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Current

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EVANSTON - CREEKSIDE Current

Evanston-Creekside Community Association

PO Box 47059
20 – 12192 Symons Valley Road NW
Calgary, Alberta T3P 0B9
eccacalgary.com

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..... president@eccacalgary.com
Vice Presidents: Doug Balzer,
..... Joerg John,
..... vp@eccacalgary.com
Treasurer: Martin Foster,
..... treasurer@eccacalgary.com
Secretary: Kary Duque
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..... Evangelos Kordakis,
..... communications@eccacalgary.com
Safety: James Enarson,
..... safety@eccacalgary.com
Planning & Development: Joerg John
Sports: Vacant
Community Events: Vacant
Newsletter Editor: Tianna Melnyk
..... newsletter@eccacalgary.com

Elected Officials

Alderman: Gord Lowe, 403-268-2430
MLA: Teresa Woo-Paw, 403-274-1931,
calgary.mckay@assembly.ab.ca

Suburban Journals Publishing Editor & Article Submissions:

Stephanie Chamberlain,
newsletter@eccacalgary.com

Advertising Sales:

Pam, 403-880-1819
pam@suburbanjournals.ca

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In Our Community

Letter from the Editor

When I turned 18 (which seems like hundreds of years ago now), I was unlike most of my friends. It wasn't the bar I was most looking forward to but being able to vote. From as young as 10 years old, I couldn't wait for the day when I would make an impact on how our country is managed by choosing the government. That first time I was so excited I nearly fainted as I marked my x beside my well researched although entirely misguided choice. I may have overestimated my personal ability to change the nation through my vote, but my heart was in the right place.

I have always enjoyed the political process. Perhaps it comes from bonding over long debates with my uncle, or my idealistic mother who claimed people can make a difference if we just get involved. Politics has been a part of my life in one way or another for as long as I can remember.

Even if politics isn't quite as fascinating to you as it is to me, there is no doubt that voting is both a right and a privilege that should not be taken for granted.

Evanston is now in a newly formed constituency. Due to our large population, we have been split from the areas of the Northern Hills (Harvest Hills, Panorama Hills, Country Hills etc) and have been

joined with constituency of Nose Hill. To make the process of deciding how to vote just a bit easier, the community association decided to publish information about our candidates. To start we have asked all candidates to provide a picture, a bio and an answer to the most important question of all – Why are you running. Next month (unless the election has passed) we will publish the answer as well as responses to questions posed to the candidates that are relevant to our community. All of the questions will come from members of the community and will be compiled and posed to the candidates. From the information hopefully you will be able to make an informed choice that is best for you, your family, your values and our community when you vote. If you have a question you think it important to Evanston-Creekside, please forward it to newsletter@eccacalgary.ca.

Although we have asked questions of the candidates and published them here, the community association does not endorse any candidate. All candidates have been given the same questions, deadlines and instructions.

Whoever you vote for, just get on out and vote.

Tianna Melnyk



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In Our Community

Community Connection

Spring Break Camp: Westview Baptist Church, in collaboration with Living Springs Church, will be holding a Performing Arts Camp. March 26th will kick off a week full of exciting fun and games that serve a purpose. Children will make crafts, learn hip hop dances, beat out rhythms and rhyme and even learn acting secrets in the drama portion! Camp is March 26 - 30, 10:00 a.m. – 2:00 p.m. Grade 1 – 6. \$15/pp. Call 403-239-1114 to register now.

Do you have a special event or community project that needs extra volunteers? The Youth Volunteer Corps (YVC) offers group based (6 – 8 volunteers plus an adult team

leader) volunteer opportunities to youth between the ages of 12 – 18. We currently have 300+ new volunteers each month and need some great opportunities to offer! If you have an interesting idea or project, and would like to involve our group of dedicated and unique youth, please contact the YVC Coordinator at 403-266-5448 or yvc@youthcentral.com. Visit www.youthcentral.com for more information.

