

OCTOBER 2026

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THE CHRONICLE

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COMMUNITY ASSOCIATION

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Sharlene Karkut	Treasurer	treasurer@yourseca.ca
Vacant	Secretary	secretary@yourseca.ca

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Ashley Oshiro	Director at Large	
John Raich	Director at Large	
Vacant	Director of Development	
Vacant	Director of Membership	

CONTACTS

Clayton	Seniors' Program	seniors@yourseca.ca
	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.



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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- Outdoor Play Every Day
- Nutritious meals and snacks provided daily

BOOK A TOUR TODAY!

36 Millrise Dr. SW, Calgary

ims36millrise@gmail.com

ilycmonteressori.ca

Affordability Grant funding.

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

MILLRISE



SHAWNESSY



SHAWNEE
SLOPES



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.



Garden Project Survey

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.

Let's Keep in Touch

For the latest SECA updates, visit yourseca.ca, subscribe to our e-newsletter, follow our social media, and watch



E-Newsletter
Subscription

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!

Your SECA Board



BRAIN
GAMES

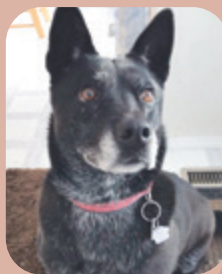
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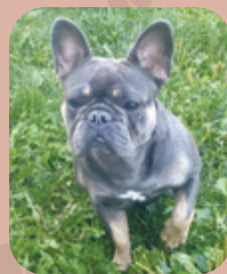
SCAN THE QR CODE
FOR THE SOLUTION



Cats, Canines, & Critters of Calgary



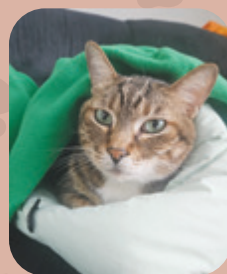
Bella, Tuscany



Cici, Ranchlands



Kiwi, McKenzie Lake



Lun, West Springs



Merlin, Acadia



Peaches, Tuscany



Rosie, Walden



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SATURDAY

NOVEMBER 14 | 10 AM - 4 PM

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Admission by donation to the
Calgary Food Bank



Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!



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

VOLUNTEER DIRECTORS:

Membership Director	Vacant	membership@millrise.org
Facilities Director	Matt T.	facilities@millrise.org
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

Joke of the Month

*How do you repair a broken
jack-o'-lantern?*

Use a pumpkin patch!



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:

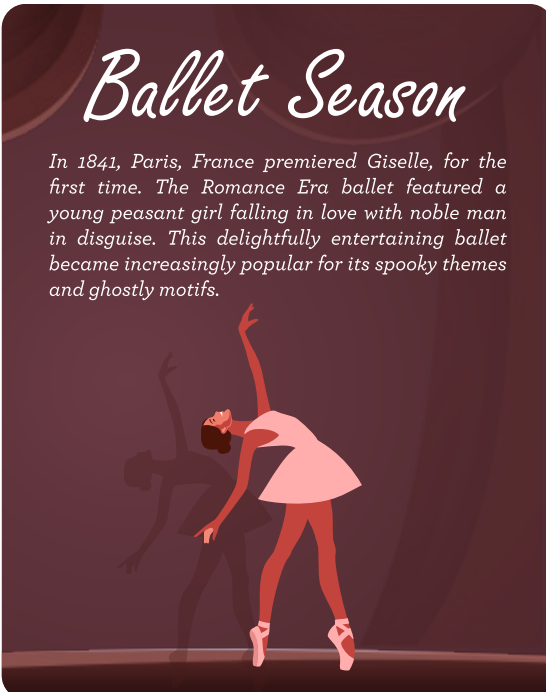
- Ice rink during the winter
- Event preparation
- Community projects
- Fundraising
- Events

To volunteer with MCA please send an email to volunteer@millrise.org



Ballet Season

In 1841, Paris, France premiered Giselle, for the first time. The Romance Era ballet featured a young peasant girl falling in love with noble man in disguise. This delightfully entertaining ballet became increasingly popular for its spooky themes and ghostly motifs.



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		

VOLUNTEER DIRECTORS:

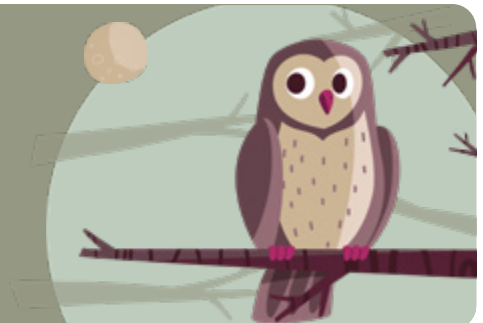
Community Affairs	Vacant		
Community Events Advertising	Vacant		
Fundraising - Gaming	Vacant		
Grant Application Director	Josh David		
Membership	Vacant		
Community Planning	Anastasia Shliapnikova		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Vacant		
Social 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

Hooting Season

Who's That Calling?

Did you know that autumn is a great time to hear owls? Known as hooting season, owls hoot more frequently to claim and defend territory and find mating partners. The cooler, quieter nights of fall also helps the sound of their hoots carry farther!





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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.

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SUPPORTIVE ROOMMATE WANTED: We are presently looking for a lady or couple with no children to be a Supportive Roommate to our 50-year-old Special Needs daughter. Involves sharing a single-story dwelling with minimal stairs. Creating a supportive environment of mutual respect, trust, and consistency is required. If you are interested, please submit your resume to jillmwalsh34@gmail.com.



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LOCATION

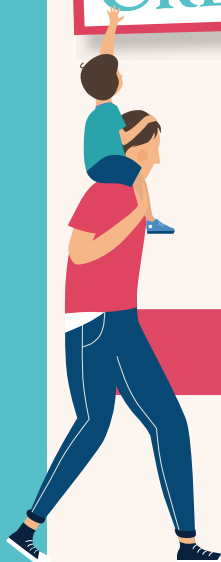
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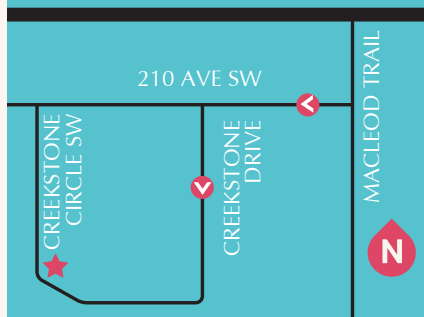
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