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Mahogany Homeowners Association
29 Masters Park SE, Calgary, AB, T3M 2C1
Phone: 403 453 1221 • Fax: 403 474 1202
Hours of Operation: 9am to 10pm Daily

CONTENTS

Fishing Committee Update	4
Construction Set to Begin on Mahogany's First School	8
Mahogany Minute	10-11
Fall Programming at Mahogany Beach Club	12-16

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Summer at the Mahogany Beach Club - REMINDERS

Park and Lake Reminders

- All members, age 12 years and over, must bring their membership card each time they wish to access the park, lake and Mahogany Beach Club – not just one card per family.
- No children under 12 years of age are permitted in the park without an adult.
- No pets are allowed at the MBC facility or parks.
- No smoking, alcohol or glass containers are permitted in the parks.
- Only charcoal briquettes may be used in the barbecues.
- Members assume full responsibility for their guests at all times and members must be present in the park at all times while their guests are using the facility.
- Lending your membership card to another person is prohibited.
- Members are limited to a household maximum of 8 guests per day.

Boat Rentals

Fishing boats, kayaks, pedal boats and Stand Up Paddle (SUP) boards are available to residents on a first come first serve basis. Members who sign out the boat must be in the boat at all times. No children under the age 16 are to be in a boat without an adult. PFDs are mandatory and MUST be worn at all times. There is a 1 hour time limit on boats loans.

Fishing

The Mahogany HOA encourages the practice of catch-and-release. Fishing is permitted from the Fishing Dock, the shore south of the Fishing Dock up to the bridge, Private Docks and fishing boats only at this time. Absolutely no barbed hooks, live bait or food of any kind is permitted.

Tennis Courts

Unless reserved for MHOA programs, the courts are available on a first come first serve basis. There is a 45 minute restriction during busy times. Tennis courts are to be used for tennis only. Soft soled court shoes are required. Chairs and other hard objects are not permitted on the courts.

Hockey Rink

The hockey rink is available for inline and roller skating. You must put your skates on at the rink. They are not allowed on the pathways within the MBC or at the West Beach.

Aerators

The aerators have now been turned on. **WARNING:** As per the rules and regulations, please do not enter the park or the lake outside of park hours. The lake aerators pose a significant safety risk.



Although some fish are currently big enough to keep, at this time we still strongly encourage catch and release to allow the fish to grow to a much larger size, thus making for more enjoyable fishing for the families of Mahogany. We recommend that this practise is encouraged until next spring when the ice comes off and after that time a daily/monthly catch limit will be introduced.

Fishing from shore is now permitted on the south side of the MBC fishing dock up to the bridge. There is no fishing permitted off of the dock or shoreline at the West Beach. Fishing is permitted in dory boats only at the West Beach. There is also no fishing from the dock directly across from the Boat Kiosk at the Mahogany Beach Club until such time as it is not in a construction zone.

Only single, barbless hooks are permitted. No live bait or food is to be used.

Should you have any questions or concerns, please contact fishing@mahoganyhoa.com.



MAHOGANY

HOMEOWNERS ASSOCIATION

29 Masters Park SE, Calgary, AB, T3M 2C1 • Phone: 403 453 1221 • Fax: 403 474 1202
Hours of Operation: 9am to 10pm Daily

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Programming Co-Ordinator	Ruth Dunn	admin@mahoganyhoa.com
General Enquiries		reception@mahoganyhoa.com

Do You Have Your Membership Card?

All residents age 12+ must have their membership card to access the Mahogany Beach Club, including registered programs and Preschool.

Stop by the MBC to have your picture taken and get your card today! Please bring your Certificate of Title or photo ID showing proof of residency. Tenants must bring in their lease agreement.



There's More in Mahogany!

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website:

www.mahoganyhoa.com/events



Indoor Rental Rates

Room	Member	Non-Member
Banquet	\$64.00/Hour	\$80.00/Hour
Studio 1	\$34.00/Hour	\$45.00/Hour
Studio 2	\$34.00/Hour	\$45.00/Hour
Flex Room 1	\$38.00/Hour	\$50.00/Hour
Flex Room 2	\$38.00/Hour	\$50.00/Hour

Rental Packages	Member Rate*
Wedding Package A – Saturdays from 9:00am–1:00am	\$1,168.00
Wedding Package B – Friday 6:00pm-10:00pm & Saturday 9:00am-1:00am	\$1,360.00
Wedding Package C – Saturday 9:00am-1:00am (Outdoor Ceremony & Indoor Reception)	\$1,360.00
Birthday Party Package – 2 hours in Studio 2 and exclusive Gym use	\$120.00

