

APRIL 2023

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THE EVERGREEN BULLETIN



OFFICIAL COMMUNITY NEWSLETTER OF EVERGREEN AND EVERGREEN ESTATES

Happy Easter!

- EASTER EGG HUNT!
- GARDENING CONTEST
- VOLUNTEER APPRECIATION



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		Listed	Sold	Listed	Sold
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January	23	16	13	\$439,000	\$442,000
December	22	13	31	\$495,000	\$505,000
November	22	23	27	\$429,900	\$395,000
October	22	31	29	\$375,000	\$355,000
September	22	32	23	\$584,900	\$575,000
August	22	32	37	\$399,900	\$409,000
July	22	39	43	\$525,000	\$528,500
June	22	54	41	\$524,900	\$530,000
May	22	52	49	\$565,500	\$585,000
April	22	70	60	\$544,850	\$550,278
March	22	62	58	\$549,900	\$574,000

To view more detailed information that comprise the above
MLS averages please visit ever.mycalgary.com

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MESSAGE FROM THE CECA BOARD

You are invited to the easter egg hunt and family skate day events!

Hope all are doing well.

Mark your calendar for the upcoming Easter Egg Hunt event on April 8 from 10:00 am to 12:00 pm. The location is Everwillow Circle Park at 235 Everstone Drive SW. This event is one of our most popular events of the year and it has always been a great success. Each child will get a free Easter chocolate generously donated by Evergreen Shoppers Drug Mart who has been sponsoring this event for many years now.

You can purchase a drop-in ticket for \$10 per family if you are not a CECA member. If you are a CECA member, event entry is free. Please make sure that your membership is not expired and if it is expired, you can purchase your membership online (which we do encourage you to do to avoid lineups) or at the event location. The membership cost is \$20 per family per year. The annual membership entitles members to enjoy most of CECA's events for free. Revenues help us to run other community events and programs.

We are planning to have a Family Skate Day on Sunday, June 11 from 10:15 to 11:45 am at Cardel Rec South – #100 - 333 Shawville Blvd SE at Arena #4. We already have a lead volunteer for this event.

More details and updates on our events can be found on our website at www.myceca.ca and our social media.

CECA is still looking for an Event Director to manage and run community events. If you would like to join us, please email volunteers@myceca.ca. We have a few board member vacancies if you are open to other roles. You can also help us by volunteering for our year-round community events.

Please feel free to email me directly with any questions or suggestions you may have.

Thank you for your continued support,

Mohamd Sltan

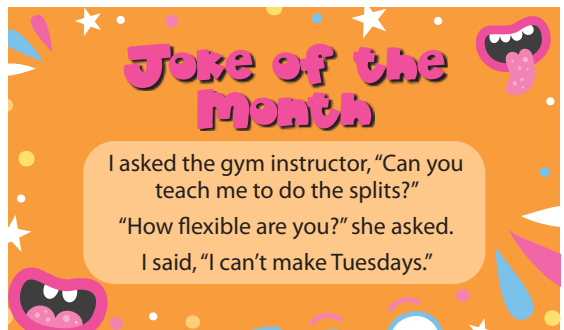
President, Calgary Evergreen Community Association (CECA)

president@myceca.ca

Senior Programs

Seniors from Evergreen and the surrounding neighbourhoods have resumed their Seniors' Hobnob at Swan Evergreen Village on the last Wednesday of the month, from 5:30 to 7:00 pm. Everyone is invited to have some conversations with seniors in the community and the resident seniors at Swan Evergreen.

Computer classes and Zumba Gold likewise resumed, where seniors in the community joined resident seniors at Swan Evergreen Village. Should you be interested to join any of the seniors' activities, please feel free to connect with CECA. Zumba classes may also happen at the Sierras of the Evergreen sometime in March.



SCAN HERE TO VIEW ADDITIONAL EVERGREEN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



CECA BOARD CONTACTS:

EXECUTIVE

President	Mohamd Sltan	president@myceca.ca
Vice-President	Paul Bushell	vicepresident@myceca.ca
Treasurer	Ashish Ambekar	treasurer@myceca.ca
Secretary	Rita Kong	secretary@myceca.ca
Past-President	Adam Frisch	info@myceca.ca

MEMBERSHIP AND VOLUNTEER COMMITTEE

Membership Director	Vacant	membership@myceca.ca
Volunteers Director	Bruno Boccaccio	volunteers@myceca.ca

FUNDING COMMITTEE

Fundraising and Grants	Ashley Oshiro	funding@myceca.ca
Sponsorship Director	Vacant	
Casino Director	Vacant	

