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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
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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 Stampede Festival
 - 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

Join for just \$20 every 12 months. Pay by e-transfer to 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 Mckevitt 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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Season's Greetings! May the magic of the Christmas season fill your home with joy and peace.

Community Campfires; A SECA Tradition!

Over the past five years we have built a successful recipe of fire, food, music, and fun for SECA residents. Our five free annual events move from park to park and are scheduled for the fourth Saturday of the month from December to April. On December 28, join us in the park on Shawnee Blvd at Shawnee Street, from 4:00 to 6:00 pm.

For remaining events to happen in 2025, we need help from our residents to book the musician, purchase the supplies, transport equipment, set up and supervise the fire pits, as well as prepare the hot chocolate, serve the food, and cleanup. Can you pitch in for one or more events? Volunteering is fun and a great way to meet others outdoors. Please email info@yourseca.ca to join the Campfire Team so we can continue this much-loved tradition with campfires on January 25, February 22, March 22, and April 26.

Games Nights for 10- to 13-Year-Olds!

Join in SECA's last free games night of the year on December 11 from 7:00 to 8:00 pm. Drop in – all 10- to 13-year-olds are welcome. Kids are encouraged to bring their own games and interact with their peers in our safe and welcoming environment. Find us in the portable classroom behind South Gate Alliance Church (1436 James McKeivitt Rd SW). Email Tara.t@yourseca.ca with questions.

55+ Healthy and Happy: December Programs for Seniors

Join us in December for a variety of free programs designed to keep seniors (55+) active and engaged!

- Thursday, December 5 (9:30 to 11:00 am): Technology Class 8 - Social Media
- Thursday, December 12 (1:00 to 2:30 pm): Tai Chi Class / Card Games and Coffee
- Thursday, December 19 (9:30 to 11:00 am): Technology Class 9 - Online Video Conferencing

Come join the fun! All sessions are held at Peace Lutheran Church (14640 6 Street SW). No registration is required. See more programs at bit.ly/seca55 or reach out to seniors@yourseca.ca or 403-333-9982.



Seniors Programs

Alerting City Departments

If you have concerns related to a wide variety of situations, you may alert officials using the portals below. The more requests that are received, the higher priority the issue will become.

If you wish to report a public safety situation related to speed, crosswalks, or any other topic, submit a Police Traffic Service request by using the QR code below or searching for Traffic Service Request on the Calgary Police website (www.calgary.ca/cps/traffic/traffic-service-requests.html).



Traffic Service Request

To request action on a wide variety of topics, call 3-1-1 or use their online portal. (calgary-cwiproductorolasolutions.com/cwi/tile)



3-1-1 Portal

A Bit of Time For SECA?

Thank you to all those who signed up to help out at the AGM. Our search is ongoing for more volunteers with a variety of skills and experience including administration, project management, event management, communications, as well as those with an interest in housing, development, and planning. Please email info@yourseca.ca to explore how your

skills and availability could be matched with the projects that SECA is tackling. To make an impact close to home is terrifically rewarding. Please join us in this valuable work.

The Transitional Housing Project for Shawnee Slopes is marching forward. Concurrently, the City continues to progress beyond blanket rezoning (a.k.a. Zoning for Housing) towards an overarching Calgary Plan for Q1'25 and a revamped and all-encompassing Zoning Bylaw in 2026. The result of these two initiatives will be even broader permitted land uses. What is proposed will remove significant opportunities for community and resident feedback on what happens in their neighbourhoods. SECA needs more folks to join-in on the Transitional Housing task team and more folks on the Development Committee to understand what is being proposed and advocate for our community. Email info@yourseca.ca to express your interest in joining one of these groups.

SECA Board of Directors



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Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- 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;
- Call 9-1-1 or seek further medical attention as required.

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.



- Call 9-1-1. 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.

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Cardel Rec South Rep	Vacant	cardelrep@millrise.org
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.

GAMES & PUZZLES

Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



SCAN THE QR CODE FOR THE ANSWERS!



