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THE CHRONICLE

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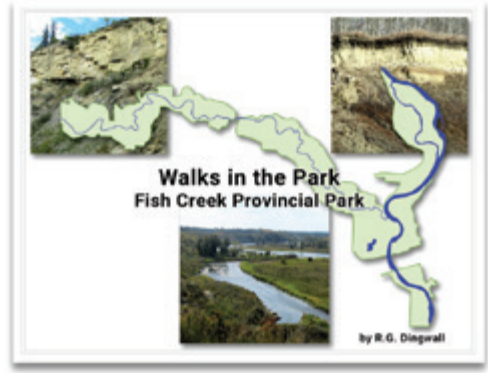
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SECA

30 YEARS

SHAWNEE EVERGREEN
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	General Inquiries	info@yourseca.ca
Cst. M. Messenger	Community Resource Officer	pol4757@calgarypolice.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 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 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
30 YEARS
SHAWNEE EVERGREEN
COMMUNITY ASSOCIATION

WE HAVE A NEW WEBSITE!

www.yourseca.ca

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

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SECA REPORT

Happy Holidays, Shawnee Evergreen!
As the year draws to a close, SECA would like to wish all our residents and neighbours a happy holiday season and a wonderful start to the New Year! Whether you celebrate Christmas, Hanukkah, another special occasion, or simply enjoy the opportunity to spend time with family and friends, we hope the season brings warmth, happiness, and time to connect with those around you.

Welcome to Our New Board Members!
Following our October Annual General Meeting, we are pleased to welcome our new Board members and look forward to the ideas, energy, and contributions they will bring to SECA.

We also extend our sincere thanks to retiring Board members John Raich and Ashley Oshiro for their time, dedication and many, many valuable contributions. Ashley will continue to Chair the Seniors' Program Committee.

Volunteers are the heart of SECA, and their commitment has helped make our community a more connected and welcoming place. There are many opportunities to get involved in the rewarding work of SECA. Please email Ian at President@yourseca.ca to find a fit for your interests and available time.

Community Campfires are Back!
One of SECA's most popular and much-loved traditions is returning! Our Community Campfires bring neighbours together to enjoy a winter evening outdoors, share conversation, and make new connections.

The campfires are hosted in a different park each month. It's a wonderful opportunity to get outside, meet neighbours, and enjoy some good old-fashioned community spirit.

Watch for dates, locations and event details on our website at www.yourseca.ca. We hope to see you around the fire! We'll bring the hot chocolate as well as the marshmallows and hot dogs for you to roast. These events are for Shawnee-Evergreen residents, their family members, and friends.

Hub and Gardens Project
The SECA Hub and Garden Committee continues to work towards creating a welcoming, flexible gathering space and gardens in the park on Evergreen Drive SW.

The vision is to create a place where neighbours can gather informally, enjoy the outdoors, participate in community events and programs, and connect with one another. The project will bring together a variety of features and uses to serve residents of all ages.

Visit the new dedicated project webpage under the Neighbourhood tab at www.yourseca.ca to explore the project as it evolves and to get involved. Your emails are welcome at **hubandgarden@yourseca.ca.**

55+ Healthy and Happy
SECA's program for older adults continues to thrive, thanks to the dedication and enthusiasm of our volunteer Program Committee.

On Thursday mornings you'll find our welcoming group at Peace Lutheran Church (14640 - 6 Street SW) These free sessions are open to everyone aged 55 and older at no charge, and offer a variety of activities, and learning opportunities. Or come to enjoy a hot beverage and a sweet treat in the company of others. Check out upcoming sessions and activities under the Events & Programs tab at the SECA website.

Stay Connected. Get Involved. Build Community.
SECA is a neighbourly community where residents feel a sense of belonging and community pride. From community events and programs to neighbourhood projects, and advocacy, there are many ways to connect, participate and make a difference.

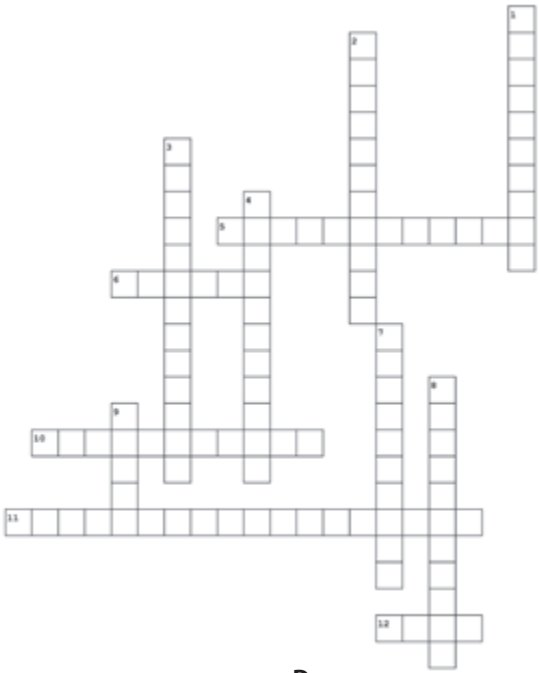
Visit www.yourseca.ca to become a member. We appreciate your support and the fee hasn't changed in years—it's still just $20 for 12 months. From the website, follow our social media channels to see what's happening, subscribe to our e-newsletter, or discover how you can get involved.

