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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 Mckevitt Road and Fishcreek Boulevard SW

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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 Stampede Festival
 - 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.

Questions? Email info@yourseca.ca



Word of the Month



Cynosure. noun (SIGH-noh-syoor)

A center of attraction or attention.

The bride was the cynosure of all eyes at the wedding.



Happy New Year! Wishing you and yours a happy, healthy, and abundant 2025!

SECA is beyond proud of all that we managed to accomplish last year and we're looking forward to building even more community connections in 2025. Here's to another great year of inspiring neighbourliness and a sense of belonging amongst Shawnee Evergreen residents.

Community Campfires; A Much-Loved SECA Tradition

SECA residents and their guests are invited to gather around our campfires to enjoy free food, music, and fun. Campfires are the fourth Saturday of the month through to April. Be sure to mark your calendars for these upcoming dates:

- January 25 – location TBD – look for posters on park A-frames and Little Libraries
- February 22 – location TBD
- March 22 – Evergreen Drive SW Park
- April 26 – Evergreen Circle SW Park

Thank you to the new volunteers who stepped up to support our campfires this season!

SOARING (Strengthening **O**pportunities for **A**dolescent **R**esilience, **I**nclusion and **G**rowth) is a provincially funding program supporting a youth led project in Shawnee Evergreen. The idea is to strengthen opportunities for youth ages 12 to 24 to live healthy, safe, and active lives here. Email info@yourseca.ca for more information and watch for posters in the community promoting monthly events.

Youth programs and the SOARING project will be a focus this year. Watch for more information about our Games Nights. Email Tara.t@yourseca.ca with questions.

55+ Healthy and Happy Programs

Join us in January for a variety of free programs designed to keep seniors (55+) active and engaged!

- Thursday, January 9 (1:00 to 2:30 pm), Tai Chi Class/ Card Games and Coffee
- Thursday, January 16 (9:30 to 11:00 am), Technology Class 10 – Games and Entertainment
- Thursday, January 23 (1:00 to 2:30 pm), Tai Chi Class/ Card Games and Coffee
- Thursday, January 30 (9:30 to 11:00 am), Technology Class 11 – Cyber Security and Scams

Come join the fun! All sessions are held at Peace Lutheran Church (14640 6 Street SW). No registration is required. See more programs at bit.ly/seca55 or reach out to seniors@yourseca.ca or 403-333-9982. Our corps of volunteers support the programs, and new volunteers are always welcome.



Seniors' Programs

Alerting City Departments

If you have concerns related to a wide variety of situations, you may alert officials using the portals below. The more requests that are received, the higher priority the issue will become.

1. If you wish to report a public safety situation related to speed, cross walks or any policing topic, submit a Police Traffic Service request by using the QR code below or searching for Traffic Service Request on the Calgary Police website (www.calgary.ca/cps/traffic/traffic-service-requests.html).



Traffic Service Request

2. To request action or report a situation related to City topics, call 3-1-1 or use the use their online portal (calgary-cwiprod.motorolasolutions.com/cwi/tile).



3-1-1 Portal

It's a Poopy Problem!

We have many responsible dog owners, but the snow seems to increase the tendency to just 'leave the poop'. Please do not and if you see someone 'just leaving it', call

them out and provide a bag if you can. Also, there is no poop bag pickup service! If you fill a bag, please dispose of it properly. There are several waste receptacles available or carry it home. If you see a full bag on the ground or hanging in a tree, please complete its journey to the nearest waste bin if you can. If we all do our part, the spring melt will be more pleasant for all!

A Bit of Time for SECA?

Thank you to all those who signed up to help at the AGM. Our search is ongoing for more volunteers with a variety of skills and experience including administration, project management, event management, communications, as well as those with an interest in housing, development, and planning. Please email info@yourseca.ca to explore how your skills and availability could be matched with the projects that SECA is tackling. By volunteering, you'll be making an impact close to home and that is terrifically rewarding. Please join us in this valuable work.

SECA Board of Directors



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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
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How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | info@nancybergeron.ca



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.



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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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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MILLRISE



SHAWNESSY



SHAWNEE SLOPES



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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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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>.

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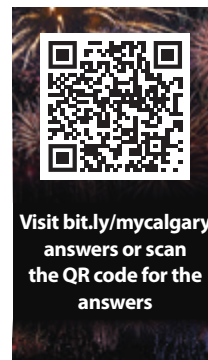
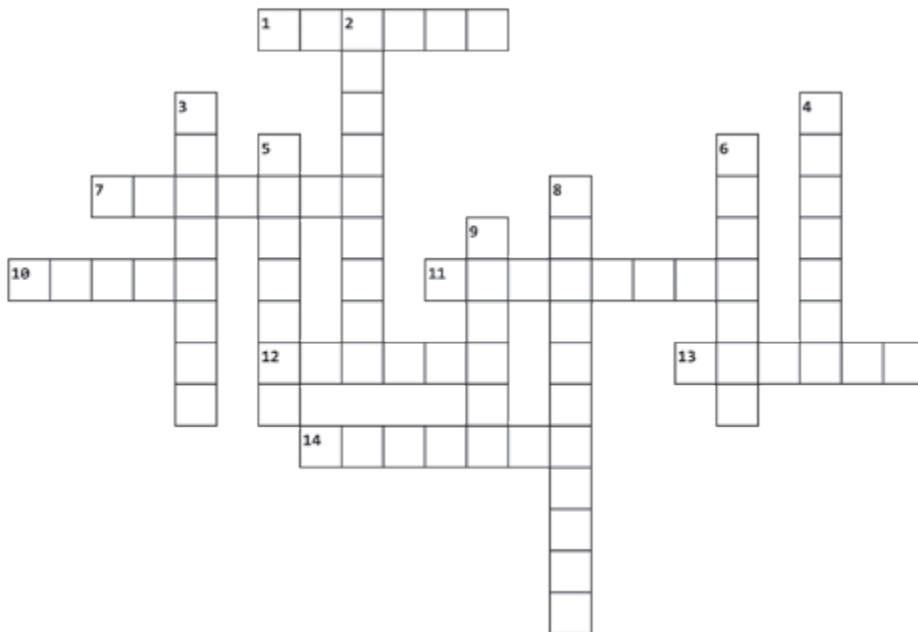
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January Crossword



Across

- Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
- World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
- On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
- This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
- This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
- Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
- Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

- Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
- Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
- On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
- British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
- Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
- "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
- The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.



**MP Calgary Midnapore
Stephanie Kusie**
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🌐 stephaniekusiemp.ca

Happy New Year, Calgary Midnapore!

It's hard to believe that 2025 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the New Year with those closest to you!

As we enter 2025, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees, and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca and navigate to the correct service tab to ensure my office can assist you in a timely manner.

During the holiday season, I partnered with the Calgary Food Bank and Project Warmth Society of Alberta to donate much needed food and winter clothing for those in need in our city. Thank you to all constituents who were able to stop by my office and donate – it is always wonderful to see our community come together and support those who need it most.

My Conservative colleagues and I are heading into the new Parliamentary Session ready to fight for Canadians and lower the cost of living. We will continue to hold the government to account and ensure the voices of everyday workers and seniors are heard in the House of Commons.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

May 2025 be a year of good health and prosperity for you and your family.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

YOUR CITY OF CALGARY

Warm Up to Winter in Calgary Parks

by the City of Calgary

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor rinks and two new ones this year - Prince's Island Park lagoon rink and the Lot 6 Pop-Up rink, making a total of ten outdoor, natural ice skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? There are two skating rinks and decorative winter displays to enjoy.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit calgary.ca/winteractivities.



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