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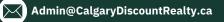
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Crime

News, Events, & More









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EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

REPRESENTATIVE

EvanstonCreekside Community Association

PO Box 47059 20 – 12192 Symons Valley Road NW, Calgary, Alberta T3P 0B9, eccacalgary.com

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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.

Frogs are amaZing Creatures! Though they have lungs that allow them to breathe just like humans, they are also able to absorb water and respirate through their skin! It is quite permeable, so as long as oxygen levels in the water don't get too low, frogs Can breathe on land and underwater!

Vacant



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by the City of Calgary

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.







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Hello neighbours! A new board is upon us, and the team is excited to get started.

Annual General Meeting

The Annual General Meeting was held on Tuesday, May 7. We received presentations from government officials, approval of our audited financial statements, an update about new schools, a summary of the Association's activities during 2023-24 and the election of the new Board of Directors (please see page 6 of this newsletter for the current directors).

Community Cleanup

Our annual Community Cleanup on May 4 was a huge success. Our final numbers will come out in a couple weeks, but we can tell you we filled two garbage trucks, an electronics truck, and two metal bins. We also raised \$530 in cash and bottle donations. We would like to recognize and thank the following for making this event run smoothly. Community members Faisal, Teegan, Matthew, and Sharon. ECCA Board members Christopher, Maricel, Mike, and Robbie. Servus Credit Union Creekside, Jenny, Vanessa, Gurleen, Peter, May, and Rohan. Businesses Homes by Maricel McDonald, Speedyjunk2go, and Blowers and Grafton for food, drink, and snack donations. Thank you to the City of Calgary Waste and Recycling Services for providing this great initiative. Lastly, a thank you to St Josephine Bakhita School for letting us use its parking lot.

Soccer Has Started

This is the ECCA's second year of a community soccer partnership with the Calgary Blizzard Soccer Club. The Evanston programs run Thursdays in the community from May 4 to June 22, 2024, for players U4 to U9. All community players are also invited to the Festival Wrap up on Sunday, June 23 at the Inland Soccer Fields. For more information, please contact sports@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. We are currently in need of the following directorships: Secretary, Memberships, Volunteers, and Director at Large. 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.

Sign Up for Membership

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.

As always, if you have any questions, concerns, and comments about anything Evanston, please email board@eccacalgary.com and we would be happy to help!

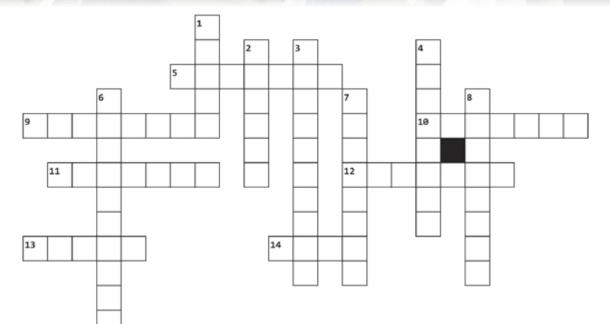




It was on this day that Charles Blondin crossed Niagara Falls on a tightrope! This feat has since been replicated by many, with the most recent being Nik Wallenda on June 15, 2012.



June Crossword



Across

5. On June 21, 1957, Canada's Prime Minster Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.

9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.

10. In history books, June 21, 1749, marks the date that _____, Nova Scotia was founded.

11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.

12. In June 2003, J.K. ______ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.

13. Interestingly, the most _____ Laureates are born in June.

14. June is named after which Roman goddess of marriage, childbirth, and love?



Down

1. June's birthstone, the _____, is the only stone that is made by a living sea creature.

2. On June 5, 1998, audiences were captivated by the release of "The ______ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.

3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National ______ Peoples Day.

4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress ______ Yeoh.

6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.

7. June 28, 1980, ______ entered Ontario as part of his incredible Marathon of Hope.

8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.

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GAMES & PUZZLES Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".

2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.

3. Born in 1853, this artist famously cut off his left ear.

4. This artist is one of the most famous American visual artists for his pop art pieces.

5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".

