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**McKenzie Lake
Residents Association**
16199 McKenzie Lake Way SE
Calgary, AB T2Z 1L7
Phone 403-257-1657
office@mlra.ca | www.mlra.ca

Elected Officials



Councillor Shane Keating
Ward 12 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
Web: www.calgary.ca/ward12



Richard William (Ric) Mciver
MLA - Calgary-Hays
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Calgary, AB Canada T2Z 4C9
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CONTENTS

News from the Lake	5
McKenzie Lake Real Estate Update	8
At a Glance	12
Our Pets And Unwanted Passengers	14
My Babysitter List	27



16199 McKenzie Lake Way SE
T2Z 1L7, Calgary, Alberta
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www.mlra.ca

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Doris Kolody	
Patti Lewis	
Lesley-Ann Dickenson	

MANAGEMENT AND OTHER CONTACTS

Brad Buxton	General Manager manager@mlra.ca
Mike Horder	Operations Manager operations@mlra.ca
Donna Cuthbertson	Office Administrator office@mlra.ca

GENERAL INFORMATION

The McKenzie Lake Residents Association is a non-profit organization geared towards providing a wide array of recreational services, programs and facilities for our members and their guests. We serve 3,200 residents and over 11,000 members and their families. In addition to the lake, members have access to tennis courts, basketball courts, a beach volleyball area, a toboggan hill and other recreational activities.

McKenzie Lake is a 43 acre lake combined with an 18 acre park for a total of 61 acres. The Association provides its members with access to equipment such as rowboats, canoes, kayaks, and pedal boats. To ensure a safe and fun environment, we provide life jackets for boating purposes. The lake is stocked with rainbow trout in May, June and September of each year. In the winter time the Association provides a variety of skating surfaces including illuminated hockey rinks, an ice skating pad with a fire pit, and a 2.5 kilometre skating path around the lake. Skating areas are machine groomed with our own zamboni.

The Beach Club facility also has a function hall available to rent exclusively for the members.

The activities of the Association are determined and governed by an elected board of Directors comprising at least three (3) and no more than fifteen (15) members, that is, residents of the McKenzie Lake Residents Association. The Board of Directors have hired a General Manager who has been assigned responsibility for managing the day-to-day operations of the Association including the operations at the lake complex.

*Board of Directors
McKenzie Lake Residents Association*



Park Conditions and Hours

Please visit our website at www.mlra.ca, or call the office at 403-257-1657 for confirmation of park hours. As weather permits park hours will be extended to 8pm closing.

Please watch for and obey the "Thin Ice" signs.

Annual Membership Fees

Invoices for your Annual Membership Fees were mailed out in early March. Payments were due April 1st and your payment will ensure access to the park and lake from April 1, 2016 to March 31, 2017.

Payments by cash, cheque, or Debit. If you can't make it to the Office during business hours you can mail your payment, leave a cheque with Security (no cash or debit), or drop it in the secured mail box at the Beach Club front door. We understand that some of our members do not use personal cheques. For those who cannot make it to the office during business hours and do not use personal cheques, we also accept money orders or certified cheques which are easy to obtain by your bank. Sorry, we do not accept credit cards. If you have not received an invoice by March 17th, please call Donna at 403-257-1657, or email at office@mlra.ca.

Important: Membership fees are mandatory, not optional. Membership fee charges are secured by an encumbrance which is registered on the title to your property. If you are not sure whether you must pay the fee, please review the most updated version of your certificate of title and determine if there is an encumbrance registered by McKenzie Lake Residents Association. If there is an encumbrance then it is mandatory for you to pay the fee.

We understand there are homes in McKenzie Lake that receive this news publication but are not entitled to MLRA membership. These areas include – Mt

Allan, Mt Douglas, Mt Apex, Mt Aberdeen, and some homes on Mt McKenzie Drive. We do apologize but these areas are not entitled to MLRA membership. The Association boundary lines are determined by the registered Articles of Association, which is a document that specifies the regulations for a company's operation. The MLRA Board cannot arbitrarily alter the boundary line.

