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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 McKeivitt Road and Evergreen Boulevard SW

THAT STINGS



There is a story from the 3rd century BC about Cupid stealing honey from bees, only to be stung. Complaining to his mother, Venus, that something so small shouldn't hurt so much, she laughs and admonishes him that he also is small, but he delivers the sting of love to his victims. It's a weird story.

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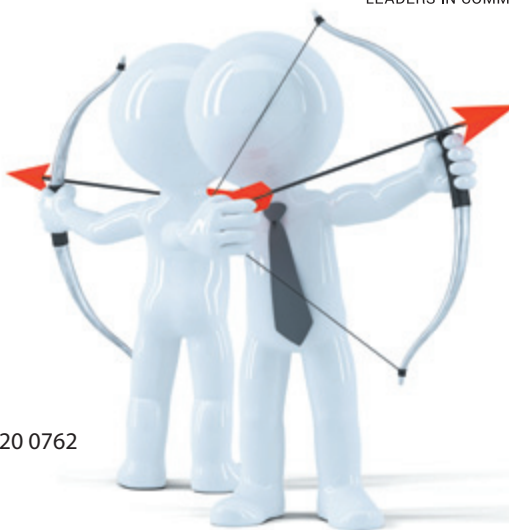
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HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts the June Stampeded Breakfast at South Gate Alliance Church (free for SECA members)
- 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 # _____

Happy Family Day!

Over the past several decades, trends in urban design, the nature of work, our economy and the tendency towards structured activities have resulted in busier yet isolated living.

SECA continues to work towards weaving the different parts of our community together. We are creating a more neighbourly community, one interaction at a time. This strategy is a thread that connecting many of our events and programs.

Neighbour Nights, Community Campfires, programming, events, and committee work are all aimed at connecting families because research tells us that people who know others in their community are happier themselves.

We invite you to give some of these programs and events a try and we hope you'll come back again.

BRAIN GAMES SUDOKU

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| | 9 | | | | 1 | 2 | | |
| 7 | 4 | | | | 3 | | | |

FIND SOLUTION ON PAGE 15

Our **children's programming** is forging ahead with great success and will grow in 2020 thanks to an energetic volunteer spearheading this work (play@shawneevergreen.ca). We have received several requests for **adult and senior programs**. SECA is keen to support programming for these groups and with a volunteer or two to assist with coordination, we could make it happen.

Graywood Developments applications to rezone and develop some of their land differently than originally approved are continuing through the City's process. Certainly, their new plans will change the character of our community and not just for those who live adjacent to these buildings. The density of units will increase as they reduce the number of townhomes while adding rental apartments and possibly a senior's residence. Commercial spaces including potentially a gas station are on the table as well. Our website, e-newsletter and Facebook page are the best places to stay current on their progress and we will provide you with connections to the file manager at the City of Calgary.

SECA is a bit short on capacity to achieve some of our objectives. There are two roles open on the Board of Directors and our Committees could use more members. Or if you would prefer to volunteer for specific tasks, volunteers with some basic social media skills, newsletter editing, use of Mailchimp, or event volunteers would be warmly welcomed.

We can serve you best when we are connected! Receive our electronic newsletters by emailing info@shawneevergreen.ca and like our Facebook page @ShawneeEvergreenYYC. Please consider becoming a SECA member for just \$20 at Shawnee-evergreen.ca. Membership runs April 1 to March 31 each year. Membership dollars fund our operations. Our Board meetings are open though we appreciate knowing if you plan to attend so that we can manage our agenda.

We hope to see you at our events and programs this year!

Lynn Jobe, Vice President

The Shawnessy Community Association Volunteer Board of Directors

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Wanna Spoon?



Valentine's Day is not celebrated in Wales; however, they do celebrate St. Dwynwen's Day, which is on January 25. What would be an appropriate gift for this holiday? Well, men would traditionally give women hand-carved wooden spoons. This tradition began when sailors were at sea and would bring back the hand-carved spoons for their wives.

Phishing and Email Safety

"Phishing" is an online safety concern that involves fake emails (or spam) written to appear as if they have been sent by a genuine organization (for example, a bank) with the intent of luring the recipient into revealing sensitive and confidential information such as usernames, passwords, account credentials, personal identifying numbers (PIN) or credit card details. Typically, phishing attacks will direct the recipient to a webpage to get the user's personal information.

Phishing can lead to financial losses, identity theft or viruses on your computer.

Reporting Phishing Attacks

If you've received a phishing email, take these steps to protect yourself and others:

- Contact the company that was being impersonated to learn if they are alerting others of phishing scams and inform them of the incident. Report the incident to the Canadian Anti-Fraud Centre (Toll Free at 1-888-495-8501) and to the Anti-Phishing Working Group (APWG).

