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THE CHRONICLE

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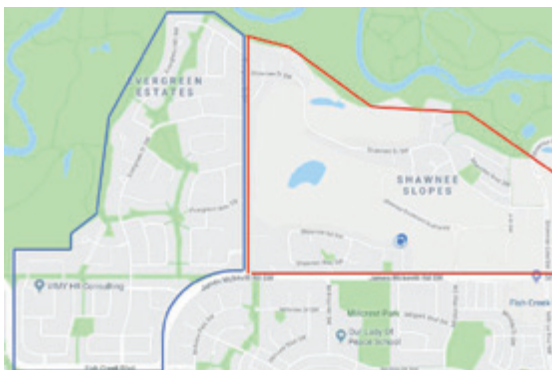
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general email	info@shawneeevergreen.ca
SECA Plays email	play@shawneeevergreen.ca

Shawnee-Evergreen Community Association Area Boundaries

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



THAT'S NUTS!

Cashew nuts are native to Brazil and are both delicious and nutritious. But, did you know that this yummy snack is actually *not* a nut? Cashews are actually seeds that are attached to the bottom of the cashew apple, which is the fruit of the cashew tree.

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Joanne Bergen
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FRIENDS of Fish Creek

I'm a Calgarian!

Have you met some of your wild neighbours? Animals, both large and small, live in and move around Calgary. Deer, moose, bobcats, and wood frogs are just a few of the Calgarians that are regularly spotted in and around Fish Creek Provincial Park. Calgary Captured, a wildlife monitoring program, has launched the "I'm a Calgarian" campaign to challenge human Calgarians to learn more about their wild neighbours, and how to peacefully coexist. As well, we are inviting participants to join the wildlife monitoring team by helping to classify trail camera images by species found. Calgary Captured program partners are the Miistakis Institute, Friends of Fish Creek, City of Calgary, Weaselhead/Glenmore Park Preservation Society, and Alberta Parks, with support from Alberta Ecotrust, TD Friends of the Environment Foundation, and The Calgary Foundation. For more info, visit www.rockies.ca/imacalgarian.

Join our Growing Group of Fish Creek Provincial Park Protectors!

The Park Protector monthly donor program is one of the most convenient ways to show your support for Fish Creek every day. As a Park Protector - you never have to worry about keeping your donations up-to-date and you will get just one tax receipt a year. You will receive monthly updates on Friends activities so you can keep up with the good work your donations are supporting! For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Help Support Outdoor Education in Fish Creek

Shaw Birdies for Kids presented by AltaLink (BFK) is a truly amazing program that helps to raise funds for children throughout Alberta. Unfortunately, the Shaw Charity Classic Golf Tournament will not be taking place this year, however through BFK, Shaw Communications is committing \$1 million to support the matching pool for the donations. Please donate before August 30 to support Learning Naturally and your donation will be matched up to 50% by the Shaw Charity Classic Foundation. Please talk to your friends, family, or your employer about contributing this year. <https://friendsoffishcreek.org/event/birdies>.

WELLNESS PROGRAMS THIS AUGUST

Yoga Meditation - Igniting the Fire Within - Tuesday, August 18, 7:00 to 8:30 pm

Instructed by Naomi Parker. We will be working in a new moon cycle, and taking a moment to understand what your heart's deepest desire is. Our yoga practice will be centered about our third chakra (Manipura). This is where we start our own fire within to motivate and pursue our wildest dreams. In order to go after our dreams, we need to be confident and empowered to do so. <https://friendsoffishcreek.org/event/yoga-fire>.

Self care series - Reset, Renew, Recharge - Wednesday, August 5 and 26, 6:30 to 7:15 pm

Join Divya Singh, Meditation Instructor at the Art of Living Foundation, for free online guided meditations. Using evidence-based tools like breath work and meditation, Divya will help you dive into key aspects of self-care and empower you to create a personal wellness roadmap. Every session will explore a different theme. <https://friendsoffishcreek.org/programs/wellness-clinics>.

Forest Bathing - August 19, 6:00 to 8:00 pm, Hull's Wood, Fish Creek Provincial Park

Instructed by Karen Salamandick, Leaning Mind Coaching. Mindfully reconnect with nature through the practice of Shinrin yoku (forest bathing). Shinrin yoku (Japanese phrase meaning forest bathing or immersing oneself in the forest atmosphere) is a slow, mostly silent, mindful practice in nature. Participants will be invited to engage their senses using specific prompts. <https://friendsoffishcreek.org/event/forest-bathing>.

Get Fit with BungyPump - Thursday evenings, August to September, 7:00 to 8:00 pm

Enjoy a fresh and exciting walking experience with a small group in Fish Creek Provincial Park through the BungyPump program. BungyPump provides upper and lower body strengthening and toning, targets the core, builds stamina, improves balance, and increases calorie burn. If you do not have BungyPump poles, the instructor will have some available. <https://friendsoffishcreek.org/event/bungy-pump>.



The Importance of Reading to Your Child

Children are born with a love of language. They learn words by listening to you and mimicking what you say, right from their earliest days.

