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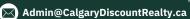
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The word "oxymoron" is an oxymoron itself. It's true! It combines two Greek words: "oxy" meaning sharp and "moron" meaning dull. So, the next time you hear "bittersweet", or "open secret" remember, the word describing these contradictions is also a delightful contradiction!











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News, Events, & More



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Real Estate Statistics





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EvanstonCreekside Community Association

PO Box 47059 20 - 12192 Symons Valley Road NW, Calgary, Alberta T3P OB9, eccacalgary.com

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Safety	Mike Stiles
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.

Oh Kanata!

Thename "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



PRESIDENT'S MESSAGE

Hello, neighbours! The ECCA Board of Directors is busy developing ideas into plans for the community. Completing the last phase of the Community Park is one area of focus and we are formulating a series of events and fundraisers that we aim to share with you in due course. We continue to serve in a representative role to the City of Calgary of the needs and issues in Evanston and to the MLAs and MP so do get in touch with concerns you have. Have a great summer and enjoy it safely with your family and friends.

New Directors

We recently appointed three new directors to the Board. Karl Alexander (Director of Public Spaces) will help oversee the Community Park. Saya Sanyal (Director of Volunteers) organizes our dedicated volunteers. Emma Sauriol (Director at Large) will assist other directors in fulfilling objectives and that of the Board. Welcome Karl, Saya, and Emma!

Soccer Wrap-up

This was the ECCA's second year of a community soccer partnership with the Calgary Blizzard Soccer Club. The Evanston programs ran Thursdays in the community from May 4 to June 22, 2024, for players U4 to U9. Thank you to all those who participated and we look forward to offering a soccer program again next spring.

Interested in Using the Community Park for Your Event?

The Community Park is open for bookings. It has hosted birthday parties, scavenger hunts, and the use of the firepit. If you are interested in booking the Community Park for your event, please contact board@eccacalgary.com to get the process started!

August Event

Planning is under way for a family-friendly barbecue at the Community Park for Saturday, 24 August. This will be an opportunity to gather with your fellow neighbours for food and drinks before back-to-school routines start. Look out for more details about the barbecue in the August newsletter and on our website, www.eccacalgary.com.

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, and Memberships. 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 and Phase 3 of the Community Park which will include a figure eight skating path and a community garden.

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.



At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions. For more info, please contact: 403-210-8740 or napls@ucalgary.ca

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



Recognizing and Managing Fatigue

by Alberta Health Services



Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting good quality sleep are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

Symptoms of Fatigue

The feelings associated with fatigue can be broken into three categories: physical, mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.

Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head dropping
- Digestive problems

Mental Signs:

- · Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidentally doing the wrong thing

Emotional Signs:

- · Quieter or more withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it – is an important way to manage fatigue.

Tips for a Good Night's Sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory. Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 diabetes, cardiovascular disease, and depression.

There are many things that can be done to improve your ability to sleep. Build healthy sleep patterns by:

- Routines: establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.
- Ouiet: reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enouah.
- · Cool: ensure your room is the right temperature. The body typically sleeps best when the environment is between 18 and 22 degrees Celsius.
- Dark: block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.
- · Nutrition: eat at regular intervals and consume a balanced diet.
- Minimize distractions: use your bed primarily for sleeping. Try not to watch television, play on electronics, or consume screen time in excess before bedtime.
- · Caffeine: minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption.
- Stress free: try to reduce stress before sleeping.

Make sleep a priority and allow yourself enough time to get the sleep you need!

What to Do If You Are Experiencing Prolonged Fatigue?

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

- A decrease in the amount of the substance that carries oxygen in red blood cells (anaemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- · Metabolic disorders, such as diabetes.
- Problems with the thyroid gland. It regulates the way the body uses energy.
- · Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.









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Enjoy Off-Leash Dog Parks Safely This Summer

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. However, it's important to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Keep your licence up to date

Make sure that your dog is wearing its licence tag and that it is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know your dog

Did you know? Research has shown that our emotional state and confidence play a huge role in how our dogs respond. A study has shown that dogs' cortisol levels change to match their owners'. This is a reflection of how strong our bonds are with our pets. Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.

Supervision and control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

Bring essential supplies

Carry supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

To learn more before you head out to the park, visit calgary.ca/pets/licences.

Join the Partners in Planning Program

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.