COMMUNICATIONS COMMITTEE

Newsletter Editor	Olga Osi	newsletter@myceca.ca
Social Media	Caryn Salageanu	info@myceca.ca
Webmaster	Khushboo Agrawal	website@myceca.ca
IT Director	Vacant	info@myceca.ca

TRAFFIC AND SAFETY COMMITTEE

Traffic Director	Paul Bushell	traffic@myceca.ca
Safety Director	Utsav Agrawal	safety@myceca.ca

RECREATION AND EVENTS COMMITTEE

Recreation Director	Vacant	recreation@myceca.ca
Events Director	Vacant	events@myceca.ca
Seniors Director	Vacant	seniors@myceca.ca

PLANNING COMMITTEE

Development Director	Sap Basu	development@myceca.ca
Community Permits Director	Adetoun Osuntogun	permits@myceca.ca
Ice Rink Director	Vacant	icerink@myceca.ca

LIAISONS TO CECA

Councillor - Ward 13	Dan McLean	dward13@calgary.ca
MLA, Calgary Loughheed	TBD	calgary.loughheed@Loughheed
Community Resource Officer	TBD	
Evergreen Bulletin Newsletter Ad Sales	Great News Media	http://great-news.ca/newsletters/sw/evergreen

**If you are interested in a vacant position,
please email info@myceca.ca**

ATTENTION LOCAL PHOTOGRAPHERS!

Send us your best quality photo of the Evergreen Community or fun family activities for a chance to be chosen as the cover image for the Newsletter. You can win a \$10 gift card! Pictures must be 300 DPI and a minimum 1 MB in file size. (Sorry, no phone snap shots.) Deadline is before the eighth of each month. Please send your image to newsletter@myceca.ca.

CECA MEMBERS ONLY

The CECA Board has been able to negotiate hundreds of dollars' worth of service for Calgary Evergreen Community Association members only.

Find out more at www.myceca.ca and <https://www.facebook.com/myceca>.

- ☀️ **Orangetheory Fitness Shawnessy** – up to 20%* discount!
- ☀️ **Mari's Bridal Alteration and Sewing** – 10% discount
- ☀️ **Darelle's Designs** – 10% discount
- ☀️ **Castle Toys** – 15%* discount
- ☀️ **Stampede Cleaning Services**
- ☀️ **Your Window Guys** – \$20 off services
- ☀️ **The Branch Manager Tree Experts** – \$50 off services
- ☀️ **Lawn Guard Ltd** – 20% discount. During the COVID-19 emergency, we are continuing to provide lawn care
- ☀️ **Sun Country Farms** – coupon found at www.myceca.ca
- ☀️ **Cardel Rec South** – 5 to 10% discount for Evergreen residents, program dependent
- ☀️ **Raintech Irrigation Ltd** – 10% discount
- ☀️ **Evergreen Child Care** – 10% discount
- ☀️ **Pantelic Construction and Snow Removal** – 10% discount
- ☀️ **Wild Rose Cleaning** – 15% discount

The Calgary Evergreen Community Association does not guarantee the service, or the products offered by the aforementioned businesses.

**CECA membership card required for discounts.*



Please slow down, drive safely, and watch out for each other!

Traffic

It's Pothole Season!

It is this time of year that we see potholes start to form and utility cut sections of the road beginning to sag. Please do yourself and your neighbours a favour and report these to 311. Info below. Let us try and make Evergreen pothole-free by reporting them all! That includes the roads leading to and from Evergreen.

More Daylight!

We are into daylight saving time now, which means more light, which means more kids playing in and around the playground zones! Slow down!

The bus zones typically are around the playground zones, which means more pedestrian traffic.

School Traffic

Please remain cautious and vigilant driving by the schools. Do not make U-turns near the schools, practice safe and courteous driving as others are trying to get places quickly too, and if you see any unsafe driving, please report it, and make a traffic service request. Links are below.

Traffic Concerns in Evergreen

We are working on putting together a list of concerns in the community and will meet with City Transportation to see what can be done to make it safer. Please let us know what you see by emailing traffic@myceca.ca.

Safety

Crimes in Evergreen

Keep your doors locked! This includes car doors, garage man doors, house doors, and garage doors. It's also good (even encouraged by Calgary police) to develop a "Secure your home and property routine" before heading to bed. It is called the 9pm Routine.

Wildlife in Evergreen

There have been multiple sightings of wildlife such as Bobcats in Evergreen. Please be vigilant and keep yourself, your kids, and your pets safe. Please report cases of non-emergency concerns to 311.

