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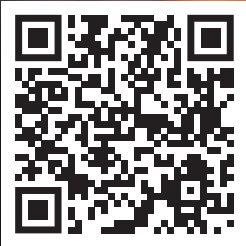
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**EvanstonCreekside** | **ECCA**  
Community Association

PO Box 47059  
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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.



## A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

# PRESIDENT'S MESSAGE

Happy New Year from the Evanston Creekside Community Association (ECCA)!

## **Birthday Month**

The ECCA was officially incorporated on January 25, 2007, so this year we will turn 18! We will start the celebrations during our free skating event (see below). There are more than 150 community associations in Calgary, and each have a group of volunteers who support community programs, events, safety and development initiatives. The first was Bridgeland-Riverside in 1908 followed by Scarboro. ECCA is only just becoming an adult! Our Board has exciting initiatives and events planned for 2025 so get involved, buy a membership and celebrate our Evanston!

## **Come Try Free Skating**

Want to skate for free? The ECCA and Skate Shack return this year with KidSport Canada. Our date is Saturday, January 18 at our community park (115 Evanston Drive). Skates will be free to rent for the entire family. There will be hot drinks, entertainment, and the fire pit to keep us all warm. We will need volunteers to successfully run the event so please email [president@eccacalgary.com](mailto:president@eccacalgary.com). This date is also Hockey Day in Canada.

The skating rink at the community park has been flooded and prepared by our dedicated Board volunteers. The status of the rink is available on our Facebook page. Come also to enjoy the community park including the book library that is free for all to use. Want to use the fire pit? Let us know at [board@eccacalgary.com](mailto:board@eccacalgary.com).

## **Speed Dating in February**

Are you single and ready to mingle? Our Speed Dating event is Saturday, February 15 at State & Main Nolan Hill. Price is \$20 per person so reserve your spot now at [board@eccacalgary.com](mailto:board@eccacalgary.com). All are welcome to come for an evening of fun, food, and drink. Perhaps you will meet your future person! This is an 18+ event.

## **Wine Tasting Returns**

Did you miss our first wine tasting event in October? This time it will be held on a Saturday, March 15 to be precise, at Wine & Beyond Sage Hill. There were wines from around the world and every participant had their own individual boxed charcuterie. Reserve your spot now at [board@eccacalgary.com](mailto:board@eccacalgary.com). This is an 18+ event.

## **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. Evanston has a community association, but no residents or homeowners' association. What are the differences?

## **Community Association (CA)**

- Formed by residents of an area.
- Run by a volunteer board of directors.
- Access to public land for public amenities.
- Host broad community and accessible events.
- Voluntary annual memberships available.
- Reliant on grants, programs, sponsorships, and casinos for funding.
- CA amenities are built through fundraising on public land and are operated by the CA.
- Registered as a Not for Profit under the Societies Act.
- Accountable to their membership.
- Representative role to the City of the needs and issues in their community.

## **Residents'/Homeowners' Association (RA/HOA)**

- Created by the developer.
- Run by paid staff, oversight by volunteer board of directors.
- Built on private land by developer.
- Primarily host private events.
- Collect mandatory annual fees.
- Guaranteed source of revenue through encumbered fees.
- HOA/RA amenities are in a place when residents buy so they can be enjoyed immediately.
- Registered as a Not for Profit under the Companies Act.
- Accountable to their board of directors who in turn answer to the membership of homeowners.
- Private organizations with primary focus on the management and high-level maintenance of their assets.



# Safety Message

As we dive into the coldest part of winter, this is a reminder to make sure your walkway and stairs are free and clear of snow and ice. When shovelling, make sure to take breaks as you don't want to overextend yourself. Snow is heavy and could hurt your back. Ask a neighbour for help or be a snow angel if you're able.

Mike Stiles

ECCA Director of Safety

## SNOW SHOVELING TECHNIQUES



### Assess Your Heart Health

Consult a healthcare professional before shoveling, especially if you have a history of heart issues or are not regularly active, to ensure your heart can handle the exertion.



### Choose the Right Shovel

Opt for a lightweight shovel with an ergonomic design to reduce strain on your body, making the shoveling process more efficient and less physically demanding.



