

MAY 2025

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# THE CHRONICLE

THE OFFICIAL NEWSLETTER FOR MILLRISE & SHAWNEE-EVERGREEN COMMUNITY ASSOCIATIONS



**Dr. Ernest Olamide Ayeni**  
 FAMILY PHYSICIAN

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Dr. Ayeni has managed patients in both community and hospital settings, specializing in areas such as geriatric and preventive medicine, mental health, and more.



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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.

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 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)



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## Building a Connected and Vibrant Community!

SECA is all about bringing people together, and now we have a Community Connector to help us! We welcome Anya Pena Egle, who is working with us to engage with residents, strengthening local connections, and uncovering community strengths and opportunities. You may spot her at pop-up stations around the neighbourhood, or at Picnic in the Park! A huge thank you to Carya for funding this valuable role.

## Upcoming Events – Save the Date!

- Second Annual Picnic in the Park – June 7, 11:00 am to 1:00 pm (Rainbow Park, Evergreen Drive SW).
- SECA Casino Fundraiser – June 22 to 23 (Deerfoot Inn & Casino). Our casino supports programs and initiatives all year long.
- Community Cleanup – September 20, save up your electronic and metal recycling!

Volunteer at these fun events at [info@yourseca.ca](mailto:info@yourseca.ca).

## What a Great Campfire Season!

What a success these events have been! Thank you to all those who attended one or more of our five Community Campfires, that finished up on April 26. We thank Cardel Homes and the Ward 13 Community Event Fund grant from Dan McLean's office for supporting this wonderful community tradition.

## SECA 55+ Programs

Free programs every Thursday, 9:15 to 11:15 am at Peace Lutheran Church (14640 6 Street SW). Start your morning with a Strength and Balance session. Stay for social time, games, and hobbies!

New! Beginners English as a Second Language (ESL) classes. Registration is required and space is limited. Take in presentations: May 29 – Genealogy and June 26 – Seniors Travel. For details, scan the QR code or visit <https://bit.ly/seca55>. Our Seniors' Coordinator is happy to answer your questions at [seniors@yourseca.ca](mailto:seniors@yourseca.ca).

## Children's Programs

For registration details, visit our Facebook page or email [info@yourseca.ca](mailto:info@yourseca.ca).

- Bushcraft has been a hit, and sessions continue in May and June.

- SOGO Adventure Running is also running in May and June.

## Be Part of the Change – 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, where a variety of volunteers and skill sets are needed. Email [President@yourseca.ca](mailto:President@yourseca.ca) to get started!

## Let's Grow Something Amazing!

SECA is working to bring our first community garden to life! A passionate group of residents is planning a Garden and Community Hub in the park on Evergreen Drive. Pop-up information stands will be appearing in the park—stop by to see the vision unfold! Have ideas? Want to get involved? Email [info@yourseca.ca](mailto:info@yourseca.ca).

## Construction Updates

The TOD zone (near the LRT) continues to be a busy construction site. Shawnee Drive will undergo utility tie-ins at three locations, road surface improvements, and the construction of a new roundabout at Shawnee Boulevard. Expect detours and road closures. Watch for updates on our Facebook and Instagram accounts.



Free programs every Thursday, 9:15 to 11:15 am at Peace Lutheran Church (14640 6 Street SW). Start your morning with a Strength and Balance session. Stay for social time, games, and hobbies!



## Stay Connected!

E-Newsletter – Subscribe via the QR code.

Social Media – Follow us on Facebook (@shawneevergreenYYC) and Instagram (@thisisyourseca).

Community Message Boards – Check A-frames in parks and Little Free Libraries for updates.

## Support SECA – Become a Member!

Do you appreciate what SECA is doing? Show your support by joining or renewing your membership! It's just \$20 per year, and your membership helps fund events and programs in our community. Join or renew today! Send an e-transfer to [info@yourseca.ca](mailto:info@yourseca.ca) with your name, street address, and phone number in the comment field.

Together, we're building a friendlier, more connected community!

*SECA Board of Directors*

**SECA**  
SHAWNEE EVERGREEN  
COMMUNITY ASSOCIATION

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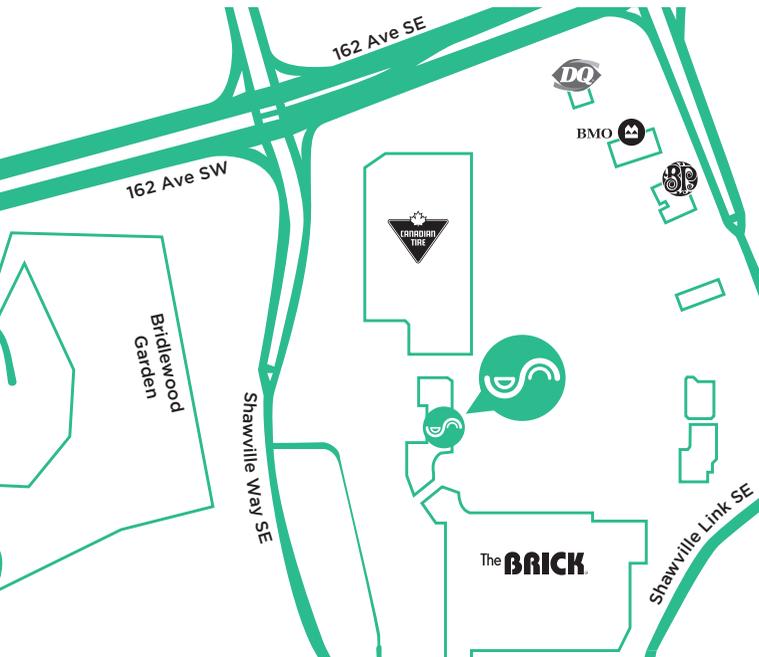


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# The Millrise Community Association Board of Directors

## VOLUNTEER EXECUTIVE:

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

## VOLUNTEER DIRECTORS:

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Newsletter Director	Vacant	community@millrise.org
Garden Director	Carrie S.	communitygarden@millrise.org
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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](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 [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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# The Shawnessy Community Association

## 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
Treasurer	Victoria Dickinson		

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## TAKE ON WELLNESS

### Alcohol and Youth

by Alberta Health Services



Alcohol continues to be the most used substance in Canada among youth. Brains continue to develop up to the age of 25. Our brain works extra hard during later stages of development focusing on abilities to problem solve, and abstract think. Early use of alcohol or substances can alter this process and increase risk taking among youth. Here are some ways to support young people when it comes to alcohol:

**Role Model:** We know that the young people in our lives are watching and learning from us. Be mindful of your own habits and set examples you would want a young person in your life to follow.

**Talk and Listen:** It is important for your young person to know they can talk to you about anything, including substance use. Your role as a natural support is to check in with your youth often, let them know how much you care, and advocate for them.

**Support Healthy Decisions:** Self-esteem is important as this will help youth make decisions. Critical thinking is important, and a skill that youth are still learning as their brain continues to develop.

**Affirm:** Consider what routines and checks and balances can be built in for your child. Do not forget to celebrate all your child's gifts and strengths! Affirm the effort they are making.

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