

FEBRUARY 2026

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THE CHRONICLE

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Looking for a rewarding and meaningful volunteer experience? Millrise Seniors Village may be the place for you.

Please contact damarisarguera@sehc.com

403-451-4327

beatricemandipaza@sehc.com

Millrise Seniors Village

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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 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** 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



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February brings a mix of winter days and small moments worth celebrating—longer light, friendly check-ins, and Valentine's Day are reminders to share kindness close to home. We hope this month's newsletter sparks a little warmth and connection.

From Our Community Connector: February can be cold, so let's warm it up with kindness and simple connections. As winter continues, small moments—a friendly wave, a chat, or checking in on a senior—can make a big difference.

Connection doesn't have to be complicated. A shared walk on a sunny afternoon, a conversation while shovelling snow, or inviting a neighbour over for tea can make winter feel a little warmer. This month is also a great time to gather around shared interests—whether that's a casual games night, a craft or book swap, or planning something fun to look forward to as spring approaches. These small acts really matter.



I'd love to hear how you're doing and what's bringing you joy. If you have an idea, a question, or just want to connect, feel free to reach out at connector@yourseca.ca or book a time to meet using the QR code. Let's keep building community together, one small moment at a time.

Game and Gather for Teens and Tweens

Free and open to all teens and tweens in Shawnee-Evergreen and nearby, these free drop-ins are continuing through to June. Come check them out, every second Monday from 6:00 to 8:00 pm for board games, cards, music, pizza, and a friendly vibe. Mark your calendars: February 9 and 23, March 9 and 23, April 6 and 20, and onward. Find us in the portable classroom behind South Gate Alliance Church (1436 James McKeivitt Rd SW) and bring a friend! Please email connector@yourseca.ca to learn more. We would love to hear from a couple young adults or parents who could volunteer to support this valuable program.

Community Campfires

Our much-loved campfires are where neighbours gather, and friendships grow. They continue on the fourth Saturday of each month, from 4:00 to 6:00 pm through to April. Mark your calendars and plan to attend on February 28, March 28, and April 25. The February

campfire is a joint event with Millrise Community Association and their residents, at the Millrise rinks located beside the school on Millrise Hills SW. Bring your skates to enjoy the hockey and leisure rinks.

Enjoy live music, steaming hot chocolate, with hot dogs and marshmallows to roast over the fire. We provide all-beef hot dogs and veggie dogs; feel free to bring your own items if you have special dietary needs. These gatherings are free though your donations at the event or by e-transfer are most welcome!

Picnic in the Park – Saturday, June 20

This popular summer BBQ and festival is returning. It's a fun event to attend and an especially rewarding event for volunteers. Please email us at info@yourseca.ca if you can volunteer – we'll find a role to fit your available time and interests. Thank you!

55+ Happy and Healthy Programs

Ours is a warm, welcoming and safe space to connect, stay active, and try something new. Join us Thursday mornings at Peace Lutheran Church (14640 6 St SW). No registration required—just drop in!

9:15 am – Exercise: Ever-popular Tanya starts an aptly-named series custom-designed for seniors: "Get Going! For Golf, Gardening, and Getting Out." The name says it all!

10:15 am – Games and More. Try this on for size: a card tournament, a video travelogue, and a fun word-association game. Come for the laughs, stay for the company.

9:15 to 11:15 am – Crafts, Cards, and Conversation: Drop by anytime. Bring your knitting, crafts, or art project—or simply come for complimentary coffee, tea, treats, and great conversation.

Talk of the Month: On February 26, come and get your "vaccination" against the scourge of virulent online scams circulating in 2026. Learn about cyber scams and how to avoid them.



Visit our Seniors website at the QR code. Clayton, our Seniors Coordinator, is happy to answer your questions at seniors@yourseca.ca or at 1-888-487-2010.

Let's Grow Something Amazing! – A Community Hub and Gardens

We know many of you are excited to see SECA's Community Hub and Gardens take root—and so are we! This shared space will offer neighbours a place to gather, learn, and grow together.

Progress has been slower than hoped, as our small volunteer Board has been stretched managing programs, events, advocacy, and this major project. To move forward, we need community expertise. Before we can start planting, we need help with the planning and building stages—especially from neighbours with skills in engineering, planning and development, project management, community engagement, grant writing, and general administration.

If you can lend a hand, even in a small way, please email president@yourseca.ca. Together, we can bring this project to life for the whole neighbourhood.

New Community Resource Officer (CRO)

We welcome Constable Matt Messenger to the CRO role, working out of the District 8 facility in Mid-Sun. Feel free to reach out to him at pol4757@calgarypolice.ca if you have concerns about community safety and policing topics.

Let's Keep in Touch

For the latest SECA updates, visit yourseca.ca, subscribe to our e-newsletter at the QR code, 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.



E-Newsletter
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Together, we're building a community where everyone belongs.

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Your SECA Board



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Meatball and Cleo, *Renfrew*



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Where neighbours gather and friendships grow!

