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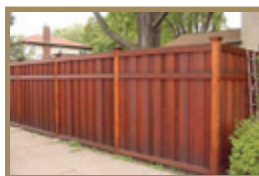
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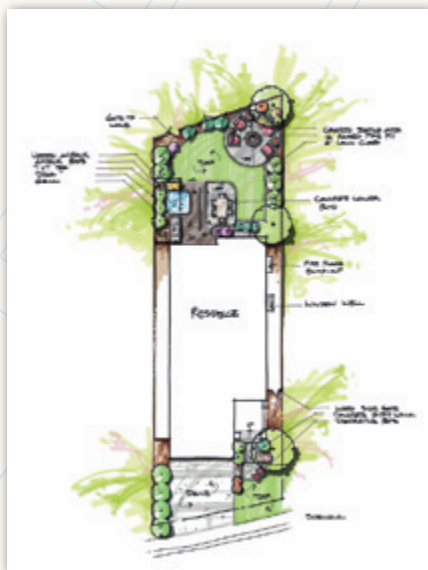


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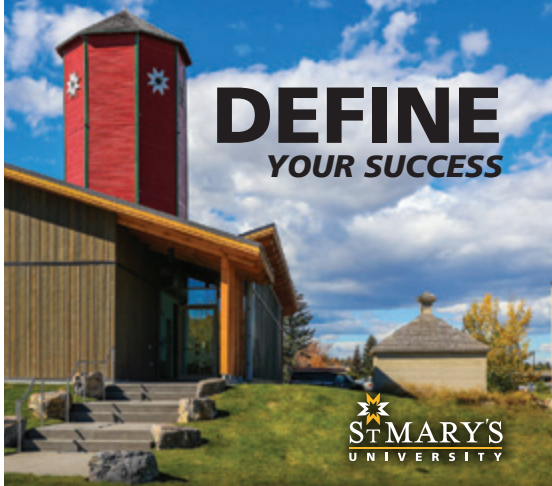
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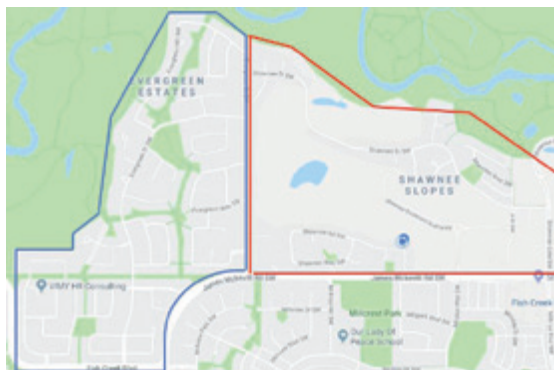
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## Shawnee-Evergreen Community Association Area Boundaries

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



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Did you know that koalas and humans share a major similarity? Their fingerprints closely resemble those of humans. It is believed that if a koala print was found at a crime scene, even under a microscope, an investigator may be unable to differentiate it from a human print.

The Chronicle - Designed monthly by:

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Jocelyn Taylor

[news@greatnewsmedia.ca](mailto:news@greatnewsmedia.ca)

**Design | Graphics**

Joanne Bergen

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# FRIENDS of Fish Creek



## July in Fish Creek Provincial Park

### Wellness in Fish Creek

Relax, unwind, and rejuvenate body, mind, and spirit through a variety of mainly outdoor wellness-based programs this summer. The Friends are pleased to facilitate community focused wellness activities that help people to connect with the park and others. Looking after physical and mental health is key to overall wellness and we invite you to take part in some of the amazing programs being offered this summer. Online sessions include guided meditations and hiking instruction, while outdoor programs in the beautiful natural setting of Fish Creek Provincial Park include Yoga, Bungy Pump and Forest Bathing. Stay tuned to our website for more information; <https://friendsoffishcreek.org/programs/wellness-clinics>.

### Creekfest - Reimagined!

Creekfest is an important component to our Watershed Public Awareness campaign and it would traditionally be a free one-day festival in Fish Creek Provincial Park. The current economic and social situation brought on by COVID-19 has changed the way we will be able to organize and deliver Creekfest, so this year, the Friends will bring you Creekfest – Reimagined! Creekfest – Reimagined will kick off on Saturday, July 18 with an online concert from Peter Puffin's Whale Tales, Juno-award winning children's performer and long-time supporter of Fish Creek Provincial Park. Peter Puffin's Whale Tales' will share his message of conservation in his energetic and captivating style through a free virtual performance. Creekfest – Reimagined will take place during the week of July 18 – 24 and this year's festivities will focus on staying connected to each other and to the Fish Creek Community. Through new innovations for outreach and engagement, we are hoping to reach an even wider audience than we could through a one-day event. Thank you to Creekfest supporters Land Stewardship Centre of Canada, funded by Alberta Environment at Parks, Miistakis Institute/Calgary Foundation, City of Calgary, TD Park People Grants and RBC Tech for Nature. Please contact the Friends for more information and stay tuned to [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest) and Facebook, [facebook.com/creekfestinfishcreek](https://facebook.com/creekfestinfishcreek), for updates on Creekfest - Reimagined!