With Alberta schools closed until the fall and many childcare services yet to re-open, reading is a reassuring daily ritual for children. And it can be a calming stress-reducer for moms, dads and caregivers as well.

Talking, singing and reading to your child builds their vocabulary and their talking and listening skills. Reading every day with your child helps their brains develop and strengthens family bonds.

“Research indicates that reading aloud is one of the most important things you can do to help a child prepare for reading and learning,” says Farah Bandali, a director with Alberta Health Services’ Healthy Living team.

“Learning to read is the key to learning in general. The benefits include

brain development, better concentration and cognitive skills and more self-confidence for your child. It truly sets them up to succeed.”

Parents are the First Teachers

As a parent, you are your child’s first (and most important) teacher. You have the power to shape a love for learning that fuels their later success in school and life.

“Reading aloud to your child has proven cognitive benefits for comprehending stories, understanding words, and developing visual imagery,” says Krista Dumba of AHS. She’s a health promotion facilitator with the Provincial Addiction and Mental Health team in Calgary.

“Reading also helps their social and emotional growth,” adds Dumba. “Early on, the pictures and stories you share together will help your child learn words to describe their experiences and feelings. This helps

them say what they feel rather than act out how they feel.”

Avoid a Pandemic Lag

Reading offers many others benefits. It opens doors to new worlds, new ideas and new opportunities to grow.

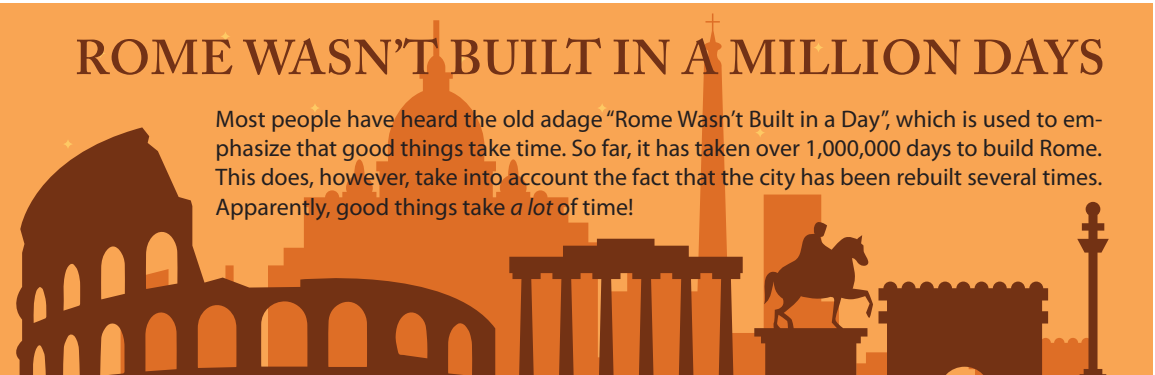
For school-age kids, continuing to read during COVID-19 ensures they improve or maintain the skill. For example, children who do not read over summer holidays can lose some of their reading and literacy skills.

Reading for as little as 15 minutes a few nights a week helps a child keep their reading skills. And it can be fun and easy. Listen to audiobooks during a long drive. Have children make up and tell stories anytime. Older children may like to read and talk about a novel with a parent.

For information about healthy living for families during COVID-19, visit ahs.ca/healthytogether.

The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
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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 # _____



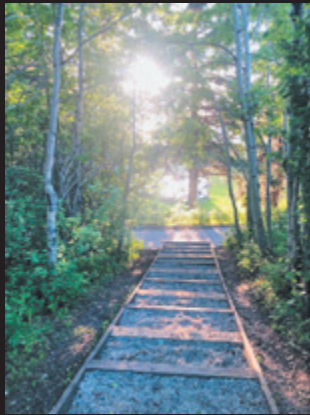


PHOTO GALLERY

Photos by Kim Chulsky



I Speak Fluent Shakespearean

Many of us find the idea of reading the works of William Shakespeare to be a daunting endeavour; however, we likely know more of his vocabulary than we think. It is estimated that Shakespeare invented more than 1700 of our commonly used words. Some were original, and others were modified versions of pre-existing words.

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Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 12

Wines with Dick McDougall



Dick McDougall, WSET 3, Fine Vintage Certified is a high school calculus teacher and a self-employed sommelier in Calgary



BC Wines Just in Time for Summer PART 2

If you travel south down Highway 97 between Penticton and Oliver, you will find one of the hidden gems of British Columbia. Blue Mountain Vineyards overlook Vaseux Lake and provide amazing terroir to produce some of the most elegant and balanced wines I have tasted in the wilds of Canada.

Blue Mountain, for me, is the finest producer of sparkling wine in the country, and their Gold Label Brut has to be the best value you will find anywhere. Now, anyone who can make great bubbly must have some Pinot Noir floating around, and that is where I believe this winery will make its next mark.

