

MARCH 2020

DELIVERED MONTHLY TO 7,300 HOUSEHOLDS

THE EVERGREEN

BULLETIN



OFFICIAL COMMUNITY NEWSLETTER OF EVERGREEN AND EVERGREEN ESTATES

COMING SOON:

EASTER EGG HUNT IN APRIL!

PLANTING IN CALGARY

VISITING OUR NEIGHBORHOOD'S
WETLAND

HAND-FEEDING A NUTHATCH IN FISH CREEK PARK

Winning Photo By
Jeremina O. Congrats!

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Donating This Month's Prize.



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first alliance church

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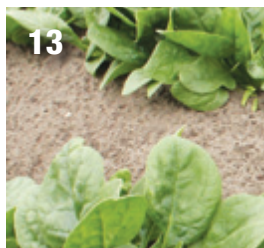
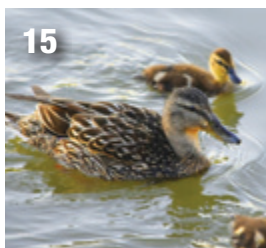
Foothills WFC are highest level of women's soccer in Canada and 2019 UWS
Western Conference Champions



OUTDOOR 2020 SEASON: Program details and online registration available January 20th to March 31st at www.gofoothills.ca

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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 (GNM) and Shawnee Evergreen (SECA) and Calgary Evergreen Community Associations (CECA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM, SECA and CECA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services

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Thank you, Evergreen Residents...

Hello again,

It is my utmost pleasure to communicate with you through this corner. On behalf of the board of directors, I would like to thank Evergreen residents for their continuing support to the Calgary Evergreen Community Association (CECA). CECA is run by volunteer members from the community. We hold many events and programs for families and seniors through the year. If you have a few hours that you can spend helping the community, please consider joining us as a board member or helping as a volunteer in one or more of our events. Please email volunteers@myceca.ca for information about volunteering with CECA. You can also visit our website www.myceca.ca for details about CECA, events, volunteering, membership, etc. Your efforts in helping us out make our beloved Evergreen better.

On Saturday February 15th, we had our annual **Winter Festival** and it was a huge success. A huge thank you goes to Evergreen residents, volunteers, and sponsors for making this event yet again another success.

We will have our annual **Easter Egg Hunt** on Saturday April 11th, 10:00 am – 12:00 pm at Everhollow Circle Park located at 235 Everstone Dr. This is one of our most popular events and it's typically attended by 400 to 600 residents. We even have some residents coming from surrounding communities to share the joy with us. Hot chocolate will be served, and prizes will be handed out to kids. Shoppers Drug Mart at Evergreen has been sponsoring this gathering annually. This event "and the majority of community events" are free for members. For those who do not have CECA membership, the cost is \$10 per family.

Cost of membership is \$20 per family per year. Memberships help us in running community events and maintain the community ice rink. Please **consider purchasing a membership or renew your existing one.**

Thank you for taking the time to read this message. Feel free to contact me for any questions, concerns, or suggestions.

Mohamd Sltan

President, Calgary Evergreen Community Association (CECA), president@myceca.ca

CECA BOARD CONTACTS:

EXECUTIVE

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Sponsorship Director	VACANT	
Casino Director	VACANT	

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Ice Rink Director	Darren Bailey	Darren.bailey@myceca.ca
Seniors Director	Sherrisa Celis	sherrisacelis@myceca.ca

PLANNING COMMITTEE

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Development Director	Darren Bailey	
Community Permits Director	Adetoun Osuntogun	adetoun.osuntogun@myceca.ca

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Councillor Ward 13	Diane Colley-Urquart	www.councillordiane.ca
Neighbourhood	Richard Lam	richard.lam@calgary.ca
Partnership Coordinator – City of Calgary		

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

Coming back to Evergreen!

GRASSROOTS SOCCER SPRING 2020 PROGRAM

For youth ages 4 to 8 years old,
this grassroots program focuses
on fun and development!

DATE

8-week season, April 27 – June
28 (1-2 day/week)

FORMAT

1 hour skills and activities with
a program wrap-up and
certificates/swag
for all participants

Details on location, program
cost, date/times coming soon!

CONTACT

For further information, contact
grassroots@calgaryminorsoccer.com





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

TRAFFIC

Traffic Around Schools

There is still a lot of concern with the way people are driving around the schools. Slowdown, make sure your kids cross safely, do not stop on Fish Creek Blvd., no U-turns, etc. If you are unsure where the proper drop off and pick up area is, please contact your school. I have contacted our CPS representatives to monitor the situations around the schools in the morning and around pick up times more often. Please also keep in mind that Evergreen is being used as a shortcut to get to 37th St. by people outside of our community. There is increased traffic and speed, so be mindful of this and stay safe. We are doing what we can to mitigate the traffic.

