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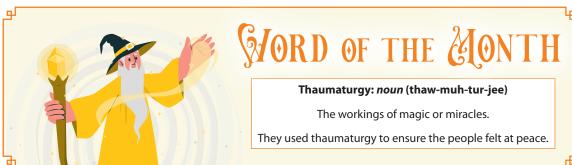


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The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762) DESCRIPTION OF CONTRACT OF CONTRACT. OF CONTRACT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

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# **Crystal the Monkey**

Did you know that Crystal the Monkey, the adorable Capuchin star from Night at the Museum and We Bought a Zoo, has her very own IMDb page? Yep, this talented lady has shared the screen with big names like Ben Stiller, Robin Williams, and Ken Jeong. Check out her page for more of her wild adventures in Hollywood!





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Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!





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News, Events,



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# **EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION**

## EvanstonCreekside Community Association

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

## **BOARD OF DIRECTORS**

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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.

# The Month of Septem

Did you know September was originally the seventh month of the year in the Roman calendar? It wasn't until the Gregorian calendar was introduced that it became the ninth month. In fact, September comes from the ancient Roman word "septem" which means seven.



## **PRESIDENT'S MESSAGE**

September means back to school and back to routines. Thank you to everyone who supported our community barbecue in August. Families and family-friendly events are an important part of what we do as a community association. This summer we have been reaching out to the various local businesses in establishing connections and ties. Their support is integral in helping us provide programs and events for you. We will also be contacting the schools to integrate our youth in community initiatives. All of this is part of our holistic community approach.

Question of the month from Stephanie, "Who pays for this newsletter?" Each monthly edition is paid for by the adverts you see. The ECCA is provided with space for columns related to the community and does not pay for the newsletter or for its delivery.

Information of the month: Did you know that the ECCA has a licence of occupation for our Community Park? The term is 15 years (renewable) and the ECCA is responsible for the upkeep and operation.

#### September Membership Drive

Look out for our Board Members and volunteers who will be coming around to sign you up (and collect empty bottles for donation to our Community Park). Memberships are \$20 and can always be purchased at www.eccacalgary.com/register.

#### **October Wine Tasting**

The ECCA, along with Wine & Beyond Sage Hill, will be putting on an evening of tasting, nibbles, education, and all-round fun on Thursday, October 17. There will be a limited number of tickets for this 18+ event. Email board@eccacalgary.com to secure your spot!

#### **November Christmas Light Decoration Contest**

The ECCA is holding this contest with prizes to be won and awarded at our December Event. The contest will begin in early November. Contest rules and entries will be available and open in the latter half of October.

#### **December Holiday Mingle and Silent Auction**

Our December Event Committee has already started planning for the Christmas Mingle and Silent Auction. 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.

#### **Volunteer With the ECCA**

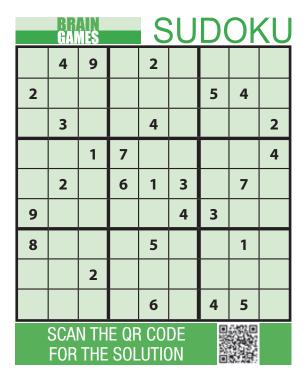
Are you looking to volunteer? Please email board@eccacalgary.com if you are interested about getting involved or joining the Board of Directors!

#### 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 3 of the Community Park (which will include a figure-eight skating path and a community garden), and funding for events.

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.





# **Safety Message**

Students are back to school and here are some safety reminders.

### **Parents and Guardians:**

- Show your child a safe route by which to walk to and from school. Make sure they know how to safely use a crosswalk and obey all traffic control devices and crossing guards.
- Rain, snow, fog, and darkness may obscure the vision of motorists, making pedestrians difficult to see. Your child should know that even though they may see an approaching vehicle, environmental conditions may impair the motorist's ability to see them. Teach them to make eye contact with drivers before crossing the street.
- Remind children that listening to loud music on headphones or texting while walking is hazardous as they are less aware of potential traffic dangers around them.
- If waiting for a school bus, ensure your child is aware of the traffic hazards which may be present near the bus stop. Show them a safe place where they may wait to catch the bus.
- In the dim early morning hours or on dark evenings, brightly coloured clothing, a reflective arm band or clothing with reflective strips will help children to be seen by motorists.
- Instruct your child never to run after a school bus in an effort to catch it as neither the bus driver nor other motorists may see them on the road.
- As a pedestrian, do not always assume that you have the right of way.
- If you decide to meet your child at the bus stop after school, wait at the bus stop itself - not across the street from it. Children may forget traffic safety rules in their excitement to see you after their school day and dash across the street.

### **Drivers:**

- Be on the lookout for children walking to school as you pull out of your garage or driveway.
- Be alert and mindful that during dim mornings or dark evenings, it can be difficult to see pedestrians.
- Drivers need to slow down in school zones and be particularly alert for students during school hours, especially when dropping off and picking up children from school.

By remembering these few simple traffic safety tips, students, parents, and drivers can help each other enjoy a safe school year. Each person has a part to play to ensure that everyone using the roads in Calgary does so in a manner which is safe for all Calgarians.

### Mike Stiles

ECCA Director of Safety



# **GAMES & PUZZLES**

# **Guess the Musician!**

1. This individual holds the Guiness World Record for best-selling solo artist.

2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.

