

AUGUST 2024

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General Inquiries	info@yourseca.ca



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

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.

Great News Media and the Community and/or Residents' Association do 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.



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 Neighbour Day
 - o Stampede Festival – June 28, 2025
 - o **Community Cleanup – September 14, 2024**
- 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@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: _____

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@yourseca.ca.

Questions? Email info@yourseca.ca



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Walks and Talks: Let's Dream About the Future of Shawnee Evergreen Together

The parks and public spaces in our neighbourhoods are wonderful - but we know that over time they may need to grow and change. This summer we have been exploring new ways to engage our diverse community and learn more about what they value. We believe that everyone has something to contribute - ideas, dreams, or unique perspectives that we can all benefit from.

The SECA Walks and Talks program is simple. First, we invite and support someone from the community to lead a short, themed walking tour in the neighbourhood. Second, we end the walk with a creative thinking session where we collect the ideas and observations that folks had on the walk about how to improve the community. Finally - we will be creating a living library of these ideas that in the future we can bring to life through pop-up programs, new equipment or installations, and in collaboration with the city and parks teams.

The first Walks and Talks have been a great success. We are sorting through all the contributions and can't wait to share what's been created. Some of the early themes that participants have highlighted include:

- How we provide a safer, welcoming, and inclusive environment through more accessible designs, spaces for all ages, and more visible crosswalks.
- How we can think about creating spaces that encourage community engagement and connection, continue supporting sports and outdoor activities, and more community events.
- How we cultivate a sense of community identity through public art, murals, unique local signage, and green spaces.
- How we provide more places to gather in every season - places to connect, enjoy music, picnics, art, sports, and play.

The best part about the Walks and Talks program is that it's by neighbours, for neighbours. It also provides a unique opportunity to learn from each other and maybe see parts of Shawnee Evergreen in a new way or with fresh eyes.

Do you have a passion for finding amazing trees or beautiful gardens? Or know where all the best birdwatching spots are hiding? Or maybe you have

some interesting historical facts or design criticism you want to share? Come join us on a walk either as a participant or a host! We would love to build a roster of potential hosts to lead a walk. Walk hosts will be supported to plan and lead their walk by the program team and will receive an honorarium.

Three more events are planned for the summer. Register to see the ideas we are collecting and help contribute to our community by visiting walkstalks.yourseca.ca.

Event 3 - July 20, 4:00 to 6:00 pm

Evergreen Drive Park, 1571 Evergreen Dr SW

Event 4 - August 10, 9:00 to 11:00 am

Evergreen Circle Park, 163 Evergreen Circle SW

Event 5 - August 24, 4:00 to 6:00 pm

Fish Creek Provincial Park access point near 144 Shawnee Rise SW

The Walk and Talk programs are made possible thanks to a Neighbour Grant from the Calgary Foundation, an Inspiring Neighbourhoods Grant from the City, and a contribution from our casino funds.



SECA Walks and Talks

SECA Community Cleanup

Save a trip to the dump and recycle more items at our City supported event on September 14 from 9:00 am to 2:00 pm. New Location: Church of Jesus Christ of Latter-day Saints on Everstone Blvd at James McKeivitt Rd SW.

Bring your metal and electronics recycling. City packer trucks will accept oversize items. Cerebral Palsy Alberta will accept lightly used clothing, household and sporting items, bikes, and recyclable beverage containers.

New in 2024, we are partnering with "1 800 Got Junk" to provide a 'pick up' program for folks who are not able to bring their items to the CCU themselves.

This service is free for residents. No commercial waste. No blue or green box items please, including cardboard! Donations are welcome. If you would like more information or to volunteer, please email info@yourseca.ca.

55+ Healthy and Happy

The 55+ programs and presentations are returning in September. These are designed to support healthy ageing and reduce social isolation by providing opportunities for seniors to be connected and active members of our community.



SECA Annual General Meeting - October 28, 7:00 pm

It's been our busiest year ever. Attend to hear what's been accomplished. Openings exist on our Board and on Committees. To get involved in this rewarding community work, please email secretary@yourseca.ca to learn more.

Ian Jobe on behalf of the Board of Directors



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GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR CODE FOR THE ANSWERS!