Slowdown in playground zones!

This time of year is when daylight starts lasting a little bit longer. I ask everyone to be safe when driving in the playground zones and watch out for one another. Please be safe around the school buses, watch for kids, no U-turns and be mindful of the people living nearby. They are your neighbours, be courteous. Playground zones are in effect till 9pm.

Fish Creek Blvd

Did you know that the majority of Fish Creek Blvd is a 50 km/hr zone? It only becomes a 60 km/hr zone when you are travelling west and have past most of the condos on the north side.

The new elementary will be completed soon, and another playground zone will be implemented. Be prepared for this.

SW Ring Road Updates

As we receive updates regarding the ring road, we post them on Facebook and our website. This includes lane closures and traffic changes.

SAFETY

Are you prepared for an emergency? Loss of power, lots of snow, heavy storm or hail could always occur. Check out www.getprepared.gc.ca to make sure you are prepared for any eventuality. Make sure your kids are prepared by having them join the City of Calgary's Ready Squad!

www.calgary.ca/readysquad

Reporting

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

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

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

Thanks

Paul Bushell, Traffic Director



The Calgary Evergreen Community Association will be holding a dinner and silent auction to raise funds for the outdoor community rink. It will take place on Saturday, April 25th at the Bull and Finch in Bridlewood at 6:00 PM.

Tickets will be \$25 and that includes a burger/steak sandwich/chicken burger or fish burger and a beer or house wine.

Silent Auction and Lottery Tree

Stay tuned for details on how to purchase tickets in advance.

Contact Belinda at belinda.ball@myceca.ca if you an item you'd like to donate to our silent auction.

All funds raised will go towards the CECA Outdoor Rink in 2021.



CECA UPCOMING EVENTS

Evergreen Easter Egg Hunt

Saturday April 11, 2020. 10am-12pm.

CECA will be hosting the **annual Easter Egg Hunt**, proudly supported by **Evergreen Shoppers Drug Mart**. Bring your families and enjoy this once a year egg hunt! Redeem eggs for chocolate at the Shoppers Drug Mart tent! There will be music, hot chocolate and coffee will be served to everyone. **Fun for all!** For more information, visit www.myceca.ca, check out our Facebook page or email events@myceca.ca.

Seniors' Hobnob Social

CECA and Swan Evergreen will be hosting a senior's social event at Swan Evergreen on **March 25th, 2020, from 6:00pm – 7:00 pm**. Come join CECA's senior group for a meet and greet. Get to know other seniors in your community and find out what other senior exclusive programs are offered in the area! Seniors hobnob is the last Wednesday of every month (except December). For more info please e-mail seniors@myceca.ca.



CECA MEMBERS ONLY

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

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

- ☀ **Orangetheory Fitness Shawnessy** - up to 20%* discount!
- ☀ **Mari's Bridal Alteration and Sewing** - 15% discount
- ☀ **Darelle's Designs** - 10% discount
- ☀ **Castle Toys** - 15%* discount
- ☀ **Stampede Cleaning Services**
- ☀ **Your Window Guys** - \$20 off services
- ☀ **The Branch Manager Tree Experts** - \$50 off services
- ☀ **Lawn Guard Ltd** - 20% discount
- ☀ **Sun Country Farms** - coupon found at www.myceca.ca
- ☀ **Cardel Rec South** - 10% discount

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

**CECA Membership Card required for discounts.*



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ATTENTION LOCAL PHOTOGRAPHERS!

Send us your best quality photo of the Evergreen Community or fun family activities for a chance to be chosen as the cover image for the newsletter. You can win a \$10 gift card! Pictures **must** be **300DPI** and a minimum **1 MB** in file size. Deadline is before the 8th of each month. Please send your image to newsletter@myceca.ca



CALGARY EVERGREEN
COMMUNITY ASSOCIATION

LET'S GO EASTER EGG HUNTING!

Come Join Us For Some Easter Fun!

APRIL 11, SATURDAY | 10 AM -
12 PM | EVERWILLOW CIRCLE
PARK - 235 EVERSTONE DR SW

FREE FOR CECA MEMBERS, \$10 FOR NON
MEMBERS

EASTER EGG HUNT
WITH CHOCOLATE
BUNNY PRIZES

RAFFLE FOR A
PLAYHOUSE
PROVIDED BY
SANDERSON RIDGE

HOT CHOCOLATE,
AND ARTS &
CRAFTS



**Congratulations
Gemma G. (6)!**
**Thanks to Elise S.,
Avon Representative,
for sponsoring the prize.**



CECA MEMBERSHIP REGISTRATION FORM

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

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

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

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

programs, kids' programs, and community engagement opportunities.

