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- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE \$11,679
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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**News, Events,
& More**



**Crime
Statistics**



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EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

EvanstonCreekside
Community Association | **ECCA**

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.




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PRESIDENT'S MESSAGE

Spring break, spring cleaning, spring growing, spring soccer, and spring renewal. April has arrived and as the warmer weather settles in, we will be spending more time outside. Here are some of the outdoor activities in Evanston that you can become involved in:

Grow A Row

The ECCA is getting organized to participate in "Grow A Row", a Calgary Food bank initiative that allows Calgarians to help donate fresh food to those in need. As part of the next phase of development of the Evanston Community Park (115 Evanston Drive), we plan to build up to eight food garden boxes that will be partly dedicated to donating to the Calgary Food Bank. Details for the program are found at www.calgaryfoodbank.com/growarow/.

If you are interested in becoming part of the Evanston Community Garden "Grow A Row" pilot project, please let us know by contacting DAL3@eccacalgary.com. We are looking for volunteers who are enthusiastic about coming together as a community to give back. Any help is welcome, whether you are an avid gardener or simply happy to be part of something that allows you to meet your neighbours.



Springtime Soccer

The ECCA has teamed up with SoccerTech for the 2025 soccer season. Please contact info@soccertech.ca for more information including registration details.

Community Cleanup

Community Cleanup events provide an opportunity for Calgarians to dispose of items that do not fit in their waste and recycling carts. They also support community residents who do not have access to cart service. When we hear whether we have been selected

for a Community Cleanup, we will post on our online channels. In previous years, Evanston held this event in May and June. Accepted items include furniture (mattresses, sofas, chairs, desks, dressers, etc.), toilets, broken recreational items (old treadmills), lumber from old fences and decks, and weird items: garden gnome collection, broken grandfather clock, taxidermy items.

Kickball? Baseball?

There are four baseball diamonds in Evanston. If you are interested in sport programming (children and adults) such as kickball or baseball, contact us at board@eccacalgary.com. Let's find ways to use these facilities that often sit silent.

Jane's Walk

Jane's Walk is an annual festival of free, community-led walking conversations inspired by urbanist and writer Jane Jacobs. On the first weekend of May every year, Jane's Walk festivals take place in hundreds of cities around the world. This event encourages people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours. Contact us if you want to organize walks in Evanston in early May! board@eccacalgary.com.

Sign Board

Sign, sign, everywhere a sign. The ECCA Sign Board is up at the Community Park (115 Evanston Drive)! Thank you to 'CM' who donated his time to build the 2.75 metre wide dual-sided Sign Board. 'CM', a resident of Evanston, wishes to remain anonymous and we thank him for what is a welcome addition. Look out for notices, headlines, our events, and even contests as we fill it with information for all.

Join Your Association

To help support the ECCA please visit the Evanston Creekside Community Association webpage at www.eccacalgary.com/register/ to purchase a \$20 membership. If you are interested in volunteering, send us an email at president@eccacalgary.com. We are always looking for enthusiastic people to help!





Girl Guides

Everything she wants to be.

AURORA SKY DISTRICT

SAFE AND SOUND

Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



The 85 Embers had a fun couple of months. In February we did get out to the Apple Store for a group booking - Make Your Own Emoji. The emojis the girls created were very imaginative!

We also were very fortunate to get a tour of the Nolan Hill Veterinary Hospital. Dr. Rowe had some interesting X-rays of pets - one with a ball in its stomach and another with a sewing needle. Both animals had needed surgery, and we got to see some of the instruments they would use in surgery. We also got to listen to a dog's heartbeat using a stethoscope - he had such a rapid heartbeat!

In April our unit was very fortunate to get into the Ember Camp Academy run by Calgary Area at Camp Jubilee in Cochrane. The girls learned various camping skills such as lighting a fire, basic first aid, and knot tying. All in all, it has been a great spring!

Special note - we have been writing these articles for a few years now. We are thinking of discontinuing them as interest might be waning. If you still like to read articles such as these, please reach out to guiderkarlaycc@gmail.com. It will be interesting to see if anyone responds. Thank you.

Safety Message

How to avoid distracted driving:

- Avoid using your phone, texting, or using social media while driving.
- Don't eat or drink while driving.
- Avoid grooming yourself while driving.
- Plan your trip before you leave.
- Secure passengers and pets.
- Keep your eyes on the road.
- Keep two hands on the wheel.

Tips for safer driving:

- Pull over to send a text message.
- Designate a passenger to text for you.
- Set your playlist, podcast, and safety features before driving.
- Stow loose objects.
- Prepare children with everything they need before driving.



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Soccer in the Community

Players ages 4 - 19



northsidesoccer.ca

Word of the Month



Ebullient: adjective (ih-buhl-yuhnt)

Liveliness, enthusiasm, overflowing with excitement.

He was in quite an ebullient mood.

Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

What to Limit or Avoid

Red Meat: Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

Processed meat: Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit ahs.ca/nutritionhandouts and search for Mediterranean Style of Eating.



Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

Educate Yourself and Others

You do not have to be an expert on the topic but it’s important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

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Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

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Parliament remains prorogued until March 24 or until an election is called.

For nine years, my Conservative colleagues and I have asked the current government to address Canada’s economic resilience and improve our internal and external trade. U.S. President Trump has implemented unjust and unjustified tariffs on Canada’s already weakened economy. Canada is the United States’ closest neighbour, greatest ally, and best friend. We share the longest undefended border and fought alongside Americans in two world wars, Korea and Afghanistan, where 158 of our brave men and women died helping the U.S. avenge the 9/11 attacks. There is no justification for this treatment. The current government must put aside its partisan interests and recall Parliament to pass a Canada First Plan that will retaliate with dollar-for-dollar tariffs, pass a Bring It Home Tax Cut to bolster the economy, rebuild our military, and take back control of our borders.

We will protect our economy, defend our sovereignty, bring home production and paycheques, and never back down. We will put Canada First—now and always.

In the community, I spoke at St. Sylvester School in Silver Springs about the parliamentary system, what Members of Parliament do, and their role in the House of Commons. I was honoured yet saddened to attend the third anniversary of Russia’s full-scale invasion. Many Canadians requested a Canadian flag from my office to celebrate the 60th anniversary of the Canadian flag in solidarity against the U.S. threats to Canada’s economy and sovereignty. I also regularly meet with constituents who would like to discuss national policy and events.

Feedback from Calgarians is very important to me. If you would like to share your thoughts with me on national issues, please feel welcome to contact me.

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 NWT3K 5P3
 ✉️ calgary.north@assembly.ab.ca
 📧 @muhammadyaseenyyc

May hope and happiness fill your home this Easter!

Alberta is becoming a global leader in the aviation industry, attracting top companies like Lufthansa Technik Canada to invest in our future. Lufthansa Technik Canada has announced their \$120 million investment in a cutting-edge maintenance facility at Calgary International Airport which will create hundreds of jobs, boost Alberta’s aerospace sector, and further establish Alberta as a global aviation hub. This investment is the catalyst for a \$3 billion, 15-year service contract with WestJet, which is helping Alberta’s aerospace and aviation sector soar to new heights. As well, Alberta’s government is committing \$7.45 million dollars to the project through the Investment and Growth Fund (IGF) and the Aerospace Workforce Development Grant.

Albertans in Calgary and southwest Alberta will have greater access to critical care as Rockyview General Hospital expands its ICU, cardiac, and endoscopy capacity. Alberta’s government is committed to ensuring Albertans can access the health care services they need, when and where they need them. The completion of this \$84-million project is a significant investment in health care infrastructure in Calgary, increasing critical care capacity, and improving access to life-saving treatment.

Alberta hosted three major international sport events and two national championships from February to March, driving athletes and fans to the province. Alberta is continuing to build upon the province’s strong reputation as a premier destination for world-class sporting events and sports fans. From FIS Snowboard Slopestyle and Halfpipe World Cup at WinSport, to the Western Transmountain Festival and the World Youth Open Dodgeball Tournament, as well as the 2025 Nordiq Canada Ski Nationals returning to the Canmore Nordic Centre. Alberta’s government has committed more than \$440,000 through the Major Sport Event grant program to support the success of these five events.

Happy Easter!



Councillor, Ward 2
Jennifer Wyness

403-268-2430

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As spring arrives in Calgary, the ice on rivers, lakes, and storm ponds become even more dangerous because of the rising temperatures. While these bodies of water may still appear frozen, the ice is thinning and becomes unpredictable. Falling through can happen in an instant, putting individuals at risk of hypothermia or drowning.

Ice Safety Tips

- Avoid the ice. As ice weakens, it becomes unsafe for any activity. Stay off all ice-covered rivers, lakes, and storm ponds.
- Stay back from the edges. Melting ice along riverbanks and lakeshores is unstable and can collapse under your weight.
- Call 9-1-1 in an emergency. If someone, or a pet, falls through the ice, do not attempt a rescue yourself. Call for help immediately.

If You Fall Through the Ice

1. Stay calm, keep your head above water, and control your breathing.
2. Call for help while keeping your hands on the ice.
3. Try to pull yourself onto the ice on your stomach and roll to safety.
4. If you can't get out in under ten minutes, stop struggling, anchor yourself, and keep calling for help.

If You See Someone Fall In

1. Call 9-1-1 immediately and provide a landmark so emergency responders know exactly where to go.
2. Stay back and avoid the ice yourself.
3. If possible, throw a rope or branch to help them reach safety.

As warmer weather continues, ice conditions will only become more hazardous. Avoid unnecessary risks—stay off the ice and keep yourself and others safe this spring.

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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