Neighbour Cards

One way to break the ice with your neighbours is with the neighbour card. This a tool sponsored by the Calgary Police Service and involves writing down the contact's name and the number of the homes surrounding you.

You can download these online or pick one up at our next event. <https://calgarycommunities.com/updates/my-neighbour-card/>.

Reporting

Once again, if you witness any traffic issues on an ongoing basis, please take the time to both report it to me at traffic@myceca.ca and also via Traffic Service Request directly to the police. This can be done at <http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx>. Safety concerns can be emailed to safety@myceca.ca.

Please report road and sign issues to 311. This can be done online at <http://www.calgary.ca/CS/CSC/Pages/311.aspx> or at the app website, <http://spot311.calgary.ca>.

If you have any traffic questions or concerns, or wish to comment on anything I have written here, you can email me at traffic@myceca.ca.

Thanks,

Paul Bushell

Traffic Director and Utsav Agrawal, Safety Director

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Editorial Deadline!

Please submit all newsletter content to the CECA

by the fifth of the month!

(E.g. January 5 for February newsletters.)

All submissions can be sent to

newsletter@myceca.ca.

What is a Community Association?

What is the Community Association and what do they do? Why do they need my support? Read the below article to find out more about your community association.

Many people associate community associations with a building, but CECA is one of 50 community associations in Calgary without a building.

Taken from the Federation of Calgary Communities website:

“Your neighbourhood has a community association: a not-for-profit organization run by your neighbours and other volunteers dedicated to providing you with social, recreational and educational opportunities close to home, a variety of special events to bring you together as residents, and a voice for your community!”

Purchasing a community association membership – even as a Christmas gift – is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.”

Benefits

There are many benefits to having a membership to your community association. The Federation offers discounts with Cloverdale Paints, Servus Credit Union, and Stealth Alarms. Evergreen CA has discounts for many local businesses: Orangetheory Fitness, Lawn Guard, Castle Toys, and many more. See the info online at www.myceca.ca/membership.

Plus, your support of the CA by buying a membership will mean it has the funds for its necessary expenses. That way, it can run the events and programs for the community.

There is more information about Community Associations online.

Check out this link: <https://calgarycommunities.com/community-info/what-is-a-community-association/>.

Volunteers

A Community Association is only as good as the volunteers that run it and the community that supports it. What is put into a community is what you will get out of it. A community that knows and supports each other, not only is stronger but also safer. Community residents that look out for each other, help each other in times of distress, and enjoy spending time together make living in that community enjoyable and worthwhile. If you have time, consider giving back to your community.

We are always looking for people to join the Board of Directors or one of our committees to help accomplish our goals.

Amenities and Programs

The Calgary Evergreen Community Association continues to work towards providing events that allow residents to come together and have fun, like a permanent ice rink and other popular community programs. Working with our stakeholders and partners, whether that is neighbouring communities or city officials, we advocate to make living in this community better.

Become a Member!

Support your community by becoming a member or continuing to renew your membership. Get involved by volunteering at events, on committees, or joining the Board of Directors, and help steer the direction of the community to continue to make it a great place to live.

CA vs RA

A community association is different than a resident association. A CA has a volunteer membership and looks after events and programs. Whereas an RA or HOA (homeowners association) is a mandatory encumbrance on a home's title that is paid to a legal entity that provides certain services.

Questions?

If you have any questions about the Calgary Evergreen Community Association, email us at info@myceca.ca. Also come out to any of our events and talk to a board member about how you can get involved.



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.



CECA MEMBERSHIP REGISTRATION FORM

A community association membership is an excellent gift for the whole family! Get a Calgary Evergreen Community Association membership and these are the benefits that your family will enjoy for the whole year!

Member Discounts: Our community partners provide discounts to CECA members. Check out the CECA Members Only section in this newsletter or online under Member Benefits.

Cardel Rec South also extends discounts for community association members for partner communities.

Events: Calgary Evergreen Community Association organizes and sponsor the following annual events and programs: Winter Festival, Easter Egg Hunt, Parade of Garage Sales, Community Clean Up, Member-Only Movie Screening, Christmas Lights Contest, seniors' events and programs, kids' programs, and community engagement opportunities.

Join or renew your membership at <http://www.myceca.ca>

or complete the form below and mail along with a cheque for \$20 payable to "Calgary Evergreen Community Association": PO Box 24007 RPO Evergreen, Calgary, Alberta, T2Y 0J9.

All this and more, for only \$20 per year for the whole immediate family! Annual membership expires at the end of the month one year from the when it was purchased.