Join or renew your membership at <http://www.myceca.ca> or complete the form below and mail along with a cheque for \$20 payable to "Calgary Evergreen Community Association": PO Box 24007 RPO Evergreen, Calgary, Alberta, T2Y 0J9.

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

Join Us Today!

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

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

Join today and help us plan future community amenities that would benefit ALL EVERGREEN residents. Possible amenities may include permanent ice rink, community centre, rink house, outdoor stage, natural playground, community garden, and park landscaping.

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

MEMBERSHIP REGISTRATION FORM



To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20.00 made payable to **Calgary Evergreen Community Association** and mail to:
P.O. Box 24007 RPO Evergreen, Calgary, AB T2Y 0J9

Household Information (Held in confidence):

Last Name: _____ First Name: _____

Spouse/Partner First/Last Name: _____

Residential Address: _____

Postal Code: _____ Contact Phone Telephone: _____

E-mail Address: _____

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

Please mark (a) your choice as a volunteer:

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

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

CECA Privacy Policy: All information is strictly confidential.

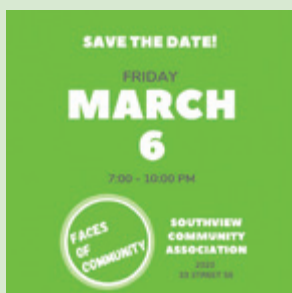
Online payment by credit card or PayPal™ is available at www.myceca.ca/membership.



Multicultural Fashion Show

To our fun-loving Seniors, attention: get ready for the 2nd Multicultural Fashion Show at Swan Evergreen! It's coming in April. Dig into your wardrobe and find clothing that represent your unique culture and wear it on this special, colorful event. Come out and enjoy the FUN!

Register for Our Faces of Community Event!



Registration is now open for our Faces of Community event on March 6 at the Southview Community Association! Join us for a fun evening while we announce our Faces of Community 2020

and celebrate the work of our city's amazing community volunteers! While this event is free to everyone, we ask that you register so that we have accurate numbers and names. Space is limited. Please follow this link to register today: <https://calgarycommunities.com/events/2020-faces-of-community-event/>



CECA FUNDING COMMITTEE

The CECA Funding Committee needs you!

Would you like to see a permanent rink developed in Evergreen? Would you like to see Evergreen Community Association events continue?

Then we need you!

The Evergreen Community Association has put together a committee for helping raise funds and revenue for the community and it needs your help to fill them.

We are looking to fill the following positions: Grants and Fundraising, Sponsorship and Casino.

Grants and Fundraising will look after applying for available city, provincial, and private grants, and will also organize some fundraising opportunities such as raffles. The time commitment for this is about 2-10 hours per month.

Sponsorship will be a liaison with business sponsors and help foster and maintain a relationship. We are looking to establish a sponsorship plan where business may want to contribute an annual amount for the year, or for specific events. Time commitment is about 2-10 hours per month.

Casino will look after our casino account with AGLC and make changes to the use of funds as needed. It will work with the volunteer director to coordinate volunteers for our casinos once we start having them. The monthly commitment for casino is a bit less but increases whenever there is a casino. Also needs to work with the rest of the board to make sure we maintain our requirements for the casino.

If you have any questions about any of these positions, please email us at info@myceca.ca. The CECA board of directors meets on the first Thursday of each month.

Thanks

Paul Bushell

CECA VP



Editorial Deadline!

Please submit all newsletter content to the CECA **by the 5th of the month!**

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

All submissions can be sent to

newsletter@myceca.ca.



Tips for Growing Vegetables in Calgary Gardens

by Andrew Guilbert

Donna Balzer, co-author of No Guff Vegetable Gardening, shares her advice for growing a successful veggie patch in Calgary.

When you plant matters

Different plants are better planted at different times. Kale, Swiss chard, and garlic can withstand frost, and so can be planted as early as late March. "If they're a very root-hardy plant, like lettuce, spinach or garlic, you can put those in early," says Balzer. Other veggies, like zucchini, require guaranteed warm weather in order to grow, and are best planted at a time when warm weather abounds like early June.

Grow what you wouldn't buy

A big reason people grow their own vegetables is to have healthier food options. Balzer suggests keeping in mind which pesticide-laden or disease-prone foods they can avoid in the grocery store by growing their own.

"Spinach for example, is often on a recall list in the States. It's often dirty," says Balzer. "Why spinach? It is so easy to grow in the off-season in warmer areas, but they don't have the water quality that we have here in Calgary. We're better to grow our own spinach."

Potatoes are another good example of what to grow rather than buy, says Balzer, as commercially grown potatoes use a lot of pesticides.