If you did not provide personal information to the scam, delete the email. If you did provide person information, take these subsequent steps:

1. Contact your bank or credit card company if any of your financial information was used.
2. File a complaint with the Calgary Police Service by calling 403-266-1234 and obtain a police case number.
3. Give your police case number to your bank and credit card company to place on file.
4. Provide the police case number to either of the two credit bureau companies, Equifax or TransUnion in Canada.

5. Report the phishing to the groups above if you haven't done so already.
6. Run an anti-virus scan on your computer.
7. Check your e-commerce accounts. For example, PayPal, Ebay and Amazon.
8. Tell your friends and family to be wary of suspicious emails from you.
9. Change your passwords.

How Do I Prevent Phishing Attacks?

1. Use your best judgment when on the internet. Listen to your intuition. Stop and think before sending personal information to anyone over the Internet or phone.
2. Delete email messages that ask for personal or financial information.
3. Remember that, no matter how real the email looks, no legitimate company will ask for personal information through email. If in doubt, find the phone number of the company from their official website; don't trust any phone numbers provided in the email.
4. Be suspicious of emails with spelling mistakes, grammatical errors or inconsistencies.
5. Be wary of emails that begin with "Dear valued customer" or use words to evoke a sense of urgency or emotion.
6. Review online safety as well as email scams and safety for more information on protecting yourself online

How to Tell If You're a Victim of a Phishing Attack

The following are possible signs that your computer may have been compromised by phishing or a virus:

- Your computer runs more slowly than normal or behaves strangely. For example, it makes unexpected sounds, has lots of error messages or shows changes in files or folders.
- It freezes frequently, runs slowly or completely stops responding.
- Computer applications do not work properly.
- Disk drives may be inaccessible or start unexpectedly.
- There are unusual or unexpected error messages, images, distorted menus and dialog boxes.
- Your contacts may tell you that they have received email messages from your address, but you haven't sent them anything.
- Your personal firewall may advise you that an application has tried to connect to the Internet although it is not a program that you are running.

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11AM - 1 PM

YOUR CITY OF CALGARY

Kids' Programs with the City of Calgary

The fun starts after the bell with Calgary AfterSchool

This school year the fun starts after the bell. After school programs are offered by The City of Calgary and its partners for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.

Birthday wishes....no dishes! Plan your child's birthday with The City of Calgary

Birthday wishes....no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties. Visit calgary.ca/birthdays for options.

Playschool programs for preschoolers at Southland and Village Square Leisure Centres

Flexible options for preschoolers: registered, drop-in or year-round. Visit calgary.ca/playschool.



Changing One's Tune: *The Evolution of the Siren*

by Alexa Takayama

February has Valentine's Day, and Valentine's Day means romance. So, I'm taking that a step further and going to be talking about creatures of seduction: sirens. Sirens in our contemporary imaginations are more or less mermaids whose voices allure people to their deaths. But it didn't start that way. Once upon a time, sirens were actually bird women.

In the *Odyssey*, Odysseus encounters the sirens on his journey home. To recap: Odysseus commands his crew to tie him to the ship's mast because he is curious about the sirens' song. He orders the crew to fill their ears with wax and not to loose him until they had sailed beyond the sirens' voices. Beyond the sirens' irresistible song, not much else is described. Scholars have suggested that it is because the audience already knew what sirens were and did not need to be reminded. But surviving images and literature from the period depict sirens as bird-like creatures with women's faces. This later evolved into women with bird legs—sometimes with or without wings on their backs—holding musical instruments. At some point, all bird attributes disappeared, and they looked like human women, set apart only by their bewitching voices.

So how did we go from bird people to fish people? That's a bit muddled. One source said that in Isidore of Seville's *Etymologies* (c. 615 A.D. – 630 A.D.), he wrote that in addition to feathered sirens, there were also winged serpents in Arabia called sirens. It is possible that a snake/woman hybrid emerged which was either changed to or confused with half-fish. As sirens are associated with oceans and seafaring, it would make sense for a half-woman, half-snake to be mistaken as half-woman, half sea-serpent/fish.

There were once depictions of male sirens too, but they seemed to have been phased out around the 5th century B.C., which I think is unfortunate. I don't see male sirens being any less appealing than female sirens. I'm a sucker for a baritone as it is. Given that sirens are *not* the same as mermaids, I'm also arguing that male sirens are not the same as mermen. And I think male sirens should be brought back. #Feminism (and I only mean that half-jokingly).