Join Us Today!

Calgary Evergreen Community Association (CECA) is actively involved in current and future development for the community. This includes developing the Evergreen Community Park (1150 Everridge Dr. SW), community land use, playgrounds and the community outdoor ice rink.

We also advocate for the community on concerns of traffic, safety, and awareness.

Join today and help us plan future community amenities that would benefit ALL EVERGREEN residents. Possible amenities may include permanent ice rink, community

centre, rink house, outdoor stage, natural playground, community garden, and park landscaping.

The Calgary Evergreen Community Association is different than the Evergreen Residents Association. Visit the evergreenresidents.ca website to learn more and see if your home is within their boundary. If you are, their \$100 membership is mandatory and is affixed to the title of your property. That fee only goes toward some garden maintenance and landscaping and does not come to the community association.

CECA or SECA?

Also, if your street name includes 'Evergreen,' you are in the Evergreen Estates which belongs to Shawnee Evergreen. You can purchase a SECA membership by going to www.shawnee-evergreen.ca. CECA Associate Memberships are available, but holders do not hold voting rights at the AGM. Contact info@myceca.ca if you have any questions.

MEMBERSHIP REGISTRATION FORM



To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20 made payable to **Calgary Evergreen Community Association** and mail to:

P.O. Box 24007 RPO Evergreen, Calgary, AB T2Y 0J9

Household Information (Held in confidence):

Last Name: _____ First Name: _____

Spouse/Partner First/Last Name: _____

Residential Address: _____

Postal Code: _____ Contact Phone Telephone: _____

E-mail Address: _____

E-mail address is especially important if you want to receive CECA communications. Your email address will be added to our low-volume mailing list. You may choose to opt-out of the list at any time.

Please mark (a) your choice as a volunteer:

Board of Directors member Don't know, ask me! Membership Campaign canvasser Special Events

Payment (\$20.00): Cash: _____ Cheque # _____

CECA Privacy Policy: All information is strictly confidential.

Online payment by credit card or PayPal™ is available at www.myceca.ca/membership.

Calgary Evergreen Gardening Contest

Do you have the best-looking garden in Evergreen?

Enter the Evergreen Gardening Contest and find out!

Sponsored by the Calgary Horticultural Society and the "Spruce It Up" Garden Centre (and potentially some others).

Registration opened on March 1 and closes June 30, 2023.

Fill out the entry form at www.myceca.ca/gardening or download the form and email it to gardening@myceca.ca.

Download the rules for the contest from our website at www.myceca.ca.

Judging will take place in August.

For the first year the contest will only be open to single detached homes in the community of Evergreen, not including Evergreen Estates or Shawnee Slopes or Park.

See the rules to see if your garden is eligible.

Questions can be emailed to gardening@myceca.ca.

EVERGREEN GARDENING CONTEST



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Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?," or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).



Brett B. (6)



Charlotte K. (8)

Congratulations to Brett B. (6) and Charlotte K. (8), the winners of the February colouring contest! Big thanks to the Constituency Office of Honorable Jason Kenney, the previous MLA for Calgary-Lougheed, and to Nancy Cuellar, from "Bilingual Reaching My Potential Dayhome" for kindly sponsoring this month's prizes.



The Calgary Evergreen Community Association Needs Your Help!



**We are looking for volunteers to join the
CECA Board of Directors!**

The following Director positions are available:
Membership, Events, Recreation, Seniors, IT, and
Rink. Training is available.

We need your help to bring activities and programs
to Evergreen!

Contact us at info@myceca.ca
for more details.

April 16 to April 22 is National Volunteer Week!

It's time to say thanks to everyone who dedicates their time to supporting the community.

Dear Evergreen Community Volunteers and Sponsors, Thank you very much for your sustained and generous contributions to CECA. We are sincerely grateful for your time and services. Our community relies on the selflessness and hard work of volunteers like you.

Volunteers are the backbone of our organization, and our work would not be nearly as impactful without our volunteers' ideas, skills, time, passion, and sacrifice for the cause. Your willingness to help has strengthened our mission and makes a real difference in the lives of those we serve.



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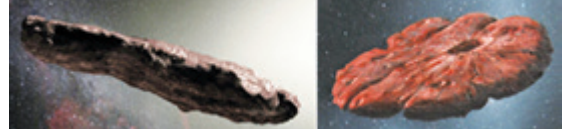
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RESIDENT PERSPECTIVES

Stargazing with Pat J

by Patricia Jeffery © 2022 Calgary Centre of the Royal Astronomical Society of Canada

Oumuamua (oh-moo-ah-moo-ah)



Imagine that you wake one night to witness a strange vehicle racing past your house. Before you can get a good look at it, the object vanishes into the darkness.