Membership Cards

You do not need to bring your membership cards to the office for renewal, however, if you are new property owners and require membership cards, or if you do not have a membership card containing a bar code, please visit the office during business hours. Call Donna at 257-1657 or email - office@mlra.ca, to make arrangements.

Rent the Beach Club

Inquire about renting the Beach Club. The Beach Club is an ideal location for a family birthday party, wedding receptions, anniversaries, family functions, and more. Find out information on our website www.mlra.ca or call the main office - 403-257-1657.

Guests of Members

If you are planning a gathering at McKenzie Lake and expect to have 10 or more guests, please notify the office in advance. We require the member to fill out an official guest list form and submit to the office days in advance of the function date. The official guest list form can be found on our website (www.mlra.ca) and at the main office.

Employment Opportunities

We are now hiring full time and part time seasonal positions.

~continued next page~



NEWS

from the Lake

Park Maintenance Associate

- Full time, seasonal position
- Must be available May 2 to September 5
- 40 hours a week, weekday, evening and weekend shifts
- General duties include landscaping, cleaning and rule enforcement
- Further employment opportunity in the fall and winter available.
- More information and job description available on-line at www.mlra.ca

Boat House attendant

- Part time, seasonal position
- Must be available on weekends in June, and any day of the week from June 28 to September 5.
- 25 – 35 hours a week, weekday, evening and weekend shifts.
- General duties include; renting boats, cleaning boats and rule enforcement.
- More information and job description available on-line at www.mlra.ca

Program Coordinator

- Part time, seasonal position
- Must be available mid-April through August. April and May is part time hours and June, July and August will be approximately 35 hours a week.
- Must be available weekdays, evenings and weekends.
- General duties include program development – Establishing program dates, hiring instructors, accepting payments, and planning special events. You will also be required to perform administration duties in the main office throughout the summer.
- More information and job description available on-line at www.mlra.ca

If you are interested in the Park Maintenance position or Boat House Attendant please email a cover letter and resume to operations@mlra.ca. If you are applying for the Program Coordinator position please email a cover letter and your resume to manager@mlra.ca. If you are unable to email your resume please drop it off at the main office or by mail to:
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THE BEACH CLUB AT MCKENZIE LAKE

16199 McKenzie Lake Way S.E., Calgary, AB T2Z 1L7

The Beach Club Hall is located on the upper level of the main building and is available exclusively for members to rent. The hall is suitable for many different occasions, Weddings, anniversaries, birthday parties, and Christmas functions to name a few.

FEATURES

- 80 person capacity
- 85 chairs with 17 tables (7 rectangle and 10 round)
- Hard wood flooring
- Kitchen with granite counter tops, two tier bar, ice machine, warming ovens and tile floor
- New and expanded windows creating exceptional views of the lake and mountains
- Bathrooms are complete with granite counter tops, hands free faucets, and tile floors
- Audio system with in ceiling speakers, blue ray player, cd player, MP3 auxiliary hook up and a 47" TV above fireplace
- Beautiful Gas fireplace
- Deck with composite wood flooring and glass railing
- Built in Gas BBQ on the deck available for rent

RENTAL CHARGES AND DEPOSITS

- **\$50.00 (non-refundable) Deposit required to secure bookings 90 days or more in advance**
- **\$40.00/hour** to be paid **AT LEAST 90 days prior to the function date**

- **\$30.00/hour** extra for the security guard after the park closes.
 - **\$30.00/rental** for the unlimited use of the 36" BBQ on the deck.
 - **\$500.00 Daily Rate** – 9:00am to 1:00am (additional \$30.00/hr. after park hours will apply).
 - **\$500.00 Damage Deposit** – refundable if no damage caused.
 - **Minimum Rentals: (Sun. – Thurs.) - 2 hours, (Fri./Sat.) - 4 hours**
- *Only MLRA members can book the Beach Club

SHELTERS IN THE PARK

McKenzie Lake has three shelters in the park available exclusively for members to rent. These shelters are ideal for celebrations of larger groups needing a common area for everyone to mingle. Each shelter is 314 square feet and has picnic tables and barbeque pits (charcoal briquettes only). One of the shelters is located West of the main building beside the skating/basketball pad. The other two shelters are side by side and are located on the East side of the park near the beach and boat house.

