

SEPTEMBER 2014

DELIVERED MONTHLY TO 3,100 HOUSEHOLDS

# your **EVANSTON**



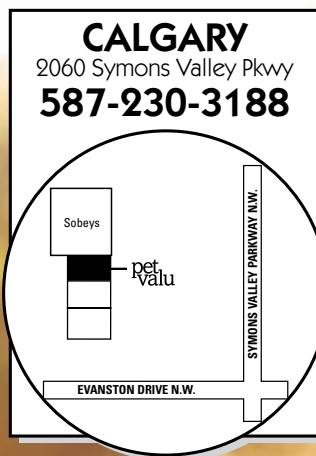
BRINGING EVANSTON RESIDENTS TOGETHER

**BABYSITTER  
LIST INSIDE  
PG 7**

There's a new dog in town.

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## Evanston Community Association

Box 47059, #20, 12192 Symons Valley Rd. NW

Calgary, AB – T3P 0B9

Phone: 403.538.2599

[president@eccacalgary.com](mailto:president@eccacalgary.com) | [www.eccacalgary.com](http://www.eccacalgary.com)

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## NEWSLETTER AD SALES



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# YOUR COMMUNITY CONNECTIONS

## SCHOOLS

*(F) Denotes French Immersion (Sp) Denotes Spanish Bilingual Program*

Collingwood K-4 (Sp)	403-777-6180	Georges P. Vanier (F) 7-9	403-777-7460
St. Bede K-6	403- 500-2082	Madeleine D'Houet 7-9	403-283-5502
Cambrian Heights K-6	403-777-6150	St. Helena 7-9	403-500-2082
St. Pius K-6 (FR)	403-500-2015	James Fowler 10-12	403-230-4743
King George K-6 (F)	403-777-6210	William Aberhart 10-12 (F) (SP)	403-289-2551
Senator Patrick Burns 5- 9(SP)	403-777-7400	Notre Dame 10-12	403-500-2109

## WORSHIP

Symons Valley United Church	38 Kincora Rise NW, Calgary, AB, T3R 0A3	403-274-2361
North Point Community Church	Valley Creek Middle School-10951 Hidden Valley Drive NW	403.689.3221
Holy Trinity Anglican Church	18 Hidden Creek Road NW (Hanson Ranch)	403-275-3630



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Put Your Best Foot Forward



**Mark Your Calendars  
For These  
Upcoming  
Community  
Meetings!**

**September 8, 7:00pm**  
Servus, Creekside Shopping Centre

**October 14, 7:00pm**  
Servus, Creekside Shopping Centre

**November 3, 20, 7:00pm**  
Servus, Creekside Shopping Centre

**December 8, 7:00pm**  
Servus, Creekside Shopping Centre

*Please email communications@  
eccacalgary.com for more info*



**EvanstonCreekside**  
Community Association

**ECCA**

PO Box 47059  
20-12192 Symons Valley Road NW, Calgary, AB T3P 0B9

#### BOARD OF DIRECTORS

President	Asif Rahemtulla	president@eccacalgary.com
Vice President	Joerg John	vp@eccacalgary.com
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Sports	Ryan Lipowy	sports@eccacalgary.com
Communications/Web	Evangelos Kordakis	communications@eccacalgary.com
Planning & Development	Robbie Morton	planning@eccacalgary.com
Memberships & Business Development	Edward Obasi	memberships@eccacalgary.com

#### COMMUNITY RESOURCES

Ward 2 Councillor	Joe Magliocca	403-268-2430
MLA Calgary-Mackay-Nose Hill	Neil Brown	403-214-7710, Calgary.mackay.nosehill@assembly.ab.ca
Public School Trustee	Joy Bowen-Eyre	403-817-7928, jmboweneyre@cbe.ab.ca



## FROM THE BOARD

# ECCA Members Discounts

# “Show your Card and Save”

The ECCA is running a “Members Discount” Program.

Our Business Members have graciously extended special offers for card carrying ECCA residential members. This program was newly launched earlier this year, and will continue to grow as we partner with more local businesses.

We invite you to check in regularly for offers on our community website <http://www.eccacalgary.com/business-directory/ecca-members-discounts/>

The ECCA is continually striving to increase the benefits and value of holding a current residential membership. 100% of membership fees go towards community programming and future development projects.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 12

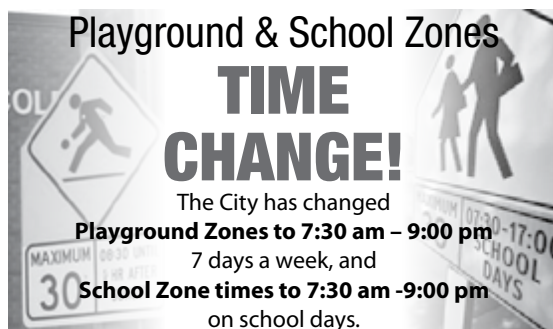


## The Evanston-Creekside Association is continually looking for volunteers!

We certainly understand that people are busy and have many commitments. There is no pressure to give up your time when you simply do not have it. The goal would be to engage people when there is a need and reach out to our volunteer base in hopes that a few can fit some volunteer time into their schedule from time to time.

If you are interested in volunteering, please contact [volunteer@eccacalgary.com](mailto:volunteer@eccacalgary.com) for more details.

By having a base of volunteers, the ECCA is able to provide more events and community programming. We look forward to your participation in supporting your community.





