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COMMUNITY BBQ
AUGUST 24
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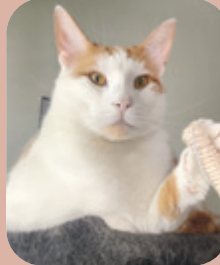
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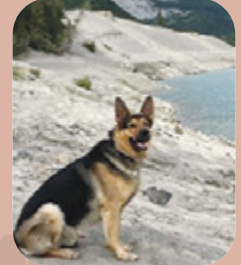
 [hhsc_coaches](https://www.instagram.com/hhsc_coaches)

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Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



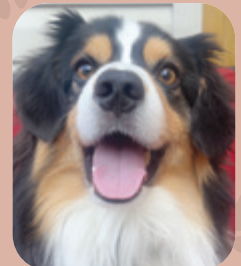
Harry, *Bridgeland*



Pikko, *Hillhurst Sunnyside*



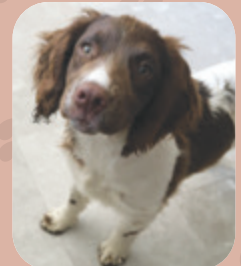
Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,
Discovery Ridge



Tilly, *Deer Run*

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

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SCAN HERE TO VIEW ADDITIONAL EVANSTON CONTENT

**News, Events,
& More**



**Crime
Statistics**

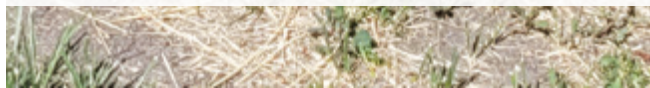


**Real Estate
Statistics**



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EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

EvanstonCreekside | **ECCA**
Community Association

PO Box 47059
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Sports	Jennifer Chudyk
Volunteers	Saya Sanyal
Director at Large	Maricel McDonald
Director at Large	Danica De Souza
Director at Large	Emma Sauriol

Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

Silent Pride: The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!

PRESIDENT'S MESSAGE

Happy summer, neighbours! As previously promised, the ECCA has planned events and fundraisers for the remainder of the year, and we can now share with you!

August Barbecue

Mark your calendar for Saturday, 24 August, 12:00 to 3:00 pm. The ECCA, along with Fresh Co Evanston, will be putting on a family-friendly barbecue in the Evanston Town Centre with all proceeds going to the ECCA! There will be food, beverages, snacks, music, and a photo booth. Look out for more details about the barbecue on our website www.eccacalgary.com and Facebook page.

September Membership Drive

What is a community association without members? We will have a membership drive once back-to-school routines settle in. Our Board Members and volunteers will be coming around to sign you up (and collect empty bottles for donation to our Community Park). Memberships can always be purchased at www.eccacalgary.com/register.

October Wine Tasting

As the autumn air starts moving activities inside, what better way to enjoy an evening in than with the ECCA wine tasting! The ECCA, along with Wine & Beyond Sage Hill, will be putting on an evening of tasting, nibbles, education, and all-round fun. There will be a limited number of tickets for this 18+ event.

November Christmas Light Decoration Contest

When is too early to put up your Christmas lights and decorations? The ECCA is holding this contest with prizes to be won and awarded at our December event. The contest will begin in early November so lights up before Halloween may be a tad too early!

December Silent Auction

Our December Event Committee has already started planning for the Christmas Mingle and Silent Auction. There will be food, beverages, a silent auction, and the awards ceremony for the Christmas Light Decoration Contest. If you would like to submit an item for the silent auction, please contact us. There will be a limited number of tickets for this family-friendly holiday event.

Volunteer with the ECCA

We are always looking for people to join our team as the success of our events and our ability to deliver on community projects and initiatives are dependent on our volunteers. There are a variety of opportunities to get involved. The following directorships are currently vacant: Secretary, Events, Fundraising, Memberships, and Planning and Development. Please email board@eccacalgary.com if you are interested and or would like more information about the open directorships. If you are looking to volunteer your time, but perhaps not as director, we have a volunteer list you could be added to at volunteer@eccacalgary.com.

Join Your Association!

To help support the ECCA please visit the Evanston Creekside Community Association page at <https://www.eccacalgary.com/register/> to purchase a \$20 membership. All money goes towards park maintenance, Phase three of the Community Park (which will include a figure eight skating path and a community garden), and funding for events.