### Capture Nature – Photography Contest - May 1 - July 31

*The Capture Nature Photo Contest is a creative way of enjoying the beauty and inspiration of Fish Creek*

Provincial Park. It's a good-spirited competition for all ages and levels of photography, and a great excuse to visit the park on a regular basis. This year's themes are A Bug's Eye View, Power & Grace, and Weather or Not. We know the themes are a bit challenging, and we hope they will encourage you to look at and connect with the park in a different way. All photos must be taken in Fish Creek Provincial Park and can be submitted at any point during the contest, but the earlier the better! The public will be able to vote for their favourite photos through our online gallery, so early submissions will have more time to collect votes! Many thanks to our contest sponsors for their generous donations of contest prizes: MEC, RMB Photography and Vistek. To register or for more information, visit <https://friendsoffishcreek.org/programs/capturenature>.

### Shaw Birdies for Kids presented by AltaLink

Support Outdoor Education in Fish Creek and Your Donation will be Matched Up to 50%! Shaw Birdies for Kids presented by AltaLink (BFK) is a truly amazing program that helps to raise funds for children throughout Alberta. BFK runs in conjunction with the Shaw Charity Classic, taking place August 24 – 30 at Canyon Meadows Golf & Country Club. Through BFK your donation will be matched up to 50% and your contribution can go even further. We are very grateful that the Friends of Fish Creek and our Learning Naturally program has once again been chosen as one of more than 200 Alberta charities to participate in Birdies for Kids this year. Birdies for Kids will support the Friends' Learning Naturally program, which includes TD Learning Naturally. TD Learning Naturally helps provide over 4700 children each year with a life-changing field trip to Fish Creek Provincial Park. Students in the TD Learning Naturally program attend economically disadvantaged schools in Calgary and may not have the opportunity to visit Fish Creek were it not for Learning Naturally. This essential program does not receive regular funding and we rely on ongoing donations from community members and organizations. Please talk to your friends, family members and even your employer about contributing this year. To donate or for more information, contact the Friends or visit <https://friendsoffishcreek.org/event/birdies>.

# The Marvelous Mallard

## A Migrator and Locally Overwintering Duck

by JG Turner

The Mallard duck (*Anas platyrhynchos*) is the most plentiful type of duck in Canada, and is found throughout North America and into northern Mexico, as well as in other parts of the world (e.g., Northern Europe), although in some areas they are considered to be an invasive species. They are very adaptable and common in urban areas! Locally, they do migrate south for the winter, but there are good-sized overwintering populations in ice-free areas along the Bow and Elbow Rivers, where plant foods in the water remain accessible, and there is access to waste grain in farmers' fields when the snow is not too deep. They are said to be the ancestors of all domestic ducks (except the Muscovy).

The Mallard is a medium to large sized duck (weight: 1800 g or 64 oz, length: 58 cm or 23", wingspan 109-122 cm or 43-48"). The male's brilliant green head and neck, white collar and chestnut breast are designed to attract female attention. He has a yellow bill, and orange legs and webbed feet. Two curled black tail feathers peak out between his closed wings above his white tail. The female's colouring is mottled brown with an orange-brown bill and orange legs and feet, such that she blends in with plants so that she does not attract attention when she is on a nest. She has a distinctive purple wing patch bordered by white bars.



### Fun Facts:

- A Mallard nest is hidden in tall plants, at times quite far from water. The walk to water strengthens her little ducklings' legs for swimming. Mallards can be seen 'dabbling' when they eat ... that is they tip upside down so their tails point to the sky allowing them to nibble on plants under the water.
- The Mallards' preferred habitat is grasslands that surround wetlands, such as reed-ringed sloughs, lakes, ditches, marshy areas and 'prairie potholes'. The males use the plants around wetlands to hide in when they are moulting and unable to fly.
- A female Mallard has a loud "quack, quack, quack" voice; the male's "quack" is softer and higher pitched.
- Their flight is distinctive with constant strong, fast wing beats.

If you find an injured or orphaned duck or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



## The Shawnessy Community Association Volunteer Board of Directors

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## Take a Deep Breath

Dolphins are known for their ability to spend a large amount of time underwater without having to come up for air. Shockingly, sloths are able to spend more time underwater than a dolphin. Dolphins need to come up for air about every ten minutes, whereas a sloth can last about forty minutes due to their ability to slow their heart rate.