Grow your own and start indoors

If you're going to start gardening, you should start

growing your plants indoors rather than buying pre-grown plants from a greenhouse, says Balzer.

"If you buy a plant that's been grown in a greenhouse, it's super lush, super big and super root bound. You might have trouble acclimatizing it to outdoors," she says. "If you start it yourself in the right soil at the right time, you'll have it at the right stage at the right time to start it outside."

When to transplant depends on the type of vegetable you're growing.

Spacing is key

No matter your garden size, the amount of space you have to work with is ultimately limited. Balzer suggests plotting out the amount of space available to you and designating which vegetables will go where in order to maximize your crop.

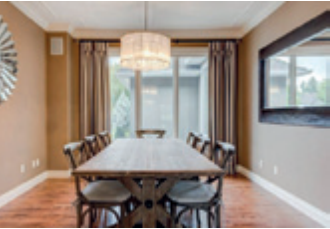
"I can tell you that one cauliflower takes up the same space as 50 carrots," she says.

Not planting all your seeds at once is another important element of spacing your garden. "Stagger when you start plants. Who wants 3,000 radishes all at once?" says Balzer. "People get a package of seeds and they put in that whole package. They realize quickly that they are giving them away or never get through them all."

For more information, visit growfoodcalgary.com and donnabalzer.com.

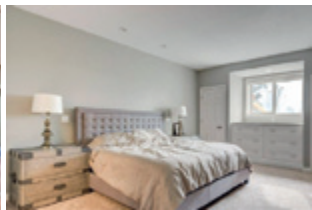
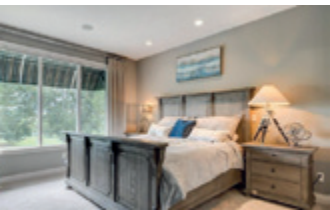


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Bridlewood Wetlands

Bridlewood Wetlands Park occupies about six hectares of the Bridlewood Creek Community in the southwest part of the city. The wetland was named after the community which was developed in 1997.

Experience nature in the city

The surrounding community is a prime example of how suburban development can be integrated with nature. This wetland is part of the water management system and the surrounding homeowners not only paid a premium to live by the marsh, but they signed an agreement not to use pesticides, herbicides and synthetic fertilizers.

Plant life

The boardwalk provides a good opportunity to view aquatic vegetation such as Common Cattails and Bulrushes and the many species of invertebrates that are found in and around a marsh.

Wildlife

The wetlands are home to several species of dabbling waterfowl including the usual Mallards and Blue-winged Teal but also Canvasbacks, Northern Pintails and Ruddy Ducks. Red-winged Blackbirds and the much less common Yellow-headed Blackbird are also found regularly in the wetland.

History

These wetlands are part of a natural chain that has proven to be a challenge to residential developers. In this case, rather than drain the wetlands and build over them, the wetlands were modified and built into the water processing system for the community. There is an upper drainage settling pond and then the water is released into the marshland. Tucked in the corner of the wetland is the huge glacial erratic that was transported here from Mount Edith Cavell by the glacier.



Calgary



Collection days are changing in April



Check **your collection schedule**, and sign up for reminders so you never miss your pickup days.

calgary.ca/collection



MUSKRAT BEHAVIOR

Activity: Muskrats are active year-round, and they feed at all times of the day. They are most active at twilight.

Reproduction: Females give birth to 2-3 litters per year, each time yielding an average of 4-8 pups. The size of the litters varies with the seasons, with larger litters being born in spring and summer, and small litters being born in winter. In warmer months, muskrats can give birth to as many as 15 young at once. Newborn muskrats are weaned for about a year before they become independent.

Feeding: Muskrats gather food within their territories and carry it to feeding platforms on which they eat. These feeding platforms are flat, elevated piles of mud and vegetation, which muskrats construct outside of their living dens.

Social Interaction: As monogamous breeders, muskrats live with their mates and their young. They are very territorial, especially during breeding season.

Fun Facts about Muskrats:

- Muskrats are excellent swimmers, thanks to their webbed back feet, laterally flattened tails, and the ability to hold their breath underwater for 15-20 minutes. They can swim backwards and forwards.
- Most of the time muskrats mate underwater.
- Muskrat kits are born hairless and blind.
- Known to be most valuable for their fur or pelts, muskrats are one of the most trapped animals in history.
- Muskrats play important roles in certain ecological systems, as their eating and denning habits create the ideal flat nesting areas for certain birds.

