

JANUARY 2024

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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

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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.



Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.



PRESIDENT'S MESSAGE

Hello SECA Residents,

Wishing you and yours a happy, and healthy 2024!

Thank you to all those who have been and continue to be part of SECA's growing success! 2024 will be a big year for SECA. Our board, committees, and grant writers have been busy, and we are planning more grant and casino-funded events and programs than ever before for Shawnee Evergreen residents and their families to enjoy.

Events Updates

SECA and Millrise residents are invited to our next Servus Community Campfires, on January 27 and February 24 from 4:00 to 6:00 pm. Enjoy the opportunity to skate at the rinks in Millrise, beside Our Lady of Peace School. We are proud to be co-hosting these events with the Millrise Community Association again this year.

Thanks to support from Servus Credit Union, SECA will be providing music, hot chocolate, as well as foods for you to roast. And, we now have four low-smoke fire pits for your enjoyment. Bring roasting sticks and chairs if you can.

Join us and remember to bring non-perishable food items for the Calgary Food Bank. Thank you!

Mark Your Calendars for the upcoming Servus Community Campfires on March 23 and April 27 in Evergreen Estate parks.

We Need Your Help!

We would like to create a Campfires Subcommittee, to help us deliver these events in collaboration with our Events Committee. Please contact us to learn more about how you can support these much-loved events.

Program Updates

Our programs committee is ramping up to offer 55+ and Seniors programs. Please contact us if you'd like to be involved in this sub-committee.

In the coming months, SECA will be exploring how we can support youth in our community. We will be considering ways to give youth an active voice in these explorations. Ideas, especially from youth, are welcome at info@yourseca.ca.

Our two children's programs are delivered outdoors, monthly, all year around. 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. Use the QR codes below to register for these free programs: Families in Nature and Art in the Park.

Ian Jobe

On behalf of the SECA Board

President@yourseca.ca

Meet Like-Minded Families at Our Children's Programs

See the QR codes below for dates and registration information.



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.



FRIENDS *of* Fish Creek



The Fish Creek Community Terrace

Every brick tells a story, and we invite you to share your story with park visitors by dedicating a brick along the Fish Creek Community Terrace. We are now offering bricks in phase four of the Fish Creek Community Terrace at the Bow Valley Ranch. There are only approximately 50 spaces available so make sure to get your brick today. If you have a local business, consider having a brick inscribed for your business - it's great advertising in a very busy area! We are planning to install the bricks this summer and registration for this amazing program will close June 1. For more information, please contact the Friends of Fish Creek at 403-238-3841, ext. 1 or visit friendsoffishcreek.org/brick.

Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space we are fortunate to have in the city. As a non-profit organization based in Fish Creek and serving the Calgary community, the Friends of Fish Creek do not receive regular funding and rely on grants, sponsorships, program fees, donations, and fundraising to continuously support Fish Creek. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day. Rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit friendsoffishcreek.org/park-protector-signup.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. Friends of Fish Creek 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.

Volunteer Opportunities

Do you have free time and would like to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit friendsoffishcreek.org/volunteering-basics.

Stay Up to Date on Fish Creek Provincial Park

Did you know that there are 18 communities that directly border Fish Creek and thirty neighbourhoods within proximity to this park? Fish Creek is such an important part of the lives of countless people who live near the park and visit regularly. You may be familiar with the Friends of Fish Creek and some of our programs, and we invite you to learn more about Fish Creek Provincial Park and all our conservation activities by signing up to our email list. The Friends' seasonal newsletter, *the Voice of the Friends*, now in its 29th year, provides up to date information and in-depth articles about programs, courses, events, and activities here in Fish Creek. Please check out our newsletter online and sign up for regular updates about park events at friendsoffishcreek.org > Contact Us > Sign Up for Email List.

The Shawnessy Community Association

Volunteer Board of Directors

VOLUNTEER EXECUTIVE:

President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Mike Contini	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Jennifer Dobrenan		

VOLUNTEER DIRECTORS:

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Grant Application Director	Josh David		
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Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Vacant		
Social Director	Vacant		
Volunteer Director	Vacant		
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Jennifer Dickinson	403-554-7299	jendickinson13@gmail.com
Director at Large	David Bertram		

For any inquiries, please contact shawnessy.barn@gmail.com

International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services

Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.

- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.



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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.





The Millrise Community Association Board of Directors

VOLUNTEER EXECUTIVE:

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

VOLUNTEER DIRECTORS:

Membership Director	Vacant	membership@millrise.org
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
Cardel Rec South Rep	Vacant	cardelrep@millrise.org
Neighbourhood Partnership Coordinator	Cathi Groves	cgroves@calgary.ca

That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like “snaw,” “sneel,” and “skelf,” officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



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.



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.

How To Donate:
Download the app and book a pickup using <https://app.skipthedepot.com/millrisca>.
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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