On October 19, 2017, Robert Weryk, an astronomer at the University of Hawaii, observed just such an entity. Working backwards to plot its bizarre trajectory, Weryk eventually identified it as the first interstellar object ever discovered, meaning it originated from somewhere beyond our solar system.

By the time Oumuamua (Hawaiian for 'messenger from afar') was spotted, it was already on its way out of town, having made a hard left at the Sun 40 days earlier. This only allowed astronomers a scant 11 days to study this otherworldly visitor before it faded from view.

What we know about Oumuamua:

- It was the weirdest object ever seen in our solar system.
- It came from the direction of constellation Lyra and is now headed toward constellation Pegasus.
- Despite being only a pinpoint of light in the Hubble telescope, NASA felt it had a 400 x 40 metre cigar shape that grew brighter then dimmer, indicating a tumbling rotation. Other scientists favoured a shiny pancake profile.
- SETI (Search for Extra Terrestrial Intelligence) detected no unusual radio emissions.
- It was originally categorized as a comet, but as it lacked a tail, was reclassified as an asteroid.
- It sped up to 315,800 km/hr as it approached the Sun then continued to briefly accelerate afterwards. While an asteroid can't do this, a comet can, but because of the missing tail, Oumuamua was re-reclassified in 2018 as neither a comet nor an asteroid.
- A controversial Harvard astronomer proclaimed that it may have been a spacecraft with a lightsail that utilized the Sun's radiation pressure to propel it forward.
- Whatever it was, Oumuamua is long gone and will not pass our way again.



**2023 Calgary Evergreen
Community Association
Easter Egg Hunt!
Sat. April 8th 10am – 12pm**



Everwillow Circle Park, 235 Everstone Dr. SW
Sponsored by Evergreen Shoppers Drug Mart

Free for CECA Members,
\$10 for non-member families

Photos with the Easter Bunny, Large Chocolate
Bunny contest, free hot chocolate/coffee, and
colouring station!

Tips for Creating Beautiful Gardens

- **Add flowers or flowering plants.** Splashes of colour break up green, provide variety, contrast, and focal points. Try sowing both annuals and perennial flowers. e.g., cosmos, hydrangeas, sunflowers, and marigolds.
- **Control weeds.** Remove weeds before they go to seed. Compost plants that compete with what you really want in your garden.
- **Group plants around a theme.** Create a collection of plants with the same foliage or flower colour for greater impact. Theming an area of your garden by clever use of colour is an easy trick to use.
- **Add some garden art.** Garden art can be any ornament, collection, treasured find, or something you make. When you add decorative items to your garden, it reflects your personality and adds character to your small space.
- **Use colourful pots or feature containers.** Feature planters can help draw the eye to a focal plant or area. A planter with a splash of colour is a simple example of 'less is more.'



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Calgary Evergreen Community Association June Family Skate Day



When: Sunday June 11, 2023 from 10:15-11:45AM

Where: Cardel Rec South - #100 - 333 Shawville Blvd SE at Arena #4

Beat the June heat!!!

Please Join us for this fun family drop-in event and get to know your Evergreen neighbors! Bring your own ice skates. Helmets are **STRONGLY RECOMMENDED**. Please note that there are no skate rentals at this facility.

Free for CECA Members

Non-Members: \$10/family (2 adults and up to 3 children of the immediate family) or \$3/pp. 2 years old and under FREE.

Cash or E-Transfer Only Please.

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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Shawnee-Evergreen Community Association Area Boundaries

Households in the area shown below are eligible to become regular members.

- For Evergreen Estates, your street name will include 'Green,' for example, Evergreen.
- Almost all other areas will include 'Shawnee' in the street name.
- Fish Creek Exchange and Beacon Hill condominiums are within the SECA boundaries.
- 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 Stampede Festival - June 24, 2023.
 - o Community Cleanup - September 16, 2023.
 - o Community Campfires.
 - o Monthly Children's Programs.
- Advocacy supports residents' interests with respect to:
 - 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

Purchase a SECA membership to support programs, events, and the advocacy work that SECA does on your behalf. Pay just \$20 every 12 months. Complete the form and deliver it with your cash/ cheque to the mailbox at 715 Shawnee Drive SW or create a profile on shawnee-evergreen.ca and pay by credit card.

Questions? Email membership@shawneevergreen.ca.