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CRIME STATISTICS

Evergreen Crime Activity was Down in January 2020

The Evergreen community experienced 0 crimes in January 2020, in comparison to 8 crimes the previous month, and 9 crimes in January one year ago. Evergreen experiences an average of 12.4 crimes per month. On an annual basis, Evergreen experienced a total of 149 crimes as of January 2020, which is up 5% in comparison to 142 crimes as of January 2019. To review the full Evergreen Crime report visit ever.mycalgary.com

How To Report Crime In Evergreen: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text ttTIPS to 274637.



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FRIENDS of Fish Creek

March in Fish Creek Provincial Park

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>.

Spring Birding Course

12-week course, 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>.

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 Seiger.

Bettina Sieger is 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 \$8,500 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/>.



Name	Age	Course
Amber	15	Yes
Emily	15	Yes
Joumana	15	No
Kaitlyn	15	Yes
Victoria	16	Yes
Jack	17	Yes
Jordan	17	Yes
Katrina	17	No
Mel	17	Yes
Noah	17	Yes

Diana	18	Yes
Kalysta	18	No
Michelle	18	Yes
Valeria	18	Yes
Anastasia	19	Yes
Aurora	19	Yes
Cristina	19	Yes
Will	19	Yes
Bronte	20	Yes
Christina	20	Yes
Kassandra	20	Yes

Maddie	20	Yes
Sarah	20	No
Lulu	24	Yes
Ria	24	No
Priya	25	No
Ashley	35	Yes
Vinona	44	No
Joy	47	Yes
Joy	68	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Go to mybabysitter.ca to contact any of these babysitters

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



CALGARY PUBLIC LIBRARY

March Break at the Library

Looking for fun? Find it at the Library! There are plenty of free programs for school-aged kids and teens happening all the time—especially when school is out. Come geek out with robots, build up your public speaking skills, play some tabletop and video games, or drop in for an arts and crafts camp. Whether you want to kick back and relax during March Break, or just catch up on your schoolwork, we've got the program for you at calgarylibrary.ca/march-break.

Hot Off the Press:

Your new Fire Safety Activity Book

Did you know that Calgarians are at the greatest risk of fire in their homes? To stay safe, it's crucial to make sure every member of your family knows about fire prevention, including your kids. The new Fire Safety Activ-

ity Book, a partnership between Calgary Public Library and the Calgary Fire Department, teaches kids all about home safety through colouring sheets, puzzles, and games designed for school-aged learners. Pick up yours for free at any Library or fire hall. Learn more about fire safety at calgarylibrary.ca/fire

Check out our online newsstand

Your Central Library recently appeared in the New York Times as one of their 52 Places to Visit in 2019 – but did you know that you can read this acclaimed paper for free with your Library card? Your Library membership gives you free access to tons of magazines through our Digital Library. Browse local and international newspapers on PressReader, flip through popular titles like People and Chatelaine on Flipster or read about us in the New York Times! Start reading for free at calgarylibrary.ca.

10 Tips to Recycle Right in 2020

Create new recycling habits for the new year – this is one resolution you'll want to keep!

1. Bookmark the What Goes Where search tool on your computer/smartphone. Visit calgary.ca/whatgoeswhere to find out what to recycle, compost or dispose of.

2. Know what not to put in your Blue Cart. Batteries, loose plastic bags, clothing, food and liquid, garden hoses, electrical cords, Styrofoam, needles and yard waste do not belong in the recycling.

3. Group your bins together. Make it easy for anyone in your house to recycle – just as easy as it is to throw something away. Put your inside recycling bin next to your garbage can. For extra credit, add extra recycling and composting bins in your kitchens, bathrooms, and laundry room. Most of your home's recyclables and compostables come from these three rooms.

4. Empty, clean and dry. Before you toss your empty containers, cans, jars, bottles, and cartons, make sure you rinse out liquids, food residue and such – then put these containers in your blue bin.

5. Keep electronics and batteries out of the recycling cart. While these should be recycled, batteries and electronics do not belong in your curbside recycling bin. These items can start fires at recycling facilities and in the garbage trucks. Visit calgary.ca/whatgoeswhere to know where to safely recycle or dispose of electronics and batteries.

6. Bag your bags. Make it easier to bag your bags by setting up a spot in your home to collect them together. Hang a bag off a hook inside a cabinet or clip a bag off the side of your indoor recycling bin. Fill the bag up with all your stretchy bags as you get them. Once the bag is full, tied closed and then put in your blue bin. Restart again with a new bag and fill up.

7. Prepare your recyclables the right way

a) Bundle your stretchy bags and wrap together into a single bag and securely tie closed.

b) Bag your shredded paper.

c) Put the rest of your recycling loose into your blue cart.

Make sure your recyclables are not packed in too tightly or they will not fall out of the cart during pickup.

8. Download the Garbage Day App. Never miss a collection day by downloading the Garbage Day app onto your phone. View your schedule on-the-go and set notifications to remind you of your blue, black and green cart collection days.