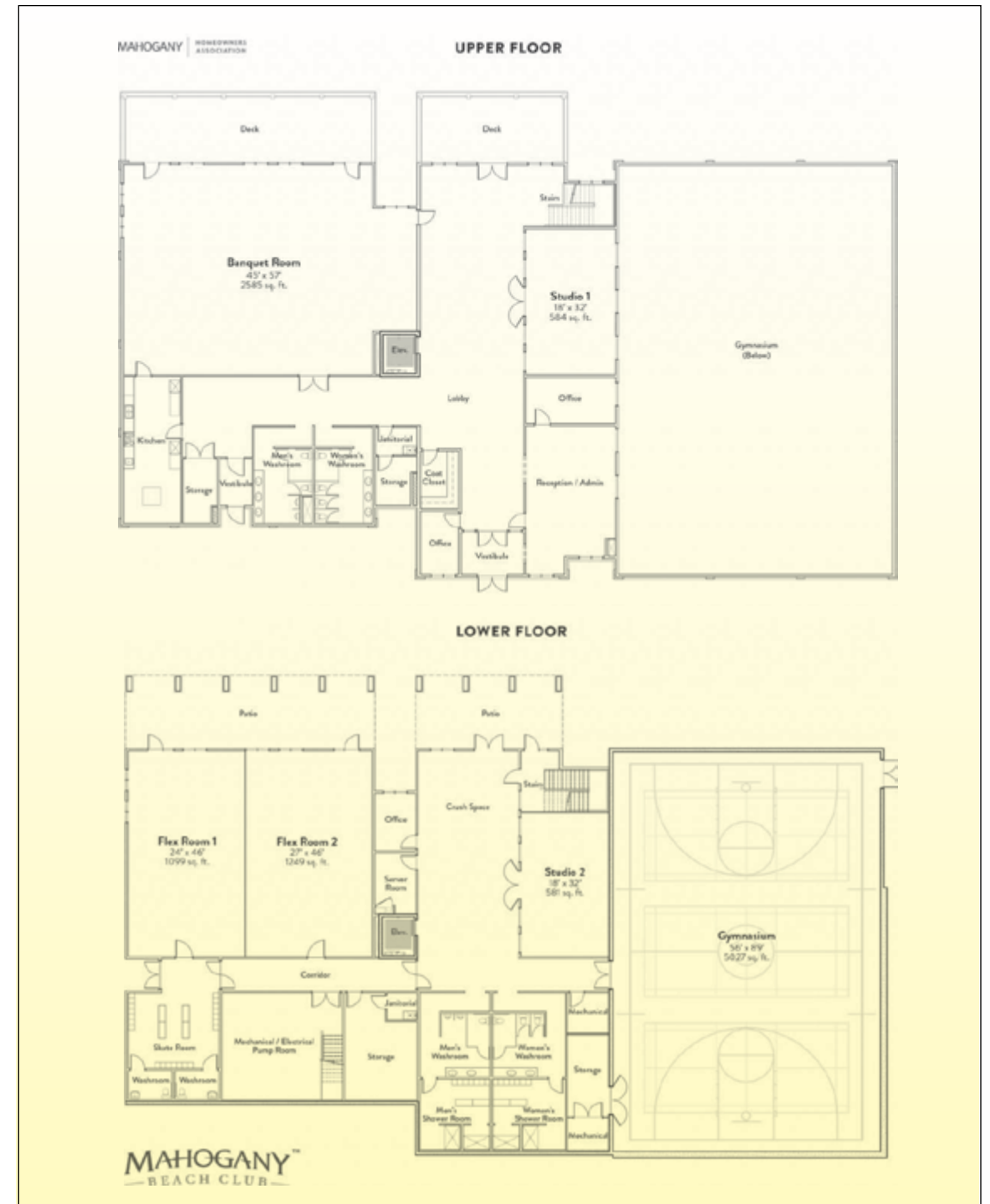
Please call 403.453.1221 or email info@mahoganyhoa.com for further information and to book a rental.
 *Non-member rates available.

Outdoor Rental Rates

If you have more than your 8 guests per household, and would like to enjoy the parks for a children’s party, family BBQ, or any other arranged outdoor event, the MHOA has space for you! Book a spots and have up to 40 people at your outdoor event (including homeowners). BBQs are available at each spot.

Availability	Rate
9:00am-1:00pm Daily	\$25.00
1:30pm-5:30pm Daily	\$25.00
6:00pm-10:00pm Daily	\$25.00

Please call 403.453.1221 or email admin@mahoganyhoa.com for further information or to book an outdoor rental.



