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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.

Word of the Month

Metanoia: noun (met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

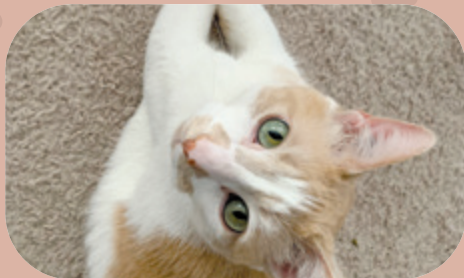
Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Cats, Canines, & Critters of Calgary



Biscuit, *Deer Run*



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Learn the signs of stroke

Face

is it drooping?

Arms

can you raise both?

Speech

is it slurred or jumbled?

Time

to call 9-1-1 right away.

Act **FAST**.

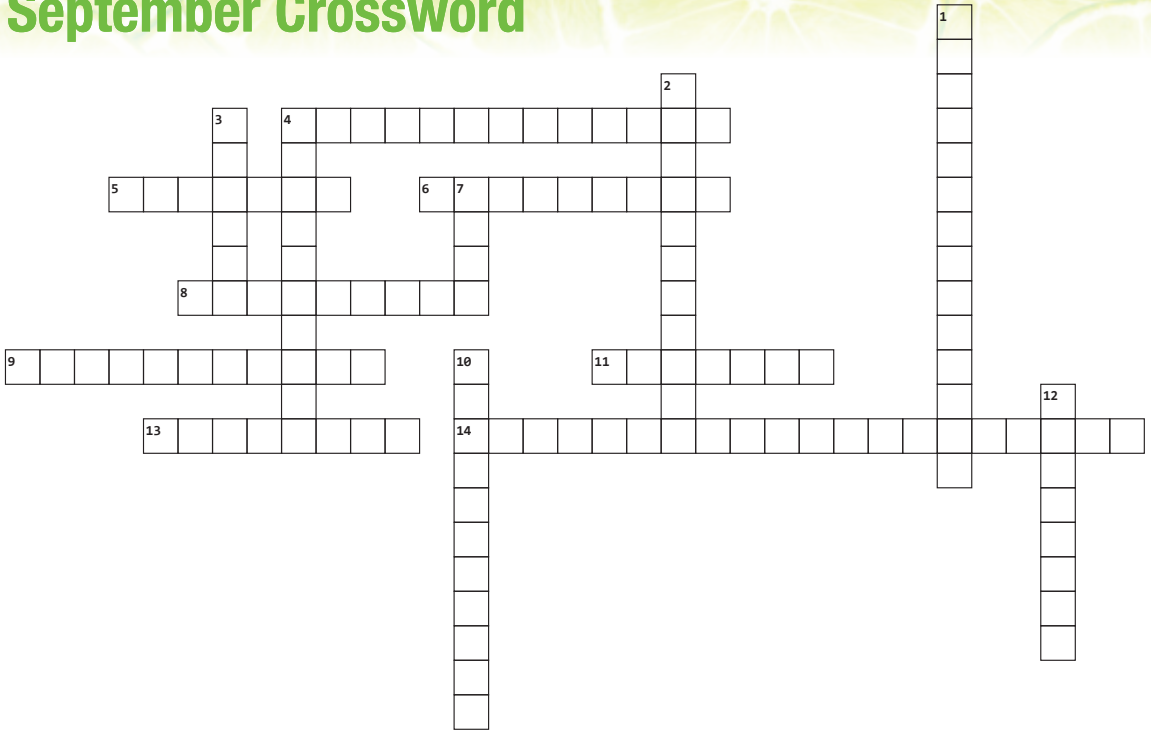
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heartandstroke.ca/FAST



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September Crossword

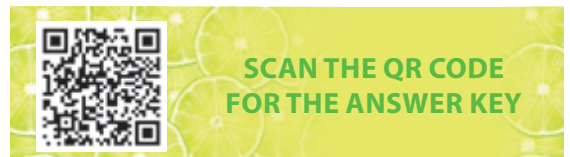


Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



Choosing the Best Plant-Based Beverages

by Alberta Health Services



Someone may choose to drink plant-based beverages because of allergies, a vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called “milks” but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds, and grains, such as oat, soy, coconut, cashew, or almond.

Guide to Choosing a Plant-Based Beverage

With so many options, it is important to pick a plant-based beverage that meets your nutritional needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 percent daily value (less than 15g) of sugar per one cup (250 ml).
- Has at least six grams of protein per one cup (250 ml).
- Has at least 23 percent daily value of calcium per one cup (250 ml).
- Has more than 10 percent daily value of vitamin D per one cup (250 ml).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added,

the drink has been fortified. This information usually appears on the ingredient list as “Vitamin and Mineral Blend.”

If you choose plant-based beverages, serving advice is as follows:

Children under the age of two

Plant-based beverages do not contain enough fat, calories, and nutrients to help children’s brains and bodies grow and develop. Feed your child breastmilk or infant formula.

