

JUNE 2024

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THE CHRONICLE

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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

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 Party in the Park – Neighbour Day – June 22, 2024
 - 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

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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SECA has lots on the go this month!

Join us for a Picnic in the Park on June 22, 11:00 am to 1:00 pm at the Evergreen Drive Park (at Evergreen Grove SW). We'll be celebrating Neighbour Day and commemorating 30 years of SECA service to our community. Enjoy the free food, fun, face-painting, crafty and creative activities and games, with the Backroads Traveler Band providing the live tunes. Please bring your chairs and picnic blankets. To volunteer for this informal gathering, please email info@yourseca.ca.

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 where you can register for future Walks and Talks events or leave a comment.



SOGO Adventure Running - June 9, 16, 23, and 30

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

These 55+ programs, supported by a New Horizons grant from the Government of Canada, are designed to support healthy ageing, reduce social isolation, and create opportunities for seniors to be connected and active members of our community.

Join the free seminars at Peace Lutheran Church, 14640 – 6 St SW, from 9:30 to 11:00 am. For these two June sessions, please drop-in. No registration is required. SECA membership is encouraged.

- June 6 - CRA Scam Prevention Seminar
- June 20 - Estate Planning Seminar

Registration will open soon for September programs including art, pickleball, digital literacy, tai chi, and social meetups. Please email seniors@yourseca.ca with questions or to join the 55+ volunteer corps.



SECA Community Cleanup

SECA Community Cleanup (CCU) will take place September 14, 9:00 am to 2:00 pm in the parking lot of the Church of Jesus Christ of Latter-day Saints on the corner James McKevitt Rd and Everstone Blvd SW.

- As in past years, City packer trucks will accept general garbage (black bin stuff), and we have booked companies to collect your e-waste (most things with a cord), metal, gently used clothing, bikes, and housewares. We will also be collecting books in good condition for donation to our 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” to provide a ‘pick up’ program for folks who are not able to bring their items to the CCU themselves.

If you would like more information or to volunteer, please email info@yourseca.ca.

Calling All Gardeners!

Happy Spring 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.

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



Submitted on behalf of the SECA Board of Director

DRAGON BOAT FESTIVAL DAY

Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!

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The Shawnessy Community Association

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Dietitians: Essential Partners in Health

by Alberta Health Services

Whether at home, in the community, school, or hospital, dietitians can help at any age and stage of life. Registered dietitians are experts in diet and nutrition that can help you evaluate your diet and create a plan and detailed menu to work with your lifestyle and daily routine. Food and nutrition are a critical part of health, but food is also integral to traditions and celebrations. Dietitians work with you to support your nutritional health and find solutions that factor in taste, culture, budget, and lifestyle.

What Does a Dietitian Do?

Many people have eating habits and relationships with food which are influenced by life events, family, friends, what food is available to them, and the media. As professionals, dietitians help individuals and families navigate food allergies, intolerances, and mealtime struggles which can happen for a variety of reasons. Dietitians help people of all ages reduce the risk of, and treat health conditions like high blood pressure, diabetes, and heart disease.

A dietitian will ask you about your eating habits, suggest strategies and tips, and, most of all, make it fun by suggesting creative recipes and helping you find ways to eat foods you enjoy most.

They can discuss many nutrition-related topics including:

- Healthy eating
- Pregnancy
- Breastfeeding or infant formula
- Feeding your toddler or young child
- Health conditions such as: diabetes, high cholesterol, high triglycerides, kidney disease, celiac disease, irritable bowel disease, irritable bowel syndrome, pancreatitis, cancer, obesity, malnutrition, long-COVID-19
- Eating after discharge from hospital
- Eating after surgery
- Weight gain or loss
- Digestive symptoms such as: Heartburn, constipation, diarrhea, or vomiting
- Nutrition supplements to provide extra protein and calories
- Vitamin and mineral supplements
- Food allergies

Some of the questions dietitians may ask include:

- What times of the day do you usually eat?
- Do you skip meals?
- When do you eat your largest meal of the day?
- Where do you typically eat? At work? At home?
- How do you prepare meals at home? From packaged or fresh foods?
- What are your favourite foods?

How Can an AHS Dietitian Help?

The information below includes resources and services, developed by AHS registered dietitians, that translate the science of nutrition into practical advice and information.

AHS' Nutrition Services develops handouts to provide patients with nutrition education and guidance. These handouts are developed by dietitians along with healthcare professionals and patients to provide up-to-date, evidence-informed information. From heart health or tips on feeding your child, you can find information on over 25 nutrition topics.

Try a workshop or a class! There are free in-person and virtual classes on a variety of topics like eating well for pregnancy, feeding babies, young children, meal planning, virtual grocery store tours, and more. Check it out to learn more about nutrition and the work of dietitians.

Are you a teacher looking for ways to promote nutrition and healthy relationships with food? Public health dietitians have developed lesson plans that align with the Alberta curriculum. There is also information available for Alberta teachers, including promoting healthy relationships with food.

Do you need to talk to someone one on one? There are HealthLink dietitians available for all Albertans. These professionals can respond to a wide variety of nutrition questions and concerns. Call 8-1-1 and ask to speak with a dietitian, or complete a self-referral form.

Nutrition screening is an excellent tool to help older adults remain healthy and strong. Nutrition screening is a set of specific questions about nutrition which can determine if someone is a low, medium, or high risk of developing health problems. Find out how to set up a screening program in your community for older adults or take the nutrition screen yourself!

Dietitians are essential partners in health. They hope to enrich lives with specialized food and nutrition knowledge while understanding that food plays an important role in meaning and connection throughout the lifespan.



The Millrise Community Association Board of Directors

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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!

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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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!



CRIME STATISTICS

Shawnessy Crime Activity was Up in April 2024

The Shawnessy community experienced 8 crimes in April 2024, in comparison to 7 crimes the previous month, and 21 crimes in April one year ago. Shawnessy experiences an average of 12.7 crimes per month. On an annual basis, Shawnessy experienced a total of 152 crimes as of April 2024, which is down 41% in comparison to 258 crimes as of April 2023. To review the full Shawnessy Crime report visit shaw.mycalgary.com.

Shawnee Slopes Crime Activity was Up in April 2024

The Shawnee Slopes community experienced 1 crime in April 2024, in comparison to 0 crimes the previous month, and 8 crimes in April one year ago. Shawnee Slopes experiences an average of 2.4 crimes per month. On an annual basis, Shawnee Slopes experienced a total of 29 crimes as of April 2024, which is down 64% in comparison to 81 crimes as of April 2023. To review the full Shawnee Slopes Crime report visit shsl.mycalgary.com.

Millrise Crime Activity was Up in April 2024

The Millrise community experienced 5 crimes in April 2024, in comparison to 1 crime the previous month, and 4 crimes in April one year ago. Millrise experiences an average of 4.2 crimes per month. On an annual basis, Millrise experienced a total of 50 crimes as of April 2024, which is down 39% in comparison to 82 crimes as of April 2023. 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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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

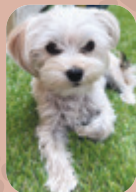
- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.



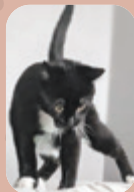
Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

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