

MAY 2020

DELIVERED MONTHLY TO 7,300 HOUSEHOLDS

# THE EVERGREEN

## BULLETIN



OFFICIAL COMMUNITY NEWSLETTER OF EVERGREEN AND EVERGREEN ESTATES

**ALL SOCIAL ACTIVITIES  
ARE CANCELLED DUE TO  
COVID-19 UNTIL  
FURTHER NOTICE!**

**ESSENTIAL PHONE  
NUMBERS FOR SENIORS  
IN CALGARY**  
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**DO NOT FEED THE BIRDS!**  
PAGE 9

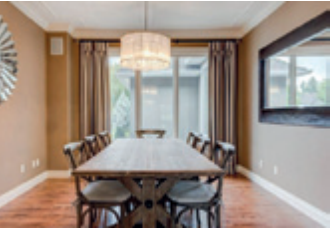
**12 THINGS  
TO CHEER YOU UP**  
PAGE 11



**LEN T. WONG**  
& ASSOCIATES  
G P G  
GREATER PROPERTY GROUP

# LIVE THE DREAM ON THE HERITAGE POINTE GOLF COURSE SIGNATURE HOLE

TEXT 9285 TO 555000 FOR VIRTUAL TOUR & FULL LISTING

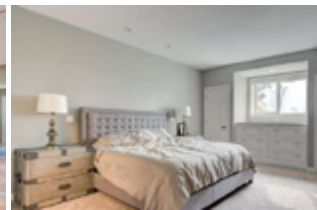


Executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Total of 3 bdrms & 3 baths, formal dining/flex rm, gourmet maple kitchen with centre island, granite countertops & stainless-steel appliances, open to large eating area with built-in desk. Large great rm with 12-foot ceilings, fireplace & built-ins. Patio doors leading out from eating area to large south dura deck with metal railings & glass panels with beautiful landscaped south backyard with firepit. Large master bdrm with 5-pc spa like ensuite with large soaker tub, O/S shower & walk in closet. Staircase leading downstairs to large family rm with media centre, fireplace, 2 bdrms, 3-pc bath with steam shower, workout rm & playrm all with radiant in floor heat. Walk-up onto the patio from the family room. O/S triple attached garage. Pride of ownership shown throughout. Ideal for empty nester, professional or older family. Exceptional Value!

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Partnership Coordinator – City of Calgary		

If you are interested in a vacant position, please email [info@myceca.ca](mailto:info@myceca.ca)

Stay safe...

Hope you and your families are all doing well and staying healthy. The coronavirus (COVID-19) pandemic is presenting tremendous challenges for people, the economy, and communities across the entire world. In order to combat this virus, people are creating new ways to work, exercise, study, communicate, and are adapting to new business routines and protocols.

I keep hearing amazing stories on how people and businesses are reacting to this virus pandemic in a positive and productive manner. People are helping each other by donating money, making masks, helping the elderly, etc. My neighbor told me if I need something from the grocery store, he can buy it for me as he is going shopping. COVID-19 is making us stronger and closer to each other. I would like to thank all community members for their amazing initiatives. Special thanks to the medical staff and health officials across the country for their hard work.

All of our programs are cancelled until further notice.

Our monthly board meetings are now held remotely. We are learning to hold them via Google Hangouts, and it has been great.

To get all the updates about what is happening in our city during this challenging time, please visit the City of Calgary website. All are encouraged to practice social distancing and follow recommendations from health officials.

Please feel free to email me directly for any questions or suggestions you may have. Together we can make our community a better place.

Until we meet you next month, stay positive...stay safe!

*Mohamd Sltan, President  
Calgary Evergreen Community Association (CECA)  
[president@myceca.ca](mailto:president@myceca.ca)*





# Editorial Deadline!

Please submit all newsletter content to the CECA by the **5<sup>th</sup> of the month!** (E.g. January 5th for February newsletters.) All submissions can be sent to **newsletter@myceca.ca.**



## Essential numbers for seniors in Calgary

<b>9-1-1 Emergency (24-Hour)</b>	<b>403-SENIORS (403-736-4677) The Way In</b>
For EMERGENCY medical, fire and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
<b>8-1-1 Health Link (24-Hour)</b>	<b>403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)</b>
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1 City of Calgary (24-Hour)</b>	<b>403-943-1500 Access Mental Health</b>
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a>	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1 Community Resources (24-Hour)</b>	<b>403-705-3250 Elder Abuse Resource Line (24-Hour)</b>
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a>	Confidential information and support, or to report a suspected case of elder abuse.

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# CECA TRAFFIC AND SAFETY REPORT

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

## **Traffic**

*Playground Zones still in affect!*

Even though the schools are closed, and people are staying home due to the Covid-19 pandemic, the Playground Zones are still in affect! There is even more of a chance that people are getting outdoors but practicing social distancing and being in the parks. Slow down! If you notice many cars speeding in your local playground zone, please log a traffic service request. The link is later. The zones are in affect from 7:30 am to 9:00 pm, the speed limit is 30 km/hr. We have four zones on Everridge Dr., Evermeadow Ave., two on Eversyde Ave., Everoak Dr., Everstone Dr. and possibly more that I have not listed.