Earth Science for Society Exhibition (ESfS): May 13 – 15, Calgary TELUS Convention Centre. ESfS is a public outreach program of GeoConvention 2012: Vision, Canada’s largest gathering of Earth Science

professionals. Participants will have the opportunity to pan for gold with Yukon Dan, find hidden treasures and take part in many other exciting hands-on activities. Free admission. Don’t miss the Family Event on May 13th, 2012! We will be giving away cupcake coupons to the first 100 mothers and we have many other giveaways and draws for the whole family. Admission is FREE! For more information visit www.geoconvention.com/esfs

For up to date information check out our community website at www.eccacalgary.com/ and become a friend on Facebook.

Did You Know

There are more than 20,000 volunteers in the community association movement in Calgary? It’s the largest collective volunteer movement in the city. There are also more than 156,000 Calgarians who are members of their community associations.

Community Association Meetings

Our next community association meeting is March 5 at 7:00 p.m. at Simons Valley United Church. Also mark your calendar: our AGM will be held April 30. Keep posted for location and time.



Evanston-Creekside Community Association

Membership Application

Please fill out this form and include \$20 payment by cheque and mail to:
PO Box 47059, 20 – 12192 Symons Valley Road N.W.
Calgary, AB T3P 0B9

Cheques made payable to: Evanston-Creekside Community Association

Parent’s Names: _____ SURNAME _____ FIRST NAME(S) _____

Children’s Names: _____

Mailing Address: _____

Postal Code: _____ Phone Number: _____

Email Address: _____

Amount Paid: \$ _____ (Membership Fee: \$20 Family/Year)

In Our Community

Community Household Cleanup

Sat. Apr. 28, 9:00 a.m. – 2 p.m. at the Rona Creekside Parking Lot.

Do you have unwanted stuff collecting in the recesses of your house or in your yard that you wish would just go away? Like old electronics, that broken chair for the landfill, paper to shred, clothing and household items that are perfectly good but just not loved anymore? Who has time to run around to all these different places and be charged to dispose of them? Well mark your calendar for Saturday April 28th. We are bringing all these services to our neighborhood so you can clean out your house all at once. This event is a City of Calgary initiative that supplies the garbage trucks (landfill items) and a mobile recycling unit (blue bin items). In addition, we have secured the following services:

- **eCycle Solutions:** electronics recycler (e.g. computers, tvs, printers, monitors) so grandma's old TV can have a new life somewhere else.

- **Best Shredding:** a AAA NAID certified paper shredding company so you can dispose of all those old tax returns confidentially.
- **Women In Need Society (WINS):** accepts good quality used household goods, clothing and furniture for their thrift stores that in turn support women in need.

To ensure a smooth cleanup day and safe disposal of all items, please refer to our website www.kincora.org for details on specific requirements of what can and cannot be accepted.

While this event is free, we would appreciate your contribution by purchasing a Community Association membership to support your community team for putting on this event. We also require volunteers to assist on site that day, please email kca.volunteers@gmail.com if you can spare a couple of hours.

Crime Prevention in Evanston

If you have any concerns regarding suspicious persons and/or vehicles at any time, you are encouraged to contact the Calgary Police Service regarding. Additionally residents can contact the community liaison officer for Evanston. His name is Cst. Jeff Suderman and he works out of the district 7 office. His phone number is 403-567-6700. With information regarding issues of crime in our community, he can inform the patrol units and possibly increase the police patrol in Evanston during the times when the suspicious activity is occurring. You can also visit the

Calgary Police Service website (www.calgarypolice.ca) and view the 'be a good witness' initiative as well as helpful safety tips.

The ECCA Safety Director has been discussing issues of speeding and break-ins on cars check with Cst Suderman recently.

Please continue to be ready, willing and able to report suspicious activity and crime. Keep your eyes and ears open in your community and keep in contact with both your neighbors and the community liaison officer.

Nod to Your Neighbor

Firstly let me say I love your new section, "Nod to Your Neighbor" in the ECCA newsletter. I love that there is a place to express your gratitude to great neighbors. I have a "double-nod" if I may, as I am blessed to be surrounded by extraordinary neighbors. I would give a nod to the whole block even. There are 6 of us who help each other and communicate any suspicious activity to one another and try to keep our corner of the community safe. I am lucky to be in the middle of two great neighbors. Mike and Lynsey are on one side, and Tricia and Annie are on the other. We all have children around the same age that enjoy playing with each other and are constantly in one another's front or back yards playing through out the Spring to Fall. We are each others "convenience store" for the emergency egg that you have ran out of, snow shovel angels, Block Watchers, babysitters, play groups, gardeners, builders and friends. Both of these neighbors are quick to help in an emergency, give support in times of need, laugh and share many plates of goodies through out the year. They are the type of neighbors that I remember growing up with, and help to create a caring neighborhood. Many heartfelt thanks go to both of my wonderful neighbors!!