9. Beyond the blue bin. Some items can't be recycled or disposed of in any of the bins. This includes scrap metal, household chemicals and paint, used motor oil and clothing and textiles. The City offers drop-off programs for many of these items. Visit calgary.ca/whatgoeswhere to learn where to safely recycle or dispose of these items.

Recycle the right way

Bundle your stretchy plastic bags and wrap

Bag all your stretchy plastic bags and wrap into a single bag and securely tie closed. This includes grocery bags, produce bags, Ziploc bags and bread bags.



Bag your shredded paper



Keep the rest loose

Put the rest of your recycling in loose – all recyclables must be inside the blue cart for pickup. Do not use blue recycling bags or garbage bags.



10. Reduce, reuse, and rethink.

When it comes to sustainability, reducing, reusing, and rethinking helps make an even bigger impact for the environment. Find ways to change your daily consumption of materials with these easy tricks:

- **Reduce** by saying no to single-use items like straws, plastic grocery bags and disposable coffee cups.
- **Reuse** by never leaving your house without your reusables like your water bottle, coffee cup, canvas shopping bag and cutlery set (e.g. fork, spoon, chopsticks, straw).
- **Rethink** by buying items in easily recyclable packaging like paper and cardboard or choosing better options like using Tupperware containers instead of plastic wrap.



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**What's "good" about Good Friday?
What's the real meaning of Easter?**

Friday, April 10 at 11:00 a.m.
Good Friday Remembrance service
Sunday, April 12 at 11:00 a.m.
Easter Celebration service.

When you understand the "good" of Good Friday, you'll want to celebrate the hope of Easter Sunday!

Please join us!

Peace Lutheran Church, 14640 – 6 Street SW,
(403) 256-1439 (1 Block west of Fish Creek LRT)



FEDERATION OF
CALGARY COMMUNITIES

March is Community Association Awareness Month! How Will YOU Be Part of It?

March is Community Association Awareness Month!

Did you know that there are 152 community associations in Calgary providing you with endless opportunities right in your backyard, events that bring you together as neighbours, and a voice on behalf of your community on issues that affect YOU?!

Did you also know that these community associations are run by volunteers? Your neighbours, your friends, and maybe even your family. In fact, there are over 20,000 volunteers involved, making it the largest collective volunteer movement here in Calgary!

How Will YOU Be Part of It?

Do you know what your community association offers you? Find out! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Are you a member of your community association? If not, you are missing out on numerous benefits, including discounts at local businesses. Membership is extremely affordable, with most community association memberships averaging under \$30 a year!

This very community newsletter is just one of the many ways your community association works to keep you informed on events, topics, and issues of interest close to home—written and compiled by your neighbours.

So, take some time during March Community Association Awareness Month to be part of it and find out more about your community association and how you can get involved!

Want to follow along with the action all month long? Keep an eye on the hashtag #howwillYOUbepartofit on social media!

For more information on community associations visit our website at calgarycommunities.com.

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Ask Charles

I recently found a house listed at a price that seems too good to be true. I discovered the house is a court-ordered sale as the result of foreclosure proceedings. Are there any risks when buying a foreclosure?

Yes, there can be risks associated with buying a foreclosure property. Foreclosure properties may be offered at a lower than expected price, but you need to know what you're getting into.

A foreclosure sale, which may be labelled "as-is," "where-is" or judicial sale, is the sale of a property under the supervision of the Court of Queen's Bench. In a typical foreclosure sale, the owner of a property is behind on their mortgage payments and the lender requests that the Court order the home to be sold. The sale of the property is arranged through the courts in order for the lender to recoup the money owed to it.

In a foreclosure sale, there is no guarantee of the property's condition, no warranties, and a potential buyer can't submit an offer that is conditional on anything – such as a home inspection or financing. In some cases, when buying a foreclosure, you can't even see the inside of the property. This can create significant risk for a buyer.

In a foreclosure sale, the seller typically won't provide documents that are associated with the property, such as a Real Property Report and/or condominium documents. Without a Real Property Report, the buyer may not know the true location of the structures and the legal boundaries on the property. Likewise, without condominium documents, a buyer might not even know what the monthly condominium fees are.

That being said, there are things you, as a buyer, can do to learn more about a property. Searching the address online may uncover something. Likewise, in the case of a condominium, you can find out the name of the condominium management company and pay to obtain condominium documents from the company rather than from the seller. But remember that any offer you make for the property cannot be conditional on receiving and/or reviewing those documents.

A court-ordered sale can be a very long process because it has to go through the Court. It's not as simple as a seller accepting or rejecting an offer from a buyer; the Court ultimately makes those decisions. There's also the possibility that the sale could fall through at the last-minute in the event the property is no longer in foreclosure, for example if the owner gets caught up on mortgage payments. It is important to remember that nothing is guaranteed with a court-ordered sale.

