

APRIL 2020

DELIVERED MONTHLY TO 6,800 HOUSEHOLDS

THE CHRONICLE

BRINGING MILLRISE, SHAWNESSY & SHAWNEE SLOPES RESIDENTS TOGETHER
OFFICIAL NEWSLETTER FOR SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION (SECA)



www.shawnessy.ca | www.millrise.org | www.shawnee-evergreen.ca

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



Only 8 Immediate Possessions Left

Sanderson
RIDGE
ON FISH CREEK PARK

Live Fully

Lease or Purchase
403.460.3771
www.sandersonridge.ca



bjornson
DESIGNS INC

PROUDLY SUPPLYING
QUALITY *Cabinetry*
IN CALGARY FOR 15
YEARS...

bjornsondesigns.com
3403 – 8th St SE Calgary, AB

Kitchen | Bathroom | Laundry | Wetbar



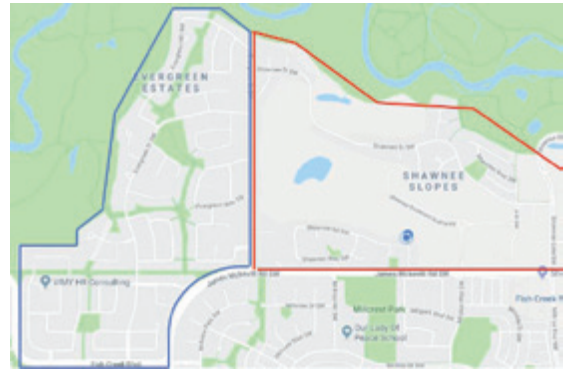
Shawnee-Evergreen Community Association Area Boundaries

SECA BOARD OF DIRECTORS (2019/20)

Send e-mail to info@shawneevergreen.ca

OFFICERS:	
President	VACANT
Vice President	Lynn Jobe
Secretary	Rose-Lyne McCall
Treasurer	Maigul Wickham
OTHER DIRECTORS:	
Director of Development	Norm Rousseau
Director at Large	John Raich
Director at Large	Ajay Khanolkar
Director at Large	Zeinab El Kady
Director at Large	Lydia Scratch
Director at Large	Yogesh Dua
general email	info@shawneevergreen.ca
SECA Plays email	play@shawneevergreen.ca

If you live in the area shown below (inside the lines) and your street address name contains EverGREEN or Shawnee, or you are a resident of the Beacon Hill condominiums at 14645 6th Street SW, you are eligible to be a Regular Member of Shawnee-Evergreen Community Association (SECA)



- 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 Evergreen Blvd SW
- On the South North of James Mckevitt Road and Evergreen Boulevard SW

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media and the Shawnee-Evergreen Community Association and/or Residents' Association. The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and Shawnee-Evergreen Community Association do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.



403.279.2797

supremewindows.net
sales@supremewindows.net

Building Quality
Windows and Doors in
Calgary since 1967

Ask us about Financing



**BEST
AWARD**
WINNER 2019

WINNER
2019
CHOICE AWARDS

He was a Good Egg

Professor of the Graduate Theology Union of Berkeley, Lizette Larson-Miller, traced the origins of the Easter egg hunt back to Protestant Christian Reformer, Martin Luther. The men of his congregation would hide eggs for the women and children, making the Easter egg hunt a 500-year-old tradition!



BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 9

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

To Advertise Call 403 720 0762
 Email sales@greatnewsmedia.ca
GREAT NEWS MEDIA
 LEADERS IN COMMUNITY FOCUSED MARKETING



HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts the June Stampede Breakfast at South Gate Alliance Church
- Sponsors the Annual June "Community Parade of Garage Sales"
- Sponsors Community Clean-up in September at South Gate Alliance Church
- Provides input and authorizes monthly Community Newsletters delivered to all 3000+ households
- Provides a director for the Board of the South Fish Creek Recreation Association (Cardel Recreation Centre South)
- Provides SECA members with a 10% discount on Cardel Rec Centre South programs
- Provides a director for Trico Centre for Family Wellness
- Works with Cardel Homes, Graywood Developments and the City to try to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding Fish Creek Lacombe LRT station
- Involved with the City in transportation issues (e.g. SW Ring Road, traffic and safety issues, etc.) that impact our community
- Address speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6 Str. SW intersection)

MEMBERSHIP REGISTRATION FORM

To purchase a membership in Shawnee-Evergreen Community Association, please go to our web site at shawnee-evergreen.ca/membership. Alternatively, fill in this form and mail or deliver to Shawnee-Evergreen Community Association c/o Maigul Wickham 130 Shawnee Common SW T2Y 0P9

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: _____

E-mail address is especially important if you want to receive SECA communications

Please mark (✓) your choice as a volunteer:

Board of Directors member

Stampede Breakfast helper

Don't know, ask me!

