

DECEMBER 2023

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Shawnee-Evergreen Community Association Area Boundaries

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

- For Evergreen Estates, your street name will include 'Green,' for example, Evergreen.
- Almost all other areas will include 'Shawnee' in the street name.
- Fish Creek Exchange and Beacon Hill condominiums are within the SECA boundaries.
- 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 Mckevitt Road and Fishcreek Boulevard SW

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MILLRISE



SHAWNESSY



SHAWNEE SLOPES





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 Five Community Campfires
 - o Children's Programs – Monthly
 - o Party in the Park – Neighbour Day
 - o Stampede Festival – June 22, 2024
 - o Community Cleanup
- Advocates to support 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

Purchase a SECA membership to support programs, events, and the advocacy work that SECA does on your behalf. Pay just \$20 every 12 months. Complete the form, attach a cheque for \$20 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@shawneevergreen.ca.

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

Surname 1: _____ Given Name: _____

Surname 2: _____ Given Name: _____

Street Address: _____

Postal Code: _____ Phone: _____

Email 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@Shawneevergreen.ca.



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PRESIDENT'S MESSAGE

Happy holidays to one and all!

We wish you a joyous holiday season. 'Tis the season when good deeds and small acts of kindness are especially appreciated. From offering warm smile and a greeting as you pass by to shoveling the sidewalk of a nearby shut-in, we can all help to make Shawnee Evergreen a neighbourly community. While the holiday season can be stressful, these small acts, reduce stress and increase happiness. And they build our sense of belonging and identity.

We are looking forward to our first Community Campfire of the season, brought to you by Servus Credit Union, on Saturday, December 30 from 4:00 to 6:00 pm. We'll be in the park on Shawnee Blvd at Shawnee St SW. With the Christmas lights twinkling on the snow, it's always a magical night. It will be fun for all ages with music, hot chocolate, and treats to roast over the campfires. Join us!

We have five Community Campfires planned again this year. January and February campfires will be at the the rinks in nearby Millrise to include skating. March and April campfires will be at Shawnee Evergreen parks. We need your help! Additional Event Coordinators and Event Volunteers. Please contact President@yourseca.ca to learn more about how you can support these much-loved events.

55+ and seniors' programs are coming in the spring. We are looking for a couple of seniors to join our committee. Email president@yourseca.ca to learn more.

Our three children's programs are delivered monthly. These programs are a great opportunity to meet others who live in the community, find new friends, and build a community that is safe and welcoming for children and families. Grandparents are welcome too! Bring your grandchildren.

Lynn Jobe

On behalf of the SECA Board

403-606-2406



Meet Like-Minded Families at Our Children's Programs

See the QR codes below for dates and registration information.



Adventure Play



Families in Nature



Art in the Park

Let's Imagine the Future Together

We need your help to dream about how to make Shawnee Evergreen even better. Join us as we reimagine our neighbourhood places together. Use the QR code to join the mailing list.



Let's Stay Connected While SECA Transitions to New Coordinates

- Email: info@yourseca.ca
- Like our Facebook page: [@ShawneeEvergreenYYC](https://www.facebook.com/ShawneeEvergreenYYC)
- Subscribe to SECA's e-newsletter through the QR code.
- By now, our new website should have launched. Find us at YourSECA.ca.



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8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

The Shawnessy Community Association

Volunteer Board of Directors

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FRIENDS *of* Fish Creek



Make Sure to Get Your Year-End Donations In

We hope that you have found some time this year to visit Fish Creek Provincial Park, whether you spent time enjoying a favourite park location or exploring a new area. Fish Creek holds a special place in the hearts of countless individuals and citizens of Calgary and has for generations. The Friends of Fish Creek is a small non-profit group that is dedicated to protecting the park's environmental sustainability through conservation programs, community engagement initiatives, and self-directed fundraising endeavours. As a member of the Fish Creek Community, we know that you share our vision of a sustainable park environment that enhances the quality of life for both current and future generations.

Donations from community members like you provide essential support for our conservation efforts and we are profoundly grateful for your contributions. As we approach the end of the year, we invite you to make a tax-deductible gift in support of Fish Creek Provincial Park, as even a modest donation would go a long way in supporting this beautiful natural area. With your help we can face the challenges of our small but far-reaching local charity, and you can rest assured that your hard-earned donation dollars will be used efficiently right here in Fish Creek Provincial Park.

Please stay tuned to our newsletter *Voice of the Friends*, our website, and our social media channels for all the latest news and updates about our programs and activities in Fish Creek. To donate, please visit friendsoffishcreek.org/ffc-donate.