Household information (held in confidence in accordance with Privacy Legislation):

Surname 1: _____ Given Name: _____

Surname 2: _____ Given Name: _____

Street Address: _____

Postal Code: _____ Phone: _____

E-mail 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@Shawneevergreen.ca.





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PRESIDENT'S MESSAGE

Happy Spring!

SECA has an exciting list of projects on the go. Some are just forming, and we're not ready to announce them yet, but they will be impactful to the entire community if we can pull them off. Stay tuned!

Planning for our Stampede Festival, co-hosted with our friends at South Gate Alliance Church, is in full swing. We made many new connections and learned a lot last year. This year's event promises to be even better. If you'd like to get involved in the planning process or on event day, please email us. Plan to attend on June 24. Bring your friends and family members.

Use the QR codes to learn more about our free monthly children's programming. Registration is required for Art in the Park and for Families in Nature. Please drop in (no registration required) for the Adventure Play, a loose parts play opportunity in the community. Families from all over the southwest are attending and we'd love to see more SECA families giving these monthly programs a try.

Mark Your Calendars for These Events:

- **Stampede Festival** – Saturday, June 24 from 9:00 am to noon
- **Community Cleanup** – Saturday, September 16 from 9:00 am to 2:00 pm
- **Fundraising Casino** – September 24 and 25 – Volunteers needed!

We have received several requests for 55+ programming. SECA is keen to support this idea and we have casino funds for these programs. With a volunteer or two to assist with coordination, we could make it happen.

Our monthly winter Community Campfires were well attended. Would you like to see more of these through the spring, summer, and/or fall? Please email us to let us know. And if you'd like to help coordinate an event, we could use your help so that our core team can focus on other work. It is easy to use our detailed event plan and we'll help too!

Several families have expressed concern over speeding in our community and along Fish Creek Blvd where children cross to attend Evergreen School. Remember that the speed limit in neighbourhoods is 40km unless otherwise posted. For example, 50 km/hr is the limit on collector roads. Please be aware of crosswalks and the 30 km/hr zones around schools and playgrounds.

It's time for spring cleaning! Please do your bit to keep our community looking its best. Take a bag with you on your walks to pick up garbage that may be exposed as the snow melts. Also, note that homeowners are responsible to keep both sides of fencing in good repair. This includes the side that faces busier roadways like James McKeivitt Rd SW.

We can serve you best when we are connected!

- Email info@shawneeevergreen.ca
- Receive our electronic newsletters by emailing info@shawneeevergreen.ca
- Like our Facebook page @ShawneeEvergreenYYC. (IG coming soon)
- Become a SECA member for just \$20 (valid for 12 months) at shawnee-evergreen.ca

SECA is building a neighbourly community where residents feel a sense of belonging and community pride. Join us in this valuable work!

Lynn Jobe

SECA President



Adventure Play



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FRIENDS *of* Fish Creek

April in Fish Creek

Fish Creek Community Terrace

Phase 3 Bricks are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/brick>.

Volunteers Needed

Do you have free time and want to take part in volunteering opportunities occurring in Fish Creek Provincial Park? The 2023 volunteering season is just around the corner, and no matter your skill level or availability, we have a volunteer activity that is perfect for you. If you are looking to get outside and get your hands dirty, then you might like stewardship programs like invasive species management or restoration. One of the biggest environmental concerns in the park is invasive plant species and we need your help to locate and remove these plants and help minimize their impact on this park. You can also support biodiversity in Fish Creek through our restoration program by helping with pruning, staking, flagging, weeding, repairing fences, maintaining the stewardship vehicles, and so much more! The Friends are also looking for Park Watch Stewards and Fish Creek Ambassadors to help park visitors and engage with community members. Get to know the park and meet some amazing people here in the Fish Creek community. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.