*Slow down on the side streets!*

Sure, the speed limit is 50km/hr., but the streets are narrow and there are kids at play! Slow down!

Many people who are at fault for speeding are not reading this, so if you are reading this, please tell your neighbours, visitors and contractors to slow down.

## **Kids Playing Outside**

As the weather gets warmer and there is more daylight, kids have a tendency to get outside more to play. Even with our pandemic, kids are at home and there is a greater chance that they are outside playing as they are not at school. Please make sure that they do not play on the road and travel safely to the local park. Drivers, pay attention to kids on or close to the road. Their actions can be unpredictable.

## **Potholes**

That time of year is at hand again! Let's try and make Evergreen pothole free! Please report potholes or sunken utility cuts to 311.

## **Safety**

*Car Safety*

Keep your valuables out of sight and lock your cars. Car prowlings are up over the past few months. Hide it or lose it! It is a difficult time and some people are looking for easy pickings. Don't give it to them! Lock your doors and keep valuables out of sight. That includes your garage door opener.

## **Be a Good Neighbour!**

At this time, we need to maintain our distance, but we also need to be good neighbours! Do you know your neighbours! Check on them, see if they need help if they are having to self-isolate.

## **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](mailto: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 by calling 311, or 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](mailto:traffic@myceca.ca).

Thanks,

*Paul Bushell, Traffic Director*

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## 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](http://www.myceca.ca) and <https://www.facebook.com/myceca>.

## Buds and Blooms

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not guarantee the service, or the products offered by the  
aforementioned businesses.*

*\*CECA Membership Card required for discounts.*

## 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](mailto:newsletter@myceca.ca)



## 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](http://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](http://www.myceca.ca/membership).**





**SPECIAL THANKS  
FOR THIS MONTH'S  
COLORING PAGE  
PROVIDED  
BY LAUREN ERESMAN  
WITH SOME SWEET  
CHARACTERS FROM HER  
BOOK "CHERRY ON TOP".**



**Congratulations to  
Ashley F. (12) for the  
Special Editor's Reward  
from Olga!**



**Congratulations to  
Anastasia T. (8), who is  
the "extra" winner of the  
March coloring page –  
as most of the families  
hasn't received our  
Newsletter in time for  
the deadline, we gave  
them an extra chance  
to win.**



**Also, congrats to Terra  
B. (6) for being the April  
coloring page winner!  
Thanks to Elise S., Avon  
Representative, and to  
Lauren Eresman, a local  
picture book writer, for  
sponsoring the prizes!**



# FRIENDS of Fish Creek

## Stewardship Message: Please Do Not Feed the Birds

Fish Creek Provincial Park is a natural refuge for a high diversity of bird species; in the midst of our bustling, growing city, it provides food, shelter and nesting grounds for these creatures, that would otherwise be difficult for them to find anywhere else in the area. Over 200 bird species have been observed in the park in recent years, from those we are all familiar with – like the Red-winged Blackbird or Great Horned Owl – to many we are unlikely to have heard of before, such as a Cinnamon Teal, Double-crested Cormorant or Ruby-crowned Kinglet. Did you know that Peregrine Falcons have been seen in the park? Or that nine different species of Woodpecker have also been observed? Some stay here year-round, while others use it as a place of rest during the spring and fall migration, which means that, as the seasons change, so do the opportunities to see something amazing!

With this in mind, it is no surprise that birding is one of the most popular recreational activities in Fish Creek Provincial Park, as many people take advantage of this natural asset and its ability to support so many wide-ranging species. It is common throughout the year – yes, even in the winter! – to see groups of people staring up at the treetops and sky, seeking out their latest find, kitted out with binoculars and cameras to help them better capture the experience. And while we know it is tempting to bring along bird seed to attract them closer to get a better look, this is a prohibited activity in all of Alberta's Provincial Parks, including Fish Creek. Unfortunately, feeding birds has become an increasing problem

in the park, and for some people, they continue to do so, even if they know it is illegal.

Feeding birds, or any other wild animal in a Provincial Park, can contribute to habituation, meaning that they lose their fear of people. When wild animals lose this fear and come to associate people with food, this puts everyone at risk. Animals can lose their natural drive to search for food, expecting it to come to them as hand-outs, and this can impact their survival. Bird seed left on the ground can also attract many other creatures who enjoy it, such as mice, deer and, yes, even bears. It can attract animals to areas more frequented by people, increasing the likelihood of an undesired animal-human interaction, or leading them nearer to pathways and roads where they can be injured.

We all need to remember that everything is connected, and that often times there are unanticipated consequences to our actions, even if our intentions are well-meaning. Birds have an incredible resource in the park, and need to be able to fend for themselves, letting nature take its course, in whatever way that looks. So, please support us by being a good steward of the park, observe birds and other wildlife from a distance, and help to educate others who may not be aware of the harm they may be causing.

