

EVANSTON



CREEKSIDE

Current

Our Community's Voice

YOUR COMMUNITY NEWSLETTER SINCE 2010

**Happy
New Year**

**Strengthen Your
Immune System
This Winter**



EVANSTON-CREEKSIDE Current

Evanston-Creekside Community Association

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In Our Community

Nitanisak District Girl Guide News

Here's some of what we were up to in November and December.

The 110th Guides have had a fun year so far. We went tent camping in September and, although it turned out to be a cold and snowy weekend, we had a lot of fun with our Harry Potter themed camp.

The girls chose to go bowling for our Halloween party and we recently participated in a fun day at the U of C where we learned all about Science, Technology, engineering and Math and completed some fun activities. We ran our own plebiscite for the Olympic debate and our results were the same as the general vote.

We are excited about our upcoming sleepover in April at the Telus Science center in keeping with our Science theme for the year. We are also planning a learn to kayak day in the spring along with a winter camp in February with our fun and enthusiastic group of girls omg grades 4, 5, and 6.

The 151st Brownies started the year with two camping trips already (one tenting and one residential in a cabin).

For Thanksgiving, our girls made gratitude jars which they decorated and can add anything they want to it! They answered questions like things they are thankful for, who they are grateful for and what made them smile today.

Our Brownie unit also made a trip to the Apple Store in Market Mall to learn about technology and make a movie on the ipad! We had a fun Halloween costume party with the Guides and are planning on going to a dental office to learn about oral hygiene.

We are going to be doing a service project for The Alex next month where the girls will learn to give back to the community in the season of giving. We will also dress up and enjoy a potluck supper with our moms in December.

In our upcoming meetings, we will do some cooking in the kitchen, learn some new Guiding songs, sell our classic chocolate and vanilla cookies and plan for two more sleepovers!

It has been a fun and busy year and we look forward to every week together, as the girls have become really good friends.

Nitanisak District Girl Guides

Councillor Report

I would like to wish all residents of Ward 2 a Happy New Year! 2019 will be a great year for Ward 2 as we have a lot of exciting projects moving forward. City Council has approved a new Four Year 2019-2022 Budget Plan. This Budget provides funding for a number of important projects in Ward 2 which includes:

- New Interchange on Stoney Trail / 14th Street.
- Twinning the Shaganappi Trail Interchange over Stoney Trail.
- Building the Missing Link on Symons Valley Parkway.
- Completing 144th Avenue between Evanston and Symons Valley Road.
- New Symons Valley Library in Sage Hill.

These infrastructure projects represent over \$100 Million of capital investment in Ward 2 which will help create more jobs, reduce congestion on our major roadways and better connect our Ward 2 communities. While I did not support everything in the 2019-2022 Budget, approval for these projects has been my top priority as your City Councillor and I was pleased to see that Budget 2019-2022 fully funds each of these projects.

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards. The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards. For additional information, nomination criteria and the online application form visit: calgary.ca/calgaryawards; Nominations open on Wednesday, January 16, 2019.

Joe Magliocca, Councillor, Ward 2

Calgary Public Library

Seton Library Opens January 14, 2019!

Visit our newest Library in southeast Calgary, located inside the Brookfield Residential YMCA at Seton. This 25,000-square-foot Library features an Early Learning Centre built around a real helicopter, meeting rooms that can be booked for free, an amphitheatre, a large collection of resources, and much more. Use your free Library Card to take programs for the whole family, receive up to \$5 of FREE printing per month, and borrow Chromebooks for in-library use. See you at Seton Library!

Did You Know? Book Meeting Rooms for Free

Did you know there are more than 60 free bookable meeting rooms available at libraries across Calgary? Use your free Library card to book a space for your community group, not-for-profit, study group, book club, or event. Freeing meeting rooms are available at every Library except Rocky Ridge, including more than 30 bookable meeting rooms available at the new Central Library. Learn more at calgarylibrary.ca/book-a-meeting-space.

Take Online Music Lessons for Free

Want to learn to play a new instrument? You can now watch step-by-step video lessons with experts, thanks to a new eResource called ArtistWorks for Libraries. Your free Library membership provides unlimited access to online music lessons for many instruments, including guitar, ukulele, violin, flute, clarinet, and piano. This eResource is funded by Sun Life Financial, and partners perfectly with the Sun Life Financial Musical Instrument Lending Library at Memorial Park Library. Visit calgarylibrary.ca/artistworks to learn more.



DID YOU KNOW??

The first public cell phone call was made on April 3, 1973 by Martin Cooper.



Calgary Connection

Volunteer Calgary:

Visit the “Volunteer” page of www.propellus.org for volunteer opportunities in Calgary.

Home-Start:

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, visit our website at www.boysandgirlsclubsofcalgary.ca.

Mentor Volunteers Needed at Hull Services:

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at jsanderson@hullservices.ca or 403-238-7974 or visit www.hullservices.ca.

