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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

RIGMAROLE: NOUN (RIG-MUH-ROHL)

Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.



PRESIDENT'S MESSAGE

Welcome back to school and life after summer. We hope you enjoyed the summer months. At least everything stayed green! The ECCA has been busy since our Annual General Meeting in April. Some of our accomplishments include: building a successful community garden and donating the entire crop to the Calgary Food Bank; creating a litter program with walking club; increasing our membership by nearly 50%; purchasing lawncare equipment for the Community Park; increasing content on our website and introducing an Instagram account; establishing Board Code of Conduct and Conflict of Interest policies; putting 144 Avenue safety to the City and police service as matter of urgency; creating a discount program for ECCA members from no businesses to 18 and counting; reconnecting with the two seniors' complexes; and taking on fundraising projects to ensure the Association is on sound financial footing. We raise every dollar to help run the ECCA. It starts with a dedicated Board of volunteers so come along and join us!

ECCA Membership Rewards Program

We have 18 amazing local businesses who are a part of the ECCA Membership Rewards Program. Discounts at these businesses are available for all ECCA members who show proof of membership. For the current list of discounts, visit www.eccacalgary.com.

Any household can become an ECCA member at www.eccacalgary.com/register. This will pay for itself in two or three visits. Tell your friends, neighbours, and family. There are lots of savings with this program and there is more to come!

Community Garden Harvest Day

Saturday, September 20, 12:00 to 2:00 pm. We are having a final harvest of potatoes at the Community Park (115 Evanston Drive)! Please also bring your dry food so that we can also donate these to the Calgary Food Bank. If you are interested in helping with the Community Garden for the Calgary Food Bank next year, please email vicepresident@eccacalgary.com.

Wine Tasting – Thursday, October 16

Wine Tasting returns to the ECCA. For more information and to book your spot, please email board@eccacalgary.com. Bring your friends and family, although keep the little ones at home. This is an 18+ event. Tickets are available now and there is ECCA member pricing and non-member pricing.

Holiday Mingle and Silent Auction – Sunday, November 30, 6:00 pm

This family-friendly event has been hugely successful in the past two years. This year, we are holding it at Boston Pizza Creekside so that we can hold more people and families! We are looking for donations for the silent auction, so please contact memberships@eccacalgary.com to help. Tickets for this event will go on sale in the autumn.

Join Your Association

Purchase your membership at <https://www.eccacalgary.com/register/>. We have a robust Membership Rewards Program that, with proof of ECCA Membership, you can be eligible for discounts at local businesses in and around Evanston!

Want To Volunteer?

Add your name to the volunteer list at <https://www.eccacalgary.com/volunteer>. We are always looking for enthusiastic people to help! If you are interested in joining the Board, please contact president@eccacalgary.com. Our Board is ten-strong, all volunteers and all live in Evanston. To give you an idea of our current make-up, we have a small business owner, a handyman, a sustainability expert, and a realtor.

This Newsletter...

...is free for the ECCA to use and helps get our message out. It is paid for by the adverts you see in each edition. If you would like to help with the newsletter, please email president@eccacalgary.com. Time commitment is approximately one to two hours per month.



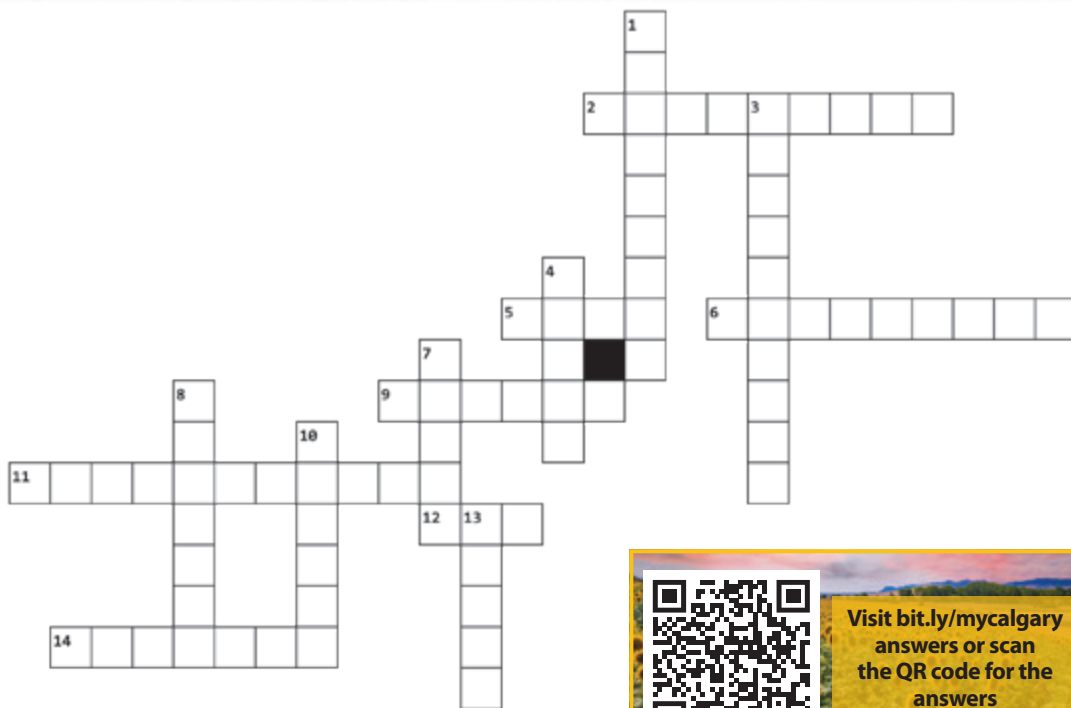
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September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.