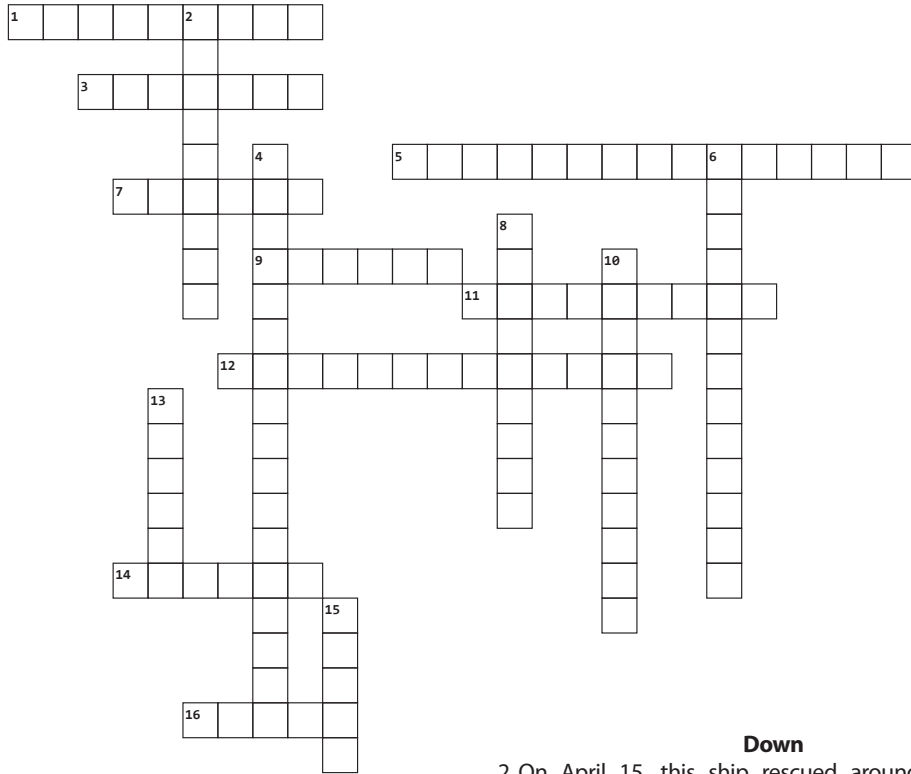
Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% of every sale made through this exciting ongoing fundraiser.

April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pelletier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY



Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

Gently used toys, small furniture, and pots and pans:

Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals:

Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens:

Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics:

Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries:

Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup:

Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

Homeowner Water Guide – Spring Checklist

from the City of Calgary

Protecting Calgary's precious water resources is a shared responsibility among The City, businesses, and Calgarians. There are many actions you can take to ensure your home is using water efficiently.

Inside

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15 to 20 minutes.
- Look in the bowl. If the water changes colour, you've got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

Outside

With spring around the corner, it's time to think about outdoor water efficiency. Add these items to your spring checklist:

- Check your outdoor taps, irrigation system, and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year's garden.
- Set up your rain barrel.
- Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you're helping protect Calgary's water resources by:

- Keeping our rivers healthy by removing less water.
- Saving money and energy on treating and delivering water.
- Extending the use of our water treatment plants.
- Making drought less impactful to our homes and businesses.
- Increasing our resiliency to climate change.

To learn more about water efficiency, visit calgary.ca/waterguide.

Keeping Storm Drains Clear This Spring

from the City of Calgary



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled Water on Your Street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a Picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.



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Dealing with a Cough

from Alberta Health Services

A cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat can also cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better. Some people may also cough or clear their throat out of habit, for no clear reason.

How Can You Care for Yourself at Home?

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat. Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to soothe a dry or sore throat.

Throat Clearing

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.



Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard on your vocal cords. It's like slamming them together.

To Help Lessen Throat Clearing, You Can Try:

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.

Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

Call Your Doctor or Health Link at 811, or Seek Immediate Medical Care If:

- You cough up blood.
- You have new or worse trouble breathing.
- You have a new or higher fever.

Watch Closely for Changes in Your Health and Contact Your Doctor or Nurse Advice Line If:

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus.
- You do not get better as expected.

Preventing Cervical Cancer

from Alberta Health Services



Did you know that regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to

cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25, or three years after becoming sexually active, whichever is later.

Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV-related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had the HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit screeningforlife.ca.