We are always interested to hear from you about potential events and programs you would like to see offered in the community as well as anything Evanston. Please reach out directly to board@eccacalgary.com.



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Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.

Safety Message

Please be mindful that other dogs may not be as friendly as your dog. Be respectful and do not approach other dogs. Always keep your pet on a leash unless you are in an off-leash park. Always report dog incidents to 3-1-1.

Mike Stiles

ECCA Director of Safety



- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.

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YOUR CITY OF CALGARY

City of Calgary Launches Secondary Suite Incentive Program

by the City of Calgary

The City of Calgary is proud to introduce the Secondary Suite Incentive Program, an initiative aimed at encouraging safe and accessible housing for Calgarians.

The Secondary Suite Incentive Program is a component of 'Home is Here: The City of Calgary's Housing Strategy.' It provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The incentive applies to suites built within the main dwelling, not for backyard or detached suites. Applications are limited to one per person and you must own the property through the entire process. Qualifying homeowners with an active building permit can apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is available for accessibility and energy efficiency.

The Secondary Suite Incentive Program is open for applications. Learn more about the program or apply at calgary.ca/suite-incentive.



UNIVERSITY OF CALGARY

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For more info, please contact: 403-210-8740 or naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



TAKE ON WELLNESS

A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network



Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster positive connections with food. When kids can be involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

Evanston Real Estate Update

Last 12 Months Evanston
MLS Real Estate Sale Price Update

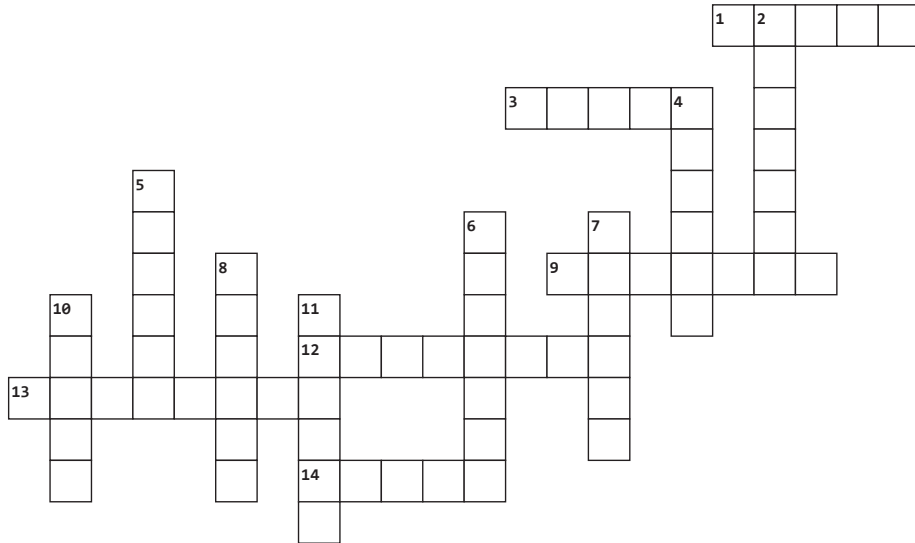
	Average Asking Price	Average Sold Price
June 2024	\$ 649,900	\$ 645,000
May 2024	\$ 599,900	\$ 645,000
April 2024	\$ 620,000	\$ 649,000
March 2024	\$ 609,500	\$ 630,700
February 2024	\$ 649,950	\$ 655,000
January 2024	\$ 580,000	\$ 585,000
December 2023	\$ 599,888	\$ 600,000
November 2023	\$ 574,900	\$ 565,000
October 2023	\$ 579,000	\$ 573,500
September 2023	\$ 579,950	\$ 578,500
August 2023	\$ 639,900	\$ 631,000
July 2023	\$ 539,900	\$ 545,000

Last 12 Months Evanston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	38	33
May 2024	48	31
April 2024	32	31
March 2024	32	34
February 2024	27	22
January 2024	22	20
December 2023	11	23
November 2023	26	21
October 2023	23	25
September 2023	29	24
August 2023	26	22
July 2023	26	33

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

August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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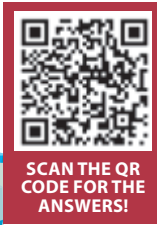
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Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



BRAIN GAMES SUDOKU

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




international Left-Handers Day



August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

VIDEO KILLED THE RADIO STAR



On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!

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