### Proper Posture

Maintain a straight back, shoulder-width apart feet, and bend your knees while shoveling. Avoid twisting your torso to prevent back injuries and strain.



### Don't Rush the Job

Pace yourself during snow shoveling, taking breaks to prevent fatigue, and maintain proper form. Rushing can lead to overexertion and increase the risk of injury.



### Lift Correctly

Lift the snow using your legs, squatting with knees bent, back straight, and engaging your abdominal muscles to avoid using your back.



### Stretch

Warm up your muscles with stretching exercises before and after shoveling to prevent injuries and enhance flexibility.



## Polar Bears' Secret Colour

Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.





# Preventing Slips, Trips, and Falls During the Winter Months

by Alberta Health Services

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

### Tips To Prevent Falls and Other Injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

#### For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.

- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing, or skating to lower the risk of head injuries.

#### For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well, and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

#### Do the Penguin Walk!

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 9-1-1. If your condition is not life-threatening, call Health Link 811 for health advice or information.



# Trauma-Informed Practice Framework in Child and Youth Care

by Rima Madi, ECE

### Definition of Trauma

Trauma is often defined as an emotional response to a distressing event or series of events that overwhelm an individual's ability to cope by compromising their defense mechanism. In children, trauma can arise from various sources, including neglect, abuse, loss, and exposure to violence. According to the National Child Traumatic Stress Network, trauma can have lasting effects on a child's mental, emotional, and physical health (NCTSN, 2021).

### Definition of Trauma-Informed Practice

Trauma-informed practice in CYC involves understanding the long-term negative effects of trauma on the brain and how it affects individuals' responses to stress. It emphasizes creating a safe environment that fosters trust, collaboration, and empowerment among children and youth. By acknowledging trauma's role in behaviour and emotional responses, practitioners can better support healing and resilience.

According to Shalka (2013), "in cases of traumatic stress, an imbalance can develop between the amygdala and frontal lobes in their responses to threat detection. In these situations, the frontal lobes' capacities to inhibit responses are decreased. As a result, individuals suffering the effects of traumatic stress may startle easily, become angry or upset at seemingly small frustrations, or be paralyzed and frozen by the touch of another."

In a practice of relationships, youth could not learn, grow, or form relationships if they either hyper or hypo aroused or shut down. (Shalka, 2015, p. 23).

### Implementing Trauma-Informed Practice in Early Years Settings

In early years settings, implementing trauma-informed practice involves creating nurturing environments where children feel safe and valued. This can be achieved through:

- **Creating Safe Spaces:** Designing classrooms that promote comfort and safety, using calming colours, greenery, and providing cozy areas for children to retreat to when needed. Embedding art, sensory activities, breathing exercises, yoga, mindfulness practices, and ample unstructured outdoor play (Ministry of Children and Family Development, 2017).
- **Building Relationships:** Establishing strong, trusting relationships between educators and children, using positive reinforcement and consistent routines to foster attachment (Ministry of Children and Family Development, 2017).
- **Incorporating Trauma-Informed Strategies:** Implementing activities that promote emotional expression, such as storytelling and art, which can help children process their experiences (Ministry of Children and Family Development, 2017).

While trauma-informed practice offers significant benefits, it has limitations. The trauma-informed approach is considered incomplete. Ginwright (2018) argues that trauma-informed care risks focusing on treating trauma as pathology rather than fostering well-being. The emerging field of positive psychology offers insights into the limitations of focusing solely on symptom treatment and instead emphasizes enhancing the conditions that contribute to well-being (Ginwright, 2018, p. 1). The healing-centered approach provides a more comprehensive way of addressing trauma holistically by emphasizing a person's spiritual and cultural background. This approach helps ground survivors in their cultural, moral, and heritage values, empowering them to focus on well-being. It shifts the perspective from "what happened to you" to "what is right with you" (Ginwright, 2018, p. 2).