Nicole Reidel

"We can learn much from wise words, little from wisecracks, and less from wise guys."

William Arthur Ward

In Our Community

École St. Pius X School News

Exciting things continue to happen at École St. Pius X ensuring we live up to our nickname of the “Hidden Gem” in the N.W. A wonderful time was had by all students at our Epiphany celebration of Les Galettes des Rois. This tradition from France saw many students crowned as la reine and le roi for the day as students were in their B.F.G’s. Big Family Groups (B.F.G.) are K-6 groupings of students that further fosters our strong sense of community.

Congratulations to Mme Anne-

Marie and Mme Tustonic’s grade 5 students who made 212 sandwiches for Avenue 15 and The Mustard Seed as part of the school’s Social Justice Project. Students raised money by doing odd jobs around the house and neighbourhood or perhaps dipping into their savings.

February 22 is rapidly approaching with great anticipation as we prepare for the Winter Carnaval and Shrove Tuesday pancake breakfast. We are all hoping Old Man Winter will cooperate and give us plenty of snow to enjoy

all the outdoor sports and games au Carnaval de Québec.

Full Day Enhanced Kindergarten as well as before and after school care will be provided at our school next year. The survey results came back clearly indicating these added services will be greatly appreciated.

The P.D. day on February 3 saw our staff attending sessions to continue their on-going professional development to support students’ writing in both French and English. Our staff continues their commitment of ensuring student learning is job #1 and student performance continues to be outstanding.

Our recruitment project is well underway to increase enrollment for next year. We already have more than 30 children registered for kindergarten and M. Scott is conducting many personal tours every week. We have Brite Signs up in Evanston, Kincora, and Thorncliffe to encourage parents to contact our school. We are currently in the process of designing a poster to advertise École St. Pius. The next phase of our recruitment drive is to post posters in grocery stores, libraries, coffee shops, community centres, etc., as well as to deliver brochures to preschools and daycares within our school boundaries. If you have a contact with a location where we could deliver posters or brochures, or even if you are just willing to help with deliveries, please contact Mary Pat Senger at 403-277-0726 or mpsenger@shaw.ca so we can reach out to as many families as possible.

Evanston-Creekside Soccer

Hi there Evanston-Creekside Soccer Lovers!

Well, it’s February and we are getting closer to the start of the soccer season. We already have some volunteers working towards making this another successful year. If you are interested in volunteering with the program, please contact me at sports@eccacalgary.com. There are a number of volunteer positions varying in time commitment.

Secondly, our registration will be taking place on Wed. Feb. 29, 6:00 p.m. – 8:00 p.m. and Sat. Mar. 3, 10:00 a.m. – 1:00 p.m. at the Symons Valley United Church located at 38 Kincora Rise NW. In addition, fees for the program will be changing this year in order to align with our Northern Hills Community Association partners.

Division	Year of birth	Fee
U4	2008	\$50
U6	2006 & 2007	\$60
U8	2004 & 2005	\$70
U10	2002 & 2003	\$90

U12	2000 & 2001	\$90
U14	1998 & 1999	\$90

For registration you will need the following:
 1.3 cheques – 1 cheque for your community membership (\$20), 1 for volunteer cheque (\$50) and 1 cheque for registration (dependant on division). (Based on feedback from the community, volunteer cheques will be introduced for the first time. This means that a parent/guardian of each player will be required to complete a volunteer task to support the program)
 2. Proof of age (e.g. birth certificate) to ensure the child is placed in the appropriate division.

Please note that late registrations only if there is room left on teams and that we will take into consideration placement on teams but they are not guaranteed.

Finally, our U14 team is looking for players, especially a goalie! Hope to see you all at our registration night!

In Our Community

Girl Guides

Nitanisak Girl Guides live in the communities of Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, 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).