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

Volunteers are the heart of our community. We hope that more and more of our residents will join in our vision of creating a more neighbourly community. It is such rewarding work!

National Volunteer Week takes place from April 19 to 25, 2020. We celebrate our incredible volunteers and the positive impacts they are making.

From board members to committee members to event volunteers the contributions of our volunteers help to make our community a warm and friendly community.

Volunteering with SECA is very rewarding! We have openings on the Board of Directors and on committees. Or, if you would prefer to volunteer for specific tasks, volunteers with some basic social media skills, newsletter editing, use of Mailchimp, or website and CRM management would be warmly welcomed. We are looking for event volunteers to help us with our Stampede Breakfast. Please email info@shawneeevergreen.ca to see how your skills and experience could support SECA's work.

May is membership month and we are recruiting volunteer canvassers. As membership revenue funds our operations, this campaign is foundational to our organization's success. Please contact us if you can spare some time in May to canvas 20 to 30 nearby homes. It's a great way to meet your neighbours! This year we are offering an Orientation Session for canvassers to prep you for the task. Please welcome canvassers to your door during the month of May.

SAVE THE DATE: Our annual Stampede Breakfast is returning on June 20th and will once again feature the Backroad Traveler Band, the City's Mobile Adventure Playground and all the usual activities. Come for breakfast and enjoy the fun!

Thanks to those residents who took action around the parking issues on 6th Street. New signage and parking zones are on their way to make that street safer. When we work together, we can make things happen!

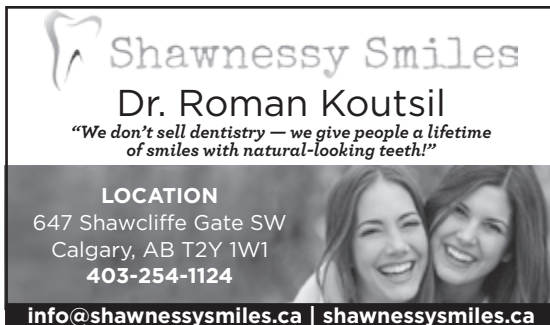
Thanks also to the families that agreed to be interviewed by our MRU practicum student. Some interesting themes are emerging, and we look forward to sharing Laura's report with the community soon.

Graywood Development's Land Use Amendment updates are available via our e-newsletter and Facebook or by emailing our Director of Development at Norm@view-our-homes.com.

We can serve you best when we are connected! Receive our electronic newsletters by emailing info@shawneeevergreen.ca and like our Facebook page, @ShawneeEvergreenYYC. Please consider becoming a SECA member for just \$20 at shawnee-evergreen.ca. Our Board meetings are open though we appreciate knowing if you plan to attend so that we can manage our agenda.

The Board of Directors is always interested in your feedback! We are looking forward to meeting you at our events this year!

Lynn Jobe, VP@shawneeevergreen.ca



Shawnessy Smiles
Dr. Roman Koutsil
"We don't sell dentistry — we give people a lifetime of smiles with natural-looking teeth!"

LOCATION
647 Shawcliffe Gate SW
Calgary, AB T2Y 1W1
403-254-1124

info@shawnessysmiles.ca | shawnessysmiles.ca



PLUMBER
PLUMBOB For All Your Plumbing Needs

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: **403-461-3490**

Don't Leave Pets Out of Your Plans

April is a great month for dogs and cats alike. Warmer weather means longer walks for dogs and lazy days by the sunlit windows for cats. But that life of leisure and serenity can be turned upside-down in an emergency.

"Our pets are members of our family. When faced with an emergency or disaster, the last thing a pet owner wants to do is leave a pet behind," says Chief Tom Sampson of the Calgary Emergency Management Agency. "That's why we recommend having a plan for your pet as well as your family."