In conclusion, exploring trauma-informed practice within the context of child and youth care is essential for effectively supporting children and youth who have experienced trauma. Creating safe spaces where relationships are nurtured, voices are heard, choices are provided, and survivors are empowered to feel hope, compassion, and control in their decision-making leads to more positive outcomes. Furthermore, immersing survivors in activities and practices rooted in their cultural and heritage values can help ground them on a deeper, spiritual level. Reflecting on my readings, I've come to appreciate the complexity of being human,

with our interconnected social identities highlighting both our vulnerability and our shared humanity. We all navigate the dualities and fragility of our core, yet immense resilience resides within us. I hope that future research and practice will continue to refine and expand trauma-informed approaches, ensuring that all children and youth receive the care and support they need to thrive (Mendell, 2022).

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## Cats, Canines, & Critters of Calgary



Bear, Palliser



Buster, Hamptons



Lizzy, Huntington Hills



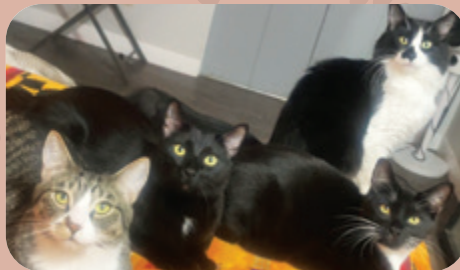
Mirabella,  
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Happy New Year!

As we step into 2025, I hope everyone had a restful holiday season and is feeling energized for the year ahead. January is a time for fresh starts and new goals, and our community is no different. Stay tuned for updates, and let's make this year a great one!

### Budget 2025

This past November, I was among several Councillors who brought forward amendments to reduce spending in this year's budget and focus the City's dollars on core infrastructure. I ultimately voted no against the budget, which passed with a 9-6 vote. I have released my full statement with rationale for how I voted and a summary of the amendments I supported. You can find this statement on our webpage at [Calgary.ca/ward2](http://Calgary.ca/ward2).

### Are You Between the Ages of 18 and 24 and Looking for Work?

If you're a young Calgarian looking for work or guidance on kickstarting your career, now is the perfect time to check out the City of Calgary's Youth Employment Centre (YEC)! Offering free, drop-in employment services, the YEC can help you with resume targeting, job search strategies, interview prep, and more.

Located at 315 10 Avenue SE, the YEC connects you with local employers who are actively hiring. With spring around the corner, it's a great time to get ahead of the game and prepare for job openings. Whether you're just starting your job search or aiming to take your career to the next level, the YEC can support you every step of the way.

No appointment is needed. Call 403-268-2490 for more details or visit the YEC during their open hours. You can also visit [calgary.ca/careers/youth-employment](http://calgary.ca/careers/youth-employment) for more information.

As we kick off the new year, let's work together to make 2024 a year of growth, connection, and positive change. Stay warm, and we'll see you around the neighbourhood!

Happy New Year!

May 2025 bring you joy, success, and a year filled with happiness, growth, and everything you wish for.

In May 2022, Alberta's government invested \$5 million over three years to enhance financial literacy for students. Enriched Academy, the Canadian Foundation for Economic Education, and Junior Achievement receive annual funding to provide financial literacy programs for grades K-12. These initiatives teach vital skills like saving, budgeting, and investing, aligned with the curriculum. By integrating financial literacy into education and funding dedicated resources, Alberta is equipping students with the knowledge and confidence needed to navigate the fundamental life skills they need to prosper in adulthood and secure their futures in today's fast-moving world.

Alberta's government is improving healthcare access by expanding the role of nurse practitioners (NPs) through the Nurse Practitioner Primary Care Program (NPPCP). Since its April launch, 33 NPs are now practising independently, with 56 applications approved. The program allows NPs to work autonomously or join existing practices, with a requirement to maintain a panel of at least 900 patients, providing after-hours care, and accepting walk-ins, enhancing flexibility for Albertans.

Albertans' feedback helps shape financial priorities and address the needs of our growing population. Budget 2025 will maintain a responsible approach to supporting Albertans while strengthening health care, education, and economic resilience. Your input is essential, share your ideas and priorities at [alberta.ca/budget-2025-consultation](http://alberta.ca/budget-2025-consultation). Businesses, municipalities, community groups, and other stakeholders can also provide feedback via the online portal. All input will be shared with Minister Horner to ensure diverse perspectives are considered. The survey and portal are open until Sunday, January 12. Let's work together to create a brighter future for Alberta!