# Evanston Real Estate Update

## Last 12 Months Evanston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2014	\$506,453	\$500,294
June 2014	\$452,153	\$449,414
May 2014	\$491,183	\$486,212
April 2014	\$492,766	\$490,902
March 2014	\$489,927	\$487,720
February 2014	\$496,300	\$491,195
January 2014	\$455,544	\$452,372
December 2013	\$470,239	\$465,536
November 2013	\$520,257	\$510,510
October 2013	\$474,373	\$469,559
September 2013	\$444,644	\$439,844
August 2013	\$450,493	\$444,518

## Last 12 Months Evanston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2014	40	31
June 2014	46	26
May 2014	40	32
April 2014	28	26
March 2014	35	32
February 2014	25	26
January 2014	29	22
December 2013	13	19
November 2013	22	24
October 2013	26	32
September 2013	34	18
August 2013	37	30
<b>Total</b>	<b>375</b>	<b>318</b>

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [evanston.great-news.ca](http://evanston.great-news.ca)

## Evanston mybabysitterlist

Name	Age	Contact	Course
Aida	51	403-253-6509	yes
Alessandra	14	587-894-2404	yes
Laura	16	403-909-4021	no
Madison	12	403-850-6001	yes
Raiyah	14	403-567-0270	no
Stephanie	16	403-975-8620	yes
Ty	13	403-295-6065	yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

***Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).*

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## Alberta Health Services: EMS

### BACK TO SCHOOL SAFETY

Alberta Health Services EMS would like to remind parents and students about some basic road safety tips, as streets become more congested, with the return of the school year. Pedestrians

#### Motorists

- Avoid talking on cell phones, texting, or 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.
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

And motorists both have an important role to play – road safety is a shared responsibility.

#### 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.
- 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 until fully clear of the roadway.

- 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.

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## Read Aloud 15 Minutes!

calgaryreads

There are many wonderful reasons to read aloud every day. It's a great excuse to cuddle up with somebody special; it's the perfect opportunity for you and your child to talk about books (and possibly to groom your little one for future book club participation); and it's an ideal excuse for you to practice your silly voices and funny faces.

Research shows that reading aloud with children is the single most important thing you can do to prepare a child for reading and learning.

Reading aloud to young children for as little as fifteen minutes per day has been shown to positively influence brain development in very young children, with birth to age three being critical years for the development of language skills. Reading aloud to preschoolers boosts language development, since the number of words a child knows upon entering kindergarten correlates with future academic success.

Vocabulary, phonics, comprehension and storytelling are all literacy skills that reading aloud helps to build. Don't stop reading when your child grows older, big kids love a read aloud story too!

Reading aloud stimulates young imaginations and instills a love of reading. And when you read aloud with your child, you become a role model, demonstrating the importance of learning and reading to you and to your family. Getting into the habit of reading aloud with school-aged children during the lazy days of summer is an effective way to halt the summer slide of forgotten knowledge and can even create gains in your student's knowledge and reading skills.

To learn more about early literacy, the importance of reading and to get parent and family resources see [www.calgaryreads.com](http://www.calgaryreads.com).



## Littering:

Partnering with Calgarians to keep Calgary clean Animal & Bylaw Services wants to continue to foster its partnership with Calgarians to help keep our public and private spaces clean, safe and free of garbage and debris.

Community spirit is a strong force in our city. Thank you to everyone who continues to support and demonstrate strength and community pride!

We encourage all Calgarians to continue contributing to their neighbourhoods by keeping their properties tidy, using proper receptacles to dispose of waste and picking up litter.

Another way to foster safe, clean and healthy communities is to get involved in a Community Clean-up. The schedule of Community Cleanups can be found on our website [www.calgary.ca/cleanup](http://www.calgary.ca/cleanup).

Be sure to report any litter infractions or waste concerns by contacting 311.

Littering offences are covered under the **Street Bylaw (20M88)** and the **Parks and Pathways Bylaw (20M2003)**:

Litter or waste must not be left, or disposed of, except in receptacles provided for waste disposal

No person shall dispose of litter or waste from a vehicle

No person shall leave or dispose of litter or waste that is burning i.e. cigarettes

### Fines

- Littering \$500.00
- Littering from a vehicle \$750.00
- Disposing of burning litter \$1,000.00

Burning litter, as we all know, can become a safety concern and any litter and waste, if not disposed of properly, can have a negative impact on our city.

**Thank you to all Calgarians for your continued hard work and the pride that you take in our city.**



The **RCMP Musical Ride** is a colourful and living symbol of Canada, performed by a full troop of 32 police officers mounted on beautiful black horses, bred for their stamina, athleticism and sound disposition.

The first officially recorded Musical Ride was performed over a hundred years ago, in 1887, in Regina, Saskatchewan. Today, the Musical Ride tours throughout Canada, the United States and other international venues between May and October performing at 40-50 locations per year.

The performance consists of a variety of intricate dressage movements and cavalry drills, choreographed to music. These sequences require the utmost in timing, control and co-ordination at the trot and at the canter. The horses also perform in parades and special events on Parliament Hill, and must be adaptable to travel, different environments and climates, as well as strangers touching them and taking photographs.

The RCMP has bred and raised its own horses since 1939, producing some of the finest horses in the country from Thoroughbred and Hanoverian blood lines. Originally, the breeding program began at Depot Division, in Regina, and was moved to Fort Walsh in the Cypress Hills in Saskatchewan in the 1940s. In 1968 the operation was moved to Pakenham, Ontario, just west of Ottawa. The young horses undergo vigorous training at the RCMP Rockcliffe Stables in Ottawa from age three, and begin performing at age six. After a minimum of two year of active police work, officers are able to volunteer for duty with the Musical Ride. Most officers applying are non-riders however, once they complete their equestrian training with the RCMP, they are accomplished riders, not to mention goodwill ambassadors to our country. They remain with the Musical Ride for three years, after which time they return to active police work. Proud to be Canadian, the RCMP Musical Ride is one of the most patriotic and instantly recognizable Canadian symbols around the world.

# Dr. Neil Brown, MLA Calgary-Mackay-Nose Hill

sign up for our e-newsletter at [brown.mypcmcla.ca](http://brown.mypcmcla.ca)

[www.facebook.com/DrNeilBrown](https://www.facebook.com/DrNeilBrown)

Visit my website at [www.neilbrown.ca](http://www.neilbrown.ca)



## **Information for Renters and Landlords**

The *Residential Tenancies Act* (RTA) sets rules for private sector rental agreements. The RTA recognizes the special nature of social housing tenancies by providing exemptions for some types of housing, as well as special provisions for others. Under the RTA, the termination notice must be in writing, signed by the landlord or their agent, set out the reason for termination, identify the premises and state the termination date. For weekly tenancies, one week's notice is required; monthly tenancies require three tenancy months' notice; and yearly tenancies require 90 days' notice. Landlords cannot increase the rent payable by a tenant under a fixed term or periodic tenancy agreement until a minimum of one year has passed since the last rent increase or since the start of the tenancy, whichever is later. There is no limit on the amount by which the landlord may raise the rent. If the landlord wants to increase the rent, the landlord's notice to the tenant must be in writing and include all of the following: the date, the effective date of the increase, and the landlord's signature. In subsidized public housing, rent is calculated as a percentage of the tenant's income. If an increase in rent is caused by the tenant's income increasing, the increase is not subject to RTA rules. Other types of social housing include seniors lodges, supportive living accommodations, and social care facilities. These types of accommodations, licensed under specific Acts, are exempt from the RTA.