Here are some steps you can take to ensure the safety of your furry friends during an emergency or disaster:

- Make sure your pet is identifiable. If you become separated during an emergency, this will make it easier for you to find them.
- Prepare a pet emergency kit with a sturdy crate or carrier, a leash, 72-hours' worth of food and water and special medication if needed.
- Make a list of pet friendly hotels or relatives you can stay with as emergency shelters don't normally accept pets.
- Visit Animal Services to get a door or window sticker that informs emergency services that there is a pet in the home.

Taking these steps now, will save a lot of time and stress during an emergency or disaster. To learn more visit calgary.ca/getready or come and join us at Disaster Alley on May 4 at McMahon Stadium.



SOIL • MULCH • CRUSH & DECORATIVE ROCK



TAKE DELIVERY BY APRIL 30TH

SAVE \$20*

NATURE'S BLEND GARDEN SOIL

Regular \$169 – Less Discount \$149

WIN

Discount Code

* **ELXGN20**

Visit BigYellowBag.com and ENTER THE CODE to receive your DISCOUNT and/or WIN a BigYellowBag®

EAGLE LAKE • 403-235-8873 • FREE DELIVERY
Within BigYellowBag's delivery zone

Order Online at BigYellowBag.com

SECA Plays announces:

Outdoor Survival Skills

Learn to thrive in the wild



April 25 – You need a shelter?

May 9 – You're lost - now what?

1 to 3 PM

for 9-12 year olds

Fish Creek Provincial Park

Try a session, then free with [SECA membership](#),
or a \$20 [Annual Program Pass](#) for non-residents



**SHAWNEE EVERGREEN
COMMUNITY ASSOCIATION**



[@SECAplays](#)
for updates

Registration Required via play@shawneevergreen.ca

Neighbour Day 2020

Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 20.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 20. As of January 1, 2019, The City has waived fees for block party permits. Please note that the deadline to apply for these permits is May 29, 2020. Visit calgary.ca/NeighbourDay for more information.



BRAIN GAMES SUDOKU

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

Fun For Seniors



Seniors – it's time to get out and join in the fun at Swan Evergreen Village by Origin!

When: The last Wednesday of every month

Time: 6pm – 7pm

Enjoy Free Coffee, Tea and Snacks
Great Conversation, Games and Activities
Make New Friends!

Contact Colleen or Zahira for more details and to RSVP

**FULL SERVICE RENTAL, ASSISTED LIVING
AND MEMORY CARE SUITES**

Swan
Evergreen Village
by ORIGIN

2635 Eversyde Avenue SW
Calgary, Alberta
587-481-6638
Open Daily: 9am to 5pm
www.originswanevergreen.ca

It's Tax Time Again...

CORPORATE & PERSONAL TAX
FOCUSING ON SMALL & MEDIUM
BUSINESSES

Ramsey & Mahajan
Accountants & Consultants

Visit our website

www.rmaccountants.com

Phone: 403-256-8118

Fax: 403-256-8103

**Suite 213, 280 Midpark Way SE
Calgary AB, T2X 1J6**

The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Simone Mersereau	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Ambell Hall	403-991-2547	newsletter@shawnessy.ca
VOLUNTEER DIRECTORS:			
Community Affairs			
Community Events Advertising	Dana Fyles		danafyles@gmail.com
Fundraising - Gaming			
Grant Application Director	Tom Lange		rockfish75@hotmail.com
Membership	Marilou Sustento Fairhall	403-813-0632	Majonzak@shaw.ca
Community Planning	Vacant		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Amber Hall	403-991-2547	newsletter@shawnessy.ca
Social Director	Vacant		
Volunteer Director			
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Jennifer Dickinson	403-554-7299	jendickinson13@gmail.com

**KIDNEY
DONOR
NEEDED**
NEEDKIDNEY.CA

Kidney Health Awareness

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email info@needkidney.ca if you wish to donate.

Website NEEDKIDNEY.CA

Music to My Ears: **The Shadowy Fossegrim**

by Alexa Takayama

When I think of April, one of the things I think of is all the melting snow coming down from the mountains. I was poking through my list of mythological creatures to try to decide on what to write on this month, and I settled on the Fossegrim—a waterfall-dwelling water spirit that takes the form of an old man and likes to play stringed instruments.

