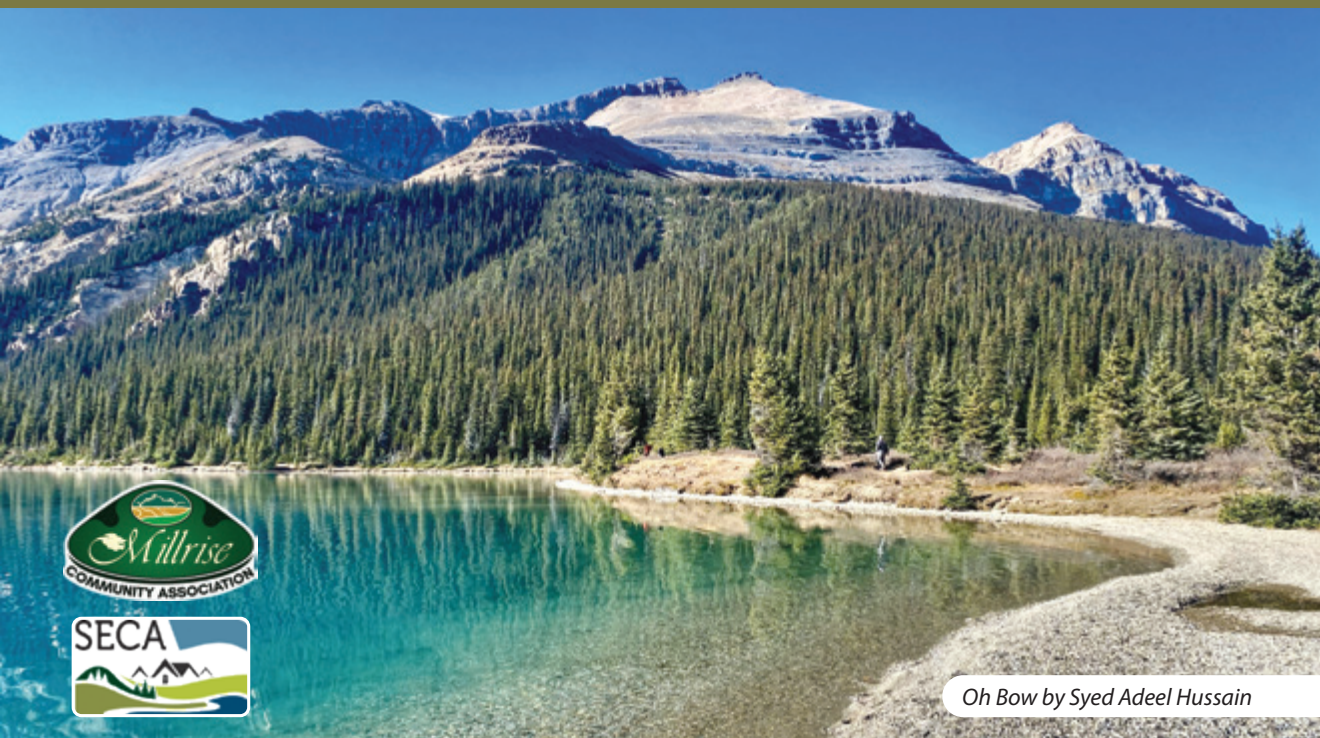


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Oh Bow by Syed Adeel Hussain



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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

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



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
- Advocacy supports 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.



SECA
SHAWNEE EVERGREEN
COMMUNITY ASSOCIATION

**WE HAVE A
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Support the programs, events, and
advocacy that SECA does on your behalf
by becoming a member.



O Newfoundland

by Garth Paul Ukrainetz

In Newfoundland we took a walk
Among the streets of Port Aux Basques
We started at the boating dock
To reach the lighthouse was our task
A sunken graveyard on the way
A whitewashed church upon a hill
A warm and sunny August day
With precious little time to kill
On Island top beside the sea
A lighthouse standing tall to greet
We climbed the rocks just you and me
While waves were crashing at our feet
But time was short, we could not stay
So back to ferry we did run
We'll come explore another day
O Newfoundland, we're far from done



SECA Events

Community Cleanup

September 12, 9:00 am to 2:00 pm at South Gate Alliance Church.

Turn clutter into community impact! Fill the city packer trucks with general waste, and bring electronics, tires, and scrap metal for recycling. Please save your electronics—these items generate a rebate that directly supports SECA community events.

Items in good condition will be collected by Cerebral Palsy Alberta, and Youth en Route will accept bikes for reuse.

Clear out your home, support sustainability, and help fund future events—one load at a time.

Programs

55+ Happy and Healthy Programs Return September 3

After a summer break, our 55+ Happy and Healthy Programs return every Thursday from 9:15 to 11:15 am at Peace Lutheran Church.