Mahogany HOA 29 Masters Park SE Calgary, AB T3M 2C1
P 403.453.1221 F 403.474.1202

Birthday Party Package

Celebrate your birthday with exclusive access to the Gymnasium as well as Studio 2!



Birthday Package (Members)	Birthday Package (Non-Members)
Gymnasium	Gymnasium
Studio 2	Studio 2
Total: \$140.00	Total: \$170.00
<i>*Maximum 35 people</i>	



The Birthday Party Package is available on Saturday or Sunday from 12:30pm -3:30pm with exclusive gym time from 1:00pm – 3:00pm.

You are more than welcome to use the sports equipment. All other equipment must be non-marking. No food or drink permitted in the gymnasium. Non-marking indoor shoes must be worn in the gym. Your party is restricted to the rental space as indicated above.



Construction set to begin on Mahogany's First School

A ground blessing and sod turning ceremony on April 27, 2016 marked the start of construction on Mahogany's first school.

Father James Hagel of the St. Albert the Great Church blessed the ground, on which a new kindergarten to Grade 6 School will be built through the Calgary Catholic School District at 22 Marine Drive S.E. The school, which will have a maximum capacity, including modulars of 750 students, is projected to be open in the fall of 2018.

During the ceremony, Calgary Catholic School District Chief Superintendent Gary Strother stated how this is a great opportunity for a community like Mahogany to have access to schooling within the community.

The current Mahogany CCSD designated school is Monsignor J S Smith School in Douglasdale and should be contacted for registration information.

IN & AROUND CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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Mutual Fund Representative

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MAHOGANY MINUTE

From the Editor

It's my pleasure to work in the community as the editor of the Mahogany Minute, keeping you up to date on what our Operations and Social Committees have on the go. Thoughts, comments, suggestions? Feel free to submit to me at communications@mahoganyhoa.com.

Dawn McKay
Editor, Mahogany Minute
communications@mahoganyhoa.com

Photo of the Month

For submissions to our regular Photo of the Month contest, remember that anyone recognizable in the photos must provide written consent to accompany the submission and that by submitting your photo you are giving the Mahogany HOA permission for its use. Submissions for the next edition must be received by the 25th of the month.

This month, our winning photo was submitted by Michelle Hagen, who captured this fantastic image of a rainbow over the lake. Congratulations Michelle and thanks for submitting!

Thanks also to Diana Floen who submitted a cute shot of her three sons, exuberantly displaying the results of the face painting booth at the Canada Day event. Kai, 3, Kaleb, 4 and Jacob, 5, clearly had a great time, as witnessed by their friend Bria Fowler, 4.



Upcoming Events

Dinner Club Potluck BBQ

Mahogany's Dinner Club is hosting a potluck BBQ at the Main Beach Club on Saturday, August 13 at 3:30 p.m. This event will proceed regardless of the weather as space has been booked inside and outside. All Mahogany residents are invited with the HOA providing burgers, hot dogs and condiments. If interested, please **RSVP by August 6** with the number of adults and kids in your party to dinnerclub@mahoganyhoa.com. Please let us know what you will bring to share! Mahogany's Dinner Club runs from September to May.

Fifty Plus/Minus Club

Mahogany's Fifty Plus/Minus Club has a full schedule and is always looking for more members. Programs facilitated by this great group of volunteers include an Arts Group, a Book Club, a Card Club, a Discussion Group, a Garden Information Club, a Scrapbooking & Crafts Club and a Walking Group. For information on any of these programs, to start a new program, or to volunteer, please contact Laura at laura.rax@shaw.ca.

Coming soon to Mahogany is a **Little Free Library**. If you are not familiar with the concept, this is an opportunity for book-loving residents to place small, customized mini-lending libraries on your property. People will donate books, and take books from your Little Free Library on an honour system. Watch this space for more information in the coming months.

MAHOGANY MINUTE

Also planned for October 15 is a **Used Toy and Clothing Sale** at the Main Beach House. Details are still being worked out, but you will have the opportunity to rent a table to sell your gently used children's clothes and toys. Any leftover items that owners do not want to keep will be donated to local charity Made By Momma. Watch this site for information in the next issue.

A Great Time Was Had By All

Canada Day

Despite a last minute change in venue, hundreds of Mahogany residents big and small came out to the Canada Day event. Held at the site of the future public school on Mahogany Blvd at Mahogany Way SE, this family friendly event featured lots of food – snow cones, cotton candy, popcorn, hot dogs, chips and pop – along with some fuzzy, huggable mascots, face painting and more. Big thanks to the event sponsors Southwinds Church and SaveOn Foods Seton.

