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THE OFFICIAL EVANSTON COMMUNITY NEWSLETTER





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Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an Enduring Power of Attorney (EPA) and a Personal Directive (PD).

To prepare a will you need to decide who your executor(s) will be, name a guardian for

your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

For over 25 years, *Shibley & Company* has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service.

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SHIBLEY

BARRISTERS, SOLICITORS & NOTARIES PUBLIC







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SCAN HERE TO VIEW ADDITIONAL EVANSTON CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





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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.





TAKE ON WELLNESS

Live Healthier, Happier, and Longer

from Calgary Foothills Primary Care Network

Did you know there is a team of health professionals who work with your family doctor to provide personalized health support – for free.

From mental health counsellors to nurses who can help with things such as anxiety and diabetes, you can access a variety of health support through one of the Alberta Primary Care Networks. There are a number of Primary Care Networks across the province, offering services designed to best meet the needs of each community. Primary Care Networks are part of Alberta's public health care system and are funded by the provincial government – there is no cost to use any of their services.



Access Free Health Support

Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.







YOUR CITY OF CALGARY

Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time vour neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit https://maps.calgary. ca/RoadwayActivities/ to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at https://mapgallery. calgary.ca/.





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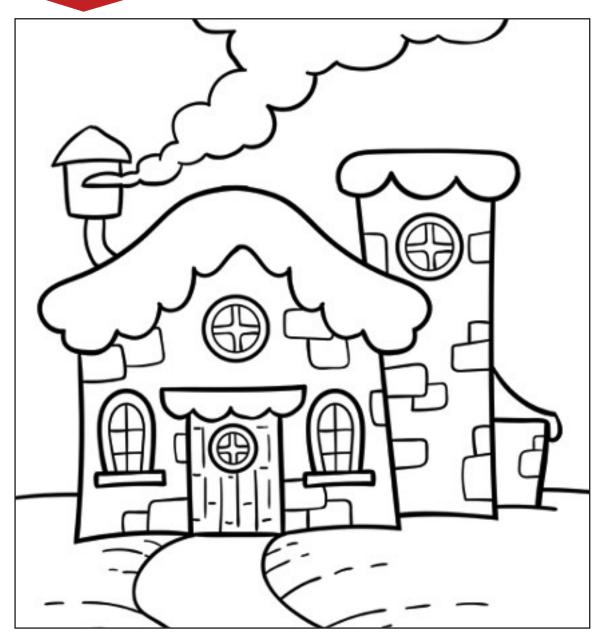
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COMMUNITY COLOURING **CONTEST!**

Sponsored by Kristen Scott, Calgary realtor

Email a photo of your creation to kristenscolouringcontest@gmail.com by March 31. Please also share your first name and age.

Each submission qualifies you for a chance to win a \$10 Starbucks gift card. Best of luck!



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Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70.000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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)



The 110th Calgary Guide unit in Aurora Sky district has been having a great year! We have a large unit with 24 guides, four Guiders, and many parent volunteers. We still have a large waitlist for our unit and need more adult volunteer Guiders to open another Guide unit. If you are interested in getting involved in Guiding, please contact our District Commissioners: any-calgaryaurorasky@girlguides.ca.

The 110th Guides got out camping early in the year with a tenting camp at Camp Jubilee in Cochrane at the end of September. We were lucky with a beautiful, sunny, warm weekend. It was the first time sleeping in a tent for many of the guides and they all did great! Overnight events are popular with this group, so we have a sleepover planned at Heritage Park and another weekend camping in tents in May.

The eleven first year guides were enrolled into our unit during a ceremony in November. For some of our other highlights, the Guides have enjoyed an after dark night hike at Big Hill Springs Provincial Park, a high school musical theatre performance, a public library scavenger hunt, and a Taylor Swift party. Our upcoming plans include some STEM (science, technology, engineering, math) activities using Let's Talk Science Canada programming, as well as some service projects. The unit will choose a service project to work on as a group and third year guides will organize a service project if they are working towards the Lady Baden Powell award. Our third-year guide is organizing the preparation of scent hearts for babies in the NICU.

We sold out of the 100 cases of mint Girl Guide cookies we ordered in the fall. Thank you to the many community members who support Guiding by buying our cookies!





MLA Calgary-Foothills Court Ellingson

Critic for Technology & Innovation 202 – 1829 Ranchlands Blvd NW. Calgary

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Greetings residents of Calgary-Foothills!

