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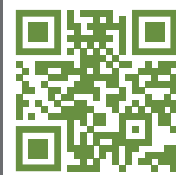
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Sturgeon Moon



The gorgeous full moon that occurs in August is called the Sturgeon Moon. If you didn't already know, a sturgeon is a prehistoric-looking fish that has been traced back to around 136 million years ago! The name of this full moon comes from these fish that used to be abundant in the Great Lakes.



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SECA Boundaries

Households in the area shown below are eligible to become regular members.

- For Evergreen Estates, your street name will include 'Evergreen,' for example, Evergreen Drive.
- Almost all other areas will include 'Shawnee' in the street name.
- Condominium residents in Shawnee Park are invited to become members.
- 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.

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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 Community Campfires
 - o Picnic in the Park
 - 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

Join for just \$20 every 12 months. **Pay by e-transfer to info@yourseca.ca** and include your email and street address in the message field or complete the form below with a cheque payable to Shawnee Evergreen Community Association and mail to SECA c/o South Gate Alliance Church, 1436 James Mckevitt 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.

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From Our Community Connector, Anya:

It's been lovely to meet so many residents, and to hear what matters to you—at events, at programs, and in our green spaces. What I have learned is that SECA residents are incredibly diverse, proud of their community, and eager to connect. Watch for my pop-ups and on my walks. Let's chat!

Throw a Block Party—I'll Help! From invitation templates to equipment, SECA can support your block party. We want to help you bring neighbours together to celebrate the talents, stories, and spirit that make our streets special—one event at a time! Email me at connector@yourseca.ca to plan your party.

Community Cleanup - September 20

9:00 am to 2:00 pm at South Gate Alliance Church.

Free to Calgarians—membership is encouraged; not required—donations accepted.

Plan to bring:

- Oversize waste for the City's packer trucks.
- Electronic (almost anything with a cord) and metal recyclables.
- Household items in good condition for Cerebral Palsy Alberta.
- Books in good condition for our network of Little Free Libraries.
- Tire Recycling

Please save up your electronic and metal recycling for this event. The rebates earned last year were sizeable and supported SECA events this past year.

Annual General Meeting - October 27

6:30 pm at South Gate Alliance Church.

SECA's AGM is more than just a business meeting—it's a chance to celebrate what we've achieved together and look ahead to the exciting work still to come. We'll kick things off with light refreshments and social time, followed by our report to the community and the official business portion of the meeting, where we'll elect new board members and share what's next for SECA. Guest speakers will inform and inspire us.

55+ Healthy and Happy Program: Taking a Pause

Our seniors' programs are pausing for the summer. Watch for a September restart of programs. For details,

visit bit.ly/seca55 or connect with Clayton, our Seniors Coordinator at seniors@yourseca.ca or 1-888-487-2010.

Children and Youth Programs

Register for SOGO Adventure Running—a very highly rated program. This free program will get your kids outside and exploring nature in Fish Creek Park! Participants will learn to read maps, find flags, and navigate trails—all while building fitness, confidence, and outdoor problem-solving skills.

- 10:30 am to 12:00 pm, Saturdays, August 9, 16, 23, and 30
- Glennfield area of Fish Creek Park
- Age grouping: 5 to 7, 8 to 12, 12 to 17
- Maximum capacity is eight participants per age group
- Registration is required – use the QR code



Register for
SOGO Running

Thanks to the Government of Alberta's Every Kid Can Play grant program, these sessions are offered at no charge. All are welcome.

Volunteers Needed

Without volunteers stepping forward to take a lead role, our children's programs will stop on August 30. The good news is you won't be doing it alone—we have funding in place and mentors to guide you. If you are a university student, parent, or grandparent and you value these programs, now's the time to come forward. Let's make sure these valuable opportunities continue for our kids! Email info@yourseca.ca.

Let's Grow Something Amazing!

A passionate group of residents is working towards building a community garden and a gathering space in the large park on Evergreen Drive. Have ideas? Want to get involved? Email info@yourseca.ca

SECA Property – Cared for by Volunteers, Loved by the Community

The SECA Chairs, Little Free Libraries, and A-frame Poster Displays are maintained by dedicated volunteers—just for you, our residents. These installations make our community more connected and vibrant—but they do face wear and tear from Calgary's wild weather (and unfortunately, the occasional vandal).

Together, we can help protect and preserve them for everyone to enjoy!

Feel free to move a SECA Chair to your favourite spot, but please return it to a hard surface when you're done—away from mowers. On windy days, flipping chairs upside down can help prevent damage.

If an A-frame sign has tipped over, a quick reset is a huge help—thank you!

Vandalism is costing SECA many hundreds of dollars. Chairs are being destroyed, some in broad daylight. Please help spread the word: these chairs are cherished. If kids are feeling unheard, we invite them to join our Youth Council, where their voices matter and their ideas are welcome.

Every small action helps keep our shared spaces safe, welcoming, and full of life!

