

SEPTEMBER 2024

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# THE CHRONICLE

THE OFFICIAL NEWSLETTER FOR MILLRISE & SHAWNEE-EVERGREEN COMMUNITY ASSOCIATIONS



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## MASSAGE HEIGHTS CELEBRATES ONE YEAR IN SHAWNESSY!



Did you know Massage Heights is a locally owned family business, and they've been in the beautiful community of Shawnessy for a year now? They blend a clinical approach, spa-like environment, and regular monthly massages to create the ultimate wellness experience.

If you're a **first-time visitor**, you can enjoy a **60-minute massage for only \$89.99**. Plus, their membership packages make regular self-care easy and convenient!

“ —

I recently had the pleasure of experiencing a massage at Massage Heights Shawnessy. From the moment I walked in, I was greeted with a warm and inviting atmosphere. The massage itself was incredibly soothing and left me feeling rejuvenated. Overall, I left the place feeling refreshed, relaxed, and with a sense of well-being.” - D.F.



### SAVE THE DATE!

Come down and say hi as **Massage Heights Shawnessy celebrates its first anniversary on September 14 - 15, 2024!**

Join us for spin-to-win prizes, exciting draws, relaxing massages, and so much more. It's the perfect chance to celebrate, unwind, and maybe even win a free massage!

**CALL** to book at 825.414.4473 or **TEXT** to book at 587.818.5012  
**MASSAGEHEIGHTS.CA | @MASSAGEHEIGHTSCAN**



## BOARD OF DIRECTORS (2024)

### OFFICERS

Ian Jobe	president@yourseca.ca
	vicepresident@yourseca.ca
Sharlene Karkut	treasurer@yourseca.ca
Debbie Bechthold	secretary@yourseca.ca

### DIRECTORS

	Director of Development
	Director of Membership
John Raich	Director at Large
Ajay Khanolkar	Director at Large
Zeinab El Kady	Director at Large
Ashley Oshiro	Director at Large
Tara Gray	Director at Large
Liala Elrafihe	Director at Large
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 McKeivitt 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 Community Campfires
  - o Picnic in the Park
  - o Stampede Festival – June 28, 2025
  - 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@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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Thank you to all those who took advantage of our innovative programs and events throughout the summer to learn about the power of placemaking, participate in conversations about building belonging, and contribute to our project idea library. We look forward to sharing the outcomes of this work with residents via our communication platforms and at the AGM.

### **SECA Community Cleanup (CCU) – September 14, 9:00 am to 2:00 pm**

Save a trip to the landfill and recycle more items at our City-supported event. Note the new location: Church of Jesus Christ of Latter-day Saints on Everstone Blvd at James McKevitt Rd SW.

- Bring your metal and electronics recycling.
- City packer trucks accept oversized items. Cerebral Palsy AB welcomes donations of clothing, household items, kitchenware, bikes, sporting goods, toys, and recyclable beverage containers.
- No commercial waste.
- No blue or green box items, please.

For more information or to volunteer, please email [info@yourseca.ca](mailto:info@yourseca.ca).

The CCU is free for Calgary residents. SECA membership is encouraged. Donations are welcome via e-transfer to [info@yourseca.ca](mailto:info@yourseca.ca) or by credit card by contacting [Treasurer@yourseca.ca](mailto:Treasurer@yourseca.ca).

New in 2024, we are partnering with “1 800 Got Junk” to provide a limited ‘pick up’ program for SECA residents only who cannot bring their items to the CCU. Application is required via the QR Code.



*Community  
Cleanup*

### **55+ Healthy and Happy Programs**

The 55+ programs and presentations are returning in September. These are designed to support healthy ageing and reduce social isolation by providing

opportunities for seniors to be connected and active members of our community.



*55+ Healthy and  
Happy*

### **Programs for Children and Youth**

We have funding for new programs. We are lacking one or two more parents or grandparents on the Children and Youth team under the Programs Committee. Please contact [info@yourseca.ca](mailto:info@yourseca.ca) for more information and to volunteer. Thanks!

Skate with Alien In-Line on the skate pad at 14808 Millrise Hill SW. Equipment provided, qualified instructors, no experience necessary. Join for one or more free sessions (September 14, 21, 28, and October 5). On Saturdays at 10:00 am for Grades 1 to 4 and at 11:15 am for Grades 5+. Registration is required via the QR code.