Even though foreclosures come with some risk, they can be a good option for some buyers – just make sure before proceeding you know the risks.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



SECA BOARD OF DIRECTORS (2019/20)

Send e-mail to info@shawneevergreen.ca

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TAKE ON WELLNESS

DEPRESSION...

Not as Simple as It Seems



by Marlowe Gelmon MSc. Behavioral Neuroscience, Behavioral Therapeutics

Depression isn't a one-size-fits-all diagnosis. From atypical depression to seasonal affective disorder, the condition has many faces.

Symptoms may include everything from hopelessness and fatigue to physical pain. And just as symptoms vary from person to person, so does the diagnosis.

We all feel sad at times. But depression is different. This serious mood disorder causes severe symptoms that affect how you feel, think, and manage your daily life, causing persistent feelings of sadness and loss of interest in previously enjoyed activities. The word depres-

sion is actually just an umbrella term for a number of different types of depression, from major depression to atypical depression to dysthymia. Depression ranges in seriousness from mild, temporary episodes of sadness to severe, persistent depression that seems as if it will never end. The clinical depression definition includes the more severe type of depression known as major depression (MDD).

The good news is that even if depression symptoms are severe, there is treatment. Medications and counseling can help to improve depression symptoms and give you your life back again.

MEMBERSHIP REGISTRATION FORM



To purchase a membership in Shawnee-Evergreen Community Association, please go to our website 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, Calgary, AB 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 # _____

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts the June Stampede Breakfast at South Gate Alliance Church (free for SECA members)
- Sponsors the Annual June "Community Parade of Garage Sales"
- Sponsors Community Cleanup 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 6th Street SW intersection)

MEMBERSHIP BENEFITS

- You are entitled to one vote per membership at the Shawnee-Evergreen Community Association AGM in September.
- You and residing members of your family can participate FREE

at the Annual Shawnee-Evergreen Stampede Breakfast in June.

- CARDEL REC SOUTH COMPLEX. SECA Members receive a reduced fee rate. See inside this newsletter for program info.
- TRICO CENTRE. Support your community by purchasing a pass at Trico Centre. A portion of your pass fee is allocated to SECA.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS

1. Those who have not purchased a family membership are required to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for the Cardel Rec South Complex programs.
2. Memberships can be purchased at any functions, the Annual General Meeting in September, OR fill out the form and send it as directed on the form to SECA Also available at the Cardel Rec South Complex. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased on-line by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and clicking on the "Pay Membership Fee via PayPal" button below "Membership Form".

We are creating a more neighbourly community. Little by little our work to connect residents is progressing and it is such rewarding work!

Community Campfires, which have moved from park to park, have been well received. Watch for upcoming dates and locations. On March 14th, we'll be at the Tennis Courts park on Shawnee Drive (across from 771 Shawnee Dr SW).

Neighbour Nights are continuing. On March 26th we'll be at the Coach and Horses Ale Room in Millrise.

For April 23rd we are looking for a different location. Where would you like to meet?

SECA Plays programs continue to receive extremely positive feedback! Most months we offer a Families in Nature program for 3- to 6-year-olds, an Adventure Play pop up for 3- to 10-year-olds, and an Outdoor Survival Series program of 9- to 12-year-olds. These are free for SECA members or purchase a \$20 family Program Pass to participate as a non-resident. What are you waiting for? Check them out. Watch our Facebook

page (@SECAplays) or email play@shawneevergreen.ca for more info.

SECA Plays is working with a 3rd year practicum student from Mount Royal University. As part of her work to support SECA programming she is seeking families with younger children to interview about their community needs and perceptions. If you have 30 minutes to donate to this project, please contact play@shawneevergreen.ca. Thank you!

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!

Graywood Developments' applications to rezone and develop some of their land differently than originally approved are continuing through the City's process. Please consult our website for updates or email SECA's Director of Development directly via Norm@view-our-homes.com.

We are recruiting volunteer canvassers to help with Membership Month in May. 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.

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 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. 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@shawneevergreen.ca

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Cannabis Edibles Aren't Risk-Free

Baked goods (e.g. cookies), beverages, and candies, including chocolates, soft-chews and mints, are the latest cannabis products to arrive in Alberta cannabis stores.

What do you need to be aware of if you're planning to use them?

If you are using cannabis, edible products provide an alternative to smoking.


Edible cannabis may affect you differently compared to smoked or vaped cannabis. Here are a few steps you can take to reduce your risks.

