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THE OFFICIAL EVANSTON COMMUNITY NEWSLETTER

FAMILY PROFILE: **DAWN, ROB AND FAMILY**

PAGE 10

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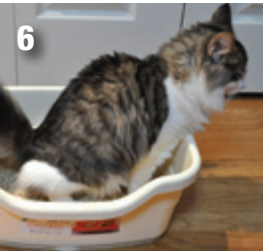


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Great News Publishing and Evanston Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



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ELECTED OFFICIALS

Ward 2 Councillor:	Joe Magliocca	(403) 268-3280
MP Calgary Rocky-Ridge	Pat Kelly	(403) 282-7980 pat.kelly@parl.gc.ca
MLA	Karen McPherson	(403) 215-7710 calgary.mackay.nosehill@assembly.ab.ca

Evanston Board Meetings

are held the first Tuesday of every month.

All community members are welcome and encouraged to contribute.



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RESIDENT PERSPECTIVES

Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.

CALGARY WILDLIFE



The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

Fun Facts:

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrows make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or visit our website at www.calgarywildlife.org for more information.



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It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us

tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others’ buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



Walking your dog daily? Unleash your inner volunteer!

Become an Off-Leash Ambassador and be a *pawsitive* role model in your community! We are recruiting volunteers to participate in the City of Calgary’s Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.

To learn more or sign up, visit calgary.ca/offleashvolunteer or contact 311.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 15



November

By Hilary Angrove

November: the month where there’s too much snow for hiking but not enough for skiing, when the snowbirds go south and potential tourists stay south. Not a snowbird and don’t have a November vacation lined up? Luckily, November in Calgary offers many opportunities to get cultured, from just a stone’s throw away.

The Calgary Underground Film Festival elevates Calgary’s cultural landscape with the best in local and international independent cinema. Recently, they noticed Calgarian’s growing desire for non-fiction films so from November 16th – 19th they will be presenting a unique roster of never before screened in Calgary documentaries.

Without a doubt, Calgarians have an appetite for engaging, educational, cinematic output. From November 16-19, The Marda Loop Justice Film Festival will be screening films on issues important to us as individuals, Canadians, global citizens, and humans. Improve your dinner table discussion and hang out for post-show discussions with local and international cinematographers, and take advantage of the Festival’s different opportunities to interact with experts.

Not a cinephile? Explore the untold stories of lemurs in Madagascar with Mireya Mayor during the National Geographic Live presentation at Arts Commons on November 5th and 6th. The talk includes a post-show Q & A - a chance for you to fully engage with this inspiring explorer.

Calgary is a wonderful place with much to offer - and there are a multitude of places to get cultured, beyond this list.

UNIVERSITY OF CALGARY

Department of Community Health Sciences

We want to learn more about parents’ (18 years or older) thoughts and experiences with children’s dental health in Calgary. We are also interested in parents’ views on various policy choices to improve the dental health of children.

If you are interested in sharing your views and experience, please contact the researchers by email at: dentalhealth.ucalgary@gmail.com or via phone: 1-403-210-7194

If you participate in this study you will be asked to attend a focus group in person, at a central location in Calgary (e.g., community centre). The focus groups will last 2 hours, plus travel time. Reimbursement for your time will be provided (\$35.00 CAD). We will provide child care during the time of the focus group.

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB17-0800)



Fostering Friendship with Dawn, Rob and Family

Dawn McCreary and Rob Pirie have lived in Evanston for five years now, where they welcomed their two sons Beckett (almost 5) and Tylan (almost 2) who both have birthdays in November. Dawn was five months pregnant with Beckett when she returned to Evanston with Rob. She had lived in Evanston many years ago when Evanston was just in the first phases of being built and

had moved south for three years, but she knew that she belonged back in Evanston. The community is ideal for Dawn and Rob's small eavestroughing business, since they are always travelling to different parts of the city, as well as Airdrie, for work.

Dawn was born in Grande Prairie, but moved around Alberta because her dad was in the RCMP. She graduated

in Vegreville, AB and relocated to Calgary shortly after. Her older sister lives in Airdrie with her husband and two boys (who are 11 and 8). The four cousins are good friends and Dawn is happy that her nephews are such good cousins to her boys. Dawn's mom really wanted a granddaughter, but apparently Dawn and her sister don't make girls! Her mom and stepfather are realtors and have become Arizonans; her dad and stepmother are retired snowbirds who escape to Arizona in the winter and enjoy the summer in Canada. Dawn has done accounting for some small businesses, but joined Rob's team in 2013 to help grow the business. She recently became an independent consultant for Tiber River Naturals, a Canadian-made, all-natural bath, body, and home product. She is very passionate about using natural products for herself and her family, and wants to support other people who are interested in diving into the natural products world.