Fossegrim originates from Scandinavian folklore, namely in Norway and Sweden. Fossegrim literally means “waterfall lord*.” He’s known as a Strömkarlen in Swedish, meaning “stream man.” The descriptions of his appearance are varied from region to region and story to story. He is usually an old man who wears a green hat and has a mouth full of green teeth. Other times he has green hair and green eyes to match. Sometimes he is described as looking like a young boy. Occasionally, he’s a sort of centaur-like figure, probably because he is very similar to the *näk*—Scandinavian kelpies, essentially. He is said to have “slit ears” (like gills, maybe?) and he will keep his feet hidden.

The Fossegrim is known to be an exceptionally talented fiddler or harpist. There is magic in his music which makes it so the strings play the sounds of the forest, wind, and water. His skills are much sought-after, and he can be convinced to teach those skills in exchange for a food offering. With the caveat being that this food offering must be a white ram thrown butt-first, without looking, into a northward-flowing waterfall. Sound oddly specific? Well, this offering also must be made specifically on a Thursday evening** and in secrecy. *Alternatively*, if chucking a whole goat into a waterfall is a little too inconvenient for you, you can provide smoked mutton as a substitute, but it has to be stolen from your neighbour’s pantry, four Thursdays** in a row. Now, if you don’t provide *enough* meat, the Fossegrim will only teach you how to tune your instrument.

Let’s assume you’ve managed to provide a satisfactory, albeit odd, meal to the Fossegrim and he has

agreed to teach you his skills. His teaching style is a little extreme: he will guide your hand onto the instrument, drawing the fingers along the strings until they bleed. But after that, you’ll be able to play so well that trees will dance and torrential waters will stand still. I’m also assuming you will be learning while standing waist-high in a frigid cold fjord.

Apparently, the Fossegrim has eleven variations in his repertoire, but I couldn’t find what the first ten were, as everyone seems to jump straight to the eleventh. Forget *Twinkle, Twinkle Little Star*, we’re going straight for Paganini’s *24th Caprice*. The reason this eleventh piece is so desired is because if a mortal plays it, every person and living thing must dance. Because making trees dance and water stop wasn’t enough.

Speaking of Paganini—he was rumoured to have made a deal with the devil to acquire his musical genius. Well, there were Scandinavian fiddlers who were so skilled that it was rumoured they had been taught by the Fossegrim. Two of them were Torgeir Augundsson (1801-1872) and Ole Bull (1810-1880). Because somehow it was more conceivable to people that making agreements with supernatural, nefarious spirits was how you got good at making music. Instead of, you know, practicing.

So, if you’re thinking of taking up the harp or the fiddle, it’s probably easier to put in 40 hours of practice a day than throwing an ungulate into a river. Just saying. Now go practice.

* Okay, so the etymology of “grim” is a bit varied. It’s Old Norse and could be used to denote an intimidating hooded figure. In Icelandic texts, it meant heartless, strict, or wicked, and was very similar to the word for wrath, *gramr*. And *gramr* was usually used as a name for “lord”. Regardless of the origin, it says a lot about the Viking ruling class.

** I’m guessing that this has something to do with Thor, as he is associated with rams, and Thursday is literally from Old Norse “Thor’s Day”.





April in Fish Creek Provincial Park

The Amazing Step Up 4 Students Race

Show your support for healthy lifestyles and healthy greenspaces by supporting the Step Up 4 Students Race on June 6! For the second year in a row, NSTEP (Nutrition, Students, Teachers, Exercising with Parents) and the Friends of Fish Creek are teaming up to bring you this annual family-focused event, taking place at the beautiful Hull's Wood area of Fish Creek Provincial Park. NSTEP shares the Friends of Fish Creek's vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. The Friends of Fish Creek and NSTEP need your help to make this year's Step Up 4 Students Race a success and we are looking for community members to help us purchase race day t-shirts. Our goal is to raise \$2,000 for race-day t-shirts for the runners and with your help we can reach our goal! For more information, please visit <https://friendsoffishcreek.org/event/nstep>.

Dedicate a Brick Today!

Leave a Lasting Legacy and Show Your Support for Fish Creek Provincial Park! Phase 4 Bricks are going fast! There are fewer than 25 bricks available in the fourth and final phase of the Friends Brick Pathway in front of the Cookhouse at the Bow Valley Ranch in Fish Creek Provincial Park. This program began in 2017 to commemorate the 25th Anniversary of the Friends of Fish Creek. If you did not get a chance to dedicate a brick, now is a great time to dedicate one of the remaining bricks. Bricks are only \$250 each and you will receive a valuable tax receipt for your donation. A brick would also make an amazing gift for anyone who enjoys visiting Fish Creek Provincial Park and would like to see it protected and preserved.