For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods for meals and snacks. Try beans, lentils, tofu, eggs, nuts, and seed butter, fish, poultry, and lean meats.



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Joke of the Month

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GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans, which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!





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MLA Calgary-North
Hon. Muhammd Yaseen

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Welcome back to school! If you're a parent like me, you know that September can be a busy but exciting time of year. This month, we're offering tips on preparing for school and launching new projects for your business.

Catch up on Our Home and Small Business Webinar Series

Are you looking to renovate your space, but don't know where to start? Maybe you want to start a home business, but all the regulations are making your head spin. Not to worry! We have a library of webinars to help you navigate the permits needed to get your project up and running. New webinar topics will be launching this month, so visit our video series and stay in the know by visiting calgary.ca/webinar.

Tips for Preparing Children for Emergencies

With kids returning to school, now is the perfect time to review your home emergency preparedness plan so that your family is ready for anything. As parents, there are lots of things that we can do to prepare our little ones and keep them safe. Here are four key steps that we can all take to help prepare for an emergency:

1. Talk to your kids about disaster risks in Calgary.
2. Include them in your household's emergency planning.
3. Look for opportunities to learn more about emergency preparedness.
4. As a family, walk through how to prepare your home for an emergency.

The Ready Squad e-course was designed to teach kids about Calgary's disaster and emergency risks, how they can prepare, and how to stay safe during an emergency. Children can also download the Junior Weather Forecaster's Challenge – a fun and creative way for everyone to learn more about the weather and its effects in Calgary.

Visit calgary.ca/ReadySquad to find out more.

Let's keep in touch! You can contact my office at Ward2@calgary.ca.

Welcome back students and teachers. I trust you had a relaxing summer and are ready to start a productive school year of learning. I am very excited for the opening of the North Trail High School in north Calgary on August 31. I, along with many others, had advocated for years to see it become a reality. The school will have a huge impact for families that live in north Calgary. I welcome the opportunity to visit with students and teachers to provide an overview of my role as MLA and to discuss democracy in Alberta.

Supporting Hydrogen Technologies: The Alberta Government is providing \$45 million through the Technology Innovation and Emissions Reduction (TIER) fund to promote innovation in hydrogen technologies to be used to reduce emissions, create jobs, and help industry bring more hydrogen-powered technologies online. To learn more visit <https://www.alberta.ca/release.cfm?xID=88753F2527C9F-9ACB-02D8-96C2BC37E0839B60>.

Indigenous Women and Girls Supports: Alberta's government is committed to ensuring Indigenous women, girls, and two spirit plus (2S+) people have a future that is safe and secure. The Community Support Fund provides grants for community-based, Indigenous-led initiatives that address violence, and increase safety and economic security for these groups. Please visit <https://www.alberta.ca/release.cfm?xID=88754F2F12164-EE22-A300-B3720C68BA714F52>.

Keeping Kids Sports Affordable: Albertans can apply for funding from the Every Kid Can Play program to access affordable sport/recreation programs for children and teens. For more details visit <https://www.alberta.ca/release.cfm?xID=8869024E40654-E3B9-E2E7-05FC0D90F214D409>.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA. As always, please feel free to call me any time to chat and discuss issues that are important to you.



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Pat Kelly**
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Calgary, AB T3G 5H6
📞 403-282-7980 📠 403-282-3587
✉ pat.kelly@parl.gc.ca

The parliamentary session is on break until mid-September. I enjoy spending summertime in Calgary where I see many people at community events. Thanks to the local organizations for inviting me to participate, I had fun serving breakfast and engaging in conversations about issues that matter to you.

The current government continues to add fuel to the inflationary fire by increasing the carbon tax which raises the price of just about everything. On July 1, a second carbon tax called the Clean Fuel Regulations came into effect. These regulations will cause the cost of fuel to increase. There's no rebate for this new tax.

According to the Parliamentary Budget Officer, the tax will hit lower income families hardest, because people with lower incomes spend a higher proportion of income on necessities like home heating, transportation, and transported goods (such as food), making it a regressive measure.

There are better, more effective ways to reduce emissions than a tax plan, including Carbon Capture, Utilization and Storage (CCUS), hydrogen, nuclear, new emissions control technologies, and globally replacing coal with responsibly produced Canadian resources.

A Conservative government would repeal both carbon taxes and focus on better technology and displacing higher foreign emissions to meet Canada's global responsibilities.

Constituents are welcome to contact me with concerns related to federal policy. Feedback from constituents is critical and helps me know what constituents think about matters under federal jurisdiction.

If you are experiencing a delay in government services, and your application has passed the current processing time, my staff may be able to assist. The service standards vary over time, particularly for immigration-related applications, so please check processing times online.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

Pat Kelly



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10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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