

AUGUST 2025

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## BULLETIN



OFFICIAL COMMUNITY NEWSLETTER OF CALGARY EVERGREEN AND SHAWNEE EVERGREEN



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# Happy Birthday



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Vice-President	Bruno Boccaccio	vicepresident@myceca.ca
Treasurer	Ashish Ambekar	treasurer@myceca.ca
Secretary	Netta Segal Gilboa	secretary@myceca.ca

### MEMBERSHIP AND VOLUNTEER COMMITTEE

Membership Director	Jhermi Mehta	membership@myceca.ca
Volunteers Director	Bruno Boccaccio	volunteers@myceca.ca

### FUNDING COMMITTEE

Fundraising and Grants	Vacant	funding@myceca.ca
Sponsorship Director	Liya Su	casino-sponsorship@myceca.ca

### COMMUNICATIONS COMMITTEE

Newsletter Editor	Anna Peña Egle	newsletter@myceca.ca
E-Newsletter Editor	Anna Peña Egle	enewsletter@myceca.ca
Social Media	Jhermi Mehta	info@myceca.ca
Webmaster	Suvasini Ramajayam	website@myceca.ca
IT Manager	Yaser Matar	info@myceca.ca

### TRAFFIC AND SAFETY COMMITTEE

Traffic and Safety	Vacant	traffic@myceca.ca
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### RECREATION AND EVENTS COMMITTEE

Recreation Director	Mari Sltan	recreation@myceca.ca
Events Director	Bulbul Odedra	events@myceca.ca
Seniors Director	Sherrisa Celis	seniors@myceca.ca

### PLANNING COMMITTEE

Development Director	Alexa Zabrowski	development@myceca.ca
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### LIAISONS TO CECA

Neighbourhood Partnership Coordinator	Alina Dulaney	alina.dulaney@calgary.ca
Councillor - Ward 13	Dan McLean	clward13@calgary.ca
MLA, Calgary Loughheed	Eric Bouchard	Calgary.Loughheed@assembly.ab.ca
Evergreen Bulletin Newsletter Ad Sales	Great News Media	http://great-news.ca/newsletters/sw/evergreen

*If you are interested in joining the board, please email [info@myceca.ca](mailto:info@myceca.ca)*



## ATTENTION LOCAL PHOTOGRAPHERS!

Send us your best quality photo of the Evergreen Community or fun family activities for a chance to be chosen as the cover image for the Newsletter. You can win a \$10 gift card! Pictures must be 300 DPI and a minimum 1 MB in file size. (Sorry, no phone snap shots.) Deadline is before the eighth of each month. Please send your image to [newsletter@myceca.ca](mailto:newsletter@myceca.ca).

## CECA MEMBERS ONLY

The CECA Board has been able to negotiate hundreds of dollars' worth of service for Calgary Evergreen Community Association members only.

We are currently working on updating the list to bring you more discounts!

Find out more at [www.myceca.ca](http://www.myceca.ca) and <https://www.facebook.com/myceca>.

- ☀ **Castle Toys** – 15%\* discount
- ☀ **The Branch Manager Tree Experts** – \$50 off services
- ☀ **Cardel Rec South** – 5 to 10% discount for Evergreen residents, program dependent
- ☀ **Evergreen Child Care** – 10% discount
- ☀ **Cloverdale Paints** – Wholesale pricing

*The Calgary Evergreen Community Association does not guarantee the service, or the products offered by the aforementioned businesses.*

*\*CECA membership card required for discounts.*



## Monthly Seniors' Bingo and Hobnob

Seniors from the community are invited to join the Bingo and Hobnob at Swan Evergreen (2635 Eversyde Ave SW) every third Tuesday of the month from 2:00 to 3:00 pm. Please register with Sherrisa at 403-829-1078.



## MESSAGE FROM THE CECA BOARD

Happy summer!

Hello Neighbours!

Hope every one of you is having fantastic times with family and friends. What a fantastic turnout for our very first Stampede Breakfast, hosted by Calgary Evergreen Community Association in partnership with the Millrise Community Association! Families from Evergreen, Millrise, and other Calgary communities came together to enjoy a morning of pancakes, sausages, and fresh juice, surrounded by laughter, sunshine, and community spirit.

