

JULY 2025

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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 \$12,679
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$14,639
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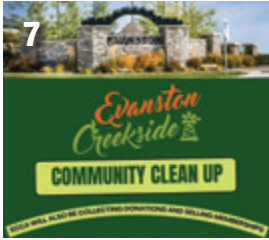


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**SCAN HERE TO VIEW ADDITIONAL
EVANSTON CONTENT**

**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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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

We held our Community Litter Cleanup on June 8 (see cover photo). There has been growing concern from some residents about the amount of litter in Evanston and our grassroots litter cleanup effort is 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 helped kick-off a broader ongoing commitment to managing litter in Evanston. The Litter Cleanup (TLC) kits were provided by the City for us (bags, gloves, instructions). Plus, we had gift card and free membership prizes for the volunteers. For more information and to get involved with future cleanup events, email secretary@eccacalgary.com. Let's get engaged and continue to tidy up Evanston!

Membership Rewards Program

For the first time in at least half a decade, the ECCA is excited to launch our membership rewards program. ECCA members are eligible to receive discounts when they show proof of membership at Blowers & Grafton Creekside, Servus Credit Union, JP's Indian Bistro, Kal Tire Creekside, Fresh Fluff Grooming, Kookie Little Kookie Jar, and Boston Pizza Creekside. For more information about the program and about membership, email memberships@eccacalgary.com.

A membership supports the activities and programs we put on throughout the year. It also helps maintain our Community Park (115 Evanston Drive) for which we have a 15-year licence of occupation for. Everything from the ice-skating rink to the firepit to the community garden is paid for by money raised from memberships, grants we apply for, and events we put on. The more members we have, the more we can offer.

Next 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, and weird items like your old garden gnome collection, broken grandfather clock, and taxidermy items.

It will be first come first dump and the queue will close at 1:30 pm. See the poster for more details.

What's Happening in August?

Last year we held a community barbecue during the third week of August. We are in the planning stages of the 2025 edition! Be sure to follow us on facebook. [com/evanstoncreeksidecommunityassociation](https://www.facebook.com/evanstoncreeksidecommunityassociation) and on Instagram [com/evanstoncreekside](https://www.instagram.com/evanstoncreekside), and visit our website, www.eccacalgary.com to view the latest information!

Join Your Association

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! Want to help with the community garden? Email DAL3@eccacalgary.com.



The poster features a photograph of the Evanston stone archway at the top. Below the photo, the text "Evanston Creekside" is written in a stylized, cursive font, with a small tree icon next to "Creekside". Underneath this, the words "COMMUNITY CLEAN UP" are displayed in bold, white, sans-serif capital letters within a dark green rectangular box. A curved banner below the box contains the text "ECCA WILL ALSO BE COLLECTING DONATIONS AND SELLING MEMBERSHIPS". Below this banner is a list of items to be collected, each preceded by a checkmark in a box: "City Trucks, Techno Trash", "Speedyjunk2go for Metal", "WINS for clothing donation", and "Flames Sports Bank to collect sports equipment". At the bottom of the poster, the date and time "SATURDAY, JULY 19, 9 AM - 1:30 PM" and the location "ST. JOSEPHINE BAKHITA SCHOOL" are listed in white, sans-serif capital letters.

Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

GAMES & PUZZLES

Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR
CODE FOR THE
ANSWERS!

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.

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BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

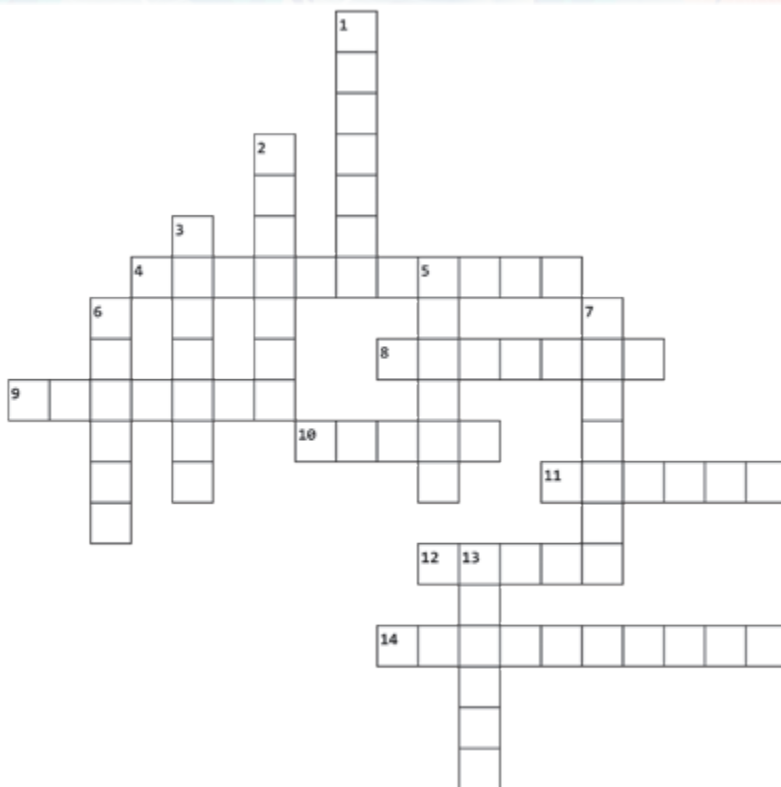
1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

July Crossword



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

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand


Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack

BRAIN
GAMES

SUDOKU

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

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Hello, Can
You Hear Me?



Way back on July 1, 1881, the world's first international telephone call took place between St. Stephen, New Brunswick and Calais, Maine—two towns so close (approximately a mile), you could probably shout across the river!

No Yolk

Why don't eggs tell jokes?
They might crack up!



Cats, Canines, & Critters of Calgary



Lily and Fern, Calgary



Enzo, Calgary



Molly, Elbow Scene



Roscoe,
McKenzie Towne



Stella,
Elbow Scene



Tigger,
Elbow Scene



Willow,
McKenzie Towne

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Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)

Looking or
sounding very
gloomy and sad.

He droned on
in his lugubrious
tone.



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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

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