For your reference, a RTA handbook can be downloaded at [servicealberta.gov.ab.ca](http://servicealberta.gov.ab.ca).

### Constituency Office

#16, 5440 - 4th Street NW

Calgary, AB T2K 1A8

Open Monday - Friday

9:00 AM - 4:30 PM

(closed for lunch 12:00-1:00 PM)

Phone (403) 215-7710

Fax (403) 216-5410

[calgary.mackay.nosehill@assembly.ab.ca](mailto:calgary.mackay.nosehill@assembly.ab.ca)

## *Fall*

AMBER  
LEAVES  
ORANGE  
CORN  
APPLES  
SWEATER  
HAY  
GEESE  
WHEAT  
SQUIRREL  
HARVEST  
YELLOW  
RAKE  
SCARECROW  
WINDY  
FROST  
AUTUMN  
GOURD  
CHILLY  
SCHOOL



W G L M R W J W F N G W A A Z  
R O R E I N R D M Q M P S K B  
D W R N A E K K E I P U J S E  
T R D C T V W O L L E Y T K R  
E Y U A E O E P E R P P A U Y  
Y A E O X R Q S I S N R W X A  
J W C C G A A K P L S T H G V  
S C Q P W N X C R E J J E F M  
B B A U D G N Y S R G Z A E X  
H F K K I E R L V R S E T G L  
Y Y U Y B C O L C I F G E O Y  
A M B E R Q C I O U J D O S O  
H A R V E S T H N Q Q H L P E  
Q R E Y H D V C F S C F H V Z  
Q Z Y T S O R F F S H A Y O Y



# CPS: Back to School-Safely!

As kids of all ages head to the classroom – some of them for the very first time – let’s start the school year off by keeping them safe on our roads. Here’s some useful information that you can share with parents, children and drivers.

## Use caution on the roads

When you’re driving, please watch carefully for children as they make their way to and from school. Kids can appear suddenly from behind a parked car, seeming to come from nowhere. Being alert and following the posted speed in school and playground zones will improve your reaction time:

- School zones are posted at 30 km/h from 8 a.m. to 5 p.m., Monday to Friday.
- Playground zones posted at 30 km/h from 8:30 a.m. to one hour after sunset, every day of the week

## Teach lifesaving traffic tips

Parents can use the “3 Ps” method – **Point, Pause and Proceed** – to teach children how to cross the street safely:

- **Point** – indicate the road you would like to cross by extending your arm to show drivers;
- **Pause** – before proceeding, ensure vehicles have come to a complete stop or are far back enough, and make eye contact with drivers to ensure they have seen you; and only then
- **Proceed** – with your arm still extended, proceed to

cross the street, continuing to check for other vehicles, as drivers may have not realized pedestrians are crossing.

Parents should teach children to cross at marked crosswalks with traffic signals or flashing lights, and never to step out between parked cars or jaywalk.

## Lead by example

Most schools have assigned drop-off and pick-up areas. Parents should remember to park only in designated areas – reducing the traffic in and around schools and playgrounds means increasing visibility for pedestrians and motorists.

Furthermore, set a good example by adhering to proper safety practices. Keep an eye out for people waiting to cross the street and yield to crossing guards. Slow down as you approach the crosswalk or intersection and anticipate that people waiting there may want to cross in front of you.

For more back-to-school safety and other traffic tips, please visit our traffic safety section at [www.calgarypolice.ca](http://www.calgarypolice.ca) or call 567-4000.

# INSIGHT



## AESOP'S FABLES

### The Peacock's Complaint

A peacock was very unhappy with his ugly voice, and he spent most of his days complaining about it.

"It is true that you cannot sing," said the fox, "But look how beautiful you are!"

"Oh, but what good is all this beauty," moaned the disheartened bird, "with such an unpleasant voice!"

"Oh hear," said the fox, "Each one has its special gift. You have such beauty, the nightingale has his song, the owl has his eyes, and the eagle his strength. Even if you had an eloquent voice, you would still complain about another thing."

Do not envy the gifts of others. Make the most of your own.

## Blue Cart Is Turning Five!

Forget the card, candles and cake. All your blue cart wants for its birthday is the box.

We've recycled over 350,000,000 kilograms of material. That's more than 2,300 blue whales.

It all adds up and here's how you can make your recycling count:

- Keep your recyclables loose and inside the cart.
- Plastic bags and shredded paper are the only materials that should be bundled in clear plastic bags.
- Don't contaminate your recyclables with black bags, scrap metal, yard waste or food waste.
- If in doubt, check it out at [www.calgary.ca/what\\_goeswhere](http://www.calgary.ca/what_goeswhere)

You + recycling = a big difference.

## BRAIN GAMES SUDOKU

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



## News from the Friends of Nose Hill

by Anne Burke

There is now a draft plan for "A BiodiverCity: Calgary's 10-year strategic plan". Our ecosystems are: Fescue Grasslands and the Aspen Parklands. Nose Hill contains significant rough fescue grassland left on the Canadian prairies. Apart from the native grasses, one of the dominant species in the park is the Trembling Aspen. These two eco-regions, which sustain biodiversity, are habitat to coyotes, white-tailed deer, and other wildlife. This is a period of stress for coyotes. In the fall is when coyotes who reach maturity leave the pack to fend for themselves.

The Coyote connectivity project specifically targets identifying and understanding changes in networks (priority habitats and corridors). This will allow changes under different planning scenarios (e.g. ring road). The goal of this project is to understand how coyote movement changes seasonally and whether it is due more to behavioural ecology or to climate.

