

JULY 2024

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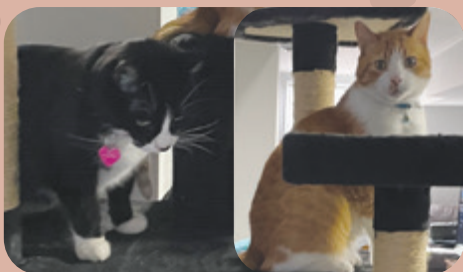


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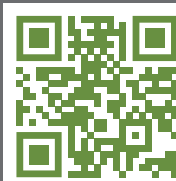
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General Inquiries	info@yourseca.ca



## 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.

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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 Five Community Campfires
  - o Neighbour Day
  - o Stampede Festival – June 21, 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](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: \_\_\_\_\_

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](mailto:info@yourseca.ca).

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



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June 22 was our Picnic in the Park at Evergreen Drive Park. We celebrated Neighbour Day and commemorated 30 years of SECA's service to the community. All enjoyed lunch, a petting zoo, Art in the Park, and a variety of traditional lawn games, with the Backroad Traveler Band providing the live tunes.

### SECA Walks and Talks: Shaping the Future of Shawnee Evergreen Together

Explore the essence of our community with the SECA Walks and Talks series! Delve into Shawnee Evergreen's pathways, parks, and streets, sharing insights that will shape our neighbourhood's future. We continue to build upon the successes of initiatives like last year's #SECAchairs.

Our placemaking programs are driving these discussions, transforming shared spaces into vibrant community hubs through collective reimagination. This creative, participatory process is your chance to express your vision and help make Shawnee Evergreen a more vibrant, inclusive place.

Discover more and contribute to our community's story by visiting [walkstalks.yourseca.ca](https://walkstalks.yourseca.ca) where you can register for future Walks and Talks events or leave a comment.



### SOGO Adventure Running

Session 2 of this free program for 8- to 18-year-olds will be held on Sundays from 10:30 to 11:30 am at Glennfield in Fish Creek Provincial Park. Sessions include age-appropriate outdoor games, map-reading, running (or walking) and a variety of activities to master navigation skills. Groupings are based on grade levels. SECA membership is encouraged. Registration is required.



### 55+ Healthy and Happy

Thank you to the Government of Canada's New Horizons for Seniors Program for the funding support provided to SECA. It will make a significant difference in the lives of seniors in our community. Please reach out to [seniors@yourseca.ca](mailto:seniors@yourseca.ca) with questions or to join our corps of 55+ volunteers.

55+ Healthy and Happy programs are designed to support healthy ageing and reduce social isolation by providing opportunities for seniors to be connected and active members of our community.

Please visit our website calendar <https://bit.ly/seca55> for dates and details on our free Thursday programming starting in September: technology, tai chi, card games, and coffee social meetups.



### SECA Community Cleanup

September 14, 9:00 am to 2:00 pm. New Location! This year, we'll be in the parking lot of the Church of Jesus Christ of Latter-day Saints on James McKeivitt Rd at Everstone Blvd SW.

- The City trucks will accept oversized and other garbage (black bin stuff).
- We appreciate your collecting of electronic-waste (most items with a cord) and recyclable metals for this event as these items earn SECA a small rebate.
- Gently used clothing, bikes, and housewares in good condition will be collected by Cerebral Palsy AB.
- Books in good condition are invited for donation to SECA's Little Free Libraries.
- Prohibited items include liquids, glass, large appliances, and hazardous materials like batteries, propane tanks, paint, etc.
- New in 2024, we are partnering with "1 800 Got Junk". Their free 'pick up' program is for folks who are not able to bring their oversized items to the CCU site themselves. More information is coming soon.

If you would like more information or to volunteer, please email [info@yourseca.ca](mailto:info@yourseca.ca).

**Calling All Gardeners!**

Happy summer to all the active and future gardeners in Shawnee-Evergreen! Are the mature trees in your yard creating too much shade for veggie/flower gardening? Are your kids' toys taking up too much room to allow for a raised veggie bed?

If you are interested in a Shawnee-Evergreen community garden, let's get connected to explore the possibilities. Please state your interest (or submit questions) to [info@yourseca.ca](mailto:info@yourseca.ca).