- \$10/hour
 - Minimum of 2 hours
- Forms for bookings can be found online on our website www.mlra.ca and in the office.

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Not intended to solicit buyers or sellers currently under contract with a broker

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$420,000.00	\$413,000.00
January 2016	\$469,900.00	\$455,000.00
December 2015	\$389,900.00	\$374,500.00
November 2015	\$439,900.00	\$425,000.00
October 2015	\$417,350.00	\$410,750.00
September 2015	\$479,949.50	\$471,000.00
August 2015	\$534,900.00	\$516,500.00
July 2015	\$529,450.00	\$517,250.00
June 2015	\$568,400.00	\$559,500.00
May 2015	\$465,000.00	\$440,000.00
April 2015	\$569,900.00	\$555,000.00
March 2015	\$509,900.00	\$497,500.00

Last 12 Months McKenzie Lake
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	30	11
January 2016	19	15
December 2015	12	10
November 2015	12	17
October 2015	31	18
September 2015	28	14
August 2015	24	17
July 2015	21	12
June 2015	23	20
May 2015	19	21
April 2015	29	23
March 2015	25	14
Total	271	198

To view the specific SOLD Listings that comprise the above
MLS averages please visit mckenzie_lake.great-news.ca

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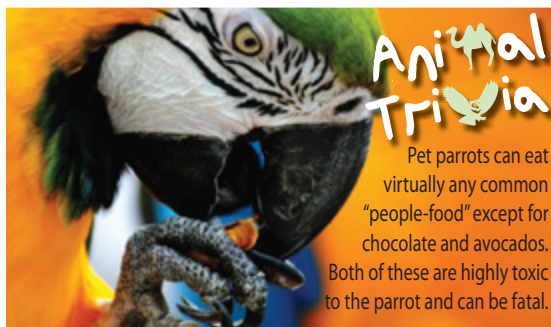
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Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.
Monday, April 18, 6:30 p.m.
Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.
Thursday, April 21, 7:00 p.m.
Central Library

To register, visit calgarylibrary.ca

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In studio or at your location - Color Me Mine has 6 studio locations to serve you, proudly housing over 500 unique ceramic and glass items for all ages and purposes and over 60 brilliant colors for painting. Great for holiday or every day stress relief projects to complete solo, with the family or with a group.

Pottery Painting:

Enjoy being taught basic techniques of decorating pre-formed bisque ware or navigate on your own after being given the how to instruction. Great for gift making, Christmas projects or everyday get together activities. Pieces such as plates, platters, pet dishes, bathroom dishes, banks, figurines, frames, coasters, tiles, mugs, teapots, exclusive Disney, Marvel, Peanuts and Hello Kitty pieces and more are ready to be Picked, Painted and Processed ready for pick up 3-5 days from painting. Every piece will be glazed and fired by us which renders it food safe. Walk in to benefit from the largest variety with inspiration from our many samples in studio including our new Just Add Color Line where the lines have pre-traced for you to simply add color. Think of it like a pottery coloring book!

Glass Fusion:

Many glass bases and colours to choose from; fusing glass is a true delight yielding magnificent results. You will be shown how to decorate using other bits of glass: strips, rods, pebbles, frit, and cut glass. Night lights, sun catchers, bowls, vases, coasters, ornaments, even wearable art like pendants can be made. This art form is positively UNIQUE, dazzling & the fun is addictive!

Canvas Art & Clay Creations:

Canvas painting and Clay molding are super fun activities where you select from various templates at various skill levels which walk you through how and what to do using provided materials based on following simple instructions from our master artists.

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Kids aged 4+ get dropped off for art, pizza & movie for only \$29/ea!

