

OCTOBER 2024

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# your EVANSTON

THE OFFICIAL EVANSTON COMMUNITY NEWSLETTER



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**FREE HOME EVALUATION**

Our Community Pumpkin Event is on October 19<sup>th</sup>,  
1:00 - 3:00 pm at Evanston Park.



## Cats, Canines, & Critters of Calgary



Buck, Montgomery



Dry Bones,  
McKenzie Lake



Harper Lee, Beddington



Hemi, Shawnessy



Jasper, Mahogany



Josie, Springbank Hill



Leo, Panorama Hills



Percy, Evanston

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BRAIN  
GAMES

# SUDOKU

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

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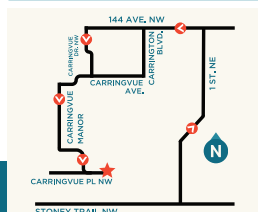


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## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



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## Word of the Month



**Flibbertigibbet:** *noun* (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

*She was sitting next to a flibbertigibbet on the train ride to work.*

## ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.





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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  
20 – 12192 Symons Valley Road NW, Calgary, Alberta T3P  
0B9, [eccacalgary.com](http://eccacalgary.com)

BOARD OF DIRECTORS	REPRESENTATIVE
President	Christopher Ng
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Treasurer	Stan Kunnathu
Memberships	Vacant
Public Spaces	Karl Alexander
Safety	Mike Stiles
Director	Maricel McDonald
Director	Emma Sauriol

## Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.



# Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

## PRESIDENT'S MESSAGE

Autumn is here and that means the 144 Avenue NW extension is now open, providing a much-needed alternative route in and out of Evanston. Please remember to abide by all traffic safety measures as the final touches are put in place.

### Question of the Month

From Gabi, "Why can people just park all over the grass at Symons Valley Parkway and Evanston View (under the power lines)? " That land is owned by AltaLink LP and not the City. It is a utility corridor and neither the City nor the ECCA can enforce the overflow of parking.

### Information of the Month

The ECCA board is comprised of volunteers living in Evanston. We meet the first Tuesday of each month to plan, discuss, debate, and vote on matters pertinent to the community. The board is the official body of volunteers sitting in a position of legal authority over the nonprofit organization. Meetings are open to the public and everyone is welcome.

### November Christmas Light Decoration Contest

The ECCA is holding an outdoor light decoration contest with prizes to be won and awarded at our December event. The contest will begin in early November and is open to residents of Evanston. Entry is \$20 (which is the cost of an ECCA membership). Contest rules will be available in the latter half of October. Please contact [board@eccacalgary.com](mailto:board@eccacalgary.com) for more information.

### December Holiday Mingle and Silent Auction

This year's Christmas Mingle and Silent Auction is scheduled for Friday, December 6 at Blowers & Grafton Creekside. Tickets are on sale now for \$65 (children eat free with each paid ticket). 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. Please contact [board@eccacalgary.com](mailto:board@eccacalgary.com) to reserve your spot today!

### Volunteer With the ECCA

Are you looking to volunteer? Please email [board@eccacalgary.com](mailto:board@eccacalgary.com) if you are interested and want to know more about how you can get involved and/or join the Board of Directors!

### Join Your Association!

To help support the ECCA, please visit the Evanston Creekside Community Association webpage 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 in hearing 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](mailto:board@eccacalgary.com).

A vertical graphic with a light beige background. On the left, the words "UPCOMING EVENTS" are written vertically in large, bold, red capital letters. To the right of this text are four dark grey rounded rectangular buttons stacked vertically. Each button contains white text: "September Membership Drive", "October Wine Tasting", "November Christmas Light Decorating Contest", and "December Christmas Mingle & Silent Auction". At the bottom right of the graphic is the "Evanston Creekside" logo in a stylized green font with a small tree icon.

A graphic with a yellow background and a dotted border. At the top, the title "Nobel Canadians" is written in a large, elegant, black serif font. Below the title is an illustration of a hand holding a gold Nobel Prize medal, with two red maple leaves. To the right of the illustration, the text reads: "Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature."

## Safety Message

by Mike Stiles, Safety Director

Here are some Halloween safety tips for 2024. Have a safe and enjoyable evening.

- Children should be accompanied by an adult.
- Children should wear clothing that can easily be seen at night. Retro-reflective materials are best.
- Children should trick-or-treat in one well-known area and not wander into unknown neighbourhoods.
- All candy should be inspected by an adult to make sure that no one has tampered with it. If it looks suspicious, the police should be contacted.
- Children should avoid stray animals.
- Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.
- Children should watch for moving vehicles when crossing streets.
- Costumes should be short enough that the child will not trip.
- Trick-or-treaters should dress appropriately for the weather and carry a flashlight.
- For extra safety, organize a Halloween party for children in your neighbourhood.