3. On his debut album, this musician is said to have played 27 different instruments.

4. At 1,560 words, this artist has the most words spoken in a single song.

5. This famous musician's stage name came from a popular song by the band 'Queen'.

6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.







# Fall Super Thrift Sale

# Saturday, September 28

9:00am-1:00pm Hillhurst-Sunnyside Community Centre 1320 - 5th Avenue NW

> The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information: samaritanclub.ca All proceeds will benefit Calgarians in need

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

As our kids head back to school and we look towards a new semester, you might start wondering about ways you can support your community, or what resources are available to help you launch your new business or permit your basement suite. If this is you, read on!

#### City of Calgary Home and Small Business Webinars

Register today for an upcoming home and small business webinar where City experts share insights on a variety of planning and development topics. Live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.

For more information, visit calgary.ca/webinars.

### Call for Volunteers!

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table, where you can help make Calgary more age friendly. Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams, and staff.

### Requirements

Aged 45 or over, lives in Calgary, passionate about your community, understand older adults' needs now or in the future/have experience as a caregiver, feel comfortable to share and to provide feedback in a group setting, commit to take part in monthly meetings and a two-year term.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.



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

Welcome back, students, teachers, and support staff, to an exciting new school year. I hope your summer was filled with rest, reflection, and rejuvenation, and that you are ready to begin a productive year of learning.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024 to 2025 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing \$215 million to help alleviate these pressures, beginning in the 2024 to 2025 school year. Through this investment, the Alberta government is creating up to 2,500 new spaces for students by building and installing up to 100 new modular classrooms.

50 modular classrooms will be relocated to rapidly growing communities in the Calgary Metropolitan Region and Edmonton, supporting up to 1,250 students. The Calgary Board of Education will receive up to 31 new modular classrooms, with up to 14 relocated, while the Calgary Catholic School Division will get up to 14 new modular classrooms, with up to six relocated.

School authorities can use this additional funding to hire more teachers and support staff, helping to manage class sizes and address rising costs without affecting student learning.

Moody's Ratings upgraded Alberta's credit rating outlook to positive from stable and confirmed the Aa2 standing, recognizing the province's commitment to balancing the budget, controlling spending, and paying down debt.

This is the fourth credit upgrade for the Government of Alberta in the past year and the fifth in 18 months. This upgrade follows Fitch's upgrade in June, reaffirming Alberta as Canada's economic engine. Meanwhile, the Alberta government has invested record amounts in healthcare and education, continues to pay debts, and saves for the future.



MP Calgary Rocky Ridge Pat Kelly 202 – 400 Crowfoot Crescent NW Calgary, AB T3G 5H6 Substantiation 403-282-3587 Substantiation pat.kelly@parl.gc.ca

The parliamentary session is on break until mid-September. My Conservative colleagues and I have been vigorously holding the government to account for the housing crisis, financial mismanagement, and a growing number of conflict-of-interest scandals.

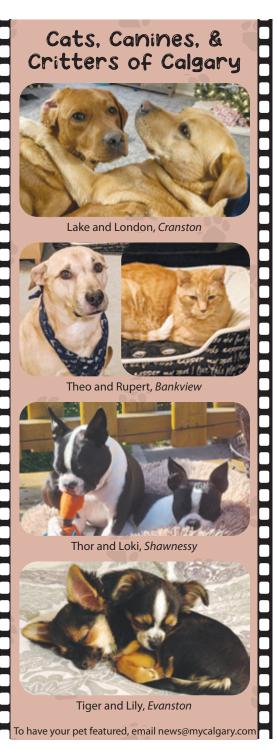
I enjoy spending summertime in Calgary where I see many people at community events. Thank you to the local organizations for inviting me to participate. This year's Stampede gave me the opportunity to serve breakfasts and meet hundreds of Calgarians at amazing volunteer driven events in our communities. If you are a volunteer organizing a summer event and would like me to attend, please contact my office.

Many Calgarians (including me) will take a road trip with their family this summer. This Canadian tradition allows families to spend time together exploring Canada's natural beauty and to visit friends and family. Conservatives proposed a summer pause on the Carbon Tax to make summer travel more affordable for Canadians. Even a temporary pause on the Carbon Tax to make a summer road trip more affordable would be a welcome break for Canadians who are finding life increasingly unaffordable as a result of taxes, inflation, and the skyrocketing cost of housing. This proposal was rejected in a vote in the House of Commons.

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.





# **Korean Beef Bowl**

#### by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

#### Servings: 4

#### Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1/2 tsp salt
- <sup>1</sup>/<sub>2</sub> tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



#### **Directions:**

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

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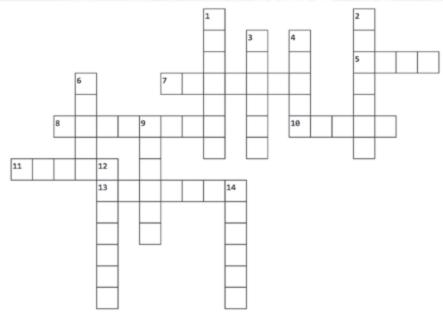
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Do you remember the 21st night of September? Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

# **September Crossword**



#### Across

5. The first \_\_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.

7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.

8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.

10. World \_\_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.

11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.

13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.



#### Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavík, Iceland.

2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".

3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.

4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.

6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.

9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.

12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.

14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.

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