

JUNE 2025

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# your **EVANSTON**

THE OFFICIAL EVANSTON COMMUNITY NEWSLETTER

**NEW COMMUNITY GARDEN!**  
**SEE PAGE 7**



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## Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

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- Remove all old materials from bathroom and job site
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- Supply & install new showerhead & diverter spout
- 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*

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- Tile Schluter base
- Supply & install new tile to ceiling
- 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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**SCAN HERE TO VIEW ADDITIONAL  
EVANSTON CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**

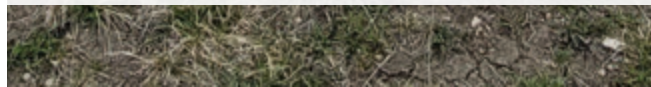


**Real Estate  
Statistics**



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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.



## WORD OF THE MONTH

**Acumen:** noun (uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.





## PRESIDENT'S MESSAGE

Summer is nearly here and many of us will be thinking about how we will spend the time with our family, friends, and neighbours. Neighbour Day in Calgary is a celebration of community spirit and connection. Held each year on the third Saturday in June (21st this year), Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Please share your stories and photos with us at [board@eccacalgary.com](mailto:board@eccacalgary.com) so we can showcase what you and your neighbours did this year!

### It's Alive!

We built and planted our new Community Garden last month! This was made possible by a grant we applied for from the Calgary Foundation along with our agreement with the charity Friends of the Federation of Calgary Communities. The ECCA Garden Committee then got to work. It arranged for twelve garden boxes to be built by Evanston-based Topnotch Fence and Deck. The Committee and volunteers went to Spyhill Landfill and brought back 1,405 kgs of compost in addition to going to Airdrie to pick up wood stumps to line the bottom of each box. We have a bespoke rainwater collection system designed, built, and installed by one of our directors. Soil was obtained and laid into the boxes and seeds were donated. All of this began in mid-March! The aim for this year is to grow crops and donate to the Calgary Food Bank. What an excellent example of being community-focused, with dedicated volunteers, to build community and give back.

If you are interested in becoming part of the Evanston Community Garden, please let us know by contacting [vicepresident@eccacalgary.com](mailto:vicepresident@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.

### Litter Pickup – Sunday, June 8, 10:00 am

June 2 to 8 is Environment Week and what a better time to launch our Litter Pickup Program! There is growing concern by some residents about the amount of litter in Evanston and grassroots litter clean-up efforts are already underway. The ECCA has a long-term goal to maintain a litter-free community, which will require ongoing efforts beyond a one-time pickup event, but

this first event can help kick-off a broader ongoing commitment to manage litter in the community. The Litter Cleanup (TLC) kits will be provided by the City for us (bags, gloves, instructions). We will also have prizes for volunteers to enter their names to win. To volunteer and for more information, email [secretary@eccacalgary.com](mailto:secretary@eccacalgary.com). Let's get engaged and tidy up Evanston!

### Community Cleanup – Saturday, July 19, 9:00 am to 2:00 pm

Up to three large City garbage trucks will be at St Josephine Bakhita School's parking lot (same as last year). Community Cleanup events provide an opportunity for Calgarians to dispose of items that do not fit in their waste and recycling carts. Accepted items include furniture (mattresses, sofas, chairs, desks, dressers, etc.), toilets, broken recreational items (old treadmills), lumber from old fences and decks, weird items: garden gnome collection, broken grandfather clock, taxidermy items. It will be first come first dump and the queue will close at 1:30 pm.

### Join Your Association

We have a brand-new membership rewards program with discounts available for ECCA Members at Blowers & Grafton Creekside, Servus Credit Union, JPs Indian Bistro, and Kal Tire Creekside so far! Purchase your membership at <https://www.eccacalgary.com/register/>. Add your name to the volunteer list at <https://www.eccacalgary.com/volunteer/>. We are always looking for enthusiastic people to help!