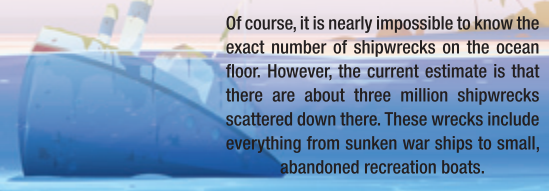
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# SHIPWRECKED



Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

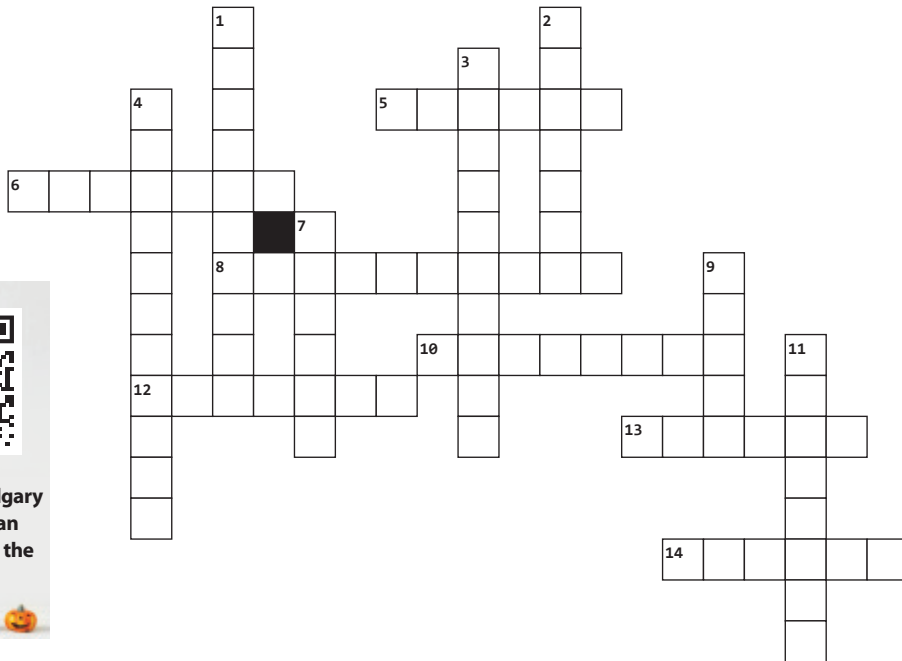


## Scary, Spooky, Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



# October Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

## Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



(Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)

In September and October, all of our units have started their first meetings of the year. Many units are doing 'getting to know you' activities so that the girls and leaders become familiar with each other and start learning how to work well together.

Embers get to choose their circles ('Fairies', 'Elves', or 'Leprechauns') – small groups they can break off into to do their attendance and dues. Dues are also known as 'Fairy Gold' – girls can earn \$1 per week at home by doing a good deed, by lending a hand either at home, at school, or out in their community. It is a great way for young girls to learn how to care for others. Guides also choose smaller groups called 'Patrols' ('Bluebirds', 'Violets', etc.).

Some of our Guide and Pathfinder units will be taking advantage of the warm autumn weather to go camping. Many camps have been booked for months already – September and October are busy times at area Girl Guide camps.

One last major event for all our units in September and October would be selling our famous Girl Guide cookies. You may have already seen girls selling cookies at Beacon Hill Canadian Tire, Creekside Calgary Co-op, Nolan Hill Sobeys, or pretty much anywhere in Calgary starting mid-September. Thank you for all your support.

If you'd like to register your daughter, please visit [www.girlguides.ca](http://www.girlguides.ca) and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching "all" units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email [any-calgaryaurorasky@girlguides.ca](mailto:any-calgaryaurorasky@girlguides.ca).



## YOUR CITY OF CALGARY

# Let's Share the Road Safely and Look Out for Each Other

*by the City of Calgary*

October's traffic safety focus is Pedestrian Safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.



Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

## Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.

# Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

**Prep Time:** 15 minutes

**Cook Time:** 30 to 40 minutes

**Servings:** 4



## Ingredients:

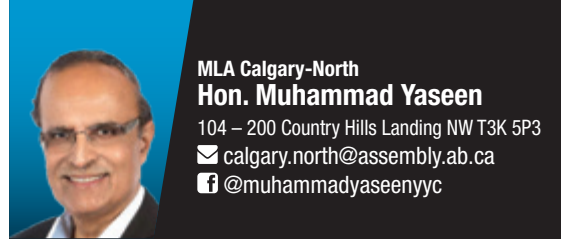
- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsp. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

## Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!





