

JULY 2025

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# THE CHRONICLE

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General Inquiries	info@yourseca.ca



## 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](mailto: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](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)



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

MILLRISE



SHAWNESSY



SHAWNEE SLOPES



# No Yolk

Why don't eggs tell jokes?  
They might crack up!





Happy Summer!

## **Building a Connected and Vibrant Community!**

SECA is all about bringing people together, and now we have a funded Community Connector person to help us do just that! Have you met Anya Pena Egle? She is engaging with residents, strengthening local connections, and uncovering community strengths and opportunities. You may spot her at a pop-up station in a park or along a pathway around the neighbourhood.

## **Picnic in the Park**

What a day we had at our second annual event! This event wouldn't be possible without generous supporters. Thank you to the City of Calgary's Arts and Culture grant program, and to our incredible sponsors: Cardel Homes, Servus Credit Union, and Zeno Renewables. We're also grateful for the generous contributions of Maxwell Capital Realty, and the two locally owned Shoppers Drug Mart locations in Millrise and Evergreen Village, as well as Tim Hortons (Bannister Road), and Shawnessy Co-op. Please "shop local" to show your appreciation to these nearby businesses. Thanks also to the South Gate Alliance Church and to Calgary Evergreen Community Association for sharing their equipment.

A heartfelt thank-you to our Events Committee and all the event day volunteers who brought this event to life. Your efforts are the heartbeat of our community!

## **SECA Casino Fundraiser**

Thank you to the amazing volunteers who filled 36 shifts at our casino fundraiser in June, ensuring continued funding for our programs and projects. A special shoutout to Michelle, our new Casino Chairperson, who stepped up to organize and manage all the moving parts.

## **Upcoming Events – Save these Dates!**

- Community Cleanup - September 20 - Please save up your electronic and metal recycling. The rebate from the electronics collected last year was sizeable and contributed to community programs and events.
- Annual General Meeting - October 27

## **55+ Programs: Taking a Pause**

Our seniors' programs are pausing for July and August. Watch for a September restart of programs. For details, visit <https://bit.ly/seca55> or email Clayton, our Seniors Coordinator at [seniors@yourseca.ca](mailto:seniors@yourseca.ca).

## **Children's Programs**

The SOGO Adventure Running program will continue through July and August. Thanks to SECA, local kids have enjoyed amazing outdoor programs, right in their own neighbourhood. These programs have helped participants build confidence, connect with nature, and spark friendships. What a gift!

For children's programs to continue, we need your help. Without a volunteer stepping forward to take on a lead role, our children's programs will stop. The good news? You won't be doing it alone—we have mentors ready to guide you and funding in place to hire experienced program leaders. 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 the kids in our community! Email [info@yourseca.ca](mailto:info@yourseca.ca) to get involved.

## **Let's Grow Something Amazing!**

SECA is working to bring a community garden to life! A passionate group of residents is planning a garden and community hub in the large park on Evergreen Drive. Have ideas? Want to get involved? Email Elaine at [info@yourseca.ca](mailto:info@yourseca.ca).

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

The SECA chairs, Little Free Libraries, and Poster displays in some of our parks are maintained by dedicated volunteers—just for you, our residents. These little touches 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!

Stop the spread of vandalism. Let us know at [info@yourseca.ca](mailto:info@yourseca.ca) so we can take care of it quickly.

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

### Construction Update

Shawnee Drive will undergo 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 fall.

### Be Part of It – Get Involved!

We rely on capable residents like you to keep SECA strong! Whether you're interested in joining a task team, committee, or the board of directors, we'd love to hear from you. There are many projects underway, that would move faster with the support of a variety of additional volunteers and skill sets. Want to help make a difference and shape the community where you live? Email [President@yourseca.ca](mailto:President@yourseca.ca) to get started!