Beyond seducing sailors, sirens had function within the Greek cosmology. Proclus, a contemporary of Plato, relayed that Plato had divided sirens into three categories: celestial, generative, and purificatory/cathartic. Celestial sirens were under the authority of Zeus, while generative

sirens were under Poseidon; purificatory/cathartic sirens served Hades. The surviving sources seem to associate them more with the latter, as Ovid wrote that sirens were companions of Persephone, Hades' wife. There are two versions of why this is: one is that Persephone's mother, Demeter, gave the sirens wings to help them search for her daughter, then kidnapped by Hades. The other version is that Demeter cursed the sirens to be the winged, singing seductresses because they failed to stop the abduction. Hyginus wrote that sirens would only live as long as those who were trapped in their songs remained ensnared. If they escaped, the sirens would die.

On a tangentially related note, the word siren, used in reference to a police or ambulance siren, was first recorded in 1879. But how we got from "hypnotically beautiful singing" to "obnoxious cacophony" is an article for a different time.

Here's some free advice: if your Tinder date has a beautiful voice from which you can't seem to pull yourself away, plays a lyre, seems fishy or perhaps likes birds a little too much, maybe don't fight your friends when they tie you to a ship's mast until that 'relationship' has sailed. Happy Valentine's Day.




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Fish Creek Community Showcase - Exhibit Runs until March 27

Drop by the Cookhouse at the Bow Valley Ranch in Fish Creek to see the art of Bettina Sieger, a recent graduate of Alberta University of the Arts, formerly known as ACAD. Bettina considers herself a Bio Artist and Environmentalist and her passion is to bring awareness to environmental concerns. She has been studying our waterways and the effects that the toxic blue-green algae blooms or HABS have on our ecosystems and human health. Bettina truly believes that art is meant to be shared, and her intent is to have art meet science in the hopes bringing the public a better understanding of what is in their waterways and more importantly their drinking water. Drop by the Cookhouse starting in January and meet the artist on January 10. To register for this free event, please visit <https://friendsoffishcreek.org/programs/fccs>.

Help the Friends Raise Funds for a Truck

The Friends of Fish Creek have developed a successful system for watering our restoration sites in Fish Creek Provincial Park, but we need to purchase our own truck to water these sites. Currently we rely on Alberta Environment and Parks staff and vehicle availability for our stewardship outings, however Park staff assistance is not always guaranteed. Many of our Watershed Stewardship Programs include Riparian Stewardship, Tree Wrapping, Park Clean Ups require the use of a vehicle as well as other tasks throughout the year. We have raised over \$5,000 of the \$10,000 needed for the truck and we need your help to reach our goal. Please consider donating to help us raise funds for a much-needed truck. For more information contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/truck/>.

Fish Creek Speaker Series

Writing-on-Stone/Áísínai'pi, a UNESCO World Heritage Site
Thursday, February 27, 7:00 pm to 8:00 pm

Presented by Aaron Domes – Park Supervisor at Writing-on-Stone Provincial Park, and Randy Bottle – Blackfoot Elder and Park Interpreter

Writing-on-Stone/Áísínai'pi is a continuous and sacred cultural landscape. The site was inscribed on July 6, 2019 as Canada's 20th UNESCO World Heritage Site. The Blackfoot name for this sacred cultural landscape is Áísínai'pi (meaning, "it is pictured/it is written") and refers to the abundance and diversity of rock art at this spectacular site, as well as the geological features and views that are imbedded with sacred oral traditions. Join Aaron Domes and Saa'kokoto (Randy Bottle) to learn about the rich history and values that make Writing-on-Stone / Áísínai'pi special, and receive valuable insider knowledge to help you plan your trip! For more info on upcoming presentations stay tuned to www.friendsoffishcreek.org/programs/speaker-series.


Spring Birding Course

12-week course runs March 30 to June 28

Spring is a truly amazing time in Fish Creek to see, hear, and learn about hundreds of bird species in Fish Creek Provincial Park! During the spring months, migratory birds will be returning from their far-off wintering grounds and many new arrivals will hatch. The 12-week Spring Birding Course is perfect for anyone who wants to see, and learn about, birds in their natural habitat, and provides an amazing opportunity for families to get together and experience nature here in Fish Creek. Experienced birder David Mitchell and over 30 volunteers lead these courses. Each outing is approx. 2.5 hours. Registration Required and fees apply. <https://friendsoffishcreek.org/programs/birding-course>.

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 or visit <https://friendsoffishcreek.org/park-protector-signup>.