Autumn is here, and while many of us are getting ready for the cold season, now may be a good time to consider thinking about the year ahead. Many communities in Calgary have taken part in the Enhanced Landscape Maintenance (ELM) program, which helps ensure your neighbourhoods get the care and attention they need to keep community spaces clean and safe, lawns neatly trimmed, litter cleared, flower beds maintained, and more. If this interests you, read on to find out how you and your neighbours can take part.

### What Is the ELM Program?

The ELM program is a community-led initiative designed to elevate the beauty of our public spaces.

To join the program, your group must be a non-profit representing your entire neighbourhood. Your local Community Association, Residents Association, or Homeowners Association would be involved with this process and running the program, so be sure to work with them if the ELM program interests you.

Participation involves entering into a Landscape Maintenance Agreement (LMA). Once the LMA is in place, your community will receive a municipal operating grant for the ELM program.

### What Does the ELM Program Cover?

Mowing/trimming, litter control, curb sweeping, spring cleanup, and fall cleanup, shrub bed and tree well maintenance, flower bed installation and maintenance and watering/irrigation.

### What Isn't Covered Under the ELM Program?

Infrastructure enhancements or maintenance (e.g., community entrance signage, pathways, transit buildings/shelters, playgrounds) and private land enhancements, including tree planting.

The City provides additional support based on need and assessment, ensuring these services meet municipal standards, including integrated pest management, tree care and planting, natural areas and urban conservation work, pathway infrastructure maintenance.

By participating in the ELM program, you help foster a sense of belonging and pride, ensuring our neighbourhoods remain well-maintained for everyone to enjoy.

Visit [calgary.ca/communities/enhanced-landscape-maintenance-funding](https://calgary.ca/communities/enhanced-landscape-maintenance-funding) to learn more.

Happy Thanksgiving! May this holiday bring new blessings and deepen the appreciation for those you already cherish.

Alberta is booming, leading Canada in job creation and capital investments, and our government is laser-focused on maintaining Alberta's competitive advantage, to ensure businesses and industry can thrive, innovate, and create jobs for generations to come.

Recent data from Statistics Canada for July shows that, Alberta created 46,400 full-time jobs. Our economy is diversifying as well, with job numbers up across a variety of sectors, including construction, natural resources, health care, social assistance, and education.

The latest data from the Canadian Venture Capital and Private Equity Association highlights Alberta as a powerhouse in venture capital investment. Alberta's technology and innovation sector has been building momentum for a while, but in the past five years, we have seen exponential growth. In total, Alberta companies raised an impressive \$383 million across 41 deals in the first half of this year. The continued growth of venture capital investments is great news for Alberta because with this new investment comes new, high-paying jobs.

Alberta's government is providing \$5 million from the industry-funded TIER program to expand technology that turns natural waste from Alberta's oil and gas sector into a valuable mineral used to create batteries for smartphones, electric vehicles, and more. We are creating a brighter energy future, positioning Alberta as a preferred global supplier of lithium while stimulating investment, diversifying the economy, and creating jobs here at home.

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







**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

The parliamentary session returns from break mid-September, and I will resume holding the government in Ottawa to account on several issues, including the housing crisis. The government has mismanaged housing policy, resulting in not enough homes being built for Canadians to live in. The cost of downpayments, mortgages, and rent have all doubled over the last nine years. Rentals.ca published a report confirming the average asking rent reached \$2,201 in July 2024, matching the highest average rent recorded. We need to fire the gatekeepers who block housing construction and tie federal infrastructure funding to building homes that Canadians can afford.

I enjoyed spending summertime in Calgary where I saw many people at community events. Thank you, to the local organizations for inviting me to participate. This year's Stampede gave me the opportunity to serve breakfasts and meet hundreds of Calgarians at amazing volunteer driven events in our communities. I also toured facilities and received feedback from workers. I attended a ceremony of remembrance for those who died at Dieppe 82 years ago, and celebrated the life of Calgary's Bill Stewart, the last remaining survivor of the Dieppe raid who passed away this summer at age 103. I also spoke at, and participated in, local community and cultural celebrations, including IndiYEAH! Fest, Azadi Fest, Igbo Day, and the Arbour Lake Residents Association Seniors' BBQ.

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

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.



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For more information, please contact:

403-210-8740 or [napls@ucalgary.ca](mailto:napls@ucalgary.ca)

*The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)*

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