The Fish Creek Community Terrace

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. A brick would also make an amazing gift for anyone on your list who enjoys visiting Fish Creek and would like to see it preserved. You will receive a tax receipt and

we will provide a certificate for bricks dedicated by December 21. The Friends are now offering bricks for Phase four of the Fish Creek Community Terrace to be installed in 2024. For more information, please visit friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or become a member! The Friends do not receive regular support for our programs that benefit the park and community, and we rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2024. To renew your commitment to Fish Creek, please visit friendsoffishcreek.org/membership.

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.

CRIME STATISTICS



Shawnessy Crime Activity was Down in October 2023

The Shawnessy community experienced 5 crimes in October 2023, in comparison to 10 crimes the previous month, and 11 crimes in October one year ago. Shawnessy experiences an average of 17.0 crimes per month. On an annual basis, Shawnessy experienced a total of 204 crimes as of October 2023, which is down 11% in comparison to 230 crimes as of October 2022. To review the full Shawnessy Crime report visit shaw.mycalgary.com.

Shawnee Slopes Crime Activity was Down in October 2023

The Shawnee Slopes community experienced 2 crimes in October 2023, in comparison to 3 crimes the previous month, and 6 crimes in October one year ago. Shawnee Slopes experiences an average of 4.8 crimes per month. On an annual basis, Shawnee Slopes experienced a total of 58 crimes as of October 2023, which is down 21% in comparison to 73 crimes as of October 2022. To review the full Shawnee Slopes Crime report visit shsl.mycalgary.com.

Millrise Crime Activity was Down in October 2023

The Millrise community experienced 1 crime in October 2023, in comparison to 4 crimes the previous month, and 5 crimes in October one year ago. Millrise experiences an average of 4.3 crimes per month. On an annual basis, Millrise experienced a total of 51 crimes as of October 2023, which is down 43% in comparison to 90 crimes as of October 2022. To review the full Millrise Crime report visit mill.mycalgary.com.

How To Report Crime In Shawnessy | Shawnee Slopes | Millrise: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



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Vice President	Graham R.	vicepresident@millrise.org
Treasurer	Graham R.	treasurer@millrise.org
Secretary	Sarah M.	secretary@millrise.org

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Facilities Director	Matt T.	facilities@millrise.org
Newsletter Director	Vacant	community@millrise.org
Garden Director	Carrie S.	communitygarden@millrise.org
Events Director	Vacant	events@millrise.org
Fundraising Director	Vacant	fundraising@millrise.org
Director At Large	Casey H.	
General Inquiry		info@millrise.org
Police Community Liaison Officer	Cst. Richard Thorpe	c/o info@millrise.org
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Neighbourhood Partnership Coordinator	Cathi Groves	cgroves@calgary.ca

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- Annual Community Cleanup event.
- Community events and programs.
- Keeps residents informed via Facebook, newsletters, and social media.
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- Residents enjoy a 10% discount on programs at Cardel Rec South.
- Obtains member discounts with local businesses.

New Membership Registration:

A household Millrise Community Association membership is less than \$2.50 a month!

Please go to www.millrise.org/membership to get your membership and support your community association.



VOLUNTEERS WANTED!

Looking to meet your neighbours and give back to your community?

We are looking for community volunteers to help with the following:

- Ice rink during the winter
- Event preparation
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- Fundraising
- Events

To volunteer with MCA please send an email to volunteer@millrise.org



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SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!



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Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
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Merry Christmas and Happy Holidays, Calgary Midnapore!
As 2023 comes to a close I wanted to take a moment and reflect on the year that was and some of the moments that stood out to me.

Early in the year, it was revealed that the government spent over \$116 million dollars on insiders from the consulting firm McKinsey and Company. As Shadow Minister for the Treasury Board, I led the Conservative investigation on this front.

From there, the government tabled their 2023 Budget which left \$60 billion dollars of new spending onto the inflationary fire. In April, the Public Service Alliance of Canada (PSAC) went on the longest public service strike in modern Canadian history and as the Conservative Shadow Minister on this file, I led the questioning on the government’s incompetence which paved the way for this strike to happen in the first place.

During the summer recess, I met with community members at celebrations on Canada Day and throughout various Stampede events and functions. I also spent much of August meeting with numerous cultural communities/associations here in Calgary, learning about their organizations and priorities.

In September Parliament resumed, and my Conservative colleagues and I continued applying pressure on the government to deliver a plan that will bring home lower prices for Canadians. Soon after, the RCMP announced that they were investigating the governments misconduct on the \$54 million-dollar ArriveCan app. As a Member on the Government Operations Committee (OGGO) I’ve led the charge in getting the answers that Canadian taxpayers deserve.

That’s just a quick glimpse into some of my work as your Member of Parliament this past year.

To see more, I encourage you to follow along on my social media channels - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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