And if you haven't had the opportunity, feel free to sign up for our Spring Birding Course at <https://friendsoffishcreek.org/programs/birding-course>, and spend some time in the glorious spring sunshine, exploring and searching to see how many different species you can find. You can also use the Fish Creek Provincial Park Bird Checklist at <https://bit.ly/2ybUvsw> any time, to see what you can find!



# No Travel? No Problem!

## Visit World Famous Sites Online!

by Paige McEachren, News and Reviews, Travel Tips

What to do with kids while quarantined? Those words might strike fear into parents' hearts, but it's a reality the world faces in the spring of 2020.

Just as kids should spend a portion of every day being physically active to relieve stress and promote a positive attitude, they also need to keep their mind active.

What is more interesting than exploring the world, history, art and fashion? Take the time you will be spending at home with your kid(s) as an opportunity to ignite a desire to learn about other cultures, travel and adventure. You can get your travel fix from the comfort of your couch!

## Here are a few museum virtual tours that will appeal to all ages:

- Van Gogh Museum, Amsterdam
- National Museum of Modern Contemporary Art (MMCA), Seoul
- The J. Paul Getty Museum, Los Angeles
- National Gallery of Art, Washington, D.C.
- British Museum, London

# Coping with Social Distancing Due to COVID-19 in Our Community

Social distancing and staying home for a long time can be very stressful... But our community, just as many others, came up with great ideas not only to help the neighborhood but to have some fun.

## These are just a few of the many, brilliant initiatives:

- The students at **Our Lady of the Evergreens School** have created their own **community treasure hunt**. They were asked to design a "happy face" poster and place them on their houses and in front windows. The school invited the community to participate also, either as hunters or as treasure "posters"! You can see some of the results at the following link: [https://padlet.com/karen\\_hanson2/ul024mmvk9tc](https://padlet.com/karen_hanson2/ul024mmvk9tc)
- Around Easter time, they drew **Easter Eggs and posted them in the windows** for kids to go and find them. In fact, some lucky ones, might have found even a "golden egg" or two on their adventures! What an awesome idea! Way to go, Our Lady of the Evergreens School!
- **The Federation of Calgary Communities** started this appreciative and fun action: "Every night at 7:00 pm, join your neighbours in saying thanks to health care workers, front line workers and first line responders by cheering from our front doors and windows!"
- One of our local residents posted this simple idea on Facebook as a way to help each other during this time of self isolation: "Our neighbor is older and lives alone **so I gave her 3 coloured pieces of paper** for her window, which faces our kitchen window. Green is for I'm okay, yellow for need help with an errand, and red for emergency. I call it Isolation Communication." Let's all look out for each other.
- Even one of our **local photographers** came up with this excellent *project*. "Hello Evergreen!! Please let me know if you would like to participate in my #stay-home community photoshoot!"
- Up to play a game of **Bingo**? No problem. Anyone can use this "**Community Bingo**" sheet on their next stroll.
- There was the **Neighbourhood Window Walk** and the **Chalk the Walk** day. With some snow here and there, we were lucky enough to have even a **Snowman Day**!



## NEIGHBOURHOOD BINGO







# 12 Things to Cheer You Up as a Result of the Coronavirus Outbreak

by Naama Barak

There's no disputing that the coronavirus sucks. Really sucks. But on our search for good news to see you through these lengthy days of social distancing and self-isolation we've come across quite a few bright spots that could make you smile.

So put your feet up, take a few relaxing breaths and check out the cheerful things taking place in the world.

1. Air pollution is falling over the world
2. You can see the stars more clearly
3. People are getting very, very creative
4. Along with big brains come big hearts
5. Life is slowing down
6. Nature is returning to the spaces we have evacuated
7. People are singing to one another
8. History and art are free for all
9. The Kinneret (Sea of Galilee) is almost full
10. People are coming together to help each other
11. Phone calls are back in fashion
12. Silence is the new normal

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Website  
**NEEDKIDNEY.CA**

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

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

**PAINTING:** Our mission is to provide the best quality, clean, and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior and exterior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 587-893-0326. [www.elementpaintinginc.ca](http://www.elementpaintinginc.ca). Thank you.

**JUNK TO THE DUMP / ODD JOBS:** Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit [www.huntersheating.com](http://www.huntersheating.com).

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

**KITCHEN CABINETS REFINISHED:** Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

**SPRING IS HERE! :** Let us help you get your yard ready for the beautiful days ahead. Power rake, aerate, fertilize. Weekly or occasional lawn cuts while you are on holidays. We can help you turn your outdoor space into your own oasis. Locally owned and operated since 2007. Please call Brenda at 403-615-7199.





# MEMBERSHIP REGISTRATION FORM



To purchase a membership in Shawnee-Evergreen Community Association, please go to our website 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, 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)
- 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".

### 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

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