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# We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon

The saying goes inside the staff rooms

Most teachers' tanks are running empty

Low fuel within, they're all teached out

Ignition sequence slowly starting

Young astronauts awaiting lift off

Dreaming, gazing out the windows

The students now in countdown mode

Long year it was for sharpened minds

10 months of grinding education

The pencils short, good patience shorter

Toss learning's shavings to the wind

Yes, summer's here, it's time to fly

Fold lesson plans like paper airplanes

Let's rocket launch to outer space

New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic

Deep down it's true we're all the same

We dream in June of summer breezes

That blow the cares of school away



# Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond

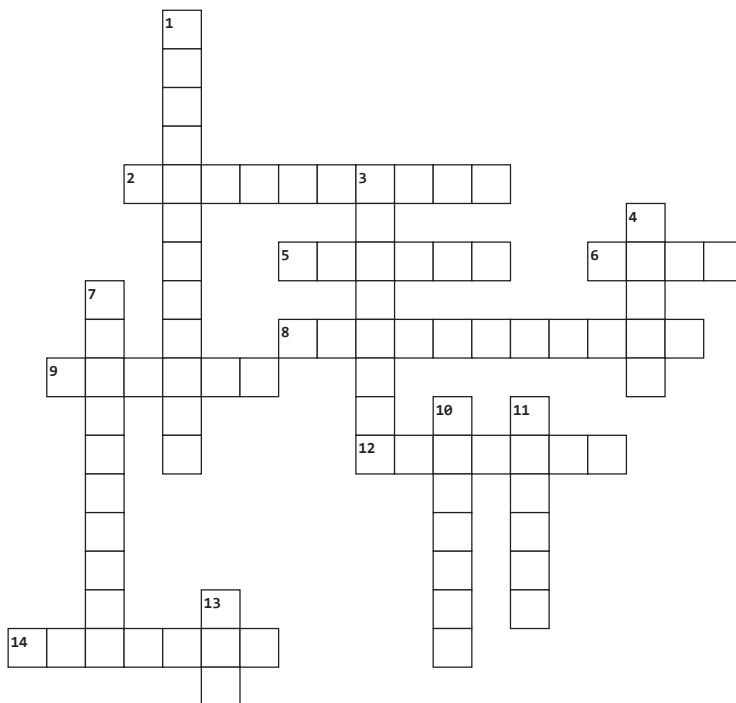


Millie, North Glenmore Park

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# June Crossword



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

## Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, \_\_\_\_\_ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George \_\_\_\_\_ was first published on June 8, 1949.
12. Charles Blondin crossed \_\_\_\_\_ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

## Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in \_\_\_\_\_, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam \_\_\_\_\_, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis \_\_\_\_\_ celebrates her birthday on June 1.
10. Avril \_\_\_\_\_'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

# Can Physiotherapy Help You?

*by Alberta Health Services*

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

### What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

### What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

## When Can Physiotherapy Help?

### Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

### Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

### Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

### Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



## Evanston Real Estate Update

Last 12 Months Evanston

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2025	\$634,950	\$631,500
March 2025	\$678,250	\$690,312.50
February 2025	\$608,449.50	\$595,600
January 2025	\$619,900	\$595,000
December 2024	\$599,900	\$593,250
November 2024	\$669,900	\$673,000
October 2024	\$539,900	\$535,000
September 2024	\$650,000	\$648,500
August 2024	\$510,000	\$505,500
July 2024	\$649,900	\$661,100
June 2024	\$649,900	\$645,000
May 2024	\$599,900	\$645,000

Last 12 Months Evanston

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2025	39	26
March 2025	37	26
February 2025	21	20
January 2025	26	21
December 2024	10	22
November 2024	21	17
October 2024	20	23
September 2024	28	19
August 2024	23	21
July 2024	37	31
June 2024	30	33
May 2024	45	31

To view more detailed information that comprise the above  
MLS averages please visit [evan.mycalgary.com](https://www.mycalgary.com)



# Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." Or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."

Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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## Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

*Soccer in the Community*

Summer: July - Sept

**northsidesoccer.ca**



*Coronation Month*

June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!

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