Fishing Fun

Please remember our lake fish are still toddlers, and we want to give them time to grow. For this reason, please practice Catch and Release when fishing in the lake. Additionally, expect to see Pop Up Fishing opportunities this summer!

Upcoming Events

The fun never stops in Mahogany. Next up:

- Movie Night September 17
- Halloween Haunt October 29, 12 noon – 3 p.m.
- MaZombi Run October 29, teen event, during the evening
- Parade of Lights December 12

Sponsorship Opportunities

If you haven't met the Chair of our Sponsorship Committee, you haven't seen a human dynamo in action. Jehn Scantlebury is Chairperson, Communications & Sponsorship. Our community events could not take place without our sponsors, and we've now got a number of committed annual sponsors, thanks to Jehn's efforts.

Thanks to our Platinum Sponsors:

- Mike Burton / Tim Lacroix
- Tim Horton's
- Prestige Dance Academy
- South Pointe Toyota

We also want to send shout outs to Mi-Box who are a Gift in Kind Sponsor and the organizations and businesses who support us through the year as event sponsors.

If you have, or know of a business that would like to be a Mahogany sponsor (a number of sponsorship levels are available) contact Jehn at sponsorship@mahoganyhoa.com for an information package.

Last but not least...

Our great activities could not help without a committed and invested team of volunteers. If you would like to join the Mahogany HOA in making each event a success, please contact volunteers@mahoganyhoa.com. You will need to have a completed police check but this is easily done online and the HOA picks up the cost. Currently we are in need of a Chairperson for the Schools position on the Operations committee. As well, there has been interest in a Pets subcommittee. Drop us a line and let us know how you can help.



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Meet the instructors at our Registration Roundup.

On August 6 come and meet the instructors and learn about the programs they are running. From 9.30 through to 12.30 we welcome you to come, bring your friends from within the community or outside, and see what is on offer. Here is a brief description of what we are offering. Registration for Fall programs opens for Mahogany Residents on August 1 and for non-residents on August 8.

ADULT PROGRAMMING



Cardio Tennis

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very fun and social class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced tennis player it is the best way to train for tennis. The one hour class includes a warm-up, drills and games. The program utilizes music in a fun and motivating experience.

Christmas Cheer Crafts

Join us for some Christmas cheer crafts! Everyone needs hostess, babysitter, neighbours gifts but never have any ideas. Come and create beautiful, personal Christmas gifts to make anyone's holiday cheer. Each week will be different small gifts made by hand by yourself; perfect for various Christmas gift giving situations. Instructors will bring everything you will need, you just bring your creative hands.

DDP Yoga

DDP Yoga is the hottest workout on the planet, with the perfect balance of muscle strengthening and toning, high cardio, traditional yoga for flexibility and balance, rehab principles and breathing for wellbeing. This workout gets the heart rate in the zone while working the core and using every part of the body all with minimal joint impact

Karate

An eclectic approach to martial arts training for both health and self-defense, all within a safe and supportive environment. Each class combines dynamic strengthening, flexibility, and endurance exercises into a component that stresses proper posture, breathing, relaxation, and movement. Integrated into the warm-up are various techniques on safely going to the ground and getting back up again in one piece. These include rolling, body drops, and break-falls. The typical class smoothly transitions to the martial aspect, where we practice drills and applications in groundwork, striking using all parts of the body, multiple opponents, defense in confined spaces, free sparring, and much more. We cover modern weapons, with a focus on observation, awareness, and conflict avoidance. No previous martial art experience required.

Spanish

Achieve the ability to interact socially in basic and daily life conversation and learn about Spanish culture. Lessons include all the skills for the language learning process, such as speaking, listening, reading and writing.

Systema

An eclectic approach to martial arts training for both health and self-defence, all within a safe and supportive environment. Each class combines dynamic strengthening, flexibility, and endurance exercises into a component that stresses proper posture, breathing, relaxation, and movement. No previous martial art experience required. Age 14+

Unique Dance

This program has been created using a tried and true teaching model tailed for both singles and couples. Participants will learn ballroom, Latin and country dancing. The Course is run by former Dance Champions and Pro-

fessional Adjudicators with Canadian Dancesport Federation.