The Shawnessy Community Association

Volunteer Board of Directors

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President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Mike Contini	403-256-3584	simone@deanltd.com
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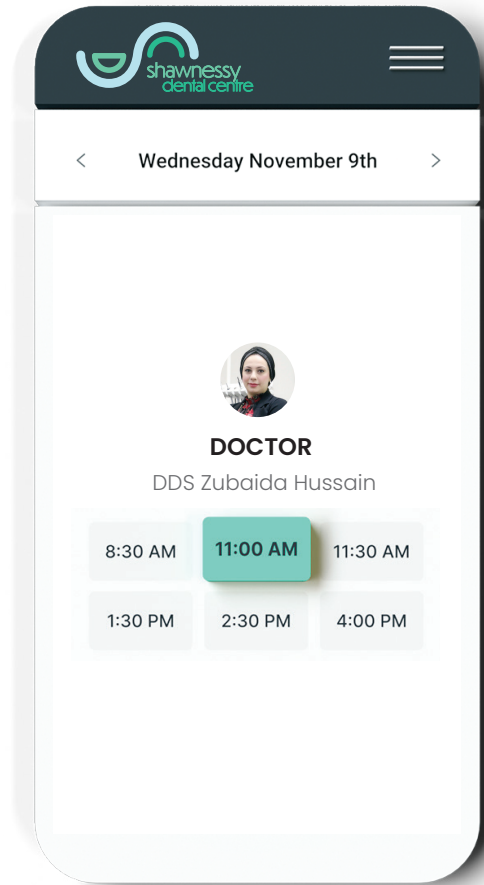


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11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

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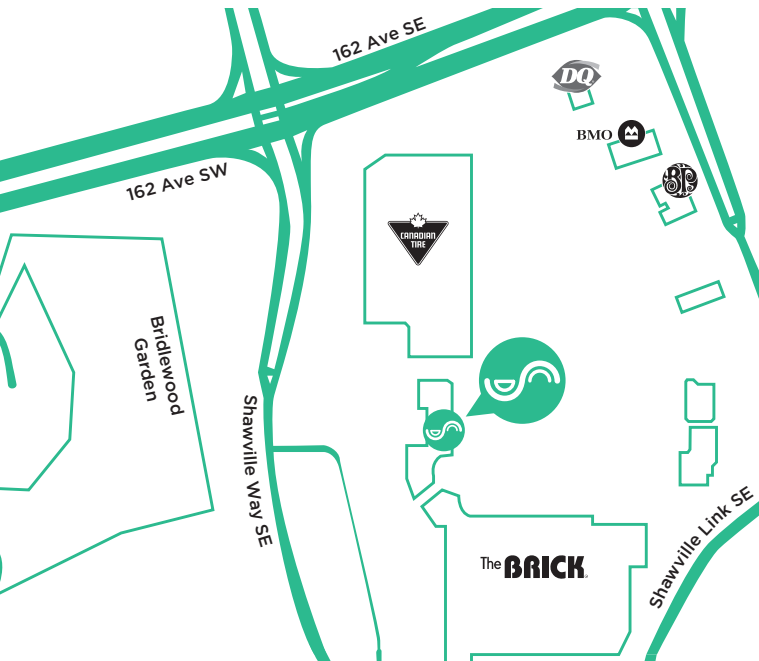


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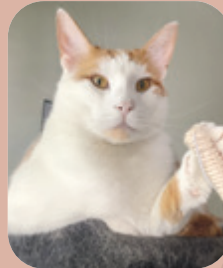
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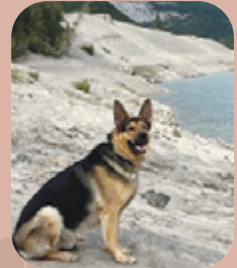


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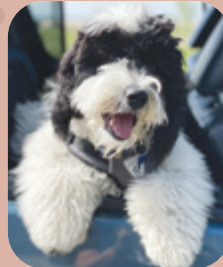
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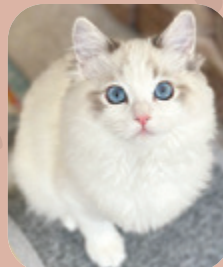
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Neighbourhood Partnership Coordinator	Cathi Groves	cgroves@calgary.ca

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Millrise Community Association Membership

Your membership helps give back to our community.

Purchasing a community association membership enriches our community in so many ways!

What does your membership do for Millrise?

- Maintenance and improvements of our skating rinks.
- Annual Community Cleanup event.
- Community events and programs.
- Keeps residents informed via Facebook, newsletters, and social media.
- Represents Residents at Cardel Rec and Trico Centre Board Meetings.
- 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.

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VOLUNTEERS WANTED!

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

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- Event preparation
- Community projects
- Fundraising
- Events

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



We've Partnered With SkipTheDepot!

What is SkipTheDepot? It's a door-to-door bottle collection service that makes refundable recycling and fundraising easier than ever. Your bottle and can refunds can be donated to Millrise Community Association for all our community needs.

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Hydration and You

by Alberta Health Services



Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the Right Amount of Water to Drink Each Day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water per day (250 ml or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are

dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200 to 300 mg per day which is about two to four cups (250 ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to Consume More Water During the Day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea.
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day.
- Take a sip whenever you pass a drinking fountain.
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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