Rob is a Manitoba boy, born in Shoal Lake but grew up in Brandon. He's lived in Calgary for eighteen years now. His younger brother and father still live in Brandon; his mother and stepfather live in Airdrie. Shortly after his move to Calgary, Rob got into eavestroughing and started his own business, Assured Eavestroughing Ltd, in 2010. Assured Eavestroughing Ltd has expanded with the addition of two employees who work with Rob on the jobsites, as well as Dawn doing the accounting and some creative work—she built a website and logo for the company. Assured Eavestroughing Ltd offers 10% off for all Evanston residents, in case you're wondering who should update your eavestroughs.

Rob and Dawn met in late summer of 2010. Dawn was helping her sister with some landscaping and they needed help moving the hot tub, so they asked the neighbours for help. Rob was one of those people who volunteered to help. A couple of days later, Dawn's sister coached her to get herself in the dating world again; Dawn told her sister that if she thought it was so easy, she should give Dawn's number to the guy across the street. Even though she was nervous, she stepped up for Dawn and gave him her sister's phone number. Seven years and two kids later, they're still together! They got engaged in May of 2012, but have no plans to get

married, yet. They are happy with the way their life is right now.

Beckett started Kindergarten this September at Kenneth D. Taylor and he loves it! Even on the weekends, he asks if it's a school day and is sorely disappointed when he's told that it isn't. Last week, he mentioned he didn't want to go to school, and when asked why, answered that it was because they weren't doing any adding. He loves doing addition! Beckett is very creative and loves building train tracks. He joined Jiu Jitsu in March and really enjoys his classes—he has already earned his white and yellow belt and will be earning his orange belt by December. He's also in swimming lessons, and Dawn and Rob love seeing him so comfortable in the water.

Tylan is fearless and keeps his parents on their toes. He loves climbing on stools, couches, and kitchen tables—thankfully, he hasn't mastered climbing out of his crib, yet! He's definitely an outdoorsy little guy and any chance he gets to go outside, he will bring his shoes in an instant. Tylan is also in swimming lessons and really enjoys the water.

Movie night is a regular in the McCreary/Pirie household. Once they pick their movie for the night, they make two bags of popcorn: one for Beckett and one for everyone else! The family also enjoys hiking and going to the zoo. Beckett is excited for winter so that he can make snowmen and go tobogganing. They have two dogs, Kali and Jasper, who they often take to off-leash parks. Kali is an eleven-year-old Husky/Pyrenees cross, and Jasper is an Alaskan Klee Kai (mini Husky). Kali is a gentle giant who is very protective over her family; Jasper is a mini with a big attitude! Both dogs have welcomed the boys with lots of kisses and cuddles.

Dawn and Rob love travelling with their kids. They love Mexico, but are fortunate to have family in Arizona that they can stay with. In April, the family of four travelled down south for ten fun-filled days of swimming in the pool, visiting the World of Wildlife Zoo and Legoland, and enjoying some down-time with their family. The

~continued next page~



couple would love to take their boys to Disneyland when they are older and are able to remember meeting Mickey, Goofy, and the gang!

Dawn is gracious that Rob went along with her desire to move back to Evanston. They both love the small town feeling they get in Evanston; from running into people they know at the grocery store, to waving at people they know when they're driving. The amenities are great, and the more the community is built, the better the amenities get. Living in Evanston also makes it easy for Dawn and Rob to skip over to Airdrie to visit family.

Dawn and Rob are lucky to be so close with their neighbours; so close that some of their best

friends are their neighbours. They have alley get-togethers in the summer, and the neighbourhood kids ride their bikes, have movie nights, jump on trampolines, and run through the sprinklers together. Everyone's doors are always open for each other, whether it's going to one another's house for coffee and chats or wine and pajamas! With two kids, two dogs, two businesses, and an open-door policy with their neighbours, Dawn and Rob don't have much free time. They appreciate all of the great people in the community that are able to volunteer and create amazing events like the food truck frenzy and movie in the park possible.

Evanston is truly their home, and they don't have plans of ever moving. They love the community spirit and it is full of young families that they can connect with. The community is continuously growing and changing, and they are excited to be a part of the growth!