For more information, please contact the Friends of Fish Creek at 403-238-3841 ext. 1 or visit <https://friendsoffishcreek.org/brick>.

Fish Creek Community Showcase

The Art of Judith Hall – April – June 2020

Judith's love of art began at an early age when she started painting with her father. She took private lessons into her teens, earned her Full Drawing Certificate from the Royal Drawing Society in London, England in 1959, and continued pursuing her artistic endeavours throughout her life while working as an organic chemist and raising her family. Her subjects include landscapes, nature and people, and her professional background in science infuses her work with a great attention to detail, matched only by her obvious love for the environment and the outdoors. Join us for our Meet the Artist Event to kick off Judith's exhibit on Friday, April 3 from 6:30-8pm. For more information, please visit <https://friendsoffishcreek.org/programs/fccs>.

The April Fish Creek Speaker Series - Energize with Grizzlies

Presented by Hanna Thai, Energy Efficiency Educator, CPAWS Southern Alberta Chapter

Wednesday, April 15, 2020, Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

What do grizzly bears and our energy systems have in common? CPAWS's newest interactive program will engage audiences in the current state of the grizzly bear as a species at risk and explore solutions like energy efficiency as a means to protecting wildlife. Registration Required, free to Friends members and \$10 for non-members. <https://friendsoffishcreek.org/event/grizzlies>.

Become a Park Protector and Help Protect and Preserve Fish Creek Provincial Park!

As a Park Protector, you will be part of an extraordinary group that is helping us tackle our most complex challenges and long-term projects. Kindful, our new secure payment system is used to effortlessly contribute Park Protector donations from a credit card of your choosing. As a Park Protector, you will help keep administrative costs to a minimum, which means more of your donation will go to support our programs, courses and events in Fish Creek and local communities. To learn more about the Park Protector program please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/park-protector-signup>.



**Premier of Alberta, MLA for Calgary-Lougheed
Hon. Jason Kenney**
2105, 230 Eversyde Blvd. S.W. T2Y 0J4
403 238-1212
calgary.lougheed@assembly.ab.ca
*Serving the communities of Bridlewood,
Evergreen, Millrise and Shawnee Evergreen*

Just over one month ago, the Government of Alberta released Budget 2020: A Plan for Jobs and the Economy. In it, we continue on our path to balance the budget by 2022-23, while protecting the services that Albertans rely on the most. In fact, we are not just protecting those services; we are funding them at their highest levels in history.

- Healthcare is funded at a record \$20.6 billion
- Education is funded at a record \$8.3 billion
- Seniors and Housing is funded at a record \$637 million
- AISH supports are funded at the highest levels in Canada
- Children's services is funded at a record \$1.6 billion

Those numbers are in black and white and can be found in our budget, at alberta.ca/budget.

On top of ensuring that our public services are able to look after the Albertans who rely on them, we remain committed to getting Alberta back to work.

That's why we released our Blueprint for Jobs. This plan highlights the bold action we have already taken, including our Red Tape Reduction action plan, as well as the Job Creation Tax Cut that is estimated to create 55,000 new jobs in Alberta when fully implemented.

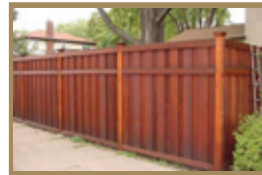
Our Blueprint for Jobs has already led to important investments that the government is making to create jobs, like the \$100 million dollar loan to the Orphan Well Association to create 500 jobs and also begin important reclamation on land impacted by oil and gas development.

We are taking the necessary steps to get Alberta back on track and to protect and fund our most critical services at their highest levels ever. And we are taking bold action to get Albertans working again. We won't stop until the job is done.