The project was initially supposed to project models solely from GPS-GSM collar data from 10 coyotes city-wide. However, only two coyotes were caught in 2013 and a collar dropped off from one coyote within 4 months. This specific project started in May 2011 and is expected to be completed before the end of 2014.

The overall research project is expected to last until 2020 with research projects on:

1. coyote spatial ecology (Spatial Ecology of Urban Coyotes)
2. coyote reproductive behavior ("Citizen Coyote")
3. health among wildlife, domestic animals, and people

The Urban Coyote Project is online at: <http://www.calgary.ca/CSPS/Parks/Pages/Urban-Coyote-Study.aspx>. It is also available at <http://vet.ucalgary.ca/coyote/>. There is a twitter account (@UrbanCoyotesYYC; #coyotesYYC) and a facebook page (Calgary Urban Coyotes).

The overall research program is facing challenges with the development of animal care protocols from the U. of C. that will not be perceived as impacting animal health.





# The American Crow: Family Comes First

*By: Katie Fisher*

*Photo: Andrea Hunt*

As one of the most identifiable birds, the American Crow is found throughout many regions of North America. If we are asked to describe him, many might say he is a garbage picker, but he is more than that; he is a family man.

From birth, an American Crow may remain with his family, which may be comprised of two to five siblings, up to six years old. Unlike other bird species, the crow is not chased away from his family nest. Usually, a crow will only leave the group once they are ready to breed and start a family of their own. While at home, tasks may include; feeding brooding females, caring for nestlings or fledglings, defending nest territory, watching over family members as they hunt and scavenging for food.

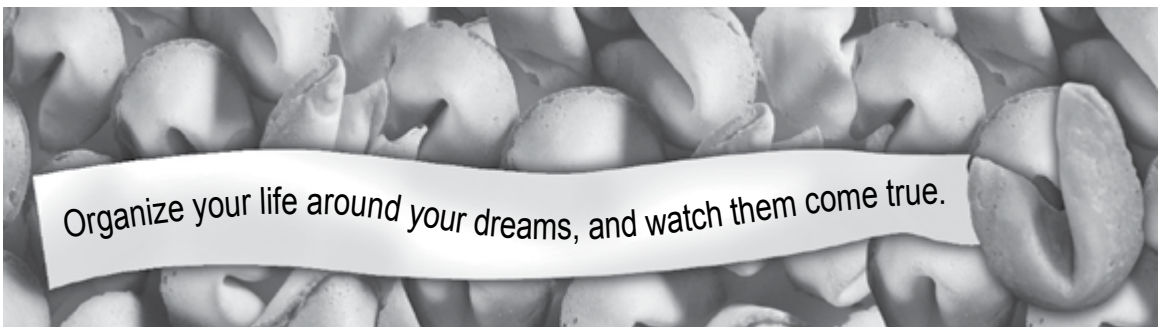
Home territories for crows can usually be found within city parks, along rivers and streams, or within

mixed coniferous woods. The American Crow is adaptable and isn't too picky about where he chooses to live, neither is he picky when it comes to food. The American Crow will nibble on scraps of human food, various seeds and grains, insects, eggs, nestlings of other bird species, and fish. He is also a capable hunter who will look for mice, frogs and other small animals. From time to time, they do enjoy their fair share of human garbage and can often be found circling local landfills and garbage bins, creating a mess as they go.

When trying to spot the American Crow, keep in mind, he is quite similar to other corvid species, especially the Raven. The American Crow is black all over; including feet and bill. He is a stocky build with a stout bill and fan-shaped tail. The only noticeable difference between him and the Raven, is the crow's smaller size and rounded tail feathers, in contrast to the Raven's wedge-shaped tail.

Keep in mind, the American Crow is sensitive to the West Nile virus and has experienced a 45% drop in population since 1999. The good news for us? Crows cannot transmit the West Nile virus to us directly.

If you come across an injured American Crow, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.





*Serving the area for over 5 years*

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- Muscle Release Techniques
- Exercise Therapy
- Graston
- Orthotics
- Custom bracing
- WCB • Motor Vehicle • Insurance • Private

**CLINIC LOCATIONS**

<p><b>NORTHWEST</b> Momentum Health Creekside Creekside Clinic 4, 12192 Symons Valley Rd NW P. 403-239-6773</p>	<p><b>SOUTHWEST</b> Momentum Health West Springs West 85th 2200 8561 8A Avenue SW. P. 403-453-3373</p>	<p><b>SOUTHEAST</b> Momentum Health Ogden Lynnwood Shopping Centre, 1C, 7005 18 Street SE, P. 403-236-0106</p>
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<p><b>SOUTHWEST</b> Momentum Health Westbrook Corus Block 304, 3320 17 Ave. SW Opening 2015</p>	<p><b>SOUTHEAST</b> Momentum Health Mahogany Mahogany Urban Village 7 Mahogany Plaza SE Opening Late 2015</p>
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[www.momentumhealth.ca](http://www.momentumhealth.ca)

[info@momentumhealth.ca](mailto:info@momentumhealth.ca)

# your **COMMUNITY** business of the month

## The Mou Studio

Evanston Community

### How it started

The Mou Studio was officially opened last year. It all began in 2009 when Ted Kim graduated as a photography major from the Alberta College of Art and Design. Post college he started out working as a photo retoucher at a lifestyle photography studio and eventually went to work in both commercial and wedding photography at a renowned studio in Seoul, South Korea. In 2011 he returned to Canada with the vision of opening his own photography studio with his unique perspective and that's how The Mou Studio was born. MOU, an acronym for Memories of Us represents Ted's story driven photography. Laughter, tears, love, joy, and emotions – he captures it all.

### Newborn, Maternity, Family & Lifestyle Sessions

The Mou Studio provides newborn, maternity, family, and lifestyle portrait photography services out of our built in one-of-a-kind photo studio in the Evanston community in Calgary, Alberta. You will find unique themed areas throughout our studio as we have custom-built sets furnished with props that are imported and handmade. All of our studio furnishings and wardrobe items are personally selected and custom built for our unique Mou Studio look and feel. Clients also have access to a complementary wardrobe selection of adorable baby clothes and accessories. We provide a warm and safe environment for newborns, toddlers and families to feel comfortable in.

