

MAY 2024

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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.

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 McKeivitt Road and Fishcreek Boulevard SW

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MILLRISE



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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 Party in the Park – Neighbour Day – June 22, 2024
 - o Stampede Festival – June 21, 2025
 - o Community Cleanup – September 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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Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops



centre for
suicide prevention



SECA REPORT

Happy birthday to us! SECA is turning 30 this year. That's 30 years of events and advocacy, and recently, programs in service of our residents. Hurrah! Were you involved in the early days or more recently? Please email info@yourseca.ca to share your stories and photos.

Though we plan to bring it back in 2025, we are pausing our fabulous Stampede Festival for 2024. Instead, join us for a Picnic in the Park on June 22 from 11:00 am to 1:00 pm at the East Park (Shawnee Blvd at Shawnee St SW). We'll be celebrating Neighbour Day and commemorating 30 years of SECA service to the community. Join us for food, fun, and games, with the Backroads Traveler Band providing the tunes. Want to learn more about this informal gathering, please email info@yourseca.ca to share your questions, ideas, and energy.

Walks, Talks, and Storytelling

These programs are a time to share what we love about our community and dream about how to make our shared spaces even better. If you loved the SECA Chairs last fall, help us imagine what could come next. As a resident, what do you need or dream about in our area to create a stronger, more welcoming, healthy, and more vibrant community? Our creative approach will be a fun, participative way of exploring our community on foot, talking about what we observed, and learning how to share emerging ideas in compelling ways.

Get more involved by emailing Placemaking@yourseca.ca. Subscribe at the QR code to stay in the loop.



*Walks, Talks, and
Storytelling*

New Program for 8- to 18-year-olds SOGO Adventure Running

This free program includes age-appropriate outdoor games, map-reading, running (or walking), and various

activities to practice navigation skills in Fish Creek Provincial Park. Groups for elementary, junior high, and high school-aged participants. SECA membership is encouraged. Registration is required. SECA residents, please register early to claim your spot before we open to the public. Use the QR codes below.

Session 1: Sundays - May 5, 12, 26, and June 2, 10:30 to 11:30 am at Shannon Terrace

Session 2: Sundays - June 9, 16, 23, and 30, 10:30 to 11:30 am at Glennfield



SOGO Session #1



SOGO Session #2

55+ Healthy and Happy

Our new 55+ programs kicked off in April with a full class for Conversational English (ESL) classes!

Coming in June: Free seminars at Peace Lutheran Church (14640 6 St SW) from 9:30 to 11:00 am.

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

Watch for art, pickleball, digital literacy, tai chi, and social meet ups coming up. These 55+ programs are designed to support healthy aging, reduce social isolation, and create opportunities for seniors to be supported and active members of our community.

For questions or to volunteer, please email seniors@yourseca.ca. Register at the QR code below.



55+ and Healthy

We Can Serve You Best When We Are Connected!

Watch for signage at our Little Free Libraries and on park signs.

- Email: info@yourseca.ca
- Like our Facebook page: @ShawneeEvergreenYYC
- Subscribe to SECA's e-newsletter at the QR code below.
- Become a SECA member for just \$20 for 12 months at yourseca.ca.



E-newsletter

Ian Jobe

On behalf of the Board of Directors



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stmu.ca/event/marys-festival/



A Day to Celebrate Community



The Shawnessy Community Association

Volunteer Board of Directors

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Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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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



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Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, "Beauty" is a human but what exactly is the "beast"? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



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.

How To Donate:

Download the app and book a pickup using <https://app.skipthedepot.com/millrisca>.

Place your bags outside.

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JOKE OF THE MONTH

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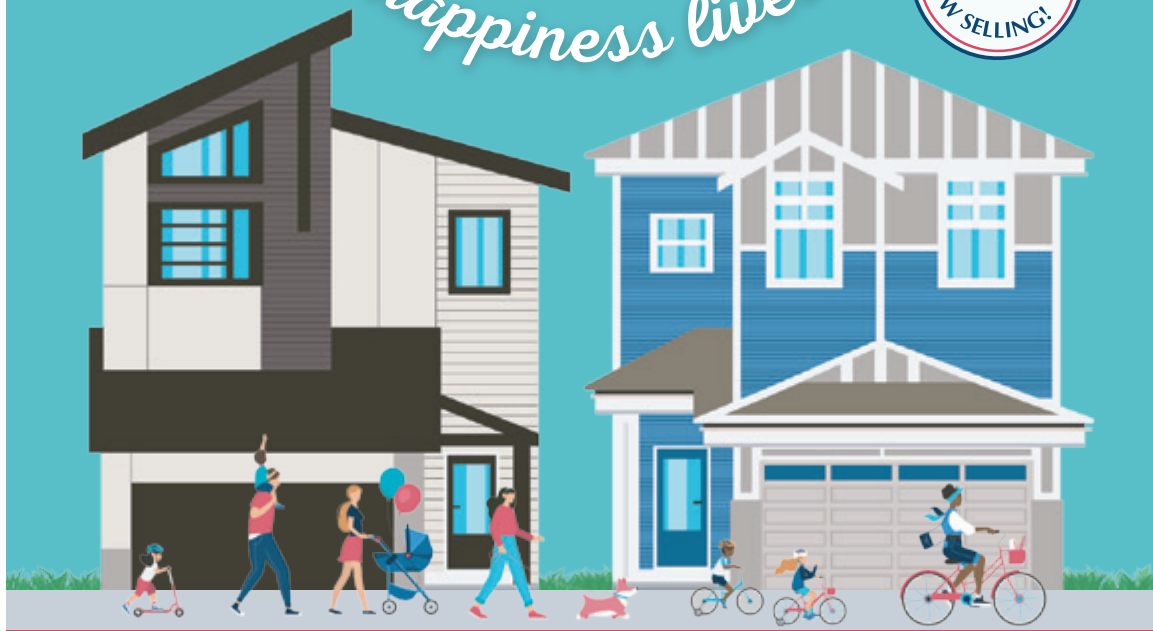
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