JACKSON & JACKSON
LANDSCAPING

CUSTOMER SATISFACTION GUARANTEED

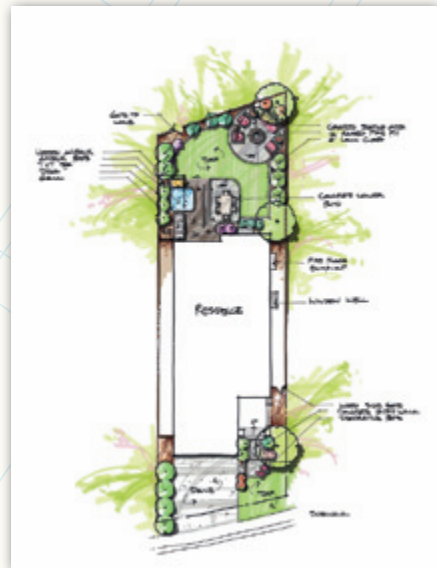


We specialize in all forms of landscape and Construction

- *Decorative Concrete Curbing*
- *Custom Decks*
- *Fences*
- *Retaining Walls*
- *Irrigation*
- *Stamped and Exposed Concrete*
- *Bulk Topsoil Deliveries*
- *Through Tip Top Soil*

GOT A PLAN?

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Millrise / Shawnessy. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

AFFORDABLE DENTAL CARE MINUTES FROM MILLRISE AND SHAWNESSY: Below ADA fee guide! Direct billing OAC. Only pay deductible/co-pay, get tax receipt. Cut through the noise, save money, uncomplicate dental care, live better. 30+ years of no fluff, no frills! Call today; 403-272-7272 or 403-287-6453. Visit calgarydentalcenters.com.

ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

HOME HEALTH CARE: Compassionate certified Health Care Aide with 15 years' experience available for home care services: companionship, errand and appointment transportation, light housekeeping, personal care, meal preparation, medication assistance, exercise, and more. To customize your care plan, call or text In Good Company at 403-915-4890.

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.

CHARTERED ACCOUNTANT: Over 15 years' professional experience. Financial statements audit, review, compilation, corporate and personal tax E-filing, tax planning and minimization, business start-up/incorporation, GST, bookkeeping, payroll. Flexible hours, affordable rate. Canyon Meadows Shopping Centre, #211-11625 Elbow Drive SW. 403-238-6088. binzhao@binzhaopc.com.

CAMPBELL - ROOFING FREE ESTIMATES, REBATES AVAILABLE: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, claims welcome. "Keeping a roof over your head is our business". "Doghouse included." Call Grant 403-975-1371. Thank you, customers, for the last 30 years.

PROFESSIONAL ACCOUNTANT NEAR MILLRISE AND SHAWNESSY: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Chartered Professional Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-910-0355 or email admin@darylpallesencpa.ca.

GENERAL ACCOUNTING & TAX SERVICES: CPA, CGA with 20+ years' experience accepting new Bookkeeping and General Accounting clients. Affordable rates for small businesses, self-employed and individuals. Phone 403-453-4734 or email grace@edgepointconsulting.ca for more info.

EXTERIOR WORKS: Siding, soffit, fascia, roofing and eaves trough. New or repair. Smaller projects, such as gates, fences, decks, general repairs. We work all-year-round. Sunshine or snow! Call Fred at 403-861-2610 for a quote.

MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30-year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

For business classified ad rates call
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca



MLA, Calgary-Shaw

Rebecca Schulz

✉ calgary.shaw@assembly.ab.ca

📘 facebook.com/rebeccaschulzyyc

📷 @rebeccaschulz 📺 @rebeccaschulzab

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality 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.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 17 years and 30,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

QUALICRAFT CUSTOM CABINETS LTD.: Putting the craftsmanship back in your cabinets. Locally built and competitively priced to fit your space and budget. Visit our showroom at 7419-44 St SE Calgary or call 403-831-0450 to book your free estimate.

HOME REPAIRS AND RENOVATIONS: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 – TH Maintenance Services. Find us on Facebook.

I am pleased to bring you the first update from the spring session of the Legislature. We've introduced Budget 2020, and our government is keeping Alberta on track to a balanced budget by 2023, while maintaining strong support for social services and programs.

In a critical moment for our province's economic recovery, we are focused on supporting employment and the economy. Budget 2020 outlined *A Blueprint for Jobs*, our plan for job creation, which employs a variety of strategies to make Alberta an attractive place to do business—by reducing red tape and taxes, investing in key infrastructure, and focusing on skills development for our young workforce. Other highlights include a citizen initiative law to allow the public to suggest referendum topics, new legislation to protect survivors of human trafficking, toughen sanctions against impaired drivers, and prevent sex offenders from changing their names.

Spending in healthcare and education have been maintained at record highs. In order for core public services to be sustainable, the budget outlined new models to ensure funds directly support Albertans.