Thank you to my constituents for their support, wishing you all a joyous and prosperous New Year.



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I hope everyone had a Merry Christmas and a Happy New Year!

In November, I spoke and laid a wreath at the Bowness Legion Remembrance Day service where we honored those who served, those who continue to serve, and the fallen. I was honored to speak at the Holodomor Commemoration in Calgary. I visited the Foothills Academy's Grade 9 student classroom to talk about being a Member of Parliament and the history and theory of the Parliamentary system.

This winter, I stood up for Canadians in both the House of Commons Chamber and at the Finance Committee. Last spring, Parliament voted to order the government to produce unredacted documents related to Sustainable Development Technology Canada (SDTC), a "Green Slush Fund" where whistleblowers revealed that connected insiders voted to give \$400 million of public money to their own companies, and hand them over to the RCMP. The government failed to do so. Each of my Conservative colleagues has spoken in the House of Commons on this very important motion to release the documents.

The Finance Committee has studied the effects of the Capital Gains Tax increase on Canadians and undertaken pre-budget consultations. This government's tax policy is killing jobs by driving investment and skilled Canadian workers out of the country. Business investment in capital like machinery, equipment, training, and intellectual property is shrinking, and productivity is falling. My Conservative colleagues and I will name a Tax Reform Task Force of entrepreneurs, inventors, farmers, and workers to design a tax cut that will allow Canadians to earn powerful paycheques and pensions and cut the paperwork and bureaucracy in the tax system by at least 20%.

Feedback from Calgarians is very important to me, please feel welcome to contact me through my Calgary office.

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

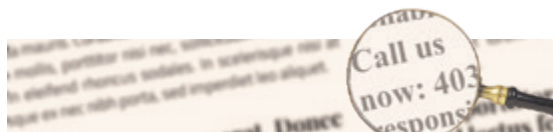
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## Joke of the Month

*Why did the pony get detention?*

*Because he was horsing around.*



### Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

#### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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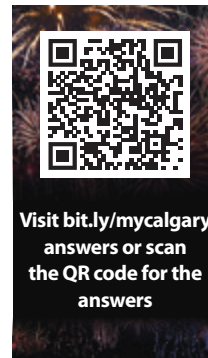
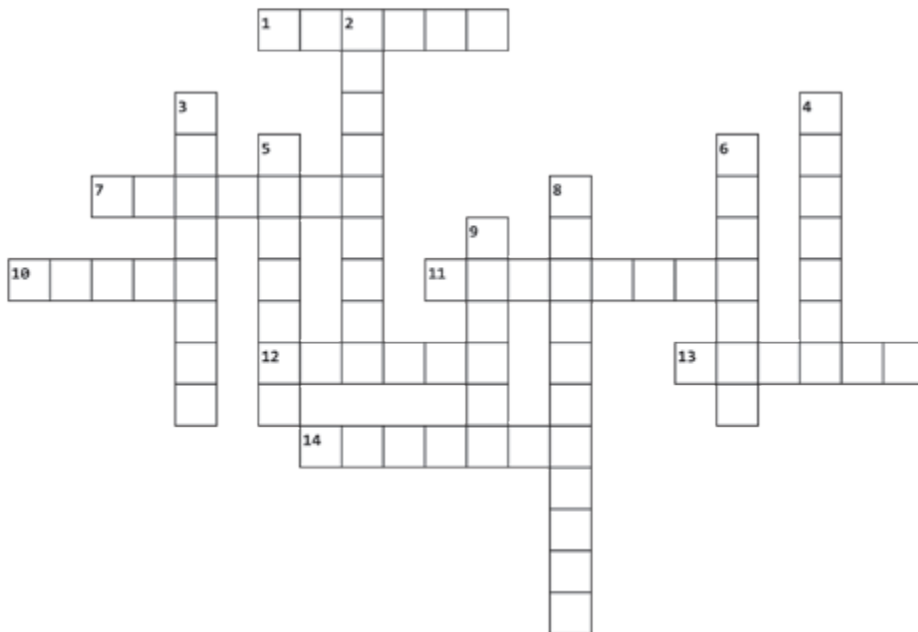
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# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.

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