Making an Impact in Your Community - Supportive Home Providers

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

+ 55 Connections Social Club

Are you single and 55 years of age or over? Are you near retirement or already retired? Are you interested in expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

Silver Springs 13th LEGO Competition

Silver Springs Community Association will be hosting its 13th Annual LEGO Competition on January 26, 2019. We have age categories for 2 yrs to 102 yrs! Call to get your-self registered! Contestants create their LEGO entry at home in one of our 4 categories: Structures, Transportation, Cool Scenes and Space (spaceships, aliens, planets, etc. For registration forms and more information on the event check out our website or give us a call to register. www.silverspringscommunity.ca 403-288-2616

Women’s English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752



Quitting Tobacco

For many people, giving up tobacco is easier said than done. Giving it up may be one the toughest challenges you face in life, but it will also be one of your most rewarding.



Everyone who uses tobacco can benefit from quitting and gain the health rewards that come with it. When you quit cigarettes and other tobacco products —no matter how old you are—you can decrease your risk of early death, heart attack and stroke, cancer, lung disease and sexual and reproductive problems. There are other benefits to quitting as well, which are more immediate.

For example, within 20 minutes of quitting smoking, your blood pressure drops to a level similar to what it was before your last cigarette. Within eight hours, the carbon monoxide level drops in your body and the oxygen level in your blood increases to normal. Within 48 hours, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve.

Within a year of quitting smoking, your risk of suffering a smoking-related heart attack is cut in half; so is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and pancreas. And within five years of quitting, you have the same chance of having a stroke as a non-smoker.

Being tobacco-free also means you're not exposing loved ones to second-hand and third-hand smoke, and you're setting a positive example for those around you who may be inspired to quit as well.

Those are some pretty big rewards when you think about it, for both yourself and your loved ones!

People use tobacco for different reasons, and there is no shortage of good reasons to quit. Longevity, quality of life, the cost of cigarettes or chewing tobacco, the impact it has on your friends and loved ones: these are all factors that may motivate you. But even with all of the motivation, quitting can still be a difficult process.

The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body starts to recover and you may feel strong symptoms of

this recovery. Quitting can be done though! Especially with the right planning, tools and support.

Whether you're just starting to consider quitting smoking, or you've already committed to quitting, the help you are looking for is available from AlbertaQuits. There are a wide range of services to help you quit, including a free online service, a free phone service operated by trained cessation counselors, text support, and a group program called QuitCore that will teach you how to quit and connect you with others who are also quitting.

For more information on supports available to help you quit, visit www.AlbertaQuits.ca or call 1-866-710-QUIT.

Alberta Health Services

A Flu Free New Year

It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active... but what about your influenza immunization?

Influenza has arrived in Alberta. No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit www.alberthealthservices.ca/influenza or call Health Link Alberta at 1.866.408.5465.

Alberta Health Services



8 Ways to Strengthen Your Immune System This Winter

We spend our first years of life catching everything. The great news is that our immune systems remember the microbes they encounter and protects us the next go around. At the other end of life, our immune systems wear from years of fighting. In that beautiful expanse of active, productive life in between, we still however are susceptible to colds, flus and stomach bugs, but getting sick isn't always a bad thing. Our immune system benefits from the occasional cold or flu, as it challenges and reminds our white blood cells and other immune fighters to do their job. A mild cold is like a fire drill for our immune system, that way if a real fire comes along, the body is primed.

That being said, if you find you are susceptible to every little bug and are constantly coughing through the winter months, some lifestyle modifications can go a long way. Not all immune systems function the same. They need the right tools and the right internal environment to function optimally. Fortunately, there are ways you can strengthen yours...

- 1: Eat a rainbow of fruits and vegetables:** Diets high in fruits, vegetables and nuts promote immune health. Aim for 5-10 servings of vegetables per day (1 serving – 1 cup cooked, or ½ cup raw). Malnutrition impairs immune function: French fries, sugar, pop and alcohol don't build strong white blood cells. One teaspoon of sugar has been shown to depress the immune system for up to four hours.
- 2: Stress Less.** When you're stressed, your adrenal glands churn out epinephrine (aka, adrenaline) and cortisol. While acute stress pumps up the immune system, chronic long-term distress taxes it. For instance, psychological stress raises the risk for the common cold and other viruses. While most of us can't quit our jobs, working a few stress reducing strategies into your day-to-day routine is a must; meditate, do yoga, take time out.
- 3: Move Your Body.** Moderate exercise 3 times per week is a must. It not only discharges tension and stress but also enhances immune function.
- 4: Sleep Soundly.** Sleep is a time when growth-promoting and body repairing systems clean up the



wear and tear of daily life. Sleep deprivation activates the stress response, depresses immune function and elevates inflammatory chemicals (which cause you to feel ill).

- 5: No Tobacco Smoke.** Tobacco smoke triggers inflammation, increases respiratory mucus, and inhibits the hairlike projections inside your nose (cilia) from clearing that mucus.
- 6: Consume Friendly Bacteria.** Beneficial microorganisms colonize our intestinal, lower urinary and upper respiratory tracts. They outcompete bad “bugs” and enhance immune function. You can consume such bacteria in the form of live-cultured products such as yogurt, sauerkraut and kimchi, or as a probiotic supplement. They reduce the risk of antibiotic-induced diarrhea, viral diarrhea, vaginitis and UTIs as well as respiratory infections.
- 7: Choose Vitamin and Mineral Supplements Wisely.** Studies link deficiencies of zinc, selenium, folic acid, and vitamins A, the B vitamins, C, D and E to reduced immune function. A varied, plant-based diet and a professional strength multivitamin supplement are a must.
- 8: Botanical Medicine.** Many botanicals (plants and herbs) help strengthen the immune system during the winter. Echinacea is a popular one, but there are many others to look at if you are still struggling with colds all winter long.