Other good news...on February 24, the Alberta Court of Appeal announced a landmark 4-1 decision declaring the federal carbon tax unconstitutional. The Court of Appeal called the effort to impose this punishing tax on families in Alberta a "constitutional Trojan Horse". I'm proud of the work our government has put done, including fighting the carbon tax, to stand up for Albertans.

It is hard to believe a year has already passed since I was elected to represent the people of Calgary-Shaw. I would like to express my appreciation for your input and support in the past year. Thank you to those who attended the Calgary South MLA Budget Town Hall in March. It was great to engage with you and be given the opportunity to address your questions and concerns.

DON'T MAKE A PEEP

What are the best kinds of Easter treats? In my opinion, it is anything other than Peeps. In case they weren't already gross enough, there are also a plethora of unpleasant flavor options one can try instead. Some of these include Pumpkin Spice Latte Peeps, Caramel Apple Peeps, Pancakes and Syrup Peeps, and Hot Tamale Peeps. Enjoy!



Calgary Woman Overcomes Limb Loss to Conquer the Weight Room

by Holly Dunn



Jeannie Stewart lost her left arm at birth, and ever since, she's been told what she can't do.

As a kid, she watched from the sidelines as her sister did gymnastics; in high school, she was crushed when a career counselor told her to forget about a career in auto-mechanics.

"There's a lot of people out there who look at me and say, 'you can't do this; we're not going to let you try.'"

In November 2018, Jeannie walked into a gym with one goal—weight loss. She was overweight and at-risk for diabetes, lacking in self-confidence, and was terrified of the gym.

She knew that it would be difficult achieving her goals without guidance, so she entered the gym planning on looking into personal training. However, she was also aware that whoever trained her would need to be adaptable and able to work with her unique needs. That's when she met personal trainer Gavin Hawkins.

"I had to know that whoever I signed up with would be able to help, and would be willing to learn how to help," she recalls. "I was introduced to Gavin and I knew right away that he was the right choice."

Gavin had never worked with an arm amputee before, and he told Jeannie that, but he was willing to work at it, and do the necessary research to deliver the best possible program for her.

The two started working together, and it wasn't long before Jeannie's goals began shifting from losing weight to building strength.

"I think part of me thought 'you go to the gym to lose weight,'" says Jeannie. "I never

realized what else could come of it. But as I started gaining strength and realized I could do things I never thought I could do before, I shifted focus to 'how far can I take this?'"

Shortly after high school, Jeannie had stopped wearing a prosthetic because it simply wasn't useful for her daily life and had become much more difficult to acquire as an adult. 20 years later, with a newfound passion for weightlifting, she was researching what she would need to lift heavier.

A huge movie fan, particularly of the Marvel superhero movies, Jeannie chose a Captain Marvel-themed arm nicknamed "Carol" for the main character in the 2019 release. She also got a lifting attachment, which she lovingly refers to as "The Hulk."

Once they worked out the logistics, Jeannie's first deadlift with her new prosthetic was 155 pounds. That lift was the first of many subsequent personal bests, capped with a 200-pound deadlift to celebrate one full year of training.

"For 40 years, other people told me I couldn't, and I believed it. Me picking up 200 pounds of iron off the floor shut that all down," Jeannie reflects.

With one significant milestone in the rear-view, Jeannie and Gavin are moving forward with new goals in 2020. A 250-pound deadlift is on the horizon, as is the introduction of the bench press, in preparation for what could be Jeannie's first foray into a powerlifting competition.

"I'm 40 and I'm kicking myself because I'm like 'damn, I could have been in the Olympics,'" laughed Jeannie. "If I'm this strong at 40, after only a year or training... it's pretty crazy and eye-opening. It's kind of awesome."



Councillor, Ward 13

Diane Colley-Urquhart

✉ dcolley@calgary.ca ☎ 403.268.1624

📷 @BigRedYYC 📘 Facebook.com/dianecu

🗣️ CouncillorDiane.ca



In March, my Ward 13 YIR Report was mailed out to 91,170 residents (9 cents each) in 32,105 households (32 cents each) in Belmont, Bridlewood, Canyon Meadows, Evergreen, Millrise, Shawnee Slopes, Shawnessy, Silverado, Somerset, Woodbine, Woodlands, and Yorkville. 2019 was a hard year for Alberta and Calgary residents alike. It was critical for me to highlight the many tough decisions that City Council had to make as the economic downturn and recession persisted. You can also see the 2019 YIR online at <https://councillordiane.ca/yir2019/>.