Shawnee - Evergreen residents and their guests,
are invited to enjoy live music and hot chocolate
with marshmallows and hotdogs to roast

- | | | |
|--------|-------------------------|---------|
| Jan 24 | • Shawnee West Park | • skate |
| Feb 28 | • Millrise Rinks | • skate |
| Mar 28 | • Evergreen Drive Park | • games |
| Apr 25 | • Evergreen Circle Park | • games |

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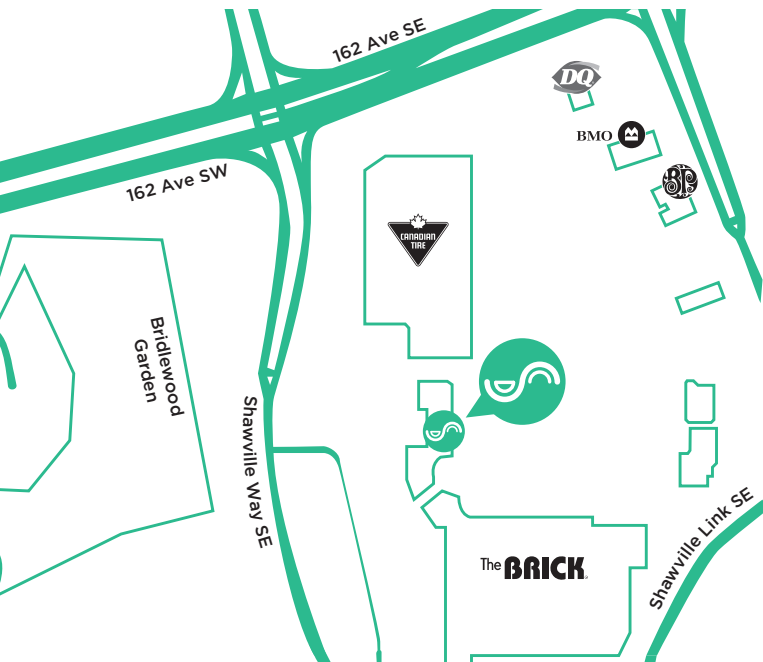


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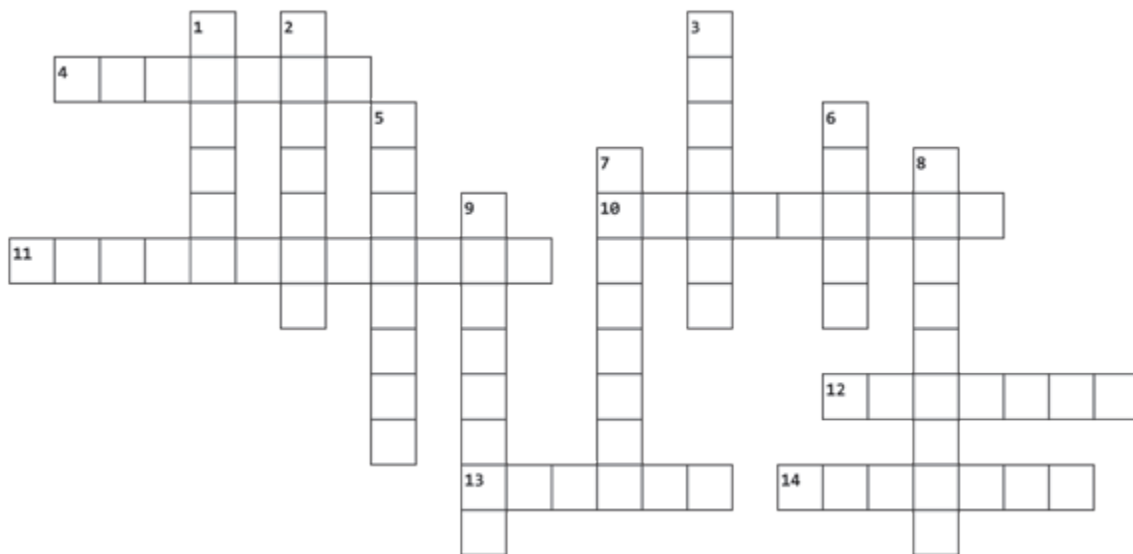
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February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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



The Millrise Community Association Board of Directors

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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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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



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.

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!





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





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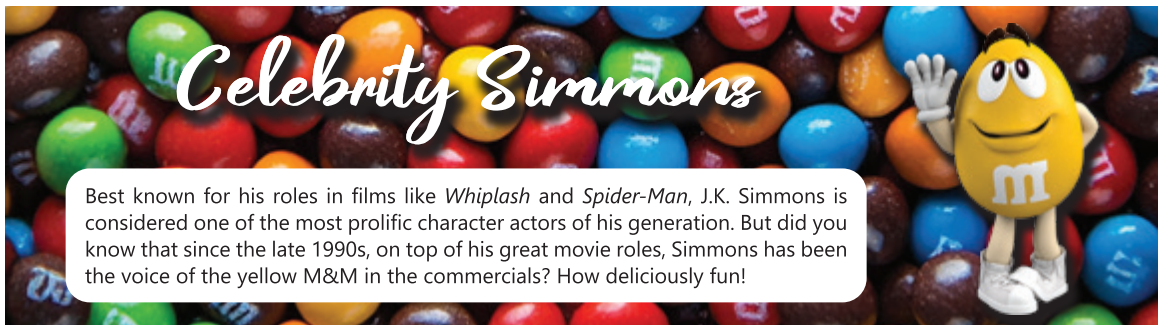
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Vice President	Mike Contini	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Victoria Dickinson		

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Celebrity Simmons

Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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