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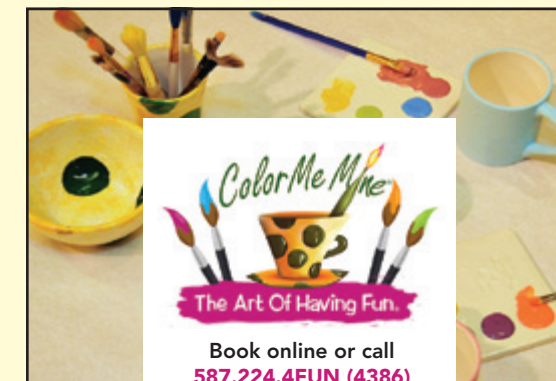
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MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

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MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyc.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **February 3 to May 29 - Herein We Dwell: Unexpected**
- 2 **Images of Calgary in the 1890s:** A rare glimpse into the
- 3 everyday life of 1890s Calgary is presented with little-seen
- 4 historical images of early neighbourhoods and people. www.lougheedhouse.com
- 5
- 6 • **April 22 to June 26 - Young Frankenstein:** Young
- 7 Frankenstein tells the story of Frederick Frankenstein, Victor
- 8 Frankenstein's grandson, and how he inherits the family's
- 9 estate in Transylvania. With the help of two sidekicks, he
- 10 tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
- 11 • **April 28 to May 1 - Arab Nights Film Festival:** The
- 12 Calgary Arab Arts and Culture Society presents the annual
- 13 Arab Nights Film Festival at Festival Hall. The organization
- 14 uses a variety of film to present a positive view of Arab life
- 15 and society. www.calgaryarabartsociety.ca
- 16 • **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first
- 17 YYC Taco Fiesta kicks off on April 29. It is a week-long
- 18 celebration of the best tacos in the city. The inaugural
- 19 food festival comes to a close on May 5 with a Cinco de
- 20 Mayo bash. www.yycacofiesta.ca
- 21 • **May 2 to 21 - Flora and Fawna's Field Trip:** As well as
- 22 developing survival skills and creating crafts that your
- 23 mom will love and put up on the fridge, the heartwarming
- 24 play is all about the power of being a little bit different. www.lunchboxtheatre.com
- 25 • **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend
- 26 festival of free neighbourhood walking tours. Register
- 27 to learn about different neighbourhoods and buildings
- 28 in the city from passionate volunteers, and share your
- 29 knowledge of the areas, too. www.janeswalk.org
- 30 • **May 13 to 15 - Calgary Reads Big Book Sale:** More than
- 31 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/



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Our Pets And UNWANTED Passengers

Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or Borrelia burgdorferia pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses, and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as Echinococcus multilocularis has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also be conscious of the changing weather in our own backyard increasing our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also tell your vet if you have dogs and cats as some dog products are toxic to cats.

Jennifer L. Scott, D.V.M.

IN & AROUND CALGARY

Friends of Fish Creek

Learn about the birds of Fish Creek with the **Spring Birding Course**. 12-week course starts March 28. For more information and to register visit www.friendsoffishcreek.org/programs/birding-course

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IN & AROUND CALGARY



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at calgary.ca/puppy.

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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for

non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 21

IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

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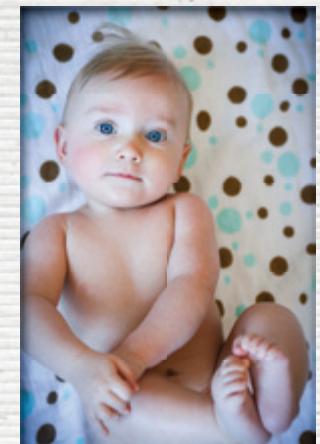
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Estate Planning Strategies

protecting your legacy

Suzanne Smith-Demers – Consultant

When your time comes – and may it be many years from now – you will want your legacy to be passed on exactly as you wish. That’s why estate planning is so important. Here are some key terms you should be aware of:

A Will designates how your estate should be distributed. If you die without a will (intestate), provincial legislation will determine how your estate is distributed.

A Living Will provides direction for your care in the event of your incapacity.

An Enduring Power of Attorney provides direction for how your property will be managed if you are no longer able to manage it yourself.

An Executor is the person named in your will to settle your estate according to your wishes.

A Guardian should be named in your will to take care of any minor children.