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

Your SECA Board



December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.



It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

The Millrise Community Association Board of Directors

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Cardel Rec South Rep	Vacant	cardelrep@millrise.org
Neighbourhood Partnership Coordinator	Cathi Groves	cgroves@calgary.ca

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!

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.





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Director at Large	David Bertram		

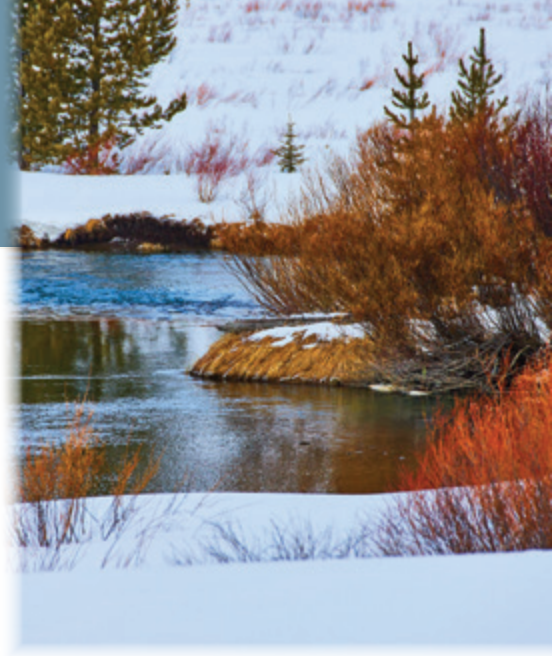
For any inquiries, please contact shawnessy.barn@gmail.com

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FRIENDS of Fish Creek



Getting to Know Your Friends: An Introduction to the Friends of Fish Creek Provincial Park Society

If you've been in Fish Creek Provincial Park recently, especially around the Bow Valley Ranch area, you may have noticed signage or posters mentioning the Friends of Fish Creek.

Who are the Friends, anyways? We're a conservation and community connection non-profit with the mission of engaging the community through activities and awareness to conserve a truly unique naturalized urban park. We've been operating in Fish Creek Provincial Park since 1992 and are a primarily volunteer-run organization with seven full-time staff and more than 300 amazing volunteers every year!

Ecology Work

Find our staff and volunteers out in the park restoring the grasslands with native plants rescued from future construction sites or managing invasive species through hand pulling, mowing, and solarization. Plant rescues happen through partnership with the Alberta Native Plant Rescue Foundation and allow us to increase the diversity of native species in the park and grow our seed bank. This work pays off – last year, we were able to restore 450 square meters of native grassland in the Bow Valley Ranch area. We're also passionate about beaver coexistence! We run volunteer programs to monitor beaver activity and are regularly out in the field for beaver-related maintenance. This includes installing pond levelers through beaver dams to keep water levels from rising significantly while keeping dams in place. We also support infrastructure through tree wrapping and stormwater channel dam removal, plus inform the public about beavers' benefits! We also run a monthly Speaker Series talk on an environmental or conservation related topic – this October, our team presented findings from the 2025 Fish Creek Watershed Fish Inventory!

Getting Involved

If you're interested in engaging with the public at events or getting your hands dirty transplanting rescued native plants into the grasslands (or seed processing during the winter), check out our volunteer program!

www.friendsoffishcreek.org Instagram: fishcreekpp

Nature's Six-Sided Secret

As water turns to ice, its molecules form a hexagonal crystal structure. As the crystal grows, changing temperatures and humidity create the intricate patterns we recognize as snowflakes. That's why, no matter how unique their designs, snowflakes are bound by nature's rule of six-fold symmetry!





MLA Calgary - Shaw
Kyle Campbell
208 – 279 Midpark Way SE
Calgary.Shaw@assembly.ab.ca
403-256-8969
@kylecampbellyyc

The Christmas season is in full swing! I wish you and your family a merry Christmas and a joyful holiday season. My heart is full of gratitude this December for the opportunity to serve as your MLA.

Over the past year, I've had the privilege of meeting folks from every corner of our community. Visiting schools, attending community events, meeting with local organizations, and supporting small businesses consistently provide the community spirit that make Calgary-Shaw such a wonderful place to call home.

Christmas gives us a chance to reflect on what matters most: family, friends, faith, and our community. It's also a time to recognize the many people who make a difference every day. I want to extend my gratitude to the countless individuals whose dedication strengthens our community every day.

As your MLA, I believe effective representation is not only about hearing your concerns but taking action. The riding of Calgary-Shaw is home to my family. I'm determined to work every day to turn conversations into meaningful action. These conversations guide my work both here in the community and at the Alberta Legislature.

My constituency office is here to assist with provincial matters and help residents navigate government programs and services. If you have questions, concerns, or need support, we are always happy to help.

As we look ahead to a new year, I am full of optimism about what Albertans will accomplish together. Calgary-Shaw is a community full of caring, engaged people, and I am honoured to represent you.

On behalf of my family and my constituency office, I wish you a very merry Christmas, a happy holiday season, and joyful New Year.

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