	7		4	5	9			
5			7			4	6	
		2						3
	9							5
		4			8		9	1
							4	
				1			7	
	2				4			8
				2	6			

SCAN THE QR CODE
FOR THE SOLUTION



Tuscany, Calgary

by Garth Paul Ukrainetz

No leaning tower of Pisa there
No art of Michaelangelo
No vineyards, nor the Florence dome
Chianti grapes, too cold to grow

Instead, refreshing western air
That blows from mountains pure and wild
That flies the flags Alberta Blue
To fill the lungs of soul inside

In Tuscany they mow their lawns
They drop their children off at school
Cheer loudly for their local teams
Make weekend trips to Banff's hot pool

A community of Calgary
200 more around it grow
Yes, life is good in Tuscany
O renaissance, thru foothills blow



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Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Bringing Wildflowers to the Alley

by Paula McGarrigle

There are few things we can control in life, and these days the news cycle can feel overwhelming. But sometimes small things, like planting flowers, can make a difference.

I was inspired by Wildflower Alley in Belfast, a neighbourhood space once known for garbage dumping and vandalism. In 2015, about 40 neighbours came together to repaint fences, and add planters filled with flowers and herbs. Today, the alley has become a vibrant green hub that's sparked over 50 similar projects across Belfast.

After watching a feature on Wildflower Alley on *Gardeners' World*, I thought: Why not try something similar here?

One brisk April morning, I made a simple poster encouraging neighbours to put out some flowers for the summer. I printed 40 copies and walked around the block, dropping them into mailboxes. I also offered extra empty pots and a few seedlings I had grown from seed.

I felt a bit awkward ringing doorbells and interrupting people's day, but the idea sparked curiosity for some. People asked more about what had been done in Belfast and said they were interested.

After the May long weekend, flowers slowly started to appear. One neighbour, who always maintains a lovely plot behind their fence, led the way. Others followed, placing pots and planters around the alley.

Ironically, I was the last to get mine out. I picked up some discounted flowers with bright yellow and purple blooms and arranged them in a few favourite pots. I spent the morning tidying the alley and backyard. But just ten minutes after I placed them out... they were gone.

I was frustrated, but I didn't want to give up. I went back to the drawing board with a new plan. I brought out older, heavier pots that were hard to carry off. I filled them with compost, added some Bachelor Buttons from the front garden, threw in a few wildflower seeds, and reused an abandoned insect hotel. I also reinforced a couple of hanging baskets to make them harder to remove.

Today, we have ten homes participating and more than 20 flowerpots out in the alley. Every time I walk through and see the blooms, some big, some just beginning—I smile.

It's not changing the world, but it is a start. For me, it's a reminder that small acts, done together, can transform shared spaces.

Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

Apologize When You're Wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad, but you were really getting on my nerves."

Give Your Child Choices and Respect Their Wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding



the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

Read Books and Stories Together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.



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Greetings Residents of Calgary-Foothills!

It's been a wet summer, impacting plans from outdoor sports to events. Our increasingly volatile climate has consequences. From wildfires to floods to hail, Albertans have faced extreme weather events firsthand and have seen increased home and auto insurance premiums as a result.

Unfortunately, the UCP Government's plan for auto insurance raises premiums by 15% across the next two years and removes the right to sue. The Insurance Bureau of Canada has already stated the plan is unlikely to reduce costs. Higher premiums and potentially lower benefits? Sounds like a bad idea. If you have concerns about an insurance claim, contact IBC at 1-844-227-5422.

September is back to school season. Teachers are frustrated with the UCP Government, leading 94.5% to vote to strike in June. Their concerns stem from difficult working conditions, a lack of funding to address large class sizes, lack of educational assistants, and more. New Democrats and I believe your kids deserve the best education to prepare for the future, yet under the UCP Government, Alberta has consistently been lowest in per-student funding in Canada. I'll continue fighting for adequate investment in public education, and for construction of local schools in Calgary Foothills so students and parents can stop long daily commutes across the city.

Reminder: You're invited to my "Ask Me Anything" Town Hall at Arbour Lake Residents Association from 7:15 to 8:30 pm on Thursday, September 25. I hope to see you there!

Meanwhile, don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you! Ask about our e-newsletter list to stay updated on local events, and changes to provincial legislation. If you would like to volunteer with my office or have questions, please contact my email above, and follow my work on social media. Until next time!

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