**We Can Serve You Best When We Are Connected!**

- Like our Facebook page - @ShawneeEvergreenYYC
- Subscribe to SECA's e-newsletter at the QR code
- Become a SECA member for just \$20 for 12 months at [yourseca.ca](http://yourseca.ca)



Submitted on behalf of the SECA Board of Director



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## Volunteer Board of Directors

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Vice President	Mike Contini	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Victoria Dickinson		

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Community Planning	Anastasia Shliapnikova		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
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Barn Manager: Facilities	James Richard	403-697-2629	
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Director at Large	David Bertram		

For any inquiries, please contact [shawnessy.barn@gmail.com](mailto:shawnessy.barn@gmail.com)

# Yahoo Cowtown!

Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!







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# The Millrise Community Association Board of Directors

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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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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
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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](http://www.millrise.org/membership) to get your membership and support your community association.



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## VOLUNTEERS WANTED!

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### 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](mailto: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>.

Place your bags outside.

Donate your refund to Millrise Community Association!

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



# Recognizing and Managing Fatigue

by Alberta Health Services

Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

### Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting good quality sleep are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

### Symptoms of Fatigue

The feelings associated with fatigue can be broken into three categories: physical, mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.

#### Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head dropping
- Digestive problems

#### Mental Signs:

- Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidentally doing the wrong thing

#### Emotional Signs:

- Quieter or more withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it – is an important way to manage fatigue.

### Tips for a Good Night's Sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory. Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 diabetes, cardiovascular disease, and depression.

There are many things that can be done to improve your ability to sleep. Build healthy sleep patterns by:

- Routines: establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.
- Quiet: reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enough.



## Cannabis and Youth



by Alberta Health Services

Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is it the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modelling and applying the same expectations for yourself will support maintaining consistency.

### References:

- Protecting children and adolescents against the risks of vaping | Canadian Paediatric Society (cps.ca).
- How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction (drugfree.org).
- Mental Health Literacy. (2024). Cannabis. Retrieved March 21, 2024, from Cannabis - Mental Health Literacy.

- **Cool:** ensure your room is the right temperature. The body typically sleeps best when the environment is between 18 and 22 degrees Celsius.
- **Dark:** block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.
- **Nutrition:** eat at regular intervals and consume a balanced diet.
- **Minimize distractions:** use your bed primarily for sleeping. Try not to watch television, play on electronics, or consume screen time in excess before bedtime.
- **Caffeine:** minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption.
- **Stress free:** try to reduce stress before sleeping.

Make sleep a priority and allow yourself enough time to get the sleep you need!

### What to Do If You Are Experiencing Prolonged Fatigue?

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

- A decrease in the amount of the substance that carries oxygen in red blood cells (anaemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- Metabolic disorders, such as diabetes.
- Problems with the thyroid gland. It regulates the way the body uses energy.
- Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.

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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](http://www.communitymediation.ca), 403-269-2707.

**VOICE & PIANO LESSONS:** A kind and patient professional opera singer with a Masters of Music and ten years of performance and teaching experience. Accepting students of all ages and skill levels! Singing and playing an instrument has proven benefits on mood and stress. Contact me at [eden.tremayne@gmail.com](mailto:eden.tremayne@gmail.com) or 760-213-9793.

**EXPRESS APPLIANCE REPAIR:** We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email [service@expressappliance.ca](mailto:service@expressappliance.ca).

**LOCAL HANDYMAN:** Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit [www.huntersheating.com](http://www.huntersheating.com).

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**NEIGHBOURHOOD PET SITTER:** Local, mature lady will take excellent care of your pets, providing many walks and exercise for your dog and lots of affection for your cat (and other pet types). Your home or mine. Contact Jill at 403-830-4136.

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. [www.ZanellaAutoRepair.com](http://www.ZanellaAutoRepair.com).




**Gutter Doctor** 403-714-0711  
[gutterdoctor.ca](http://gutterdoctor.ca)

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

*Happy Dominion Day, eh!*

Canada Day is celebrated annually on July 1. But did you know that before 1982, it was called Dominion Day? This name reflected Canada's status as a self-governing colony within the British Empire. However, in 1982 it was changed to the patriotic name we know and love today to better assert Canada's independence



## GAMES & PUZZLES

### Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The \_\_\_\_\_ plant produces only one fruit per plant at a time.



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## Know the signs of **STROKE**

# F

### Face

is it drooping?

# A

### Arms

can you raise both?

# S

### Speech

is it slurred or jumbled?

# T

### Time

to call 9-1-1

## Beat stroke

## Call 9-1-1 **FAST**

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

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