Registration: This spring (April/May) girls across Alberta will be registering online, a first for Alberta Girl Guides. All of our units are very close to being or almost full, and with

girls moving up to the next branch in the fall, our waiting lists will be long. We would love to take in more girls, but in order to do that, **we really need more leaders!** Please consider becoming a leader, even if you don't have a daughter in Girl Guides! Aunties, Grandmas, cousins, students. Volunteer experience also looks great on a resume! No previous experience is required to become a leader and training is offered through Girl Guides to help you become a great leader.

Why Become a Girl Guide Leader?

- For women, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring and travel opportunities.
- The widest range of activities of any extracurricular program for girls and of any volunteer experience for women. Guiding is unique in the breadth of its focus, which ranges from leadership development to global awareness to environmental stewardship.
- Belonging to the world's largest organization of girls and women, the World Association of Girl Guides and Girl Scouts (WAGGGS).
- The chance to challenge yourself with the emotional safety that can only come from an all-girls environment- and you get to spend time with 19 other girls!

Thinking Day: We planned a district-wide Thinking Day camp in February for all of our units. Thinking Day

is a day in which Girl Guides (and Scouts!) celebrate the birthday of Lord and Lady Baden-Powell, the founders of Girl Guides and Boy Scouts. It was great to see the older girls (Rangers and Pathfinders) working with the younger girls. We also raised funds for CWFF (Canadian World Friendship Fund) at our district camp. CWFF funds help girls in Guiding around the world.

Service projects are very important part of Guiding. Recent service projects include: Stephen's Backpack Society, Toy Mountain, Calgary Women's Shelter, Birthday Boxes for the Food Bank.

Cookies: Spring cookies are the traditional cookies we all know and love – chocolate and vanilla. A box of sandwich cookies costs \$5 and will be sold both door to door and in local community stores such as Canadian Tire – Beacon Hill and Superstore – Edgemont in March/April. Help support Girl Guide programming by buying a box of cookies!

For further information about Girl Guides, please call 1-800-565-8111 or email nitanisakdistrict@yahoo.ca

Country Hills Library

Programs for Adults

- **The Internet Part 1; An Introduction:** Apr. 17, 6:30 p.m. – 8:00 p.m.
- **The Calgary Wildlife and Rehabilitation Society:** Apr. 3, 7:30 p.m. – 8:30 p.m.

Programs for Kids & Teens

- **Parent-Child Mother Goose:** Wed. Apr. 11 – May 30, 10:15 a.m. – 11:15 a.m. Ages 6 – 23 months with a parent/caregiver.
- **Toddler Storytime:** Tue. Apr. 24 – May 29, 11:00 a.m. – 11:20 a.m. Ages 2 – 3 with a parent/caregiver.
- **Family Storytime:** Mon. Apr. 23 – May 28, 2:15 p.m. – 2:45 p.m. Ages 2 – 5 with a parent/caregiver.
- **Reading Tag; Darwin Awards Edition:** Mar. 28, 7:00 p.m. – 8:00 p.m. Ages 13 – 17. No registration required.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



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In Our Community

Calgary Police Service Drug Unit Community Alert Drug Alert - PMMA

Since June 2011, the Calgary Police Service is aware of eleven deaths that are believed related to ecstasy overdoses in Calgary and the surrounding communities of Strathmore, Red Deer and Nanton. Ecstasy is the street name commonly used for 3-4 methylenedioxymethamphetamine (MDMA). MDMA is a synthetic, psychoactive drug with hallucinogenic and amphetamine-like properties. Its chemical structure is similar to synthetic drugs MDA and methamphetamine. MDMA is also known as "E" and "X-TC".

A review of the eleven deaths reveals:

- Toxicology results for nine of the eleven deaths have confirmed paramethoxymethamphetamine (PMMA) as the dominant drug with MDMA.
- Toxicology findings have yet to be released for one of the most recent deaths.
- All of the overdose deaths are male.
- The age range of the overdose victims is 15 to 43 years, with only two of the victims being under the age of 18.
- Ecstasy in the form of a powdery substance or capsules appears to be a common link to the deaths. Although the powder is the most common link it is very easy to make the powder into tablets with the use of a press. THERE IS NO SAFE ECSTASY.