The kids had a blast at the petting zoo, having their faces painted, and with the balloon artist, while our senior residents enjoyed special activities with a live Zumba class. With mascots, music, and western vibes all around, the event was a great reminder of how strong and connected our neighbourhood is.

We couldn't have done it without the amazing support from our partners and volunteers. Special thanks goes to: Millrise Community Association, ATCO, Pur & Simple, Walmart, Servus Credit Union, the Office of Eric Bouchard, Mari's Bridal Alterations, The Medicine Shoppe, Calaway Park, Kenko Sushi, Laser City, Peter's Home Solutions, Trouw Nutrition, Ollia Macarons & Tea, Asian Buffet, Ishii Sushi, and Evergreen Cosmetics, and of course, our incredible volunteers who made the day possible.

CECA hosted a free Financial Wellness Seminar. A big thank you to Janette Cobarrubias, our guest speaker and financial coach, for delivering the amazing seminar.

Thanks again to everyone who participated, supported, and volunteered. Let's keep this momentum going, stay connected, get involved, and keep that Evergreen spirit alive!

### Volunteering

We are still looking for a grant director and traffic and safety director. Each of the two positions requires around four to six hours a month. If you would like to join us, please email [volunteers@myceca.ca](mailto:volunteers@myceca.ca).

### Membership

Please remember to purchase or renew your memberships as proceeds from membership sales help CECA in running programs and events for you and your families. Please visit [www.myceca.ca](http://www.myceca.ca) for information.

### Contact Us

If you have any questions, concerns, or suggestions please contact us anytime using our Facebook page. You can also email [info@myceca.ca](mailto:info@myceca.ca).

*Mohamd Sltan*

President, Calgary Evergreen Community Association (CECA)



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### Putting Yourself First!

by Recovery Alberta – Community Health Promotion Services



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

**Here is a list of strategies that can be used by anyone, anytime, and anywhere:**

#### Managing Emotions

Commonly referred to as "name it, to tame it", is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

#### Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the "what if".

#### Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

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Please submit the colouring page by the 8th of September 2025 to [newsletter@myceca.ca](mailto:newsletter@myceca.ca) for a chance to win! Winners, please contact the editor to arrange a pick-up time for the gift card. Cards not picked up will automatically be given to another winner.



*Congratulations to Vincent, the winner of the June colouring contest!*

*Big thanks to the Constituency Office of Honourable Eric Bouchard, MLA for Calgary-Lougheed, for kindly sponsoring this month's prize.*

*Happy Colouring!*

# What is a Community Association?

What is the Community Association and what do they do? Why do they need my support? Read the below article to find out more about your community association.

Many people associate community associations with a building, but CECA is one of 50 community associations in Calgary without a building.

## Paragraph taken from the Federation of Calgary Communities website:

"Your neighbourhood has a community association: a not-for-profit organization run by your neighbours and other volunteers dedicated to providing you with social, recreational and educational opportunities close to home, a variety of special events to bring you together as residents, and a voice for your community!"

Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

## Benefits

There are many benefits to having a membership to your community association. The Federation offers discounts with Cloverdale Paints, Servus Credit Union, and Stealth Alarms. Evergreen CA has discounts for local businesses. See the info online at [www.myceca.ca/membership](http://www.myceca.ca/membership).

Plus, your support of the CA by buying a membership, will mean it has the funds for its necessary expenses. That way it can run the events and programs for the community.

There is more information about Community Associations online. Check out this link: [www.calgarycommunities.com/community-info/what-is-a-community-association/](http://www.calgarycommunities.com/community-info/what-is-a-community-association/).

## Volunteers

A Community Association is only as good as the volunteers that run it and the community that supports it. What is put into a community is what you will get out of it. A community that knows and supports each other, not only is stronger but also safer. Community residents that look out for each other, help each other

in times of distress, and enjoy spending time together which makes living in that community enjoyable and worthwhile. If you have time, consider giving back to your community.

## Amenities and Programs

The Calgary Evergreen Community Association continues to work towards providing events that allow residents to come together and have fun. Working towards amenities such as a permanent ice rink and others that will help support any community programs or events. Working with our stakeholders and partners, whether that is neighbouring communities, or city officials that we advocate to make living in the community better.