### Engagement & Wedding Sessions

Besides babies and families, Ted has also photographed couples and weddings for three years, both internationally and locally. We set ourselves apart with high quality work that speaks to our style – soft and natural photography. For us it's about the art of capturing moments behind the people and emotions of a wedding. Engagement and weddings are shot on location and packages can be customized.

### Products

In addition to receiving digital files with your packages, The Mou Studio also offers your favourite images on superior quality prints, canvas sets, magnetic wooden frames, clocks, and custom designed luxury leather/fabric albums.

### Community

We chose Evanston as a community to reside in and to launch The Mou Studio because we noticed a lot of young families and couples who are building and starting their lives (just like us) in this community. We wanted our business and family to grow and thrive along with the community of Evanston and its residents. We love that when we take walks along the ridge, people either wave or say hi to us. It's such a great community and we are happy to be here.

### Where to find us

The Mou Studio is located in Evansridge and can be easily found through our pinned location on Google maps. We are available to take appointment bookings during weekdays or weekends.

Come in for a consultation or to check out our unique studio today.



# HUMANA MEDICAL CLINIC

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*DR. A.A. (Tayo) ALAWIYE*

*DR. VICTOR FADAYOMI*



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **September 1 – Calgary Stampeders vs Edmonton Eskimos** at 2:30 pm at McMahon Stadium. [www.stampeders.com/2014-schedule](http://www.stampeders.com/2014-schedule)
- **September 4 – November 9 – A Fox on the Fairway** is a madcap adventure about love, life, and golf that opens the fall season at Stage West. 403.243.6642 / [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **September 10-14 - Spruce Meadows Masters** showcases the world's top show jumping nations. Lots of family fun and entertainment. [www.sprucemeadows.com](http://www.sprucemeadows.com)
- **September 10-14 - Beakerhead** is a multiple venue of art, science and engineering creations at various venues throughout the city. 587.351.7787 / [www.beakerhead.org](http://www.beakerhead.org)
- **September 12 – November 9 – Footloose** is an exciting musical spoof presented by Jubilations Dinner Theatre. For dinner and seating times – 403.249.7799 / [www.jubilations.ca](http://www.jubilations.ca)
- **September 13 – Stampeders vs Argonauts** at McMahon Stadium at 5:00 pm. [www.stampeders.com/2014-schedule](http://www.stampeders.com/2014-schedule)
- **September 13 – Gin Blossoms** perform at 9:00 pm at the Deerfoot Inn & Casino. Wristband 6:30 pm. 403.236.7529 / [www.deerfootinn.com](http://www.deerfootinn.com)
- **September 18-28 - Calgary International Film Festival** features films from around the world with screenings at various theatres in the city. 403.283,1490 / [www.calgaryfilm.com](http://www.calgaryfilm.com)
- **September 20-October 19 – Farewell, My Lovely** is performed at Vertigo Theatre. 403.221.3708 / [www.vertigotheatre.com](http://www.vertigotheatre.com)
- **September 21 – Hoots & Hellmouth** perform at 7:00 pm at Webber Academy Performing Arts Centre. [www.webberacademy.ca](http://www.webberacademy.ca)
- **September 27 – Okotoks Harvest Fest** celebrates the harvest with old-fashioned fun and games plus antique and historic farm machinery. 403.938.8950 / [www.okotoks.ca](http://www.okotoks.ca)
- **September 27 – Bob Saget** performs at the Deerfoot Inn & Casino. Wristband 6:30 pm/Show 9:00 pm. 403.236.7529 / [www.deerfootinn.com](http://www.deerfootinn.com)
- **September 27 – Stampeders vs BC Lions** at 7:30 pm at McMahon Stadium. [www.stampeders.com/2014-schedule](http://www.stampeders.com/2014-schedule)
- **September 27 & 28 – Railway Days at Heritage Park** with activities, demonstrations, exhibits and train displays. 403.268.8500 / [www.heritagepark.ca](http://www.heritagepark.ca)
- **September 29-October 5 - YYComedy Festival** features 70 comics in 35 shows at various venues throughout the city. [www.yycomedy.ca](http://www.yycomedy.ca)

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**SEPTEMBER 6 & 7  
RCMP MUSICAL RIDE**  
performs at the Cochrane Ag Society  
Grounds. [www.cochrane-tourism.ca](http://www.cochrane-tourism.ca)



**SEPTEMBER 6 -28  
LAKE LOUISE FALL FESTIVAL**  
offers a variety of activities and events in  
Banff National Park. [www.banfflakelouise.com/fallfestival](http://www.banfflakelouise.com/fallfestival)



**SEPTEMBER 25-27  
DON QUIXOTE**  
is a classic tale told through explosive dance  
by Alberta Ballet. 403.245.4549 / [www.albertaballet.com](http://www.albertaballet.com)



SEPTEMBER

## OCTOBER 5 – GREEN EGGS & HAM – SYMPHONY SUNDAY FOR KIDS

performed by the Calgary Philharmonic Orchestra – 3:00 pm at Jack Singer Concert Hall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)



## OCTOBER 23-25 THE THREE MUSKETEERS

is performed by Alberta Ballet. 403.245.4549 / [www.albertaballet.com](http://www.albertaballet.com)



## SATURDAYS IN OCTOBER – PUMPKIN & SCARECROW FESTIVAL

at Kayben Farms, just north of Okotoks. Corn maze, live music, kids activities and more. 403.938.2857 / [www.kayben.com](http://www.kayben.com)