- First, consider the amount of THC in each product. Choose products that have 2.5 mg of THC or less, especially if you are a new or occasional cannabis user. This information can be found on the label.
- It can take up to four hours to feel the full effects of edible cannabis. Taking more within that time can increase the risk of adverse effects. Be patient, start low and go slow.
- Edibles may affect you for up to 12 and even 24 hours. Be aware that you may be impaired for a significant time.
- Avoid mixing cannabis with alcohol or other drugs, as mixing can significantly increase the risk of over-intoxication and impairment.
- If you have existing health conditions or are on medi-

cations, talk to your pharmacist or doctor before using any type of cannabis.


- Make sure you are with people you trust, who can help you if you have unpleasant or unexpected results, and that you are in a familiar environment when you first eat cannabis.
- There is no known safe amount or form of cannabis to use while pregnant or breastfeeding. The chemicals in cannabis may affect your baby's brain development and may result in learning and behavioural issues that last throughout their life.
- Store cannabis products and other drugs (including alcohol, tobacco and tobacco-like products) in their original packaging, locked up and out of sight of children or pets.
- Edible cannabis products increase the risk of unintentional consumption and cannabis poisoning in children, as they may be mistaken for regular food or drinks. If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug Information Service (PADIS) (toll-free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for Internet phone users).
- A bad reaction to cannabis may include a rapid heart-beat, anxiety, confusion, vomiting or more serious effects such as psychotic episodes or seizures. If you have these side effects, call your doctor or seek medical help.

If you are concerned about your own or someone else's use of cannabis, alcohol, or other drugs, contact Health Link at 811 (1-866-408-5465 for Internet phone users) or the Addiction Helpline at 1-866-332-2322.



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SECA Plays announces:

Outdoor Survival Skills

Learn to thrive in the wild



March 7 – Fire making and cooking

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

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S&S – Burns and Scalds

Each year, Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



Premier of Alberta, MLA for Calgary-Lougheed

Hon. Jason Kenney

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As spring starts to melt the snow, the warming weather begins the season of renewal that is marked by the budding branches on trees or first blossoms of the year. This spring of renewal is also buoyed by increasingly positive signs we are seeing in our economy. For the first time since 2014, investment in our energy sector is expected to rise 8.4%, more than \$2 billion more than 2019. There is still work to be done, but the with 8,100 jobs this new investment will support, it's a clear sign that our plan is working.

That's why we are committed to following through with our Job Creation Tax Cut that will see our overall tax burden on job creators reduced by 1/3 from 2015,

going from 12% to 8%. Our second installment of this initiative came into force on January 1, giving us the lowest taxes on job creators in Canada, and by 2022, we will have a tax rate that is more competitive than 44 of 50 US states. It's bold action like this that is helping to kick start our economy and get Alberta out of the doldrums of the last 5 years of economic stagnation.

In our recent speech from the throne, we re-committed our government to remain laser-focused on getting this province working again. We aren't done yet, but with strong fiscal management and bold action, we are well on the way.



The Guidebook for Great Communities- planning communities for everyone

The City of Calgary is planning communities in Calgary so they offer more housing, shops, and service choices for the people who live, work and visit them. The Guidebook for Great Communities provides the foundation on which our communities can grow and develop to be vibrant and resilient, for generations to come.

For a community to be a great place to live, it requires housing options; access to a variety of goods and services close by; and offer its residents and visitors areas to recreate and gather. When a community provides more opportunities, people can live in their neighbourhood regardless of age, income or stage in life.

You can find more information on the Guidebook for Great Communities at calgary.ca/guidebook



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🌐 CouncillorDiane.ca

I am pleased to share that as of January 24th, a new overhead flasher for pedestrian crossing has been activated at Canata Close SW and Elbow Drive SW (adjacent to the elementary school). Pedestrian and traffic safety remains a top priority for me, so if you know of a pedestrian crossing that would benefit from additional safety measures, I encourage you to visit www.calgary.ca/crosswalks.

Coming this spring, 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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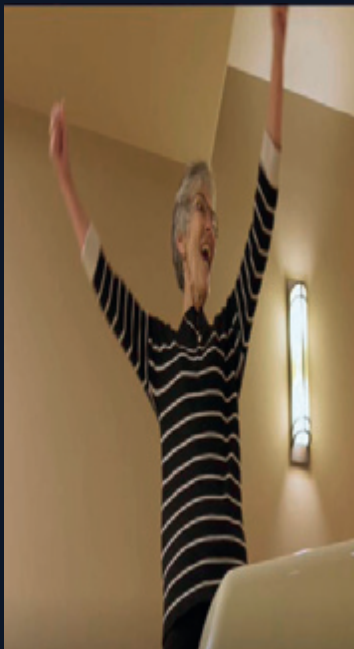
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