The fall lineup includes:

- The Game's Afoot! – Team rummy, bingo, word games, and more.
- Great Gains Exercise Classes – Seven weeks of chair-supported strength, mobility, and balance training led by Tanya.
- September Talk: First Aid and CPR for Seniors – Learn the basics from a certified first aider.
- English as a Second Language (ESL) – Free classes for adults 55+ who want to improve their English speaking and listening skills in a supportive environment. Space is limited to 16 participants, so register early at www.yourseca.ca/esl.



Placekeeping: It's Ours to Care For

Over several years, we've talked about placemaking—reimagining everyday spaces and seeing new potential in our parks and gathering places. Just as important is placekeeping—the ongoing care and stewardship of those spaces by the people who use them. Placekeeping is a simple shift from the to our—not the libraries, but our libraries.

Last summer, we experienced some challenge—intentional damage to community chairs, graffiti on fences, and on our Little Free Libraries. While this is discouraging, it also highlights how much these shared spaces matter, and how important it is that we care for them together.

Placekeeping shows up in small, everyday actions:

- Treating shared items with respect.
- Picking up litter, leaving spaces clean and welcoming.
- Reporting or helping address damage.
- Pitching in when something needs attention.

It's neighbours looking out for neighbours and taking pride in the spaces we all share. When we actively care for our community, we build more than amenities—we build connection, belonging, and resilience. We invite residents to become placekeepers and to encourage family members and neighbours to do the same.

Community Garden and Gathering Space Project

This multi-phase project in the Evergreen Dr SW park will combine community gardens with an outdoor gathering space for events, education, and connection. The pace and scope of this project will be determined by the number of volunteers involved and the skills they bring. To help us plan the next phases of this project, we're creating a skills and interests register of residents willing to contribute as the project evolves. If you're



open to sharing your background, experience, or areas of interest, please complete a short survey at forms.gle/8g26gvN7Hf7EcPHd6. Completing the survey does not commit you to volunteering—it simply helps us understand the strengths within our community.

Volunteer with SECA!

Communications Team

Clear communication nurtures connection and trust, creating a strong foundation for SECA's important community-building work. Through social media, posters in our community, our e-newsletter, and our insert into the community print newsletter, you'll help

ensure residents know what's happening and feel invited to participate. Your voice can help strengthen our community—and we would love to have you on the team. These tasks can be shared amongst two or three contributors. Please email info@yourseca.ca to request a detailed description of the tasks. Let's talk!



More Volunteer Opportunities

Many roles are waiting to be filled. Find a role to suit your skills, interests and available time via the QR code or tell us how you would like to contribute.



E-Newsletter
Subscription

Let's Keep in Touch

For the latest SECA updates, visit yourseca.ca, subscribe to our e-newsletter, follow our social media, and watch for posters at our message centres (Little Free Libraries and A-Frames in local parks). We always enjoy hearing from residents—

reach us anytime at info@yourseca.ca. Subscribe to our e-newsletters via the "Subscribe" QR code.

Together, we're building a community where everyone belongs. Be part of it!

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From Gardens to Green Spaces: A New Study Explores Nature's Role in Cancer Care

by ACTION Centre, Cumming School of Medicine, University of Calgary



As someone impacted by cancer, you know things researchers don't.

You know what it felt like to sit with a diagnosis, or to sit with a loved one with a diagnosis. You know what helped, and you know what didn't. Whether a walk outside cleared your head when nothing else could. Whether the person caring for you needed support just as much as you did.

That lived knowledge matters. And now, researchers at the University of Calgary want to hear it.

Led by principal investigator Dr. Linda Carlson, the Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Through an online survey, your experiences could directly shape the programs developed for future patients and caregivers across Canada.

The idea behind the research is straightforward. A growing body of evidence suggests that time spent in natural environments such as parks, gardens, or green spaces may help reduce stress, lift mood, and support overall well-being. Researchers are also exploring possible links between increased nature exposure and improved gut health, which strengthens the immune system. For people navigating cancer, those potential benefits could be game changers.

But researchers can only go so far without hearing from the people who've actually lived it.

The Nature-CORE survey is open to cancer patients, survivors, caregivers, healthcare providers, and policymakers—anyone touched by cancer or healthcare providers involved in cancer care. It asks about the nature-based approaches people may already be using, what barriers make them hard to access, and what kinds of programs would be most useful and realistic.

This is not about replacing medical treatment. It's about exposure to nature as complementary therapy, strengthening recovery from cancer and its effects.

Every voice adds something that data alone can't capture. Whether you spent time outside during treatment and felt the difference, or cared for someone who did, your perspective belongs in this research. Likewise, the perspectives of those who didn't, or couldn't, spend time in nature are equally valuable.

Canadians 18 and older are welcome to participate in our online survey.

What you've been through has value beyond your own story. Share it with us and help build something better for the people who come after you.

Please access our survey here: www.action-centre.ca/ncorestudy.