I hope you are staying safe and warm this winter. Alberta's Provincial Legislature has returned for session and I'm back in Edmonton to highlight the issues that our community has shared with me over the last few weeks.

It's a busy time as I connect with different individuals and organizations doing meaningful work in our neighbourhoods. Constituents have told me they want me to fight to protect their Canada Pension Plan, advocate for a stronger healthcare system, and protect our environment for the future. I spent time meeting with our community and resident associations to continue advocating for local schools, playgrounds, and more. I also had the chance to attend community events such as Kincora's Winter Festival and Arbour Lake's Polar Plunge, among others.

This is an important time for different cultures. I visited congregants of the Al Makkah Mosque for Iftar and discussed ways to promote inclusivity and acceptance in our communities. The Chinese community celebrated Lunar New Year and I joined the celebration by attending the Chinatown BlA's New Year Gala, Sien Lok Society's New Year Gala, and other events. The Alberta NDP and I hosted a Lunar New Year event in Calgary where I spoke about the important contributions of the Chinese community in our province.

February is also Black History Month, which I celebrated by attending the Second Annual Black History Month Dinner hosted by the Calgary Black Chamber, Calgary's Annual Black Youth event, and the Black Business Ventures Association's Launch Party. The Alberta NDP hosted a Black History Month event of our own where storytellers highlighted the rich history of the Black community in Alberta.

A reminder you can follow my work by connecting on social media: @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you!



MLA Calgary-North Hon. Muhammad Yaseen 104 – 200 Country Hills Landing NW T3K 5P3

≤ calgary.north@assembly.ab.ca

f @muhammadyaseenyyc

The Alberta Culture Days grant is now open, and applications will be accepted until March 15, 2024 from communities and cultural organizations that are interested in hosting Alberta Culture Days events from September 1 to 30, 2024. Organizations may apply by visiting www.alberta.ca/alberta-culture-days.aspx.

Alberta's government is investing \$9.9 million to support 260 non-profit organizations across the province. Building strong and vibrant communities ensures Albertans have access to a range of opportunities to connect with their neighbours, learn new skills, and get involved in local activities. Funding from the CIP grants can be used by these organizations for programming and event hosting costs, equipment purchases, additional staffing, operating costs, technology enhancements, and marketing. The CIP empowers and supports non-profit organizations that deliver social, recreational, and cultural programs, and projects to help Albertans engage with their community.

Also, on behalf of Panorama Hills Residents Association, I'm pleased to pass on the following:

"We have rebranded our association, launched a new website, and are currently in the midst of an expansion project. The name has changed from Northstar Residents Association Ltd. (NSRA) to Panorama Hills Residents Association (PHRA). Our new website has a fresh design and user-friendly features. Finally, we are happy to share that the expansion project is progressing well, and we expect to complete it by December 2024."

As always, thank you to my constituents for their support as I carry out my duties as your MLA.

Sending you warm wishes for the spring season!





MP Calgary Rocky Ridge
Pat Kelly
202 – 400 Crowfoot Crescent NW
Calgary, AB T3G 5H6

403-282-7980 403-282-3587

□ pat.kelly@parl.gc.ca

Parliament resumed on January 29, and I have been busy in Ottawa holding the Liberal government to account for its actions.

Canadians are struggling with rising mortgage payments and rent, as well as the increasing cost of home heating, gas, and food, yet the Liberal government will increase the Carbon Tax on April 1. Excessive government spending, borrowing, and taxes lead to inflation. I will continue opposing the wasteful spending, deficits, and higher taxes that drive up the cost of living.

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. The Committee heard that there is a crisis of recruitment and retention in the Canadian Armed Forces (CAF). There are 16.000 personnel vacancies and 10,000 personnel are undertrained and unfit for deployment. In response to an "Order Paper Question" from my office, the Liberal government confirmed that it typically takes more than six months just to process a recruitment application, and members are leaving the CAF faster than they are joining. We also received testimony that virtually every category of heavy equipment, including ships, aircraft, tanks, satellites, and missile defence systems urgently need to be replaced, and that ammunition supplies are critically low and not being replaced.

In January of this year, I hosted a public Open House at my Constituency Office. Thank you everyone who took the time to attend and share your concerns with me. 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 an honour and privilege to represent you at the House of Commons as your Member of Parliament.

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