Wire Wrap Jewellery Workshop

Do you have an interest in stones or crystals? Are you interested in making handcrafted Jewellery? This Beginner level workshop will teach you how to create beautifully wire wrapped pendants in a relaxed and fun environment. You will learn multiple wrapping skills with a focus on two main techniques making pendants that showcase stones and crystals. Turn your passion for stones into a new hobby or business. If you have your own stone you'd like to wrap, bring it along. Classes are small and intimate so each person gets lots of attention and help throughout the whole workshop. There will be no more than 12 people per class. Age 13+

Yoga

Yoga Flow

Make time for yourself, awaken your body, and quiet your mind. Come out for a fun vinyasa flow yoga practice suitable for all levels. We will focus on breathing and alignment in the postures as we develop body awareness, strength, balance, and flexibility. This class will leave you feeling strong, confident and calm.

Prenatal Yoga

Connect with other moms-to-be in your community. A gentle class to unwind, relax and build strength in a safe and supportive environment. We will practice yoga and breathing techniques to help prepare you for childbirth and make your prenatal experience more enjoyable and comfortable.

Zumba

"Zumba Fitness® is a fitness program that associates aerobic movements with the use of Latin rhythm and more. The Zumba approach introduces exercising through dance. It is a fun way to get in shape because each class is like a party.



YOUTH PROGRAMMING

Ballet

3-4 Year Old Ballet - "Tiny Ballet"

Our Tiny Ballet program teaches 3 and 4 year old dancers the basic foundations of ballet in a fun and creative learning environment. Our specialized class plans work with children's naturally occurring cognitive and neural development. Discipline, basic ballet technique, and a lot of fun is what we strive for in our Tiny Ballet program. This class is a great first step into the world of dance!

5-6 Year Old Ballet - "Primary Ballet"

Our Primary Ballet program emphasizes discipline, technique, and fun while allowing 5 and 6 year old dancers to develop flexibility, strength, and turnout. Students will strengthen their posture, alignment, and overall technique for all other dance disciplines in a nurturing and educational environment. Ballet will help develop a child's self-confidence and body awareness. This class is a great way to ignite a child's passion for the world of dance!

Bricks for Kidz

Bricks 4 Kidz® After-School Classes build on the universal popularity of LEGO® Bricks to deliver high quality, educational play. Every class is a fun, enriching experience for your child, building new projects each week using the classic bricks loved by generations of children. Our trained, screened Bricks 4 Kidz teachers lead a discussion related to that day's model, using materials designed by educators to teach concepts across a variety of subject areas. Kids will learn about everything from gears, torque and friction, to robotics, space exploration, movie-making and MORE!

Etiquette Factory

The Etiquette Factory is a 12 week program in which your children will learn important social skills that will impact them scholastically, personally and even well into their professional life. The Complete Etiquette Factory social skills course will include; basic manners, being polite, proper behaviour for kids, table etiquette, sharing and integrity. (Just to name a few!) The key to your child's manners success is the fun, interactive,

~cont'd next page~

motivating manners curriculum, using manners games, stories, songs, treats, crafts and kind discussion. Each Etiquette Factory graduate will be given an Etiquette Factory t-shirt, CD and Table Setting Placemat upon completion.

Karate

Kids Karate and You (1 child ages 4-7yrs + 1 parent)

Get your child off to the right start with Karate and You. Our Karate and You program is designed to get you interacting with your active children. Sweat, punch, kick, roll, and grow together as you and your little one develop your Karate skills and build a relationship to last through the years. The impact of parent participation on their children's health and involvement in sports is life changing. With you at their side for support and comfort you and your little one can safely improve balance, coordination, flexibility, and self-defence. Come train together and enjoy the magic of learning Karate with your little one.

Traditional Shitoryu Karate (8-13 yrs)

Karate helps develop self-esteem, self-discipline and confidence which transfers to all areas of life. Learn self-defence through the ancient art of Karate, learn to breakfall, roll, block, punch, kick, and jump. Students will improve their flexibility, strength, endurance and overall fitness which contributes to a healthier, happier life.

Music Together

Babies Program – Up to age 2

You don't have to know how to walk or talk to enjoy a song. Your baby is ready to make some music now! You've probably noticed how they respond when you play a song in the car or sing them a song to soothe them. Developing your baby's natural musicality will open the door to a world of possibility, not only for music learning but for all learning. The early months are so important to introduce music. This class is specifically designed to teach you how to support music development in infancy and how to connect with your baby through music using methods such as "purposeful touch," "sound-layering," "dancing for baby," etc. And since our Babies Class uses the same song collections as our other classes, you will experience a seamless transition as your baby grows into our older classes. All of



the songs have been created so that the parent and baby can easily incorporate the music and movements at home too. You can be brand new to music and fit right in! This is a class that will not only enhance your babies development but give you a bonding experience like no other. Come and enjoy this musical environment and meet other parents that share love for music!