ECSTASY-RELATED DEATHS

- MDMA-related deaths are caused by complications of "malignant hyperthermia/ hyperpyrexia" or what most people would call heatstroke.
- PMMA is an analogue. PMMA (Para-Methoxyamphetamine) is similar to MDMA in effects. At high doses the side effects and danger of death are severe.
- PMMA has a slow onset of effects so there is a tendency to take more. Characteristic symptoms are elevated body temperature, increased heart rate and blood pressure, along with agitation, confusion and convulsions. An overdose can result in cerebral hemorrhage.
- It is believed that PMMA is being added to MDMA due its ease of availability and lower cost than MDMA.

FORMS OF ECSTASY

While ecstasy has previously been observed mainly in tablet form a transition to powder and to capsules containing ecstasy powder has been noted. The powder may be snorted or ingested orally.

For further information please reference the Calgary Police Service website at www.calgarypolice.ca. Anyone with information about ecstasy trafficking are asked to contact Crime Stoppers at 1-800-222-8477 or the Calgary Police Drug Tip Line at 403-428-8100.

Spring Colours Lift Spirits

I'm constantly amazed how the colours of spring can lift everyone's spirits. Each season we see colour trends, and Pantone, the gurus of colour, are a great source to identify what is hot for the coming months.

"Consumers look to spring for renewed energy, optimism and the promise of a brighter day," said Leatrice Eiseman, executive director of the Pantone Color Institute. "They have learned how colour can help them alter a mood and provide the vitality and enthusiasm that enables them to experiment with new looks and colour combinations."

After a survey of New York Fashion Week designers, Pantone is bold on these colours:

- Provocative Tangerine Tango is an enticing juicy orange;
- Solar Power provides a jolt of energy, and radiates warmth and cheer;
- Fanciful Bellflower, a distinct ornamental purple, exudes uniqueness and creativity;
- Cabaret is a sensual and intense rosy-red;
- Sodalite Blue, a classic maritime hue, brings order and calmness to mind;
- Cockatoo, a tactile blue-green, will make your spirits soar;
- Margarita, a piquant yellow-green, lifts spirits;
- Sweet Lilac adds a touch of romance to any wardrobe.

To balance out these bright hues, add natural neutrals such as Driftwood, an adaptable blend of beige and gray with a slightly weathered feel, and Starfish.

Jean Andrews, www.pantone.com

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

Annual \$100 Film Festival: Mar. 1 – 3, Plaza Theatre. A 3-day event which screens short films by local, national and international filmmakers.

www.100dollarfilmfestival.org

WinSport's Women's Wednesdays: March 7, 14, & 21, WinSport's Canada Olympic Park. Ladies, buy one adult hill ticket, get one half off! Join Billie Jo Ross from Lite 95.9 each Wednesday from 5:00 pm - 9:00 pm for your chance to win great prizes, take part in Women's Ski and Learn to Ride clinics. Applies to adult 4 hour hill tickets purchased in person at Guest Services.

www.winsportcanada.ca

Winter Farewell: Mar. 8 – 11, Spruce Meadows. Some of the best

show jumpers will compete for over \$100,000 in prize money at this tournament. www.sprucemeadows.com

Oldtimers Hockey Challenge:

Mar. 12, Scotiabank Saddledome. Puts NHL legends back on the ice to raise money for charities.

www.oldtimershockey.com

National Geographic Live presents

Annie Griffiths: Mar. 13, Epcor Centre for the Performing Arts. Experience the life of a National Geographic photographer—and meet a true pioneer who figured out how to balance work and family. www.epcorcentre.org

Calgary International Auto & Truck

Show: Mar. 14 – 18, BMO Centre.

See the latest in automobiles and trucks. Exhibitors include big names such as General Motors, BMW, Honda and more. www.autoshowcalgary.com

Diakonos Annual St. Patrick's 10K

Run & 5K Run/Walk: Mar. 17. Register individually or as a team. Race kits can be picked up at the Eau Claire Running Room.

www.events.runningroom.com

The Original St. Patrick's Day Road Race: Mar. 17. 5km and 10km road race in support of the Canadian Diabetes Association. The grand prize winner will win their weight in beer.

www.calgaryroadrunners.com



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