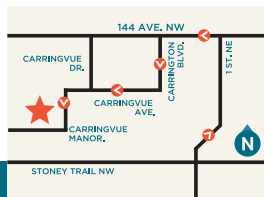
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# EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION



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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.

## GAMES & PUZZLES

### Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.

SCAN THE QR CODE  
FOR THE ANSWERS!







## AURORA SKY DISTRICT

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

It is sometimes hard to write an article six weeks in advance of the article being published but here goes.

In late April, our entire district will be attending a District Camp Skills Day at Charles Butler Memorial Park just north of the city. The older girls (Pathfinders, Rangers, third year Guides) will be running the stations, and the younger girls (Sparks, Embers, younger Guides) will be participating. We will have stations like First Aid, Fire Safety, Outdoor Cooking, and Campsite Safety and Preparation. We will end the day with a campfire and singalong.

Our units have also been very busy selling our Girl Guide cookies – the classic ones with a row of chocolate and a row of vanilla. The price of a box of cookies is now \$6 this year – the first price raise in 10 years. We really do appreciate every single box of cookies that you buy. Selling Girl Guide cookies is our main fundraiser every year.

Thank you for all of your support of your local Girl Guides. If you'd like to become a leader, see below.

Join our valued team of volunteers. Find out more at [www.girlguides.ca/volunteer](http://www.girlguides.ca/volunteer) or email the District Commissioner Aurora Sky at [anycalgaryaurorasky@girlguides.ca](mailto:anycalgaryaurorasky@girlguides.ca).



### Limit Sugar for a Sweet Smile

from Alberta Health Services

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity, and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture, and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavored drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

#### Here are some tips to limit added sugar for healthy teeth and overall health:

##### At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice, and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

##### When cooking and baking:

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses, and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon, or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

##### At home and when eating away from home:

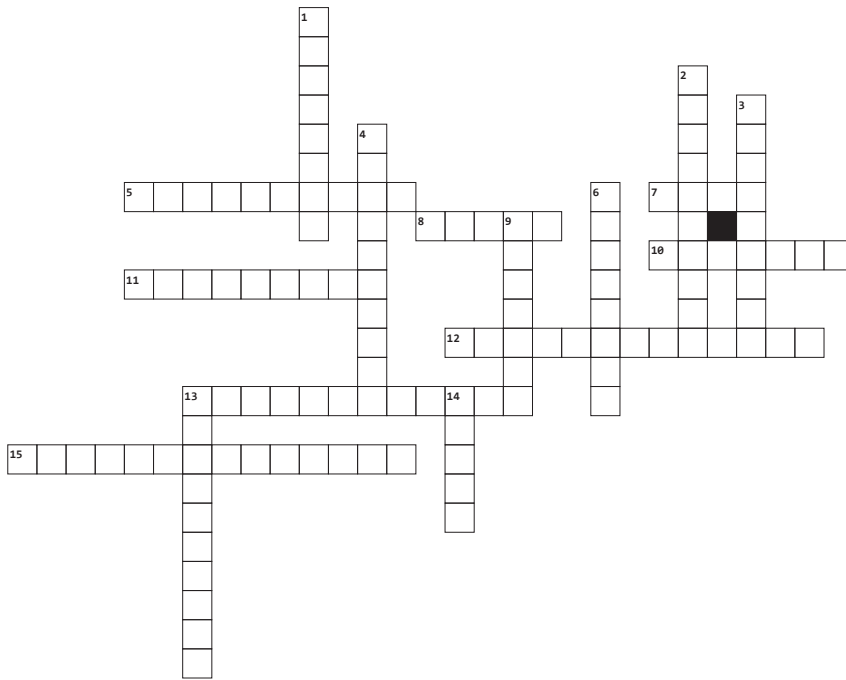
- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees.
- When choosing a snack, pick vegetables or fruits that do not contain added sugar.

Learn more at [ahs.ca](http://ahs.ca) by searching "all about sugar."





# May Crossword Puzzle



## Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World \_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

## Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_'s theory of general relativity.
9. Canada's first \_\_\_\_\_ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of \_\_\_\_\_ was taken.

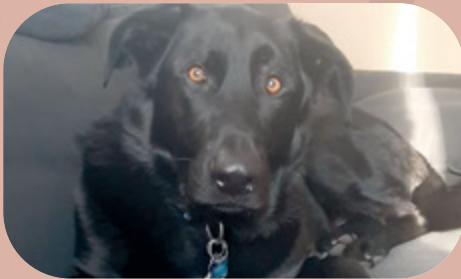
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# Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

**Prep Time:** 20 minutes

**Cook Time:** 8 minutes

**Servings:** 4

**Ingredients:**

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

**Directions:**

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!