Preschool Program – Age 2-5

Early in life, music has tremendous power to support the developing child in all their growing capacities. In addition to being enjoyable for its own sake, it forges unique connections in the brain, integrating mind, body, and emotions. It enhances a child's language, cognitive, emotional, social, physical development as well as their learning habits and dispositions.

When you bring the power of music into your toddler's life with Music Together, you offer them a playful learning environment that is also immediately accessible. We provide children a wealth of musical experiences to share with the grownups who love them, as the adults learn to continue the play at home. With songs in a range of musical styles—lyrical to blues, world music to folk, along with fun and developmentally appropriate activities, your toddler receives a rich music experience that stimulates and supports their growing skills and understanding. You both can be beginners in music and fit right in.

Polymer Clay Jewellery & Sculptures

Do you love Sculpting and creating with your hands? This beginner level class will teach you how to make Polymer clay jewelry and sculptures. We will be learning fun ways to create clay beads, silly food sculptures and creative clay pendants. You come away with three or

~cont'd on page 16~



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more little crafty colourful creations made by you! This Workshop is a great way to get creative and have fun at the same time. Classes are small and intimate so each person gets lots of attention and help throughout the whole workshop. There will be no more than 12 people per class. Classes run for one and a half hours. Workshop suitable for ages 10 –18.

Spanish

The goal of the Spanish level 1 for kids is to help them develop communication skills for informal basic situations related to themselves, to their family members, their pets, and their friends, all based on daily activities. They will learn things such as greeting people, colours, numbers, and different vocabulary. Practicing by using games and developing art skills such as coloring, drawing and singing are the main focus of the course.

Sportball Indoor Multisport

Parent & Child Multi-Sport Ages 2-3

You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more.

Coach & Child Multi-Sport Ages 3-5

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Soccer/Floor Hockey Ages 6-9

Get in the game! Sport-Specific classes introduce fundamental concepts of gameplay and teach the basic skills to participate in a fun, supportive, non-competitive environment. Each class focuses in-depth on progressive skills for a particular sport in fun, exciting, skills-focused play.

Tennis Lessons

Utilizes Progressive Tennis which introduces the sport of tennis in a fun and interactive way and ensures imme-

diated success for young players. Using modified tennis balls, racquets, nets and courts, young players are properly equipped to enjoy rallies and learn the fundamentals of the game early on.

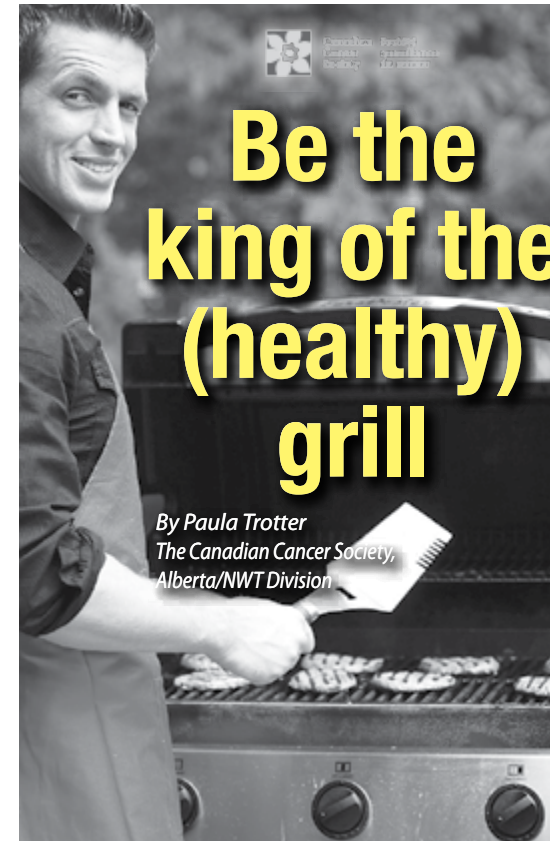


Voices of Joy – Kids Choir (Ages 8-16)

Have you ever heard your child singing and you think they have a good voice? Does your child love to sing? Are you looking for a fun and socially creative place for your child to learn how to use their natural musical abilities? The Voices of Joy Children's choir is going to be an unforgettable music experience for you child. This program will not only teach your child how to sing, dance and improve their listening skills, but it will give them a chance to enjoy music within a fun group setting. This program is specifically designed to create a positive and supportive atmosphere where everyone can let go and have an absolute blast! At the end of the program there will be a small performance for the families to come and see their little superstar shine! Starting your child in a singing group is proven to develop their listening skills, teach them the fundamentals of music and build their confidence.