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **October 8 – Calgary Flames & Vancouver Canucks** face
- 2 off at 8:00 pm at the Saddledome. (SN, TVA SPORTS 2)
- 3 [www.calgaryflames.com](http://www.calgaryflames.com)
- 4 • **October 14-19 – WordFest** takes place at various venues
- 5 in Calgary and Banff. For details and information –
- 6 403.237.9068 / [www.wordfest.com](http://www.wordfest.com)
- 7 • **October 14 – November 9 – Liberation Days** is an
- 8 inspiring WWII drama performed by Theatre Calgary.
- 9 403.294.7447 / [www.theatrecalgary.com](http://www.theatrecalgary.com)
- 10 • **October 16 – Maceo Parker** performs as part of Epcor
- 11 Centre's TD Jazz Series at 7:30 pm at Jack Singer Concert
- 12 Hall. 403.294.9494 / [www.epcorcentre.org](http://www.epcorcentre.org)
- 13 • **October 17 & 18 – Rocky Mountain Wine & Food**
- 14 **Festival** offers a variety of wine, scotch, beer and spirits,
- 15 as well as gourmet food samples from local restaurants
- 16 and hotels at the BMO Centre, Stampede Park.
- 17 403.228.0777 / [www.rockymountainwine.com](http://www.rockymountainwine.com)
- 18 • **October 18 – Mary Chapin Carpenter in Concert** with
- 19 Calgary Philharmonic Orchestra – 8:00 pm – Jack Singer
- 20 Concert Hall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)
- 21 • **October 19 – Louis Armstrong & Miles Davis' Kind**
- 22 **of Blue** is performed by Calgary Jazz Orchestra at
- 23 7:00 pm at River Park Church. 403.239.8545 / [www.calgaryjazzorchestra.com](http://www.calgaryjazzorchestra.com)
- 24 • **October 19 – Calgary Hitmen & Regina Pats** face off at
- 25 4:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- 26 • **October 20 & 21 – The Man in Black – A Tribute to**
- 27 **Johnny Cash** with Shawn Barker, runs at Stage West.
- 28 403.243.6642 / [www.wtagewestcalgary.com](http://www.wtagewestcalgary.com)
- 29 • **October 23 – Diego El Cigala** performs at 7:30 pm at
- 30 Jack Singer Concert Hall. Epcor Centre's BD&P World
- 31 Music Series. 403.294.9494 / [www.epcorcentre.org](http://www.epcorcentre.org)
- **October 23-26 – Oktoberfest** is celebrated at Spruce
- Meadows with up-close competition and the indoor
- comforts of the Equi-Plex. [www.sprucemeadows.com](http://www.sprucemeadows.com)
- **October 24 – Calgary Stampeders vs Saskatchewan**
- Rough Riders** at 7:30 pm at McMahon Stadium. [www.stampeders.com/2014-schedule](http://www.stampeders.com/2014-schedule)
- **October 26 Calgary Hitmen vs Prince George Cougars**
- at 4:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **October 30 – Classical Superstar Joshua Bell** performs
- with the Calgary Philharmonic Orchestra at 8:00 pm at
- Jack Singer Concert Hall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)
- **October 31 – Calgary Flames vs Nashville Predators** at
- 7:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
- e. & o. e.

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### Why Take a Parenting Class?

It is beneficial for parents to step back from everyday responsibilities and reflect on their vision for parenting. Asking questions such as: "What kind of parent do I want to be? Am I acting in that way? What are my hopes and dreams for my children? And/or What qualities do I want my children to have as adults?" Exploring these questions helps parents clarify their values and set a direction for their parenting. This pause to reflect lets parents think about ways to nurture the qualities they want to encourage in their children. A parenting philosophy helps parents see beyond immediate concerns to the long range goals and remember what they are striving for. Becoming more thoughtful about their choices and actions and less reactive and able to know what is working well and what could improve.

### Terrific Toddlers

At Families Matter we **know that** understanding the age and stage of development of your toddler helps in alleviating stressors. Come join us for information and lots of laughs to support your commitment to a healthy, lifelong relationship with your child.

Topics include potty learning, respectful discipline, picky eating, sleep routines that work for family, **tantrums!**, and of course, your specific questions.

[www.familiesmatter.ca](http://www.familiesmatter.ca)

Oct. 23—Nov. 27  
Symons Valley United  
Church  
38 Kincora Rise N.W.  
6:30—8:30 p.m.  
Cost: \$125.00  
2nd person 50% off



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**Hours:**

<b>Monday – Thursday</b>	<b>10 a.m. – 9 p.m.</b>
<b>Friday &amp; Saturday</b>	<b>10 a.m. – 5 p.m.</b>
<b>Sundays (mid-Sept to mid-May)</b>	<b>Noon – 5 p.m.</b>

**Bear Gets Ready for Bed**

Join us for stories, songs and rhymes with an autumn flavour. Ages 2 to 5 with a parent/caregiver Monday, September 22 from 7:00 - 7:30 p.m.

**Happy 10th Birthday, Country Hills**

Join us as we lead into National Library Month and celebrate 10-years at the Country Hills Library with music, stories, entertainment and treats for the whole family! Saturday, September 27 from 10:00 a.m. – 4:00 p.m.

**Family Magic Show**

Join TD Sparks as he entertains you with magic, balloons, and comedy. Ages 4 and up. Saturday, September 27 from 11:00 - 11:45 a.m.

**Adult Book Club**

Call for details on specific books. Mondays, September 29, October 27, and November 24 from 7:00 - 8:30 p.m.

**Computer Technology Coaching**

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, September 3 to December 17 from 2:00 - 3:30 p.m.

**ESL Conversation Club (Intermediate)**

Practice your English listening and speaking skills in this six-week program. Tuesdays, September 16 to October 21 from 6:30 - 8:30 p.m.

**Welcome to Canada: Career and Employment Services Orientation**

Are you new to Canada and want to know more about career and employment services? Learn about services and resources that will help develop your employability and job search skills. In partnership with the Calgary Bridge Foundation, In School Settlement Program. Register by calling 403.999.3880 or 403.777.6074. Saturday, September 13 from 1:00– 3:00 p.m.



Welcome back from a great summer.

As I promised, shovels are in the ground in Evanston completing the on/off ramps from 14th Street onto Stoney Trail. This work will help reduce congestion along Symons Valley and provide the second exit our community has needed for many years. Work also continues on Symons Valley Road north of 144th Avenue - the road remains completely closed. This extensive upgrade is scheduled to be completed by the end of this calendar year. For updates on this work, please visit [www.calgary.ca/ward2](http://www.calgary.ca/ward2).

New turn lights have been installed at the Country Hills and 112th Avenue intersection to better control the truck traffic going through that intersection and to improve sight lines for all turning vehicles. Your concerns in this area continue to be top priority for me and I will be monitoring this closely.

Over the summer our Ward experienced coyote and other wild life issues. As this does fall under provincial jurisdiction, please contact Jason Luan, Calgary MLA at 403-216-5444 if you have concerns. If there is an immediate emergency 911 is always available to you.