*Skate with Alien  
In-Line*

### **SECA Annual General Meeting - October 28, 7:00 pm**

It's been our busiest year ever. Attend to hear what's been accomplished and what we have planned. Openings exist on our Board and Committees. To get involved in this rewarding community work, please email [secretary@yourseca.ca](mailto:secretary@yourseca.ca) to learn more. Volunteering builds belonging and it's a great way to almost instantly get to know a wider circle of friends.

*SECA Board of Directors*





## FREE SENIORS PROGRAMMING

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**OCTOBER 5, 2024**  
**10 am – 2 pm**



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# Do You Remember?

Do you remember the 21st night of September? Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

## WORD OF THE MONTH

**Thaumaturgy: noun (thaw-muh-tur-jee)**

The workings of magic or miracles.  
They used thaumaturgy to ensure the people felt at peace.



# 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	Victoria Dickinson		

### VOLUNTEER DIRECTORS:

Community Affairs	Vacant		
Community Events Advertising	Vacant		
Fundraising - Gaming	Vacant		
Grant Application Director	Josh David		
Membership	Vacant		
Community Planning	Anastasia Shliapnikova		
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](mailto:shawnessy.barn@gmail.com)



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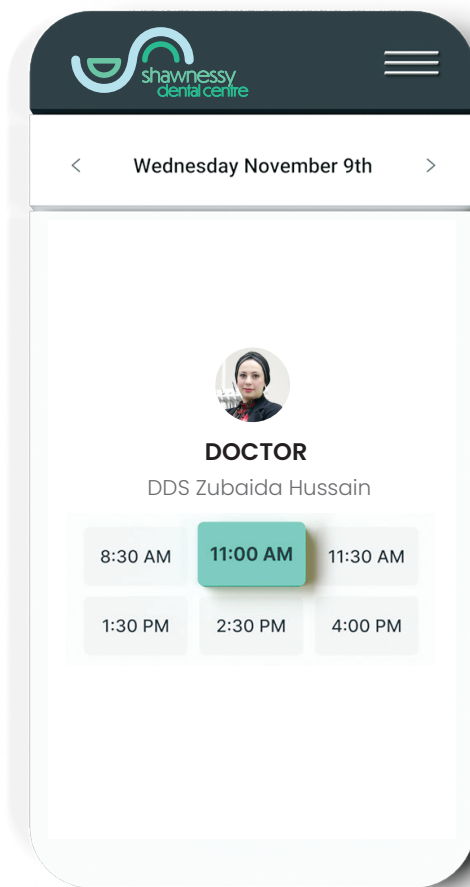


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02144	4 X-Ray Bite Wings	\$100.36	<b>\$100.36</b>
11113	3 Units Scaling	\$240.90	<b>\$240.90</b>
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12112	Fluoride Treatment	\$34.66	<b>\$34.66</b>

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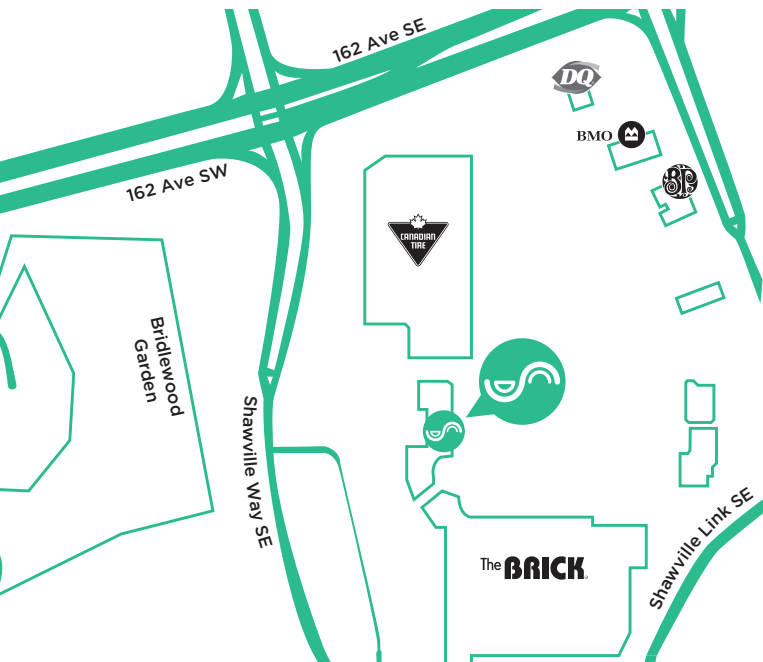


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SHAWNESSY  
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# Shawnessy CHRISTMAS CRAFT FAIR

SATURDAY

NOV | 16 | 10 AM

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Admission with donation  
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## 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

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SLOPES**



# 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!

---

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.

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