Zumbini

Designed to let you and your little ones 0 to 3 years old wiggle, sing and learn together, the Zumbini™ program is where the science of child development meets the magic of Zumba®.



Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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Spotlight on the Instructor Chris Knight



Chris began fitness and exercise programs at 14 yrs, aspiring to be like his hero's in WWE! Chris was considered a "gym rat". Chris immigrated to Canada in 2009 in pursuit of wrestling stardom, along that route Chris discovered "DDP YOGA". Chris first started because of the flexibility benefits as his was next to none! Chris discovered the cardio and strengthening benefits that came along with "DDP YOGA" and this began to replace gym sessions in 2014 Chris decided he needed to be an instructor and spread the word about this Yoga being the greatest workout on the planet and after 250hrs of training CKfitLIFE was born!

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 Thursday 7:00am to 3:00pm,
 Friday 7:00am to 2:00pm,
 and Saturday 8:00am to 3:00pm.



Dana Cherii

Dana Cherii has been a private music instructor for 12 years and a musician for 20 years. She teaches piano lessons, voice lessons and song writing classes. She has studied Audio Engineering and Music Production in Vancouver and has had a home studio in Southern Alberta for the past seven years. After having her son two years ago, she developed a strong desire to incorporate teaching music to very young children. Last fall she obtained her license to teach the world recognized program Music Together, which extends her music teachings to family based group lessons.

Dana is a very passionate woman who has a strong desire to instill in her students the ability to be creative and fearless in their own personal musical journey and to have fun, whatever the age. She has recently re-located to Mahogany and has a home studio that offers private piano, voice and song writing sessions to children and adults. She will be teaching kids' choir and mom/baby and family classes starting in September.



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**SEPTEMBER 3
CALGARY HIGHLAND
GAMES**

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



**SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



**SEPTEMBER 21 TO 25
HERITAGE INN INTERNATIONAL
BALLOON FESTIVAL**

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



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- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atlive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

**Mahogany
mybabysitterlist**

Name	Age	Contact	Course
Kyla	14	587-352-0053	Yes
Brynn	15	403-278-6855	Yes
Mason	15	403-256-0339	Yes
Taylor	19	902-940-3122	Yes
Mursal	20	403-827-9882	Yes
Jordanna	22	587-224-3094	Yes
Shannon	25	403-614-2570	Yes
Lisa	28	506-721-8460	No
Carolyn	51	587-580-6638	No

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

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

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.



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain

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Everything Is Energy... and what does that mean for me?

By Marta Rabiej

Many of us have heard it said, and even repeated the phrase, "Everything is Energy." But what does that **truly** mean about us, our world, our beliefs, environment, and how **everything** comes to be? It means that every single thing in this universe is made up of energy — call it atoms, protons, molecules, etc, all the way down to the particle physics. The scientific world has validated what many in the spiritual world have known throughout time: "We are all connected." In this connectedness, we also exist or have the perception of individuation.

Each and every thing in existence has its very own unique vibratory signature.

Scientifically speaking, we can actually measure the waves of energy that form with anger, depression, happiness, joy, as well as the vibratory signature of every single thing in the known universe.

We can't see television waves, but we know they are there — whether we are conscious of them or not. We can turn on a television set and tune in to any one of these particular frequencies and see that a whole world exists within the bandwidth of just one station. Radio is the same way... and people throughout the world use cell phones and electricity every single day!

Well, nature has its own version of television — it's called **frequency**. **Everything** is Energy — therefore, **everything** has an energetic frequency!

The rate of speed at which our energy vibrates is called frequency. We can't see our energy in motion, because it vibrates extremely fast. Besides our physical energy we also have emotional, mental, and spiritual ones that affect our physical body. Our emotions and thoughts also carry frequency and most diseases are a result of the imbalances within these energy fields. Majority of the blockages form

during traumatic events in our lives that cause very strong feelings (low frequency emotions) such as fear, anger, emotional pain, self-doubt, judgement, sadness, resentment, shame, guilt, or grief. Those lower frequency emotions eventually become physical toxins at the cellular level, which produce disease.