Liquid Assets are important to pay for taxes, debts and the costs of settling your estate. Life insurance is often used to provide sufficient liquid assets when they are most needed.

Probate is the process by which your will is validated by a court with fees paid to the provincial government. Avoiding probate through the use of beneficiary designations and joint ownership must be done with due care.

A Trust specifies a trustee to manage the assets for the benefit of the beneficiary(ies). A trust set up in your will is known as a testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax and government support advantages to beneficiaries with disabilities.

Your personal estate planning strategies depend on your financial situation. Your professional advisor and lawyer can help ensure your legacy is left as you wish.

IN & AROUND SCHOOLS

April brings cultural event activities to École St. Cecilia School

West Africa comes to École St. Cecilia School in April when students will learn traditional dance from that Region as part of PhysEd and music education. The African theme continues with students learning to play Djembe drums from April until the end of May.

Our Division I students are in for an extra treat – our grade one students will visit Heritage Park to learn about pioneering days and our Grade 3 students will learn all about farming with a field trip to Aggie Days.

This month also sees an opportunity for community members to contribute to École St. Cecilia School through our Education Society raffle draw. The raffle will raise money to fund technology for our classrooms and participants will have an opportunity to win two tickets to anywhere Westjet flies. If you’re interested in supporting this fundraiser, please contact the school.



SUDOKU

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IN & AROUND CALGARY

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding “hidden” lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping,
- peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

Did you know that in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

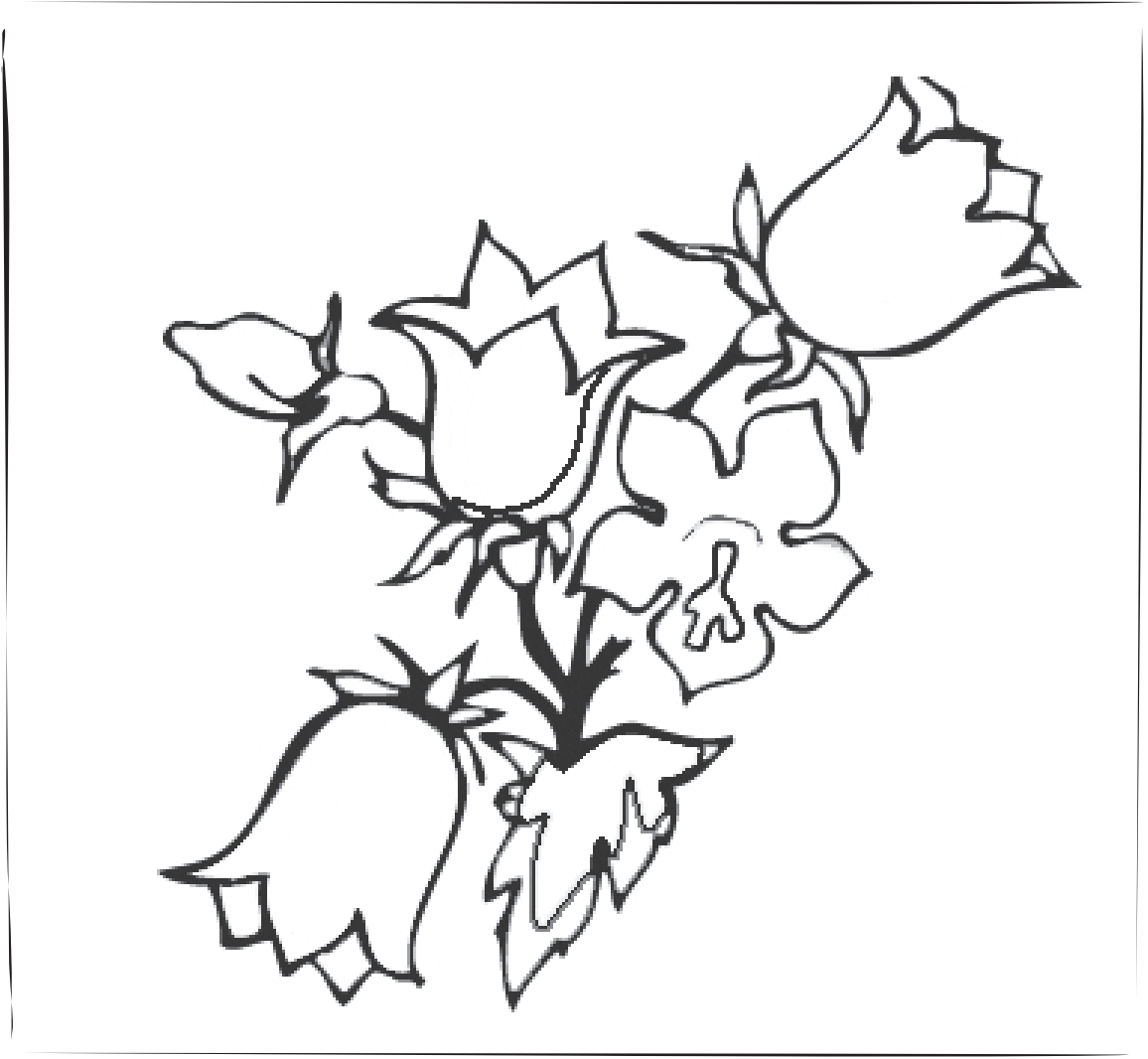
For further information please visit www.calgary.ca/CSPS/Fire/Pages/home.aspx.