Premier of Alberta, MLA for Calgary-Lougheed
Hon. Jason Kenney
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 ☎ 403 238-1212
 ✉ calgary.lougheed@assembly.ab.ca
*Serving the communities of Bridlewood,
 Evergreen, Millrise and Shawnee Evergreen*

This month, Alberta's legislature will return to move forward on keeping the commitments we've made to Albertans. During the spring election last April, we ran on a platform of 375 positive ideas to get Alberta back on track.

More than one million Albertans endorsed that platform and gave the United Conservative Government the largest electoral mandate in our province's history.

Well we got off to a nearly record-breaking start – in just 7 months, we passed 27 pieces of legislation, completing or making substantial progress on 162 of those 375 commitments. That means we've already kept 43% of our promises while only being 15% of the way through our mandate. And we're just getting started.

So, as we look forward to this new year, we are laser focused on ensuring that we continue to ensure that a promise made is a promise kept. I want you to know that your government is working relentlessly to get our province back on track, and that means getting Alberta back to work.

We've seen some positive signs, including a record-setting \$16 billion dollar investment from Telus that will create 5,000 jobs right here in our province. We know there is more work to be done, and we won't rest until Alberta is, once again, the engine of the Canadian economy.

We won't stop working for you. We're gonna get through this time of adversity. We are, after all that province and that people of destiny, and we will emerge through this challenging time, as Albertans always do, strong and free.

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| 9 | 3 | 1 | 4 | 6 | 2 | 8 | 5 | 7 |
| 6 | 8 | 5 | 9 | 3 | 7 | 1 | 4 | 2 |
| 4 | 2 | 7 | 1 | 5 | 8 | 3 | 9 | 6 |
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Happy February Ward 13! Winter is well upon us, and I hope everyone is staying warm and safe this month. I'd like to encourage everyone to be a Snow Angel and help each other out with shovelling as the snow continues to fall. If you have any concerns or issues with snow clearance on City property, please do not hesitate to call 311.

Coming soon, I am excited to announce that there will be a revamp with my monthly community newsletters. To make it more convenient for you to access, we will be moving to an online format, easily accessible at www.CouncillorDiane.ca. Please stay tuned for the launch!



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Making Positive Steps Toward Your Health Goals

To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2: Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

Step 3: Set your short-term goals

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4: Prepare for slip-ups or setbacks

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Step 5: Plan for support and rewards

Can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

Step 6: See your success

How will your life be different after you make this change?

| Name | Age | Course |
|-----------|-----|--------|
| Amy | 19 | Yes |
| Ana | 24 | No |
| Anna | 17 | Yes |
| Belle | 17 | Yes |
| Brooke | 15 | Yes |
| Bryson | 18 | No |
| Deborah | 17 | Yes |
| Emmalie | 15 | Yes |
| Faith | 18 | Yes |
| Jacy | 19 | Yes |
| Jeffery | 17 | Yes |
| Karla | 44 | No |
| Katie | 22 | No |
| Laura | 17 | Yes |
| Leah | 20 | Yes |
| Monika | 20 | Yes |
| Polina | 17 | Yes |
| Rhodora | 39 | No |
| Samantha | 29 | Yes |
| Sean | 16 | Yes |
| Sierra | 15 | Yes |
| Stephanie | 28 | Yes |

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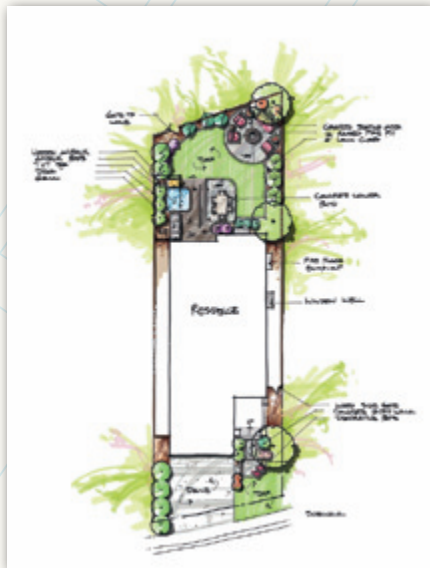
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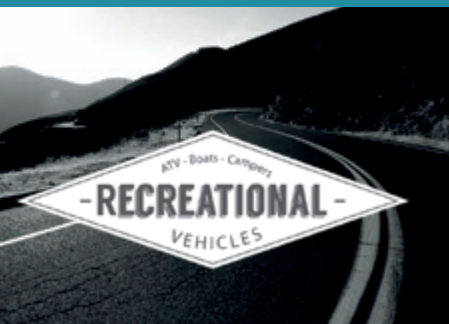
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