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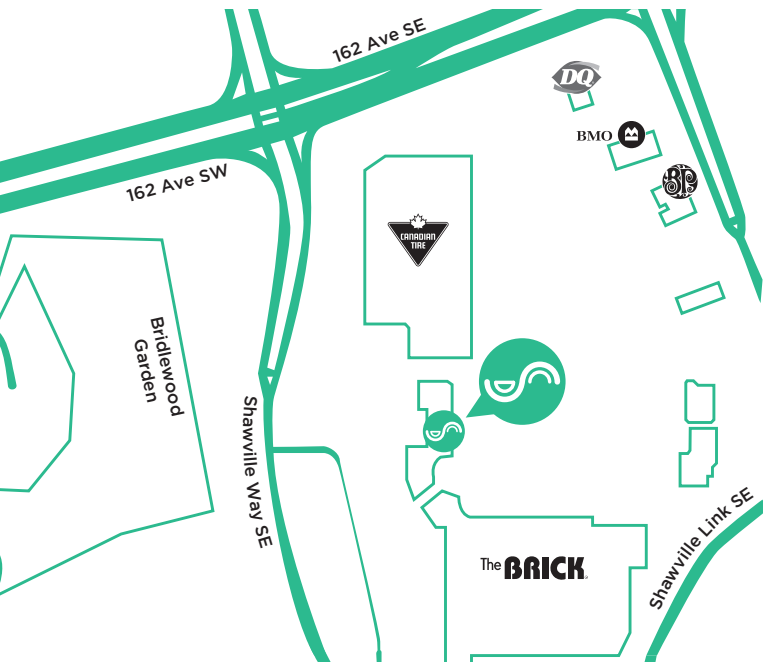


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FRIENDS of Fish Creek

The Listen Garden at Bow Valley Ranch

This summer, the Listen Garden is taking shape.

Located in the heart of Fish Creek Provincial Park, the Listen Garden is a collaboration between the past and the future; the land and the people; Indigenous and newcomer communities. The garden will be one in which native plants, Indigenous knowledge, and (re)conciliation all flourish. Visit the Listen Garden page on the Bow Valley Ranch Historical Society's website.

Our team of staff and dedicated volunteers have been hard at work prepping the site, from harvesting and processing native plant seeds to spraying the site to remove invasive species and distributing an impressive seven truckloads of sand. This summer, we're seeding and planting native species representative of the plant communities chosen for this space. We're looking forward to seeing this special spot alive with life by the end of summer 2026! Check out these photos from the Listen Garden this spring.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at @fishcreekpp to learn more about summer day camp and all our exciting programs.



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Streaming Killed the Video Star

Music Television, or MTV, first debuted on August 1, 1981. The first music video played was *Video Killed the Radio Star* by The Buggles, followed by Pat Benter's *You Better Run* and Rod Stewart's *She Won't Dance with Me*.



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.

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Download the app and book a pickup using <https://app.skipthedepot.com/millrisca>.

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YOUR CITY OF CALGARY

Getting Ready for Back-To-School Parking

by The City of Calgary

As families prepare for the new school year, streets around schools become busier with increased traffic and activity. Planning ahead helps create safer, calmer school zones for everyone.

Parking rules near schools focus on keeping sightlines clear, traffic flowing, and children visible. Stopping too close to crosswalks or corners, double-parking, or blocking bus zones can create confusion and safety risks during peak times.

Parking legally—even if it means walking a short distance—helps reduce congestion and improves safety for students and families returning to daily routines.

A few extra minutes and thoughtful parking choices make a big difference as the school year begins. Learn more at calgaryparking.com/safeschools.



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August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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BUSINESS CLASSIFIEDS

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

EXPRESS APPLIANCE REPAIR: We are a family-owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

PAINTING INTERIOR/EXTERIOR: Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

MR. SEASONS PROPERTY CARE: Student-owned, insured, reliable, and detail-focused! Serving South Calgary. Lawn mowing, edging, aeration, power raking, fertilization, sprinkler setup/blowout, bin cleaning, seasonal cleanups, and snow removal. Get 20% off your first service! Call 587-899-7246, visit mrseasons.ca or email mrseasonpc@gmail.com.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

FIND YOUR JOY IN LIFE AGAIN! Riverstone Counselling Centre provides personalized, compassionate, confidential therapy with registered psychologists. Trauma, anxiety, depression, relationship concerns, couples counselling, ADHD/ EMDR therapy, CBT, DBT, ACT therapies and more. Direct billing available. Located in Midnapore, Midpark Way SE and Okotoks. Free discovery call. 403-463-2152. www.riverstonecounsellingcentre.ca.

WANT YOUR WINDOWS CLEANED THE RIGHT WAY? We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.com/>.

IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS: Wytsma Health and Movement provides in-home exercise programming to help you live and feel better! We specialize in assisting those with chronic conditions and those unable to travel to a facility. Now accepting new clients. Contact Kathryn at 403-650-7969 or kathryn@wytsmahealthandmovement.ca or visit wytsmahealthandmovement.ca.

ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.



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**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**

**Entry
\$2 Adults
Kids Free**



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