MLA Calgary-North Hon. Muhammad Yaseen

104 – 200 Country Hills Landing NW T3K 5P3

≥ calgary.north@assembly.ab.ca

f @muhammadyaseenyyc

Happy Canada Day! May the spirit of unity and camaraderie fill your hearts today and always.

Alberta's government is investing \$66 million to build stronger communities through community grants to non-profit organizations. The Community Facility Enhancement Program (CFEP) supports the building of new and enhancing of existing community spaces such as heritage locations, community halls, community theatres, festival spaces, and many more. The most recently approved projects include 377 non-profits that received funding.

A new Aging with Dignity funding agreement with the federal government will enhance Alberta's continuing care transformation efforts to support Albertans as they age. To meet the growing needs of an aging population and ensure the future of the province's continuing care system, Alberta's government has committed \$1 billion over three years to transform continuing care in Alberta. Also, \$654 million in funding has been allocated over three years for the Continuing Care Capital Program to improve access to continuing care spaces and reduce emergency department wait times by freeing up more beds.

The Alberta government is proud to honour the outstanding accomplishments of the recipients of the 2023 Alberta Sport Recognition Awards. Award recipients were selected by a committee and considered results from the 2022 to 2023 competition season. You can find a list of award recipients here: www.alberta. ca/release.cfm?xID=90411E209E05B-CFD4-76B5-3790 C9FD378AD866. The program was established in 1987 to acknowledge the outstanding achievements and commitment of coaches, officials, and volunteers. In 2002 the Athlete and Team of the Year awards were added to the awards program to acknowledge high performance athletes and teams who are promoting Alberta on the national and international stage, and their pursuit of sport development goals.

Wishing you all a happy and safe Stampede! As always, it is my great honour to serve as your MLA.



MP Calgary Rocky Ridge
Pat Kelly
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Calgary, AB T3G 5H6 403-282-3587

≥ pat.kelly@parl.gc.ca

The parliamentary session is in the final stretch before the summer break. I will be in Ottawa most of the time between now and the end of June and look forward to spending time in Calgary during the summer months, where I hope to see many of you at community events.

If you are involved with a local organization and would like me to participate in an event in the riding, please contact my office with the details, and I will be pleased to attend if my schedule allows.

The Liberal government released the 2024 budget in April and Parliament is debating its implementation legislation. In 2015, the government promised that more taxes, more spending, and more deficits would lead to budgets balancing themselves. Nine years later, Canada's federal government now spends more on interest payments than it does on health transfers or National Defence.

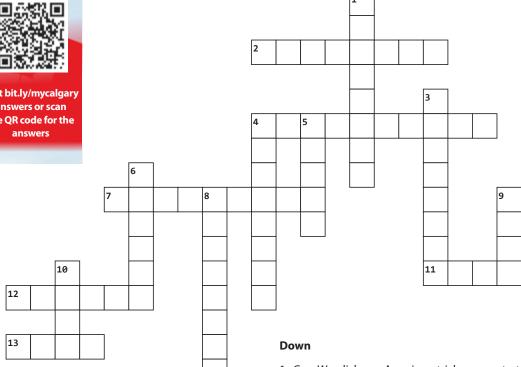
I am a member of the Standing Committee on National Defence, and regularly question Canada's Senior Military Officers, bureaucrats, industry experts, academics, and the Minister of Defence. Our committee studied the delays in the Access to Information System and lack of transparency in the Canadian Armed Forces (CAF), including when CAF members file misconduct complaints. Like all Canadians, CAF members are struggling with the cost of living. Lack of access to housing is causing members to leave the CAF, and some are homeless. I called on the government to cancel the April 1 rent increase for base housing. Now more than ever, we need to support our troops.

Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.



July Crossword





Across

- 2. Pamela Anderson, famous for her role in was born in Ladysmith, BC on July 1, 1967.
- 4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
- 7. AT&T launched the Telstar, a communications , on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
- 11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
- 12. July is named after the Roman General, Julius

13. The Calgary	_ Music Festival has been a
music highlight in Calgary	y's artistic scene since 1980
and takes place from July 2	5 to 28 this year.

- 1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
- 3. The Catcher in the Rye, written by J.D. _____, was released on July 16, 1951.
- 4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
- 5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
- 6. The Rolling Stones, with frontman Mick ______, played their first ever concert on July 12, 1962.
- 8. One of July's birth flowers, the _____, is also known as a delphinium.
- 9. This action sci-fi preguel to the Predator franchise, filmed in Alberta, was released on July 21, 2022.
- 10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

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