The City of Calgary has launched the 311-mobile app and an updated 311.com website [311online.calgary.ca](http://311online.calgary.ca). These two methods users will provide the best results and response times to any concerns. If you experience problems please contact my office at 403-268-2467

Many of you have emailed me about the airplane noise. I promise to continue to investigate and discuss potential remedies with the Airport Authority. I am committed to helping protect your quality of life and your homes' values.

The City has changed School Zone times to 7:30am-9pm on school days and playground zones from 7:30am-9pm 7 days a week. I feel this change will provide clear time zones through the whole city and be more consistent with out of town jurisdictions. This change also provides traffic calming in our residential communities for increased safety and noise dampening.

The recent fires over the summer will continue to be investigated and I'm committed to looking into any changes that can be made to better protect your homes. As a reminder I recommend checking all smoke and CO2 detectors, as well as having furnaces and gas fixtures inspected. For more information visit [Calgary.ca](http://Calgary.ca) and search "fire safety tips"

Thank you.



A change to a vegetarian diet has brought some happy discoveries for my friend, Cindy. After some research, she's found it relatively easy to incorporate protein and calcium alternatives from other plant sources into her diet, and the big bonus is that she's feeling better about her overall health!

Here's one of her favourite vegetarian recipes that I'm sure you'll enjoy.

## JAMAICAN BURGERS

(VEGETARIAN BURGERS)

Serves 6

2 tbsp coconut oil

2 ¼ cups chopped onion

3 cloves garlic

1 habanero pepper, chopped, or substitute with green bell pepper

1 ½ tbsp grated ginger

1 tsp salt

¾ tsp ground allspice

Pinch of nutmeg

1 ¼ cups cooked black beans, rinsed and drained (canned is fine)

1 cup baked beans in tomato sauce - drained

2 ¼ cups cooked long grain white rice

2 ½ cups dry bread crumbs

6 hamburger buns

Directions:

Heat the coconut oil in a large skillet over medium heat. Add onions and garlic and stir for a few minutes. Mix in the pepper and continue cooking until tender.

Remove from heat and transfer to a large bowl. Add the beans, rice, bread crumbs. Season with ginger, salt, allspice, and nutmeg. Mix together thoroughly. Form the patties in your hands; this makes the patties more firm and they will be less likely to crumble.

Heat the skillet and add some coconut oil. You are going to fry the patties until they are golden on both sides – about 10 minutes.

Serve on buns with your favourite toppings.

*Bg Rose*

# COMMUNITY READERS

## RECOMMEND...



### Fiction

- Identical – Scott Turow
- Under the Hawthorn Tree – Ai Mi
- Vicious Circle – Wilbur Smith
- China Dolls – Lisa See
- Loss of Innocence – Richard North Patterson
- The Language of Flowers – Vanessa Diffenbaugh

### Non-fiction

- Family Meals – Michael Smith
- Flash Boys – Michael Lewis
- It Worked For Me – Colin Powell
- The Zhivago Affair – Peter Finn, Petra Couvee
- The Mantle of Command: FDR at War, 1941-1942 – Nigel Hamilton
- Leave No Doubt – Mike Babcock, Rick Larsen

### Children's

- Llama Llama Red Pajama – Anna Dewdney
- Flora and Ulysses: The Illuminated Adventures – Kate Dicomillo
- Warriors: The First Battle – Erin Hunter

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### THE ALBERTA FILE

Dear Friends:

Last year Alberta welcomed over 100,000 new people to our province – a city the size of Red Deer. These new residents didn't bring their hospitals or schools with them. That's why our government is committed to making smart investments in public infrastructure to meet the needs of Albertans now and into the future.

The Alberta government's Capital Plan invested \$5 billion in 2013-14 for roads, schools, health facilities, and municipal capital projects that are high priorities for Alberta families and will meet the needs of a growing province.

Capital investment highlights in 2013-14 include:

- \$373 million for health facilities, including Alberta Children's Hospital Neonatal Intensive Care Unit;
- \$1.6 billion in municipal support, including GreenTRIP transit system grants;
- \$498 million for 35 new schools and modernizations, including new schools for the Evanston community;
- \$1.4 billion for Alberta's highway network.

Albertans have told us investing in schools, roads and hospitals is a priority, and they are comfortable with financing these long term assets as long as it makes financial sense. Our borrowing follows strict rules – there is a borrowing cap and a clear plan to pay it all back. By law debt servicing costs can never exceed 3% of Operational Revenues. We only borrow to build – we will never borrow to pay for programs and services.

Our government continues Building Alberta by investing more than \$19 billion over the next three years to ensure Albertans have the quality of life they deserve.

# BUSINESS CLASSIFIEDS

#### NEPTUNE PLUMBING & HEATING LTD:

Qualified journeymen plumbers / gasfitters, very experienced in Evanston. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

#### CONCRETE CUTTING FOR BASEMENT WINDOWS & DOORS & FLOORS:

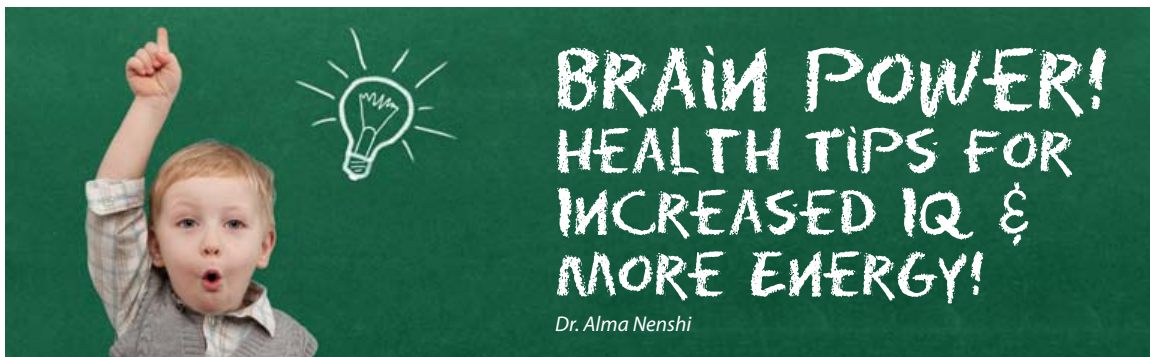
New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555. Email: info@asapconcretecutting.com.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**SUPPLEMENT YOUR INCOME:** on a steady part time basis as a First Student School Bus Driver. Free training provided. Perfect for recent retirees, stay-at-home parents and self-employed, etc. A few hours daily (school days only) serving community & making a difference. Call: 403-531-3920.