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

27 Ways to Say No

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

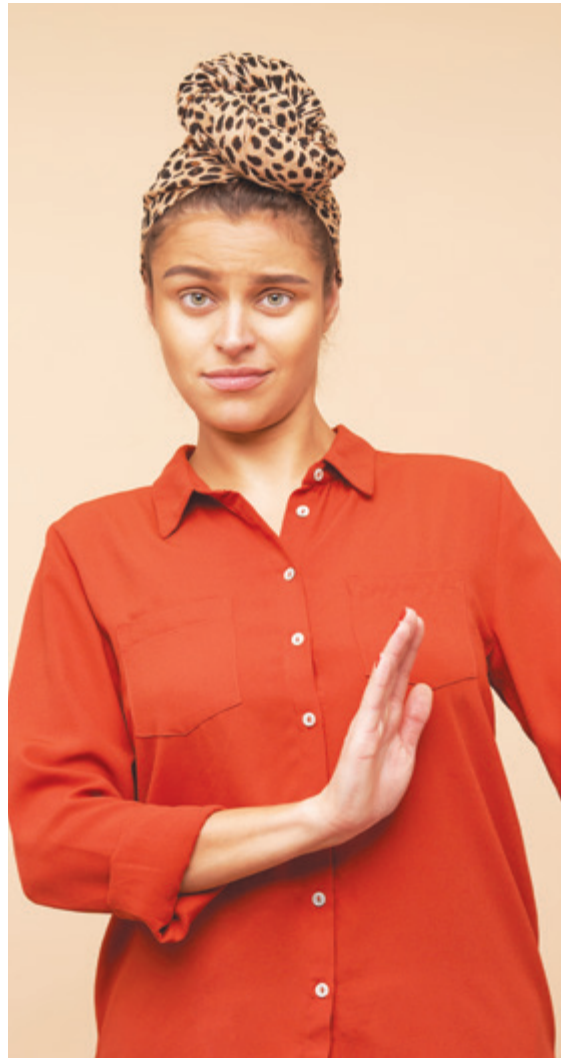
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

Encouraging Kids to Help in the Kitchen

from Alberta Health Services

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning, but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to get involved in the kitchen:

Planning Meals:

- Even very young children can assist with planning meals.
- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

Preparing Meals:

- Young children can help count ingredients, add ingredients to bowls, stir, and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes, or wraps, and have each person choose their own toppings and ingredients.



Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

Cleaning Up:

- Everyone can have a cleanup task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School-aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.



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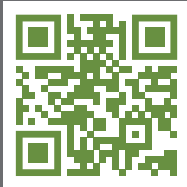
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BRIDLEWOOD MUSIC LESSONS: Private piano, woodwind, brass, and theory lessons, in-person or online. Highly-qualified (BMus) instructors with 20+ years of experience. Classical and jazz styles, RCM/Conservatory Canada exam options. Specialized university audition prep available. All ages and skill levels welcome. Become your best musical self! Call 403-813-7303 or visit us at www.bridlewoodmusic.com.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

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.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less 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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

NEED YOUR PERSONAL TAX RETURN PREPARED AND FILED? Personal returns starting at \$75. Tax preparer and financial consultant with over 30 years' experience. Located in Bridlewood. Contact Anne at 403-404-6225 for additional information and a price quote.


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SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

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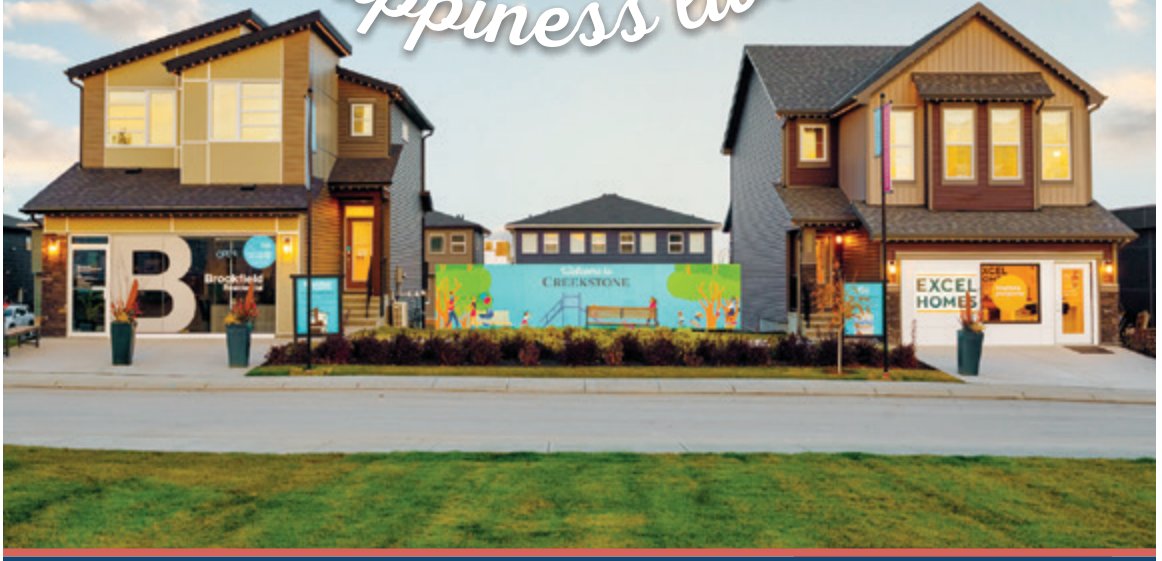


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