To have your family profiled (story and professional pictures) in the next edition of this community newsletter, please send us an email to EVT@great-news.ca

ChristmasMinis

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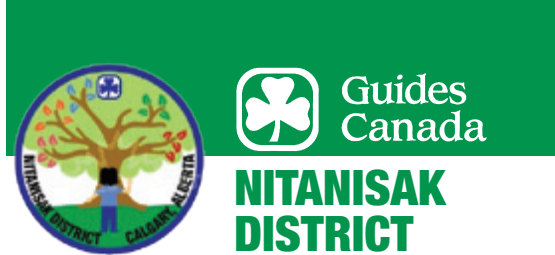
Evanston mybabysitterlist

Name	Age	Contact	Course
Adam	15	587-585-8756	No
Aida	54	403-253-6509	Yes
Alessandra	17	587-894-2404	Yes
Alexandra	14	403-288-0695	Yes
Alita	16	403-863-5262	No
Anabelle	15	403-462-9281	Yes
Ania	36	403-608-0187	Yes
Ann	57	403-569-0237	No
Bhegie	42	403-870-0363	Yes
Camille	16	403-830-9240	No
Carla	34	403-890-9467	Yes
Carly	16	403-870-3057	No
Cecilia	50	403-400-5782	No
Cedar	13	587-619-0600	Yes
Coda	17	403-870-7429	No
Divine	16	587-703-6972	Yes
Eni	17	587-719-3694	Yes
Kaiya	15	403-860-7198	Yes
Krystyna	22	587-894-4201	Yes
Laura	19	403-909-4021	Yes
Mercedes	55	403-831-6429	Yes
Nachelle Brick	45	403-973-2428	No
Neha	16	403-273-4395	No
Raiyah	17	403-567-0270	Yes
Sivana	14	403-453-1092	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit 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.



Nitanisak Girl Guides

Our district covers the communities of: Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kin-cora, Nolan Hill, Sherwood and Sage Hill. We have units for all age groups – Sparks (ages 5-6), Brownies (ages 7-8), Guides (ages 9-12), Pathfinders (ages 12-15) and Rangers (ages 15-17). You can register online through www.girlguides.ca.

Here's some of what we were up to in September and October (there's lots more activities and units, but we are limited to 300 words now, so we are selecting two units per month to highlight).

The 70th Sparks have had a great start to the year! We had a successful Mint Cookie campaign and celebrated with our first Mother/Daughter sleepover at the Calgary Girl Guide at the end of October. November is also chock full of fun activities including scone making at a local bakery, a Karate Class to learn more about taking care of ourselves and finishing the month with a tour of a local grocery store! We are making great memories and focusing our efforts on learning about our community! We can't wait for the new year to continue our adventures.

The Nitanisak District 9th Trex* unit planned and executed their first trip for the Guiding year. The trip was to Jasper on Sept. 29-Oct. 1, 2017. We stayed at the Hosteling International Hostel, did a scavenger hunt in downtown Jasper, did a few crafts, hiked Maligne Canyon, visited the disappearing Medicine Lake and on the way home planned to stop at Athabasca Falls and then go to the Columbia Ice Fields for lunch. Most of the girls had not experienced any of these places and loved everything, except maybe the rain!

**Trex units are Girl Guide units for girls in grades 7-12, who want to continue in Guiding but are unable to commit the needed time for program work.*

YOUR CITY OF CALGARY

Nominations Open for Advisory Committee on Accessibility's Annual Awards

Do you know an individual, group or organization who is removing barriers for people with disabilities in Calgary? Nominate them for one of three annual accessibility awards sponsored by the Advisory Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit calgary.ca/accessibility for more information.



BRAIN GAMES SUDOKU

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Every family has a story...

Have your family's story featured in our newsletters and receive a complimentary photoshoot!



Email EVT@great-news.ca to have your family featured in the next edition.

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www.calgaryregistry.com

THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpey and he'll tell you the truth about Santaland. An out of work and broke actor in New York City takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.



Celebrate National Child Day November 20, 2017!

National Child Day is celebrated annually in Canada on November 20th in recognition of our country's commitment to upholding the rights of children. In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. **The 2017 theme is a child's right to be safe.**

Supporting children's rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, free from adversities, raises healthier and more engaged citizens. When children experience safe, stable, and nurturing relationships, they develop the strength necessary to cope with significant stressors or challenges. When they are placed in unsafe environments that do not uphold these rights, children are at risk for toxic stress, hindered brain development, and negative physical and mental health outcomes later in life.

At the core of respecting a child's right to safety is their voice being heard, believed, and valued in their community. Whether children and youth are at school, at home, on a sports team, with friends, or online, fostering a safe community involves creating positive relationships with caring peers and adults. We respect a child's right to safety by:

- being approachable;
- listening to, and believing their concerns; and
- advocating for safe spaces for them to learn, grow and play.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit www.nationalchildday.ca for more ideas and to learn more.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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."

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

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.

TEACHING A CHILD TO READ IS SO REWARDING: My goal is for children to be successful and enjoy learning about our English reading/writing system. Working with small groups builds confidence as we learn together; please call to discuss your child's needs. My specialty is ELL and struggling readers. www.tesseracteaching.com; 587-323-0654.

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.





MLA Calgary-Mackay-Nose Hill
Karen McPherson
Current Member
#106, 8220 Centre Street NE
☎ 403-215-7710 ✉ calgary.mackay.nosehill@assembly.ab.ca

November means the days are growing shorter, the clocks are changing and the Legislature is back in session, and I am honoured to be your representative in Edmonton.