Road Construction

Shawnee Drive construction continues with utility tie-ins at three locations, road surface improvements, and the construction of a new roundabout at Shawnee Boulevard and Shawnee Drive. Expect significant detours and road closures through the summer and perhaps into the fall. See the latest updates on our social channels.

Be Part of It – Get Involved!

Want to help make a difference and shape the community where you live? SECA is volunteer driven, and we rely on capable residents like you to keep SECA strong! If you're interested in joining a task team, committee, or the board of directors, we'd love to hear from you. Whether you're a long-time resident or newly arrived, there's a place for your energy and ideas. It's a great way to deepen the connection with your neighbourhood and we'll find a task to fit your interests and available time. Email info@yourseca.ca to get started!

Together, we're building a stronger, more connected SECA!

Your SECA Board



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The Millrise Community Association

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Vice President	Graham R.	vicepresident@millrise.org
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Secretary	Sarah M.	secretary@millrise.org

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Membership Director	Vacant	membership@millrise.org
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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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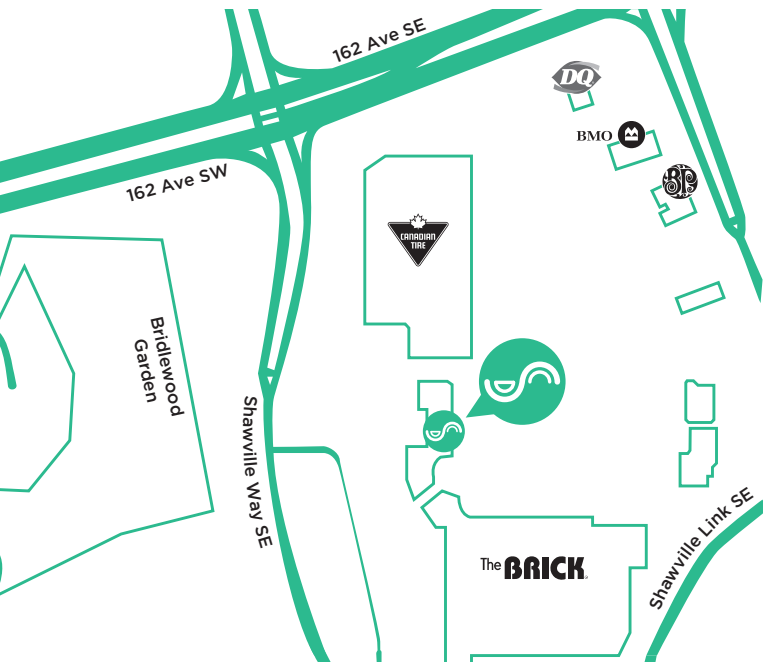


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Millrise Community Association Membership

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/index.php/community-membership to get your membership and support your community association.

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!





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



GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



SCAN THE QR CODE FOR THE ANSWERS!

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		
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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		
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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

DOUBLE EAGLE II

In August of 1978, the first successful balloon flight across the Atlantic took place. The balloon, named **Double Eagle II**, departed from Presque Island, Maine and landed in France. The gondola of this incredible balloon is on display at the Smithsonian Air & Space Annex in Chantilly, Virginia.



Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt
- 1 green onion, finely sliced

- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



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Evaluating Online Health Information

by Alberta Health Services

Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.



- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: krs.ahs.ca/patients/evaluatingohi.

Putting Yourself First!

by Recovery Alberta – Community Health Promotion Services



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere:

Managing Emotions

Commonly referred to as “name it, to tame it”, is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the “what if”.

Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

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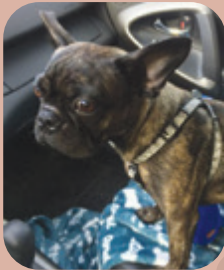
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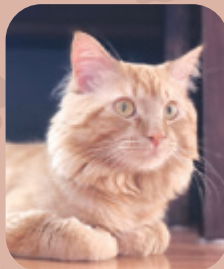
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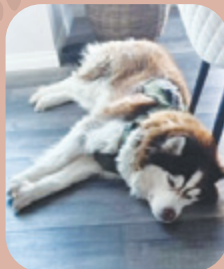
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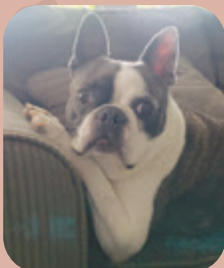
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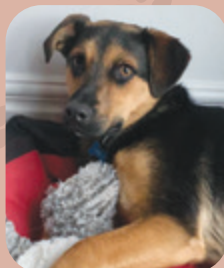
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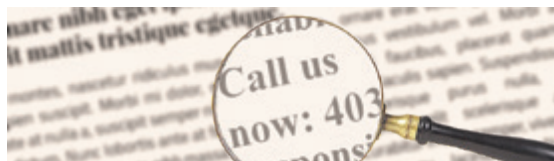
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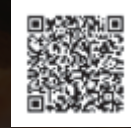


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