We are a field of energy existing in a larger field, within a larger field, within a larger field, etc. Simply put, we can look at it using the example of living in a town, within a larger county, within a larger state, within a larger country, within a larger continent, within a larger world, etc. Within that world, through stress, tension, dis-ease, poverty, relationships, jobs, and a myriad of other scenarios — our fields, energy, and physical body itself can become muddled as our energy fields become distorted, imbalanced, disrupted, or damaged by belief systems, templates, thoughts, etc. As we take on this energy, we begin to create drag, imbalance, and resistance in our own energy that literally holds us in a pattern of lack and limitation throughout some or all areas of life!

The reverse is also true. Science has found that frequency is determined by the rate of vibration your atomic molecules are experiencing at any given time, and scientists have also found that the higher your vibration, the more positive emotions you experience. This creates a self-fulfilling cycle. You will attract and create whatever the dominant vibration of your field is. And just like a soup stock, what we put into our immediate environment — what we surround ourselves with — effects how we vibrate, how we feel, and what we are able to create and sustain! Attaining and **maintaining** high frequencies of love, health, radiance, abundance, joy, etc. — are critical for experiencing a life of **ease** and **joy**! This is "The Big Secret." It is also a universal law. Mastering your own frequency will turn you into a manifesting

~cont'd on page 24~

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Everything Is Energy...

cont'd

genius and you will truly astonish yourself and those around you with what you can achieve within a short span of time! But how do you become this manifesting genius? Where do you even start? How do you know what's holding you back? **How**, how, how, how? There are tons of questions you would want to ask at this moment, but let's start from determining what are the available energy healing methods that can aide you in this process.

Energy healing is nothing new. Throughout history, different cultures have benefitted by working with different forms of energy. Chinese have practiced Qi Gong and Tai Chi to get their energy moving for health and relaxation. In India, people have meditated and sought after Kundalini energy, to awaken it for self-awareness, a deeper understanding of consciousness, the universe, joy, knowledge, and love. In Japan, Reiki has healed countless people simply by working with their personal energy fields. Similar philosophy is used by a group of holistic professionals like Chiropractors, massage therapists, acupuncture/acupressure practitioners, reflexology practitioners, craniosacral therapy, hypnotherapy, or energy medicine practitioners, yoga practitioners and more. All of those practices can provide you with some of the answers you could benefit from. You can learn where your energy blockages are and take steps to remove them to balance your emotions, take control of your life, and live the life you were meant to have: full of joy, health, abundance, love, security, spiritual awareness.

I'm not saying that one session will perform miraculous results (which actually could happen), but it will be a small step towards them. I'm not saying that you have to drop everything and make drastic changes that will create chaos in your already difficult life. All I'm saying is that taking **one** small step will propel you towards huge benefits. All I'm saying is that **one** small step towards the intentional improvement can take you on a journey you never dreamt about, revealing the deeply hidden strengths, dreams and desires that can feel like you are becoming a new amazing person you did not even know you were.

Now that you know more about this Energy and how it can help you heal **your** life, think what your next step is going to be, or why you're not willing to take it. Unfortunately, there are no miracles without your own involvement. We all have a choice to either take action (however small) or give up and join the rest of those who are best at complaining, giving away your right to be the greatest version of **you**. Choose where you want to be and listen to your heart – it is the best indicator of what is the right thing to do for you.

IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
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Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

IN & AROUND CALGARY

Looking for free entertainment this summer?

The City's summer concert series, Music in the Park, is back! Enjoy free live music with family and friends in beautiful parks around the city throughout July and August. Events will feature different artists from a variety of musical genres that are sure to get you movin' and groovin' this summer.

Check out calgary.ca/parks for an event near you, then pack a picnic lunch, grab a blanket and settle in for some great entertainment.

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Last 12 Months Mahogany MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$509,900.00	\$490,000.00
May 2016	\$589,900.00	\$580,000.00
April 2016	\$527,400.00	\$510,500.00
March 2016	\$519,900.00	\$511,000.00
February 2016	\$503,375.00	\$499,375.00
January 2016	\$416,900.00	\$409,635.00
December 2015	\$599,999.50	\$588,750.00
November 2015	\$491,900.00	\$484,450.00
October 2015	\$592,400.00	\$588,450.00
September 2015	\$475,900.00	\$469,900.00
August 2015	\$429,900.00	\$428,000.00
July 2015	\$544,800.00	\$525,000.00

Last 12 Months Mahogany MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2016	27	25
May 2016	21	21
April 2016	34	16
March 2016	31	17
February 2016	24	8
January 2016	18	6
December 2015	14	10
November 2015	13	8
October 2015	12	8
September 2015	18	7
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To view the specific SOLD Listings that comprise the above
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M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

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RSVP: Kara Weber
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kara.weber@rbc.com

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