## 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](http://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):

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Street Address: \_\_\_\_\_

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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 # \_\_\_\_\_





# HELP! We Didn't Budget for the Coronavirus

by Kaley Boisvert

*Kaley Boisvert is a financial advisor and single mom. She is passionate about creating new possibilities in women's lives by showing them the ropes when it comes to money.*

Although we couldn't predict the pandemic, one thing we do know is that economic downturns are cyclical. While you may be scrambling now, it's not too late to start planning for the next economic event by creating an emergency fund. Having a surplus account that serves to cover expenses when unplanned events arise builds financial confidence.

Below is my take on some of the commonly asked questions when it comes to budgeting for the unknown:

## **I didn't save! What can I do?**

So, you didn't have extra savings in place going into this challenging situation. That is completely okay. Don't be hard on yourself and know that you can start exactly where you are. Wealth goals should be thought of as a journey; be patient and give yourself time. With a plan, and some action right now, your financial goals and dreams are all very possible.

## **How much should I have in an emergency fund?**

That depends on your own individual situation. There are different opinions on how much you should have. Recommendations range from three to six months' worth of expenses. The 'it depends' comes into play based on your personal circumstances. If you are a dual income household, working in stable industries, and have no children, you might be safe on the lower end of the range. If you have children, are self-employed, or work in a highly volatile industry, you should stick to the higher end of that range or even consider aiming for six to nine months of expenses.

## **What is the best way to start?**

Don't let the thought of putting away several months' worth of expenses scare you off, try taking gradual

steps. Can you spare even a portion of your monthly earnings? If you are allocating a certain portion of your budget to long term savings maybe you could redirect a portion temporarily until you have built up enough of an emergency surplus.

## **What type of account should I use?**

This money is meant to be easily accessible for use in times of need. But you don't want it to be too accessible. You wouldn't want to unintentionally spend it or lose track of how much you have set aside by mingling it with your regular chequing account. Ideally, you should set up a separate savings account. Many banks even allow you to name your accounts. I encourage you to take the extra step and actually name it 'Emergency Fund'. You may also utilize an investment account such as a tax free savings account, but remember the intention is to keep it easily accessible so you won't want to be taking on any risk or investing this portion in the stock markets.

## **When can I spend this money?**

Okay, this may not be a 'commonly asked question', but I took the liberty to add it in to be the bossy financial professional for just a moment (but only because I care!). Ideally, this money should serve to cover living expenses or unplanned life expenses that come up. Don't get me wrong, a Peloton exercise bike is a great personal investment – but I would urge you to use your savings for that type of purchase and really protect this money for true emergencies.

An emergency surplus provides a financial safety net during times of crisis. At minimum it can serve to reduce at least some of the stress your family may be experiencing by covering off your financial concerns. If you didn't have one in place before COVID-19 that is completely okay, getting one setup for the future can help you feel financially confident and empowered to support your family through anything.

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FIND SOLUTION ON PAGE 13

Heat Related Illness

With the return of summer weather, EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



**Councillor, Ward 13**  
**Diane Colley-Urquhart**

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☎ 403-225-3480 📠 403-255-3504  
✉ stephanie.kusie.c1@parl.gc.ca  
🌐 stephaniekusiemp.ca

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. As we slowly begin to move back into 'normal' practices and implement Stage Two of the Provincial Re-Opening Strategy, 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](http://www.calgary.ca/covid19).

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](http://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 [eward13@calgary.ca](mailto:eward13@calgary.ca), which will give us permission to send you your online copy. You can also subscribe at [www.calgary.ca/ward13connect](http://www.calgary.ca/ward13connect). My extensive links and blogs will continue to be posted on [www.councillordiane.ca](http://www.councillordiane.ca) as well.



Dear Constituents,

We've been through hell and high water, but there seems to be a light at the end of the COVID-19 tunnel. As the provincial government has begun to loosen some restrictions and we enter Stage 2 of the Alberta Relaunch, many of us are now able to see the friends and family we've been missing, get long awaited haircuts, attend worship services, enjoy our beautiful parks, and support local businesses.

Since we can now do all of these things, my Conservative colleagues and I continue to advocate for Parliament to be recalled so that MP's can do the job that Canadians elected us to do. Although the Prime Minister managed to get the support of the NDP to allow his minority government to continue to keep Parliament shut down until September, the Official Opposition wants to see the return of a fully functioning House of Commons.

