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Happy Mother's Day!

SCAN ME

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- 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

SUPREME TUB TO SHOWER CONVERSION

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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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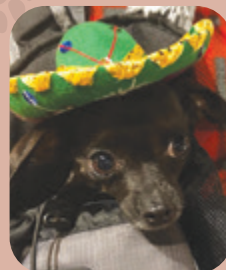
Marjory, Walden



Mavis, Calgary



Puff the Magic Dragon,
McKenzie Towne



Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

To have your pet featured, email news@mycalgary.com

CONTENTS

- 7 PRESIDENT'S MESSAGE
- 8 MENTAL HEALTH MOMENT: SIX WAYS TO STAND UP FOR YOURSELF
- 10 FUNDRAISING MESSAGE
- 11 MAY CROSSWORD
- 12 RECIPE: THAI CURRY CHICKEN
- 13 BUSINESS CLASSIFIEDS



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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

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Director	Maricel McDonald
Director	Mike Stiles
Director	Emma Sauriol
Director	Karl Alexander
Director	Brayden Boerchers
Director	Marie Jurcevic
Director	Jenna Larcher
Director	Sharon Todd

Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.



ELEPHANT CAT



Did you know elephants can purr like cats when they're content? Unlike a cat's purr, which comes from its larynx, an elephant's purr-like sound is actually a deep rumble created by airflow through its vocal cords—how purr-fect!

PRESIDENT'S MESSAGE

The Evanston-Creekside Community Association (ECCA) held its 18th Annual General Meeting (AGM) on Tuesday, April 8. It was the first in-person meeting of ECCA Members in over half a decade. Nineteen Members and two residents were present. It was a great evening of reflection of the past year, an update of where we are today, and a plan for the upcoming year. After many events, fundraising, and sheer undivided effort, we are happy to report that we are in the best financial position since 2020! The Members also chose a cost-effective auditor for 2025 and were presented with a membership fee reward structure which we are excited to introduce to everyone shortly on our website. The Members were also joined by 69 more neighbours in the past year (18 total ECCA Members in 2024 and now 87!) As a volunteer-driven association, the ECCA is made of members for members. Sign up for membership today (see last paragraph for how).

Thank you to those who attended the AGM, the 2024-25 Board for their dedication last year, and congratulations to the new 2025-26 Board of Directors.

The newly elected Board for 2025-26: Brayden Boerchers, Christopher Ng, Emma Sauriol, Jenna Larcher, Karl Alexander, Maricel McDonald, Marie Jurcevic, Mike Stiles, Sharon Todd, and Stan Kunnathu.

Our first new Board meeting was held on Tuesday, May 6. The Board meets on the first Tuesday of each month. If you would like to attend or perhaps join the Board, please contact president@eccacalgary.com.

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 <https://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.

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

We have a date! It will be held 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. They also support community residents who do not have access to cart service. 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.

Join Your Association


To help support the Association please visit the ECCA's webpage at <https://www.eccacalgary.com/register/> to purchase a \$30 membership. If you are interested in volunteering, send us an email at president@eccacalgary.com. We are always looking for enthusiastic people to help!

BRAIN
GAMES

SUDOKU

6								
				1		6		
	7	9			6			
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3								1

SCAN THE QR CODE
FOR THE SOLUTION



Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



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Fundraising Message

We have an exciting new way for you to support this growing season. The Evanston-Creekside Community Association (ECCA) is partnering with BigYellowBag®, a local company that delivers high quality garden products in a neat, clean bag straight to your door. As we are all getting into the planning for our spring/summer gardens, BigYellowBag® has offered to donate \$10 to us for each bag purchased using our unique code: ECCA25. This code is only valid for donations that come to us. As an added bonus, you save \$5 on your BigYellowBag® purchase! So, if you're in need of soil or mulch to get your lawn and garden going this year, keep us in your thoughts.



A fundraising poster for Big Yellow Bag. At the top, a green banner reads "SUPPORT OUR FUNDRAISER TODAY!". Below it, in red text, is "USE OUR CODE: ECCA25". A central image shows a yellow Big Yellow Bag of "black garden soil" with a red circular sticker that says "Plus, you save \$5 per Bag Total!". To the left of the bag, text states: "WHEN YOU ORDER ANY BIGYELLOWBAG OF SOIL OR MULCH \$10 IS DONATED TO: Evanston-Creekside Community Association (ECCA)". At the bottom left, it says "THANK YOU FOR YOUR SUPPORT!". At the bottom right, a white box contains the text "Big Yellow Bag GIVE & GROW".

In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It's crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we're believing

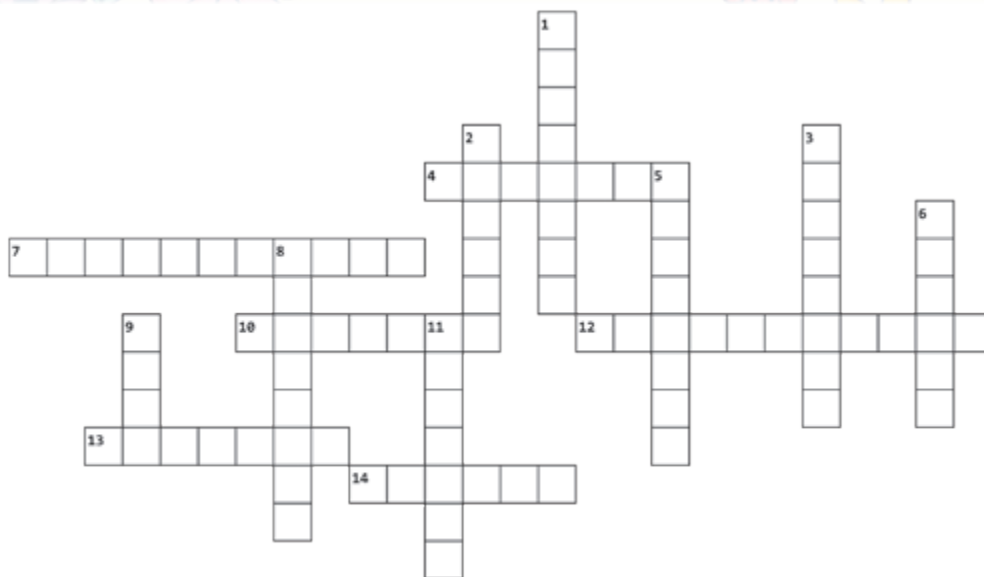
We're here to care, we're here to share
For that's what life's about
In loving kindness, hearts prepare
The Food Bank helping out



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!

May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: 4 to 6

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

GAMES & PUZZLES

Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called _____; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called _____.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



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Word of the Month

Filipendulous: *adjective*
(fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.



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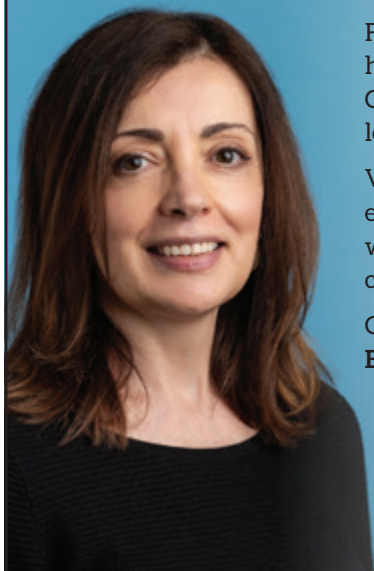
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