## Become a Member!

Support your community by becoming a member or continuing to renew your membership. Get involved, by volunteering at events, on committees, or joining the Board of Directors and help steer the direction of the community that will continue to make it a great place to live.

## CA vs RA

The difference between a community and resident association is explained on our website. [www.myceca.ca](http://www.myceca.ca).

## Questions?

If you have any questions about the Calgary Evergreen Community Association, email us at [info@myceca.ca](mailto:info@myceca.ca). Also come out to any of our events and talk to a board member about how you can get involved.



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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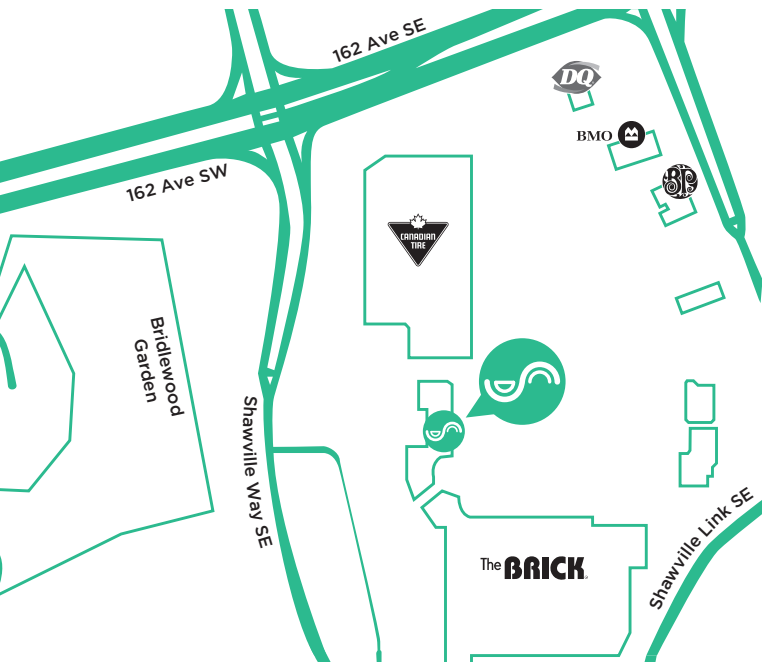


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# MEMBERSHIP REGISTRATION FORM



To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20 made payable to **Calgary Evergreen Community Association** and mail to:

P.O. Box 24007 RPO Evergreen, Calgary, AB T2Y 0J9

Household Information (Held in confidence):

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Spouse/Partner First/Last Name: \_\_\_\_\_

Residential Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Contact Phone Telephone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

E-mail address is especially important if you want to receive CECA communications. Your email address will be added to our low-volume mailing list. You may choose to opt-out of the list at any time.

Please mark (a) your choice as a volunteer:

☐ Board of Directors member ☐ Don't know, ask me! ☐ Membership Campaign canvasser ☐ Special Events

Payment (\$20): Cash: \_\_\_\_\_ Cheque # \_\_\_\_\_

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**Online payment by credit card or PayPal™ is available at [www.myceca.ca/membership](http://www.myceca.ca/membership).**

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## BOARD OF DIRECTORS

### OFFICERS

Ian Jobe	<a href="mailto:president@yourseca.ca">president@yourseca.ca</a>
	<a href="mailto:vicepresident@yourseca.ca">vicepresident@yourseca.ca</a>
Sharlene Karkut	<a href="mailto:treasurer@yourseca.ca">treasurer@yourseca.ca</a>
Debbie Bechthold	<a href="mailto:secretary@yourseca.ca">secretary@yourseca.ca</a>

### DIRECTORS

	Director of Development
	Director of Membership
John Raich	Director at Large
Ajay Khanolkar	Director at Large
Zeinab El Kady	Director at Large
Ashley Oshiro	Director at Large
	Director at Large
	Director at Large
General Inquiries	<a href="mailto:info@yourseca.ca">info@yourseca.ca</a>



## SECA Boundaries

Households in the area shown below are eligible to become regular members.