I am hosting two more virtual events in June and welcome you to join if you are interested. On June 16th, I will be joined by my colleague, MP Glen Motz, for a fulsome discussion on the recent Liberal firearms ban, and on June 22nd, I will be participating in an initiative to connect youth in Calgary Midnapore with wonderful local mentors to help them get a great start post-graduation. Details on both of these events are below.

Lastly, please note that both my Constituency and Hill offices will officially re-open on Monday, June 15th. Please keep in mind that visits to either office must be scheduled ahead of time with my staff. Both offices will have hand sanitizer and protective masks available for those with appointments.

Please continue to keep in touch and let me know what's on your mind. I look forward to seeing you all soon.

Take good care!

Sincerely,  
*Stephanie*





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

2105, 230 Eversyde Blvd. S.W. T2Y 0J4

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Friends,

2020 has been unlike any year we have ever had. The novel coronavirus has impacted so many facets of our day to day lives.

Albertans confronted this unprecedented pandemic in the way only Albertans can. Sharing a strong sense of personal responsibility and concern for others, Albertans followed public health advice, and have successfully flattened the curve and limited the spread.

As a result, Alberta has had better outcomes throughout this pandemic while employing some of the least stringent public health restrictions in the developed world.

However, I know that many people were impacted by the public health measures that were put in place. I know that for many folks, this was an incredible challenge that impacted livelihoods and put pressure on small businesses. We took the actions we did to save lives, to protect our most vulnerable, and to ensure our healthcare system was not overwhelmed.

The incredible success of Albertans should not be interpreted as an overreaction by government or public health officials. Instead, we should be thankful that the measures put in place were effective in both flattening the curve and reducing the spread of COVID-19.

And now that Alberta is moving forward with the re-launch of our economy, we must ensure we are still acting to protect the most vulnerable among us. We must now focus on building a wall of defence around those who are most vulnerable, especially our seniors.

That means that we must continue to help support our long-term care facilities, to which Alberta's government has committed an additional \$170 million in comprehensive supports.

As a result of the decisive action taken by Albertans, we will continue to move forward and ensure we take action to protect jobs, support small businesses and get our economy back on track. And, we will do this while making sure that we are doing everything we can to protect those who need it most.

But most of all, we need to say thank you to those who made this possible.

Thank you, Alberta.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**FLC SENIORS CLUB 55+ (Based out of the Trico Centre SE): TAI CHI** – Call Hilary, 403-256-2156, or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). **LINE DANCING (to ALL types of music)** – Call Joan, 403-719-7763, or email [linedancing@flcseniors.ca](mailto:linedancing@flcseniors.ca). Fall sessions (hopefully) start in September. For more activities, visit [www.flcseniors.ca](http://www.flcseniors.ca).

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# Tick Season is Here

by Dr. Christian Jones

As a Veterinarian in Calgary, I get asked nearly daily about parasite prevention for dogs and cats. I would like to briefly talk about ticks and tick prevention for your furry family members. Ticks are the most common external parasite of dogs in the Calgary area. Tick season locally is typically from April to October, but they are active anytime the weather is above four degrees. You do not need to leave the city to come across ticks, as every year I see numerous dogs come in to have ticks removed after being in Fish Creek park or in off-leash areas. Ticks are parasites in the same family of spiders who get nutrients by latching onto an animal or person and feeding on their blood. An adult tick will be roughly the size of a sesame seed so are difficult to see, but will grow as they feed, with some getting larger than a raisin. Ticks can both cause irritation and discomfort to a pet, as well as transmit numerous diseases, such as Lyme Disease. Make sure to check your animal for ticks after going for walks in grass longer than 4 inches (10 cm), or after your animal comes in contact with trees or bushes. Ticks will tend to attach between the toes, in the ear, armpit, and groin areas of animals, but can attach anywhere. For the best prevention methods, talk to your vet about products that repel and/or kill these parasites before they can transmit diseases. If you find a tick on your pet, call your vet, as we will want to remove the tick and send it to the lab to test for Lyme disease.

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## The Guidebook for Great Communities— planning great communities for everyone

With the Guidebook for Great Communities, we're planning Calgary communities that offer people more choices to live, move, and gather. The goal is to plan and grow communities now and for the future. It's about balancing the needs and wants of current residents, while ensuring our neighbourhoods are appealing to future residents.

The Guidebook is a key tool used by citizens and The City to create local area plans for our communities. Together, The Guidebook and local area plans support future growth in communities, respecting each of their unique conditions and environments.

When our communities remain vibrant, so does Calgary.

Learn more about the Guidebook for Great Communities and local area plans:

- Share your community stories at [Engage.calgary.ca/guidebook](http://Engage.calgary.ca/guidebook)
- [Calgary.ca/guidebook](http://Calgary.ca/guidebook)
- [Calgary.ca/lap](http://Calgary.ca/lap)