Yours in health,

Dr. Emma Stokes, Naturopathic Doctor

I'm Voting for Kids (Part 1)!

With the provincial election approaching quickly, we'll be highlighting some fast facts about child development that you can use to start a conversation with candidates and representatives to help figure out where the best checkbox for your vote is!

Fast Facts about School Readiness:

- More than one in four Alberta children are struggling in their development by kindergarten
- A higher percentage of young children in Alberta are experiencing developmental difficulties as compared to the Canadian norm
- Across Alberta, there are nearly 100 regional Early Childhood Coalitions providing local responses to help kids prepare for school
- If a child doesn't have a 5,000-word vocabulary by kindergarten, he or she is less likely to meet grade level reading by Grade 3 – an important determinant for high school completion

Ask the candidates and representatives you encounter how their parties will support the early years to improve school readiness in Alberta's children, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals,

This Month in History

January 7, 1714

A patent was issued for the first typewriter designed by British inventor Henry Mill "for the impressing or transcribing of letters singly or progressively one after another, as in writing."



who are all working together to better the lives of young children and their families. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

Calgary NW Early Childhood Coalitions

A Sampling of Concerts

- **Borgeous:** January 12, The Palace Theatre
- **Kongos – 1929 Tour:** January 16, Commonwealth Bar
- **Lanco: Hallelujah Night Tour:** January 22, The Palace Theatre
- **Hillsburn:** January 26, The Gateway (SAIT)
- **Dierks Bentley: Burning Man 2019:** January 26, Scotiabank Saddledome
- **Jarreau Vandal:** January 31, Commonwealth Bar
- **Paul Brandt 'The Journey Tour' with High Valley:** January 31, Scotiabank Saddledome



Cross-Country Skiing – Get Fit This Winter

My girlfriends and I gave ourselves a challenge this winter – a fitness challenge. It's tempting to hibernate for the season but as we're discovering, it's much more rewarding to stay active. As part of our adventure in fitness, we committed to a weekend of cross-country skiing.

Once we'd done some basic research on the benefits of this sport, our Nordic experiment began to make sense. Did you know that Nordic skiers have twice the cardiovascular and muscular fitness as those who aren't active? And even when compared to other athletes, Nordic skiers live longer and healthier lives? Now we just needed a place to go and a place to stay.

Heaven near Hinton

The Big Bear Cabin at Entrance Ranch turned out to be a spacious yet cozy log cabin getaway for the five of us and just 10 minutes from Hinton and our ski destination. Upon arrival, we unloaded our rented ski gear and stocked the fridge with breakfasts and lunches for the weekend. The red wine is next for unpacking and soon we are gathered around the wood fireplace.

The next morning, we set out for the Hinton Nordic Centre in William A. Switzer Provincial Park, a quiet place of pine, spruce and aspen forests. We stashed our lunches at the rustic day lodge, studied the trail maps and geared up.

With 35 km (22 mi) of groomed trails, the area is ideal for beginners and experts, as well as skate and classic skiers. We decided on the newbie-friendly Boogie Trail and spent the next hour trying to glide elegantly like the experienced skiers whizzing past us.

By the afternoon we found our groove. A couple of us hit Barf Hill where we had many a tumble trying to herringbone up the hill and a few spills snowplowing down – a fitness challenge indeed but accompanied by gales of laughter.

Fine Dining with Mountain Views

After a solid day's work on skis, we drove just 15 minutes west of Hinton for a gourmet experience at Stone Peak Restaurant in the Overlander Lodge. We take in a memorable mountain sunset from our window table while waiting for our artisan salads to arrive. Our server had helped us make selections from the award-winning



wine list, as well as healthy choices from the mouth-watering entrees like seafood risotto, Chinook salmon fillet, and chicken breast stuffed with spinach, black beans and goat cheese. We toast to a successful first day out as the stars begin to emerge in the clear evening sky and pledge that our adventure in cross-country skiing will become a regular winter activity. And of course, no one will be stiff or sore in the morning.

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Cross Country Skiing

Savour the pure alpine air as you glide along the dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong. When the trees give way to a sublime panorama, you'll marvel that such a healthy activity can be this exhilarating.

With over 70 nordic hubs to choose from, what better place to start than the home of Canada's national cross country and biathlon ski teams? Designed for the 1988 Winter Olympics, Canmore Nordic Centre Provincial Park will challenge you with 65 km (37 mi) of groomed and track-set trails. And it's only about an hour's drive west of Calgary, so wax up those skis and follow in the footsteps of Olympians. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails: www.canadatrails.ca
Canmore Nordic Centre
www.canmorenordiccentre.org

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