- For Evergreen Estates, your street name will include 'Evergreen,' for example Evergreen Drive.
- Almost all other areas will include 'Shawnee' in the street name.
- Condominium residents in Shawnee Park are invited to become members.
- Non-residents are invited to join as associate members.



On the North	South of Fish Creek Provincial Park boundary
On the East	West of Macleod Trail SE
On the West	East of Fish Creek Provincial Park boundary and east of Fishcreek Blvd SW
On the South	North of James McKeivitt Road and Fishcreek Boulevard SW

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## HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

*SECA is building a neighbourly community where residents feel a sense of belonging and community pride.*

- Hosts Events and Programs:
  - o Community Campfires
  - o Picnic in the Park
  - o Community Cleanup
- Advocacy supports residents' interests with:
  - o Proposed development projects in our neighbourhood and nearby.
  - o Neighbourhood safety (crosswalks, traffic lights, crime prevention, etc.)
  - o Maintaining the character of our neighbourhood.

## MEMBERSHIP REGISTRATION FORM

Join for just \$20 every 12 months. **Pay by e-transfer to [info@yourseca.ca](mailto:info@yourseca.ca)** and include your email and street address in the message field or complete the form below with a cheque payable to Shawnee Evergreen Community Association and mail to SECA c/o South Gate Alliance Church, 1436 James McKeivitt Rd SW, Calgary, AB, T2Y 2W9.

Questions? Email [info@yourseca.ca](mailto:info@yourseca.ca).

Household information (held in confidence in accordance with Privacy Legislation):

Surname 1: \_\_\_\_\_ Given Name: \_\_\_\_\_

Surname 2: \_\_\_\_\_ Given Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Please consider volunteering with SECA. May we contact you to volunteer? Y / N

Payment (\$20): Cash: \_\_\_\_\_ Cheque # \_\_\_\_\_

☐ Resident ☐ Non-Resident (Associate Member)

SECA is always looking to engage residents as volunteers on the board, on committees, and at events. Learn more by emailing [info@yourseca.ca](mailto:info@yourseca.ca).

**Questions? Email [info@yourseca.ca](mailto:info@yourseca.ca)**



### Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



### From Our Community Connector, Anya:

It's been lovely to meet so many residents, and to hear what matters to you—at events, at programs, and in our green spaces. What I have learned is that SECA residents are incredibly diverse, proud of their community, and eager to connect. Watch for my pop-ups and on my walks. Let's chat!

**Throw a Block Party—I'll Help!** From invitation templates to equipment, SECA can support your block party. We want to help you bring neighbours together to celebrate the talents, stories, and spirit that make our streets special—one event at a time! Email me at [connector@yourseca.ca](mailto:connector@yourseca.ca) to plan your party.

### Community Cleanup - September 20

9:00 am to 2:00 pm at South Gate Alliance Church.

Free to Calgarians—membership is encouraged; not required—donations accepted.

Plan to bring:

- Oversize waste for the City's packer trucks.
- Electronic (almost anything with a cord) and metal recyclables.
- Household items in good condition for Cerebral Palsy Alberta.
- Books in good condition for our network of Little Free Libraries.
- Tire Recycling

Please save up your electronic and metal recycling for this event. The rebates earned last year were sizeable and supported SECA events this past year.

### Annual General Meeting - October 27

6:30 pm at South Gate Alliance Church.

SECA's AGM is more than just a business meeting—it's a chance to celebrate what we've achieved together and look ahead to the exciting work still to come. We'll kick things off with light refreshments and social time, followed by our report to the community and the official business portion of the meeting, where we'll elect new board members and share what's next for SECA. Guest speakers will inform and inspire us.

### 55+ Healthy and Happy Program: Taking a Pause

Our seniors' programs are pausing for the summer. Watch for a September restart of programs. For details,

visit [bit.ly/seca55](https://bit.ly/seca55) or connect with Clayton, our Seniors Coordinator at [seniors@yourseca.ca](mailto:seniors@yourseca.ca) or 1-888-487-2010.

### Children and Youth Programs

Register for SOGO Adventure Running—a very highly rated program. This free program will get your kids outside and exploring nature in Fish Creek Park! Participants will learn to read maps, find flags, and navigate trails—all while building fitness, confidence, and outdoor problem-solving skills.