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



Landlord and Tenant Law – Rents and Landlord Access

by Charmaine Coutinho, volunteer lawyer with Calgary Legal Guidance

This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. This piece is to help our community become more familiar with a few RTA topics, at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

Rent Increases

There is no limit on rent increases in Alberta. However, rent cannot be increased during the term of a fixed lease and cannot be increased within one year of the last rent increase or the start of the tenancy (for fixed or periodic leases).

The landlord must give a tenant notice before increasing the rent. The notice from the landlord must include the date of the notice, the effective date of the increase, and the landlord's signature. The notice period must be 12 full tenancy weeks for a weekly periodic tenancy, three full tenancy months for a monthly periodic tenancy, or 90 days for any other periodic tenancy; these deadlines apply from the date that the notice is delivered to the tenant. The notice must be delivered before the notice period starts, and the increase can take effect only after the period ends. For example, if a rent increase on a monthly tenancy (based on calendar months) is intended to take effect on December 1, the landlord must give notice before September 1. If a landlord delivers the notice on September 1, the rent increase cannot apply until January; if the landlord states an effective date of December 1 for the rent increase, the notice may not be effective at all.

Rent increases are frequently a point of contention between landlords and tenants; I've heard many anecdotes about landlords attempting to enforce increases despite not giving sufficient notice, and tenants forgetting to budget for anticipated increases. The lengthy notice periods involved offer room to manoeuvre, plan, or negotiate – plan accordingly!



Landlord's Notice to Enter

A landlord can enter the rental unit at any time with the tenant's consent. The landlord can also enter the rental unit without a tenant's consent, but with at least 24 hours notice, for a few specific reasons: repairs, inspection of rental premises, pest control in the unit, to show the unit to prospective purchasers or mortgagors, or to show the unit to prospective tenants after the landlord/tenant has given notice to end the tenancy.

A landlord may only enter a rental unit without consent or notice in an emergency or if the landlord believes that the tenant has abandoned the unit.

If the lease is covered by the RTA, and a landlord is not adhering to the notice provisions in the RTA, a tenant can apply to the Residential Tenancy Dispute Resolution Service (RTDRS) for an abatement of rent to compensate for the landlord breaching the tenant's entitlement to peaceful enjoyment and possession of the rental unit.

I hope that this brief helps community members to understand their rights and obligations in the context of a lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

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The Simpsons



The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!



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Merry Christmas and Happy Holidays!

As 2024 comes to a close, I'd like to take a moment to reflect on some of the work I've done in Calgary in addition to my Parliamentary duties.

To kick off the new year, my office collected nine boxes of food items (thanks to generous Calgary Midnapore residents) and donated them to the Veterans Food Bank of Alberta. In February, I partnered with Don Bosco School in Deer Ridge to deliver handmade valentines to residents of the Canyon Meadows Retirement Home for my fifth annual Valentines for Seniors campaign.

In the spring I participated in Telus' annual Kits for Kids campaign, which provides school supplies to students in need. My team attended the Willow Ridge Community Association's Civic Affairs Night on my behalf. Also in the spring, nominations opened for the King Charles III Coronation Medal, I look forward to celebrating the twenty deserving constituents who were selected for the medal in early 2025.

As the House of Commons rose for the summer break, I jumped straight into events across the riding from Ukrainian Fest in Acadia to the 50th anniversary of the Queensland Diamond Cove Community Association. I spent Canada Day in Parkland and then began the Stampede season with pancake breakfasts in Lake Chaparral, Deer Run, Lake Sundance, Acadia, Silverado, Lake Bonavista, and more! As the summer wrapped up, I spent some time with Calgary's Korean, Filipino, Venezuelan, Francophone, and Hong Kong communities.

Finally in the fall, I visited with volunteers at Deer Run's Annual Cleanup and paid respects to our fallen soldiers at the Field of Crosses.

This is just some of the work I've done over the past year. If you'd like to learn more about my work both here and in Ottawa, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.



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