Pinot Noir is all about terroir, and Blue Mountain now has three single vineyard options that I was lucky enough to get in Calgary this winter. They sold out in a single weekend this year, so you will have to be on-the-ball to avoid missing out this coming winter. Just so you know, I will be at the front of the line blocking and I have very sharp elbows.

Wild Terrain piqued my interest; it combines strong herbal notes with an earthiness to create unmistakable

character. Gravel Force is full-bodied with a much darker fruit profile and stronger tannic backbone. River Flow, as the name suggests, is like a ride down a smooth flowing river. It is easy and elegant in style with great balance and bright cherry fruit.

If these wines sell out early again, don't dismay; the Reserve Cuvee Pinot Noir is more readily found and their Gamay Noir is quite the crowd pleaser as well, especially on a summer day. I like it chilled as they sometimes do in Beaujolais.

The wines in Okanagan Falls are maturing as the vines gain age and will only get better and better. We need to support these very talented winemakers to keep Canada's wine industry strong and vibrant.

BRAIN GAMES SUDOKU

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



Councillor, Ward 13
Diane Colley-Urquhart

✉ dcolley@calgary.ca 📞 403.268.1624

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I hope this Newsletter finds you all safe and healthy. The past months have been incredibly trying and stressful for everyone as the COVID-19 pandemic has evolved, and there will be long-term consequences for many Calgarians once the health threat has passed. I strongly encourage everyone to continue to follow all Alberta Health Services recommendations, and to stay apprised of all City developments at www.calgary.ca/covid19.

I would like to share the below re-paving projects that have been happening in Ward 13 this summer. Many of you have shared with me that some of these roads were in need of repair, and I am happy to see them addressed this summer.

2020 Pavement Rehabilitation Program

On Street Name	From Street Name	To Street Name	Ward	Paving Crew
James Mckevitt RD	Macleod Tr S	Fish Creek BV SW	13	Contractor
162 AV SW (EB)	EVERSTONE LI SW	SHAWVILLE BV SW	13	Contractor
162 AV SW (WB)	SHAWVILLE BV SW	EVERSTONE LI SW	13	Contractor
SHAWVILLE GA SW	6 ST SW	SHAWVILLE BV SE	13	Contractor
CANTERBURY DR SW	ELBOW DR SW	CANYON MEADOWS DR SW	13	City Forces
100 Woodfern Pl SW	Woodglen Way SW	Cul-de-sac	13	Micro-surfacing

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 and 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. Please find my summer edition here: <https://joom.ag/s39C>.



Premier of Alberta, MLA for Calgary-Lougheed
Hon. Jason Kenney

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Serving the communities of Bridlewood, Evergreen, Millrise and Shawnee Evergreen

Friends,

The last few months have been unlike any we have known. The unprecedented coronavirus pandemic, coupled with a global collapse in global energy prices, triggered by OPEC and Russian despots who flooded the market to cripple North American energy production, have presented our province with historic challenges.

Since day one of this pandemic, Alberta has acted to protect lives and livelihoods to ensure we flatten the curve without adding further economic stresses on job creators. In fact, we imposed fewer restrictions (92% of businesses, and 85% of our economy were able to remain open) and we have seen some of the lowest infection rates compared to our neighbours.

But, we must now also look to our economy and ensure that folks can get back to work.

That's why Alberta's government has introduced Alberta's Recovery Plan to invest and create badly needed jobs, while building the infrastructure we need to sup-

port economic growth in the future. In fact, the government is investing \$10 billion dollars in new roads, schools, bridges and, yes, pipelines.

In fact, just over one month ago, I was in Oyen, Alberta to kick off construction of the Alberta portion of the Keystone XL pipeline. This critical project was mired by regulatory hurdles, delays, red tape and bad government policy for more than 10 years. That's why we backed the project with the credit and support of the Alberta government, so it can finally get going. This vital project means thousands of jobs today, and tens of billions of dollars in taxes to make sure that we can continue to afford to build new hospitals, roads, and schools across Canada.

The road ahead is not an easy one, but together, we can and will overcome any challenge. Albertans are unlike any other people around the world, with an unmatched entrepreneurial spirit and untamed optimism. That's why we will emerge from this crisis stronger than ever, working to forever make sure that Alberta is the best place to live, work, or start a family.



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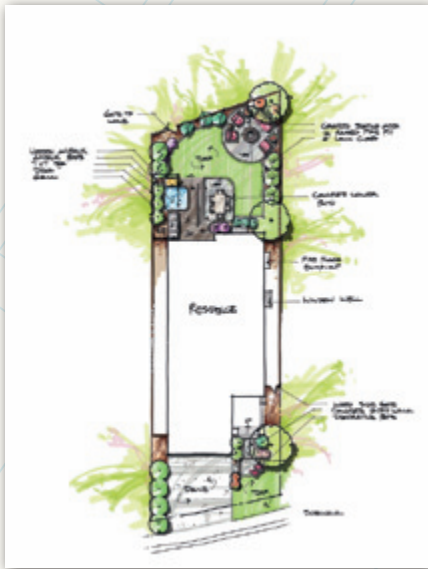
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