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

Your SECA Board



## BRAIN GAMES SUDOKU

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## Bow River

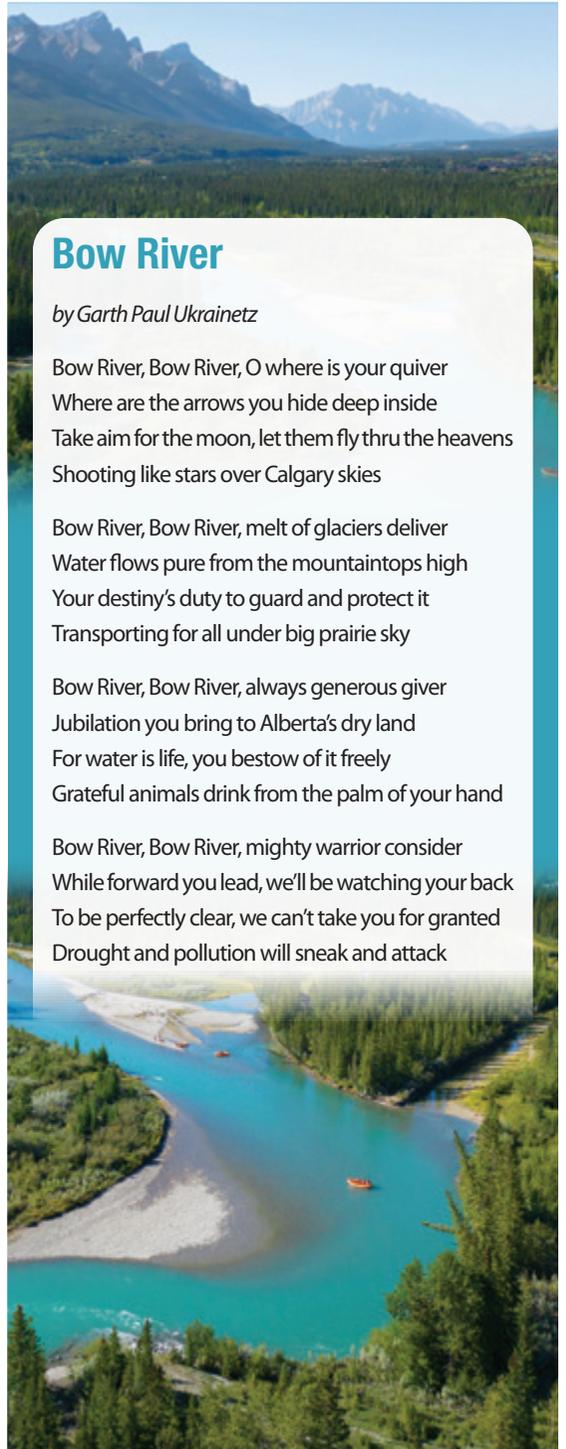
by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver  
Where are the arrows you hide deep inside  
Take aim for the moon, let them fly thru the heavens  
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver  
Water flows pure from the mountaintops high  
Your destiny's duty to guard and protect it  
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver  
Jubilation you bring to Alberta's dry land  
For water is life, you bestow of it freely  
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider  
While forward you lead, we'll be watching your back  
To be perfectly clear, we can't take you for granted  
Drought and pollution will sneak and attack



## What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.

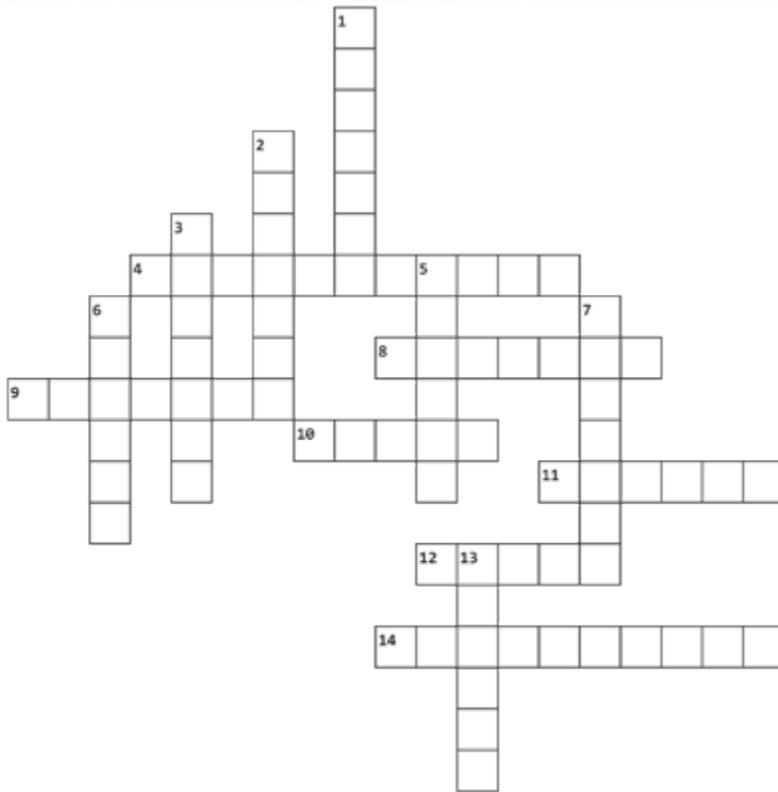


This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

# July Crossword



## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



# 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

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Facilities Director	Matt T.	facilities@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

## BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



## 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](http://www.millrise.org/index.php/community-membership) to get your membership and support your community association.



## 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 [volunteermillrise.org](mailto:volunteermillrise.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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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!



## Word of the Month

Lugubrious: Adjective  
(loo-GOO-bree-us)

Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.



# 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		
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)

### Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!





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## Typewriter

What is the longest word you can think of? Now how many rows of keys would you need to type it? Interestingly enough, the word 'typewriter' is the longest English word that can be typed out using only one row on a computer keyboard.





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