Bill 203, *Alberta Standard Time Act*, was referred to the Standing Committee on Alberta's Economic Future during the last session, and I participated in the process of hearing from Albertans and business stakeholders in the province. What we heard is that many people do not support continuing to observe Daylight Saving Time; for some people it is an annoyance, for some it is a hardship to adjust schedules, especially for people with small children and for people who rely on accurately-timed medication. We also heard from a minority of people who believe we should continue with DST. We also heard from business stakeholders that changing the time as proposed would put them at a competitive disadvantage. Two of these stakeholders are here in Calgary Mackay Nose Hill: The Calgary Airport Authority and WestJet. WestJet has some concerns about losing business to competing airports, specifically Vancouver, if we were 2 hours ahead of British Columbia for part of the year. The Airport Authority similarly expressed concerns about attracting and retaining airlines if our time zone were to change as proposed. Less business in Calgary for WestJet and the Airport Authority means fewer jobs for many people in Calgary Mackay Nose Hill, and for these reasons I introduced a motion to recommend to the Legislature that the bill not be passed as is, AND that Alberta lead conversations with other jurisdictions who are considering ending DST. Given our early economic recovery, I do not want to introduce more challenges to our business community.

Alberta has more women working than any other province, yet women represent only 7% of corporate board positions here. A pilot program has been established by the Status of Women minister to help remove barriers and expand leadership opportunities for women and was recently launched in Calgary. The six-month program matches women with mentors in engineering, construction, finance, academics, and business development. Volunteer mentors will share advice, connections, and opportunities and support their mentees' career development. This pilot is part of the government's ongoing work to advance women's equality by tackling the systemic barriers and deeply-rooted gender biases that keep women out of leadership positions.



Evanston Real Estate Update

Last 12 Months Evanston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$484,450	\$467,500
August 2017	\$459,900	\$454,000
July 2017	\$514,450	\$500,500
June 2017	\$488,400	\$480,250
May 2017	\$474,900	\$462,500
April 2017	\$485,900	\$478,000
March 2017	\$507,450	\$492,575
February 2017	\$499,950	\$491,000
January 2017	\$479,450	\$462,750
December 2016	\$469,800	\$463,000
November 2016	\$448,800	\$437,000
October 2016	\$489,450	\$484,950

Last 12 Months Evanston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2017	43	12
August 2017	28	15
July 2017	32	24
June 2017	33	30
May 2017	42	24
April 2017	31	35
March 2017	45	22
February 2017	20	12
January 2017	26	14
December 2016	9	13
November 2016	21	17
October 2016	29	20

To view more detailed information that comprise the above
MLS averages please visit evanston.great-news.ca



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EVANSTON 2017 STATS	# SALES	AVERAGE PRICE
Bungalow	2	\$463,500
Two Storey	186	\$507,880
Split-Level	0	-
Townhouse	46	\$325,066
Condo	4	\$210,506
TOTAL	238	
Average Days on Market	53 Days	

Pinnacle at Kincora



\$299,900

3104, 450 Kincora Glen Rd NW

- upgraded 1 bedroom+den condo, A/C
- designer kitchen, quartz counters, fireplace
- U/G parking, adult 18+, covered deck

Close to Schools



\$449,900

86 Evansmeade Close NW

- sunny 3 bedroom+bonus room two storey
- laminate & tile floors, recently repainted
- oak kitchen, fenced backyard with deck

Across from Park



\$429,900

146 Nolan Hill Drive NW

- Trico-built 4 bedroom two storey home
- fully finished, 2 car garage, fully finished
- hardwood floors, quartz counters, deck

Avi's Willow



\$394,900

11 Sherwood Row NW

- upgraded 2 bedroom / 2.5 bath townhome
- 2nd floor laundry, hardwood & tile floors
- 2 car garage, designer kitchen, on park

West Backyard



\$419,900

157 Hidden Ranch Hill NW

- 4 bedroom two storey, close to schools
- oak kitchen, fully finished, laminate floors
- 2 car garage, walk to playground & transit

Kincora Summit



\$499,900

1407, 402 Kincora Glen Rd NW

- top floor 3 bedroom / 2 bathroom condo
- 2 parking stalls, 3 decks, A/C, adult 18+
- quartz counters, end unit, over 1300+sqft

Cardel Family Home



\$439,900

389 Pantan Way NW

- 3 bedroom two storey, hardwood floors
- white kitchen, granite counters, fenced yard
- 2nd floor laundry, close to schools/shops

Backs on Ravine



\$579,900

22 Kincora Park NW

- Jayman 3 bedroom+loft+den two storey
- hardwood & tile floors, maple kitchen
- original owners, built-ins, fine family home



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