# Join the Conversation About the Future of Calgary's River Valleys

from the City of Calgary



Calgary's river valleys are essential to our city; they're at the core of our city's identity and its appeal as a place to live, play, and do business. Making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

We are now updating Calgary's River Valleys Plan, which will provide guidance for decisions about how we plan, develop, and build in the floodplain. This is an opportunity for all Calgarians to voice what is important about our river valleys to ensure that those values shape approaches to development, recreation, natural space, and flood hazard planning.

Early engagement takes place from April 27 to June 5, focused on clarifying priorities and values for our river valley communities. Participate in the conversation at [calgary.ca/RiverValleys](http://calgary.ca/RiverValleys).



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# Hen-Keeping is Even More Than it's Cracked Up to Be

from the City of Calgary



To Chris Huston, a City of Calgary employee, hen-keeping started as an interest in sustainability that developed into a passion for animals, his community, and cooking. "Each one of the hens has its own distinct personality," he said with a smile.

Huston participated in Calgary's urban hen-keeping pilot program last year and has made countless omelettes since last spring. "Collecting the eggs from the nests will never get old. We even invite the neighbours and their kids to visit the chickens and feed them," said Huston.

Before Huston built his coop, he talked to his neighbours; they were concerned they'd be woken first thing by a rooster. That is a common misconception about hen-keeping, but roosters are not permitted under the Responsible Pet Ownership bylaw, meaning nobody will be subjected to early morning 'cock-a-doodle-doo's' because hens are female chickens, and they are more polite neighbours than roosters.

Aside from producing eggs, Huston's hens, Tia and Tamera, have kept him busy with their home renovations: Pollo Palace, his coop, has had many additions since it was initially built. "I know my place in the pecking order," Huston joked. While his tone is jovial, the point is clear: hen-keeping is an ongoing responsibility that requires your attention and effort to keep them happy and safe.

If you're interested in hen-keeping, the City of Calgary is re-opening the program this year, and an unlimited number of licences are available from spring to fall. Visit us at [calgary.ca/pets/licences/urban-hens](http://calgary.ca/pets/licences/urban-hens) to learn more.

## Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

### What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

### Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca).





# JASON LUAN

## for Calgary-Foothills

### UCP Candidate

**It's a privilege to serve you as your MLA. Here is what we have accomplished together and our future goals:**

#### LOCAL ACCOMPLISHMENTS

- ✓ Fully funded new K-9 school in Nolan Hill
- ✓ Middle school in Evanston
- ✓ Multi-year funding for Crowfoot Village Family Practice
- ✓ Over \$250,000 for Crowfoot Arena
- ✓ \$136,000 for YMCA Arbour Lake
- ✓ \$50,000 for Muslim Family Network Society
- ✓ Community outreach and events

#### FUTURE PLANS

- ✓ Make life more affordable for all Albertans
- ✓ Through job creation and diversification, we will continue to be the economic engine of Canada
- ✓ Have the right supports in place to ensure Albertans get the health care they need and deserve
- ✓ Stand up for Alberta and ensure provincial jurisdictions are respected

#### **I am honoured to have served in three cabinet positions and delivered the following:**

- ✓ Bringing back the Alberta Advantage for economic prosperity (promise made, promise kept!)
  - Alberta leads Canada for job creation with 221,000 jobs added since 2021
- ✓ Investing \$2 Billion to support primary health care
  - Reduced wait times for surgeries and EMS response
  - \$200 million to train more doctors and nurses
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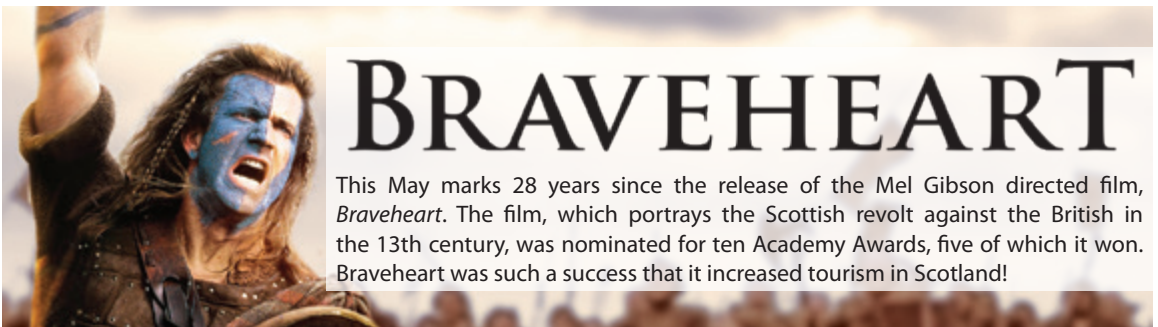
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**BRAVEHEART**

This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. *Braveheart* was such a success that it increased tourism in Scotland!

# How to BEE a Community Scientist

## Help us document the different pollinators in Calgary!

1



Go to **[inaturalist.ca](https://www.inaturalist.ca)** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take a least **2 clear photos of an insect**, preferably from multiple angles.

4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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