I value your feedback and being your **Voice at City Hall**, and I rely on as many voices as possible to guide the decisions that need to be made on your behalf. While many residents connect with me on LinkedIn, Facebook, Twitter & Instagram (@BigRedYYC) and at www.councillordiane.ca – it's very few of our 91,170 residents. With monthly community newsletters, they allow only a few hundred words which severely limits the content I can share with you. I will use their newsletters going forward to connect residents with the newly launched **e-dicu Report**.

As Editor, the purpose is to share in as close to real time as possible *the facts* about what is going on and what is coming up. I would also welcome *Letters to the Editor* on ideas and issues of concern that can also be shared with our communities. So please register as soon as possible at eaward13@calgary.ca which will give us permission to send you your online copy. You can also subscribe at www.calgary.ca/ward13connect. My extensive links and blogs will continue to be posted on www.councillordiane.ca as well.

GET NOTICED



WHAT'S YOUR
GAMEPLAN
FOR GROWTH?

Affordable Digital
Marketing Plans
starting from
\$75

Call 403-720-0762
greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways.

We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737



United Active Living Fish Creek

Space for Living



Maintenance-free Living

World-Class Arts and Culture

Large Luxurious Suites

Casual Bistro

Art Gallery

Fine Dining

Art Studio

A community and services to last a lifetime.

“My family and I found a great place for me to live, a community with great friends and lots of new things to experience. I know I won’t ever have to move again.” *Sheila, Fish Creek Resident*

We support your desire to lead a full, active and healthy life with **independent** and **assisted living** and our revolutionary United Minds (**memory care**) options. **Rental** and **life lease** available.

Ask us about **Respite Care**.

Book a visit and have lunch on us! Call today!

United Active Living Fish Creek

51 Providence Blvd SE Calgary. 587-481-7907

www.UnitedActiveLiving.com Follow us on    



UNITED
ACTIVE LIVING
COMMUNITIES™



HEALTHMED PHARMACY

Fill Your Prescription while You Shop in Midnapore
**Healthmed Pharmacy
Behind Dollarama**

All major Drug Plans accepted - Free Delivery,
Emergency after hours service and free delivery,
Available for residents of Midnapore, Sundance,
Millrise and Shawnessy.

Unit 22, 240 Midpark Way SE
Tel: 403-254-8448 Fax: 403-254-8414



Hire A Handy Guy

"Your one call specialist for all your home maintenance needs"



- Maintenance
- Fences & Decks
- Repairs
- Carpentry
- Renos
- Bathrooms
- Odd Jobs
- Floorings
- Drywall
- Junk Hauling

11 Years' Experience

Why call several companies when we can do it all for you!

FREE ESTIMATES

403-861-0179

hireahandyguy@gmail.com

BRIDLEWOOD EYE CARE YOUR NEIGHBOURHOOD VISION CENTRE

SPECIAL PROMOTION

30% off
Frames and sunglasses
*with purchase of lenses
Expires April 30th 2020



315, 2335 - 162nd Avenue SW (beside Sobeys)

403-873-2123

www.bridlewoodeyecare.com

WE DIRECT BILL TO:



Your University in South Calgary



St. Mary's University
OPEN HOUSE
Wednesday, May.13, 2020

6:00 - 8:00 P.M.

Learn More: 403.531.9130 | stmu.ca

INDEPENDENT LIVING • ASSISTED LIVING • RESPITE • MEMORY CARE



OPEN HOUSE

Wednesday, April 29 | 1-3 pm

The Manor Village has been caring for seniors for over 30 years. At Fish Creek Park we offer care to you or your loved one who might be in need of of Respite, Assisted Living, Palliative care or Memory care.

Please come and visit us, we look forward to meeting you!



THE MANOR VILLAGE

**LIFE
CENTERS™**

AT FISH CREEK PARK

www.themanorvillage.com | 22 Shawnee Hill SW

Book your personal tour & complimentary lunch today 587-392-2400!



YOUR PERSONAL AND COMMERCIAL INSURANCE BROKERS

Darcy Burton: (403) 539 - 9518 | Terry Burton: (403) 539-0269

darcy.burton@landy.ca | terry.burton@landy.ca