6. This Spanish painter and sculptor is best known for his cubism and surrealism.





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)



MP Calgary Rocky Ridge Pat Kelly 202 – 400 Crowfoot Crescent NW Calgary, AB T3G 5H6 Substantion 403-282-3587 Substantiation 403-282-3587 Substantiation 403-282-3587

I have been busy in Ottawa holding the government to account for its actions.

This year, the carbon tax went up 23% despite an affordability crisis and persistent inflation. This is the next step in the NDP-Liberal government's plan to quadruple the carbon tax over the next six years, making everything more expensive for everyone.

In April, the Liberals released the 2024 budget. It includes nearly \$40 billion in new inflationary spending. Canada will now spend \$54.1 billion to service its debt, which is more money than the federal health care transfer. Struggling families can't afford higher taxes and more inflationary spending that drives up the cost of everything and keeps interest rates high. That is why Conservative leader Pierre Poilievre sent a letter to Justin Trudeau with three demands to fix the budget:

1. Axe the tax on farmers and food by immediately passing Bill C-234 in its original form.

2. Build the homes, not bureaucracy, by requiring cities to permit 15% more home building each year as a condition for receiving federal infrastructure money.

3. Cap the spending with a dollar-for-dollar rule to bring down interest rates and inflation. The government must find a dollar in savings for every new dollar of spending.

The current budget does not meet any of these conditions, therefore my colleagues and I will vote against it and vote non-confidence in the government.

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.

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





MLA Calgary-North Hon. Muhammad Yaseen 104 – 200 Country Hills Landing NW T3K 5P3 ➤ calgary.north@assembly.ab.ca ☞ @muhammadyaseenyyc

Happy Father's Day and thank you for everything you do!

I had the privilege of attending the North Trail High School official opening in April. It was delightful to see students and staff beaming with school spirit and appreciation after years of hard work and commitment put forth by the community.

As Alberta experiences record population growth and evolving transportation needs, advancing passenger rail infrastructure is essential for enhancing accessibility, efficiency, and connectivity across the province. In view of the foregoing, Alberta's government announced Alberta's Passenger Rail Master Plan. This Plan will look forward decades, identify concrete actions that can be taken now in addition to future actions to build the optimal passenger rail system for the province. The Master Plan will assess the feasibility of passenger rail in the province, including regional (inter-city), commuter, and high-speed services.

To empower communities to resolve issues outside the traditional court system, Alberta's government created a one-time grant to boost community-justice programs that serve the unique needs of Alberta communities. Alberta's government is investing \$961,000 in one-time grants to 39 organizations, to support community justice initiatives that serve the unique needs of Alberta communities. Grants consist of payments ranging from \$5,000 to a maximum of \$25,000. The recipients were selected from across Alberta.

The school year will soon come to a close and summer vacations will follow! I wish all of you a relaxing and enjoyable summer as you reconnect with family and friends.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA.





Councillor, Ward 2 Jennifer Wyness S 403-268-2430 S Ward2@calgary.ca Calgary.ca/ward2 I Ward2Wyness I @ @WynessJennifer X@JenniferWyness

Don't Forget! Property Tax is Due Friday, June 28

Your property tax must be paid by Friday, June 28 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. This makes budgeting easier, and you reduce the risk of late payment penalties. There is no filing fee or initial payment required.

The easiest and fastest way to join TIPP is using TIPP Online. It's easy, safe, and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the Join TIPP box.

You can also request a TIPP agreement by calling 3-1-1. If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

Celebrate Neighbour Day, June 15, 2024

Neighbour Day is our annual celebration of community. It's how we create welcoming and inclusive communities where neighbours form lasting connections. Get involved this year by joining your neighbours for a block party or community event. There will be lots to do across the city on June 15, so stay tuned! Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's "All Sport One Day" will offer children a free opportunity to try out a new sport.

Good things happen when you get to know your neighbours. You can visit calgary.ca/NeighbourDay to learn more.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@calgary.ca.

I look forward to hearing from you soon.

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Backyard Play Safety

by Alberta Health Services, EMS

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.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707. **GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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Dragon boat festival day

Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!



Isophit Strength Zone Nolan Hill is a licensed model that promotes small isometric strength training group classes using patented Isophit Strength Kits. 15 programs in total, each class program is 30 minutes long and consists of 30 isometric strength training exercises targeting the upper body, lower body, and core muscles.

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One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

• Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.

- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non- stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!





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