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Dealing with Life's Big Events

Kevin O'Hagan, PFP, FMA, CIWM

In life, nothing stays the same. And when life changes, so can your financial situation.

In fact, life's major events often call for adjustments in financial strategy. Depending on the nature of those events, your spending, saving, investment, insurance and estate planning strategies can be affected-sometimes taking a turn for the better, sometimes for the worse.

Let's take a look at some of those events and what they can mean to your financial picture.

Marriage: When you marry, your financial life is on a new course. You're no longer thinking as a single person; you move into family planning. It's usually a time to save for a house purchase, plan to have children or arrange life insurance coverage. But you have time to save and invest until those expenses begin.

Buying a house: This is the largest financial commitment many of us will ever make. First-time home buyers must divert a substantial portion of income to a mortgage, particularly if they want to pay it off quickly. And don't forget the expenses associated with a house-including furnishings, mortgage insurance, taxes and even increased transportation costs if your house is far from work.

Birth of a child: Children are priceless. But raising them is costly. In addition to having more mouths to feed, you'll face a couple of decades of expenses that can include substantial amounts for child care and education. This will alter your investment plans and take up much of your disposable income. For example, it may be time to start a Registered Education Savings Plan (RESP). It's also time to give more thought to estate planning, so your family will be taken care of financially in the event of your death.

A pay raise: When you get a raise, or a start a new job with higher pay, you have more to save and invest. This is a good opportunity to beef up your savings and investments.

An inheritance: When you suddenly find yourself with inherited cash, it's an opportunity to pay off debt and boost investments. Depending on the size of the wind-fall, you may be able to improve your quality of life-buy a bigger house, for example. And your own estate planning goals may change.

Children leaving home: When the kids are grown and out of the house, you are free of some of your biggest financial responsibilities. This should generate increased cash flow. You may want to generate additional funds by downsizing housing, since you'll no longer need as much space.

Retirement: This is a major development. You'll rely on the wealth you've accumulated through your pensions, Registered Retirement Savings Plan (RRSP) and other investments for income, instead of your job. Your spending habits can change considerably, depending on what you do when you leave the work force.

Not all of life's events are positive. Those that aren't can be detrimental to your financial health. Examples include.

Divorce: You could find yourself with far less in cash and investments, and with new expenses such as child support. You may also face the prospect of rebuilding wealth.

Job loss: Losing a job can be a financial nightmare. It can eat away at your savings and investments, particularly if you face a long employment search.

Major illness: A major illness or disability can also be a big financial drain. It's best to protect yourself with disability and/or critical illness insurance.

When you face these or other life-altering developments, it's a good time to sit down with your financial advisor. With professional help you can make the most of what life has in store.



