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This program is funded by the Government of Alberta and FCSS Calgary.

**Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)**



centre for  
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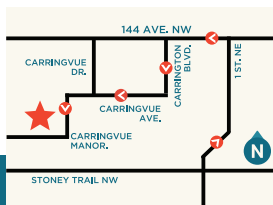


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SCAN HERE TO VIEW ADDITIONAL EVANSTON CONTENT

News, Events,  
& More



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Statistics



Real Estate  
Statistics



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# EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

**EvanstonCreekside** | **ECCA**  
Community Association


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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.



**At-Risk for Mental Illness Research Program**

*Seeking participants for youth mental health studies*

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

*Soccer in the Community*

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# MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.



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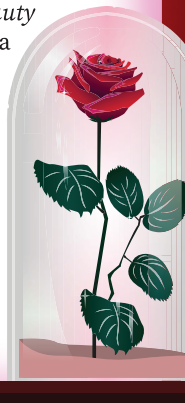


PH 403-567-5301 | communityliving@silvera.ca

[silvera.ca/livingston](https://silvera.ca/livingston)

## Beauty and the Chimera

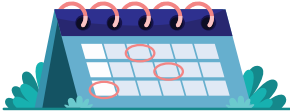
In the classic fairytale *Beauty and the Beast*, "Beauty" is a human but what exactly is the "beast"? This character is a chimera! A chimera is a single organism with more than one genotype... essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



## GAMES & PUZZLES

### Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World \_\_\_\_\_ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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# How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

**1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

**2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

**3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

**4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

**5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

**6. Set Goals** – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

**7. Be Mindful and Present** – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

**8. Contribute** – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

**9. Learn and Grow** – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

**10. Acceptance** – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.



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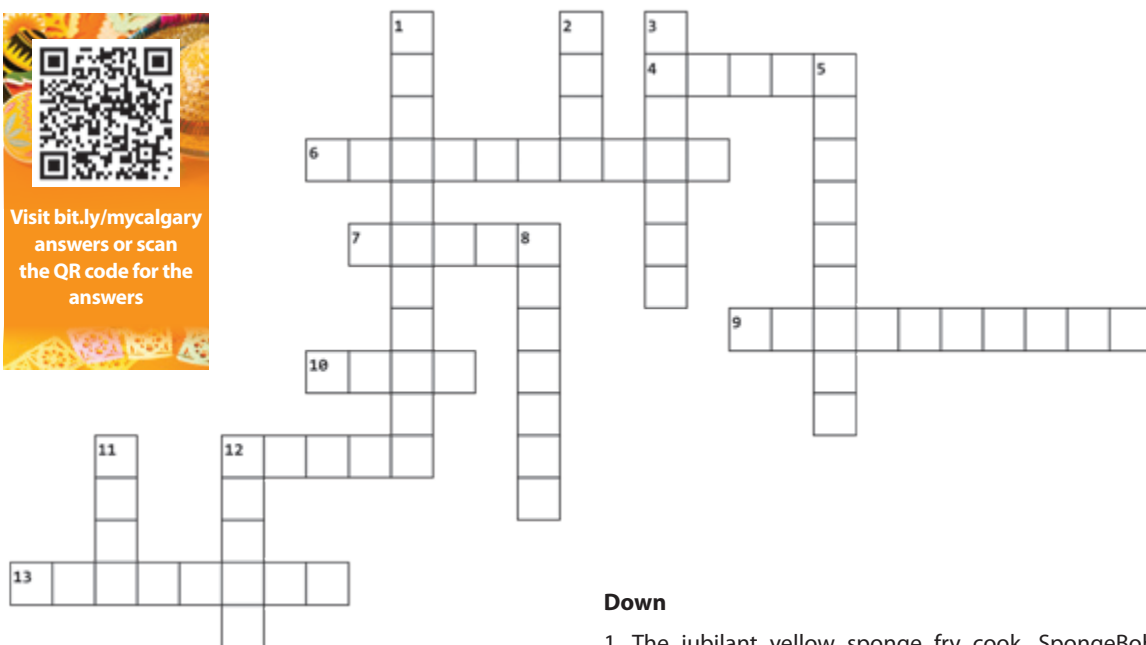
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# May Crossword



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.

6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.

7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.

9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.

10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.

12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.

13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.

2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.

3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.

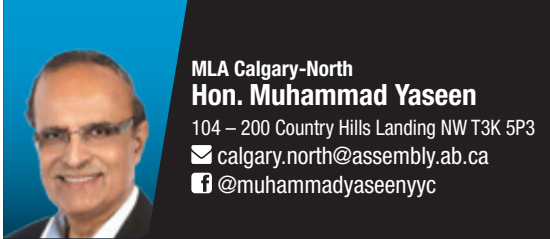
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.

8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.

11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.

12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.





**MLA Calgary-North**  
**Hon. Muhammad Yaseen**  
104 – 200 Country Hills Landing NW T3K 5P3  
✉ [calgary.north@assembly.ab.ca](mailto:calgary.north@assembly.ab.ca)  
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**Jennifer Wyness**  
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Happy Mother's Day! Thank you to mothers everywhere for everything you do.

As of April 1, when seniors visit their preferred registry office, they will be eligible for a discount on services like vehicle registration renewals, driver's licenses, standard plates, and vital statistics products like marriage licenses. Eligible seniors must be a resident of Alberta and 65 years of age or older on the day they purchase the registry services.

Alberta's government is working to ensure every Albertan receives required surgeries within clinically recommended wait times. The latest waitlist data shows more Albertans are receiving their surgeries within clinically recommended times than at any time since 2020. The government will also continue to invest in acute care, prioritizing initiatives like the Facilitated Access to Specialized Treatment (FAST) program and Rapid Access Clinic pilot to reduce surgical wait times. Albertans deserve reliable health care, and a new, integrated system will improve patient outcomes to better support our world-class health care professionals.

Calgary is home to a thriving arts and culture scene, which has cemented the city as a premium destination for performing and visual arts. Through Budget 2024, Alberta's government is investing in cultural infrastructure in downtown Calgary, which will create local jobs, attract tourists, and revitalize Calgary's downtown.

Alberta's government has recently added hotel surge capacity, so that eligible Ukrainians arriving in Alberta have a place to stay for up to 14 days upon arrival. Your government continues to offer numerous services and supports for Ukrainian evacuees and continues working to extend key services such as health care and emergency financial supports beyond April 30, 2024, as needed.

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



With many areas in Alberta currently dealing with drought conditions, Calgarians can assist by making every drop of water count. Using your water meter to check for leaks, inside and outside the home, is one way you can do your part to use water wisely.

Checking your home for leaks is easy:

- Turn off all taps and water-using appliances – inside and outside your home.
- Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
- If it keeps turning, you have a leak somewhere in your house.
- Check all water devices, such as your toilet, taps, humidifier, hot water heater, and water softener.

To learn more about common sources of household water leaks, including some helpful repair tips, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

### **Celebrate Neighbour Day 2024**

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay).

Invite the Mayor, Councillor Wyness, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. It's a step toward creating welcoming and inclusive communities where neighbours connect every day of the year. So, mark your calendars, and get involved! Getting to know your neighbours is a great way to build relationships, connect with others, and help battle the blues. Strong communities start with a hello, and it's how we create spaces where everyone belongs.

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## Word of the Month

**Salubrious: adjective (sa-lu-bri-ous)**

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.

## Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 3 to 4

### Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets



- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

### Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!







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