- 10:30 am to 12:00 pm, Saturdays, August 9, 16, 23, and 30
- Glennfield area of Fish Creek Park
- Age grouping: 5 to 7, 8 to 12, 12 to 17
- Maximum capacity is eight participants per age group
- Registration is required – use the QR code



Register for  
SOGO Running

Thanks to the Government of Alberta's Every Kid Can Play grant program, these sessions are offered at no charge. All are welcome.

### Volunteers Needed

Without volunteers stepping forward to take a lead role, our children's programs will stop on August 30. The good news is you won't be doing it alone—we have funding in place and mentors to guide you. If you are a university student, parent, or grandparent and you value these programs, now's the time to come forward. Let's make sure these valuable opportunities continue for our kids! Email [info@yourseca.ca](mailto:info@yourseca.ca).

### Let's Grow Something Amazing!

A passionate group of residents is working towards building a community garden and a gathering space in the large park on Evergreen Drive. Have ideas? Want to get involved? Email [info@yourseca.ca](mailto:info@yourseca.ca)

### SECA Property – Cared for by Volunteers, Loved by the Community

The SECA Chairs, Little Free Libraries, and A-frame Poster Displays are maintained by dedicated volunteers—just for you, our residents. These installations make our community more connected and vibrant—but they do face wear and tear from Calgary's wild weather (and unfortunately, the occasional vandal).



Together, we can help protect and preserve them for everyone to enjoy!

Feel free to move a SECA Chair to your favourite spot, but please return it to a hard surface when you're done—away from mowers. On windy days, flipping chairs upside down can help prevent damage.

If an A-frame sign has tipped over, a quick reset is a huge help—thank you!

Vandalism is costing SECA many hundreds of dollars. Chairs are being destroyed, some in broad daylight. Please help spread the word: these chairs are cherished. If kids are feeling unheard, we invite them to join our Youth Council, where their voices matter and their ideas are welcome.

Every small action helps keep our shared spaces safe, welcoming, and full of life!

### Road Construction

Shawnee Drive construction continues with utility tie-ins at three locations, road surface improvements, and the construction of a new roundabout at Shawnee Boulevard and Shawnee Drive. Expect significant detours and road closures through the summer and perhaps into the fall. See the latest updates on our social channels.

### Be Part of It – Get Involved!

Want to help make a difference and shape the community where you live? SECA is volunteer driven, and we rely on capable residents like you to keep SECA strong! If you're interested in joining a task team, committee, or the board of directors, we'd love to hear from you. Whether you're a long-time resident or newly arrived, there's a place for your energy and ideas. It's a great way to deepen the connection with your neighbourhood and we'll find a task to fit your interests and available time. Email [info@yourseca.ca](mailto:info@yourseca.ca) to get started!

Together, we're building a stronger, more connected SECA!

*Your SECA Board*



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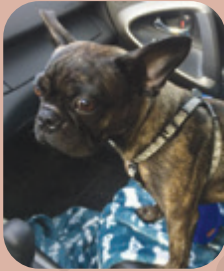
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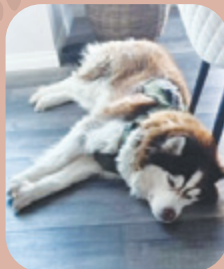
Mac, Evanston



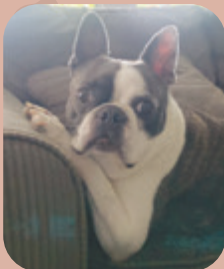
Mango, Evanston



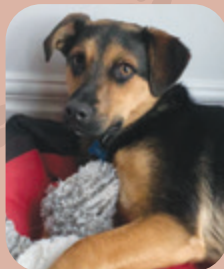
Mick and Turd,  
Hidden Creek



Mishka, Evanston



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February	25	27	33	\$739,000	\$719,000
January	25	26	15	\$685,000	\$680,000
December	24	13	15	\$575,000	\$575,000
November	24	22	18	\$724,950	\$711,250
October	24	25	30	\$637,500	\$631,750
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August	24	41	31	\$558,888	\$550,000
July	24	31	27	\$624,900	\$627,000

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