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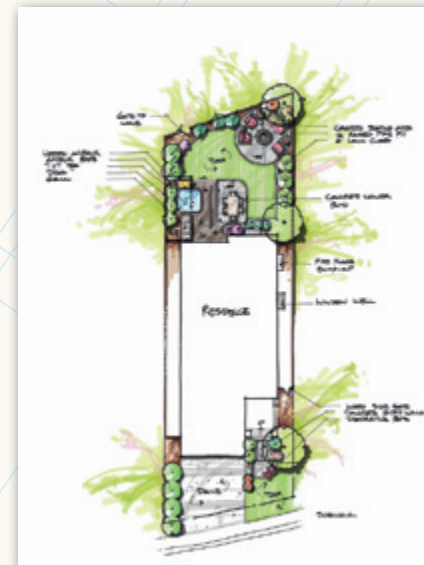


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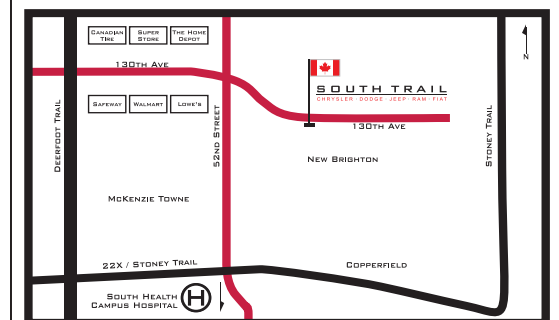
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“We All Live Downstream: Part 1 - Storm water Runoff and the Lower Elbow River”



What is storm water runoff?

When it rains or when snow melts, water not absorbed into the ground runs across the land often flowing into the nearest stream, creek, river, lake, or ocean.

As urbanization and development occur the amount of permeable land cover decreases and the flow of storm water across the land increases.

The problem with storm water is that as it travels across the landscape it picks up pollutants along the way. These pollutants can include: fertilizers, pesticides, oil soap, sediment, wildlife and pet waste, grass clippings, leaves and salt. If there are enough pollutants (quantity and concentration) entering a water body, water quality is effected which in turn affects the health of terrestrial wildlife, aquatic life and recreational users.

High storm water flows also contribute to erosion, flooding and drought. As an example a parking lot under a 25mm rain event will shed 16 times the amount of water as a meadow. In addition, storm water from hard surface areas flow into receiving water bodies at a

faster rate and with more energy not allowing time for absorption and recharging of groundwater and contributing to erosion.

In established areas, developed before the 1980's in Calgary, all catch basins directed runoff to rivers and creeks without prior treatment. If storm water infrastructure has not been considered in the pre-development stage conventional storm water treatment is often difficult to achieve as space is limited and retrofits are generally expensive. **Here, is where it hits home on the Elbow.**

From the base of the Glenmore Dam to the confluence of the Bow River there are 85 storm sewer outfalls dumping untreated storm water into the Lower Elbow River. That is a lot of outfalls for such a small river. The sewers or catch basins drain a catchment area of 1,874 hectares (4,630 acres) located mostly on the west side of the Lower Elbow River. And yes, this untreated storm water does affect water quality, flooding and erosion in the Lower Elbow River.

Stay tuned for **Part II of “We All Live Downstream,”** next month. In the meantime have a look at the catch basins in your neighbourhood and imagine all that “stuff” ending up in the Lower Elbow River!

Robin McLeod

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)



Name	Age	Contact	Course
Aliyah	13	403-801-9420	Yes
Amanda	33	403-510-8676	Yes
Anam	29	403-726-9026	Yes
Ashlee	14	403-440-9493	Yes
Ashlee	14	403-616-3236	Yes
Bailey	14	403-203-7010	Yes
Catherine	14	403-257-4007	Yes
Cecilia	12	403-217-3636	Yes
Charity	35	403-890-8688	Yes
Emilie	15	403-257-8853	Yes
Firoozeh	35	403-836-7675	Yes
Haleigh	14	403-589-9833	Yes
Hayley	13	403-257-3650	Yes
Justice	14	403-471-2058	Yes
Leanne	16	403-257-7775	Yes
Lindsay	16	587-434-8953	Yes
Madyson	14	403-919-2921	Yes
Olivia	14	403-837-3175	Yes
Rachel	15	403-257-4520	No
Sandra	14	403-207-4409	Yes
Tianna	16	587-896-8856	No
Vanessa	14	403-257-5785	Yes

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Web: <http://shanekeating.blogspot.com/>

Spring Cleaning – Street Cleaning

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months.