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The recipe for becoming healthier, younger, and smarter starts with healthy nutrition, brain and nervous system stimulation and short bursts of exercise three times a week.

A healthy diet should include a variety of foods rich in B-vitamins, DHA and omega 3 fatty acids, essential components for a healthy brain and nerve system. If you are unable to get adequate amounts of these nutrients in your meals (dark green leafy veggies, walnuts, fish, etc.), consider a customized vitamin regimen that may help supplement what your family may be lacking. Back to school means back to school bugs! Protect your family by boosting your immune system naturally!

Greater focus and attention relies on a healthy posture, an essential ingredient for a strong immune system and abundant energy! The spine houses a bundle of nerves called the spinal cord, a communication highway between the body and the brain. Back pain, neck pain and headaches may be symptoms of poor posture from overloaded backpacks, sitting all day, or even pre-existing underlying joint stress and inflammation such as from an old injury or a sedentary lifestyle.

Bad posture interferes with your brain's ability to electrically signal your body. Did you know the joints in your upper back house nerves that control your heart, lungs, stomach,

and the glands responsible for fighting infections and for producing energy, namely the thymus and thyroid glands? Is it a wonder that back to school is correlated with an increased incidence of childhood asthma, allergies, digestive complaints and low energy, symptoms of spinal stress from heavy backpacks and sitting all day? Hypersensitivities, digestion complaints, tremors, and problems with reading, writing, focus, and attention may also be signs of deeper stress in your nervous system.

Make exercise a priority! In a review study of the effects of exercise on improved cognition in the journal *Psychonomic Bulletin and Review*, research showed exercise enhanced brain activities such as task switching, selective attention, inhibition of inappropriate responses, working memory capacity, and updating capability (i.e., the ability to learn new things). Sedentary people are prone to diseases such as hypertension, diabetes, osteoporosis and some cancers. Physical activity reduces susceptibility to these diseases while improving memory. Don't have time? A McMaster University study on high intensity, short burst exercise found that there were greater benefits to working out at 90% intensity for 5 minutes three times per week than exercising daily at lower intensities.

Follow this simple recipe and you too can look and feel years younger while increasing your IQ at the same time!

Monday evenings, 6:30-9PM  
Sept 22 - Oct 27, 2014

Foothills Alliance Church  
333 Edgepark Blvd NW

For more info or to register  
[foothillsalliance.com](http://foothillsalliance.com) or 403.241.9777

start things right







HOME GARDENING WITH BARBARA

# GARDEN FOLKLORE

by Barbara Shorrock

Some people follow the Farmer's Almanac; some remember truths told by a grandmother. Many sayings have an origin in another country and time, or time unknown. It can be interesting to explore these maxims and see how they work for us here in the Alberta Chinook belt.

"March comes in like a lion and goes out like a lamb." This saying originated in England and involves more wishful thinking than actual prediction in our part of the world. A cold blustery March should end with nice spring weather. Maybe in England; rarely in Calgary. Some people think it is related to the Astrological calendar, but Leo (the lion) lives in summer, and Pisces (the fish) in February/March so it doesn't work.

"April showers bring May flowers." Of course they do. The gentle rains and snows of April are the best ones for soaking into the soil as the ground should now be thawed and receptive. All that drama in March just runs into the storm drains.

"A dry August and warm does the harvest no harm." Makes sense to let the sun ripen the grain crops. Mother Nature is in charge of this.

"In October dung your fields and your land its wealth will yield." We don't say dung that often nowadays, but we do love our compost, don't we? The best time to amend your soil is in the fall, giving the soil and compost time to marry over the winter. While on the topic of compost, it is only as good as the material put into it. If you make your own, you know that a whole buffet of kitchen scraps, lawn clippings, leaves, prunings, coffee grounds, tea leaves and eggshells will give a healthy mix. If you choose to buy it in bags, try to find compost that is made locally as it is most likely to complement our alkaline soil. Manure can be good too, but only if aged, no longer stinky and liable to burn. It is worth growing COMFREY just to add its powerful nutrients to your compost. Remember, you are feeding the soil, not the plants.

"On the 1<sup>st</sup> of November if the weather be clear, an end to

the sowing you do for the year." I suspect this little item also came from Britain, so we would be wise to adjust this to October for our climate. Spinach, lettuce, bulbs like tulips and garlic are all best planted in the fall. You can copy Mother Nature and just scatter the lettuce seed on the ground and let the snow sink it in.

"One for the rook, one for the crow, one to rot and one to grow." I am not sure if we have rooks here, but we definitely have crows and lots of other critters who find our spring vegetable seeds tasty. Therefore, sow 4 seeds for every plant you need, particularly peas. If the critters and the rot don't get them, you can always thin them out.

"The best time to plant a tree is 20 years ago." Yes, true enough, but the second best time to plant a tree is NOW. A few tips: Do not plant deep; plant at the same depth it was in the pot. Dig a nice big hole, but do not fill with potting soil; put back the soil you took out in the first place. The little tree has to learn to live where it is put, not in an artificial environment. Do not fertilize! You want roots, not leaves, so definitely no nitrogen. Top dress with compost, if you must. And water deeply, of course, and often, particularly if Mother Nature is busy elsewhere.

I must give credit to Janet Melrose for much of this information as she does a fine job of presentations here and there around town. Watch for her – she is full of wisdom and highly entertaining.



## About Plants

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**Deadline – 1<sup>st</sup> of each month for the next month's publication contact [news@great-news.ca](mailto:news@great-news.ca)**

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Calgary Police – Non Emergency	403.266.1234
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Peter Lougheed Centre	403.943.4555
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South Calgary Urgent Care	403.943.9300
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### OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior's Resource	
(SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	211 and 311
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