The 2016 Spring Clean-Up program begins in April and runs until the end of June.

The City sweeps almost 15,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. The City would like to thank Calgarians for their help in moving their cars and their blue, black and green carts from city streets when sweeping is scheduled. The community schedule for street cleaning will be available on the calgary.ca website by searching “street cleaning”.

Public Consultation Matters

There has been a lot of buzz at City Hall over the last few months around public consultation. The City needs to be clear on what decisions are being made and how input is being received. If we are providing public information, it must be branded as public information. If we are asking for public input, it needs to be clearly stated how that feedback will influence a project.

As your elected representative, your feedback plays a key role in what decisions I make on Council. Public engagement is one of the key ways that I can check in and get feedback on the priorities that matter to you and your family.

In late February Council had an entire meeting dedicated to The City’s public consultation process. One of the themes that came up was sustainable decision making. The chart below shows some of the key pillars of that process:



In order to make a sustainable decision we must appropriately balance

economic viability, technical feasibility, environmental compatibility and public acceptance. When these interests are balanced correctly we are able to reach a sustainable solution.

The City does much of the work to build a business case for how a project might be economically, technically or environmentally viable. Throughout the process The City will need to engage with the residents to gain public acceptance. It is a critical piece of the decision making process that cannot be overlooked.

Construction is underway for lot of exciting infrastructure projects in southeast Calgary. There are numerous other projects that require public input and feedback. I am looking forward to hearing from the residents of Ward 12 on how these projects can better serve their needs and make southeast Calgary an even better place to live.

The Ward 12 Office is Here to Help

My team is here to serve the residents of Ward 12. I want to provide a simple step process on how my team can better assist you:

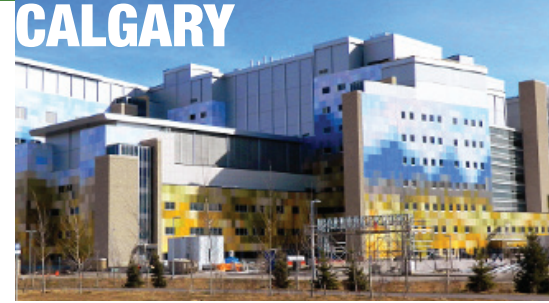
1. If you are concerned about something in your community (or with The City in general) please contact 311.
2. 311 will provide you with a Service Request Number (SR#) when you officially log your complaint.
3. If you are unable to get your concerns addressed through 311, you can follow up with my office at caward12@calgary.ca.
4. Please provide your SR# to my team so that they can follow up with the appropriate City department.

It is important to note that The City gathers a tremendous amount of data through 311 requests. By logging your concerns with 311, The City can identify trouble spots and allocate resources accordingly. My team is able to escalate your concerns by referring to the specific SR# that was originally logged with 311.

Sign Up for the Ward 12 E-Newsletter

Curious on what is going on in Ward 12? Sign up for my quarterly E-newsletter at calgary.ca/ward12.

IN & AROUND CALGARY



Have You Been to the SHC Wellness Centre?

At the SHC Wellness Centre, we want you to get and stay as healthy as possible.

Our Spring/Summer Guide is coming. Check it out at www.ahs.ca/shcwellness. Some of our FREE upcoming programs are highlighted below

Mindfulness Based Stress Reduction Begins April 17 (8 week series)

In our unprecedented times we require new skills to cope. Invest in yourself & learn about relating in a new way to whatever is happening in your life. This program is designed to introduce mindfulness meditation & body awareness practice as a way of reducing reactivity & developing greater balance & control within your life.

Protect Seniors from Fraud April 5 7:00-8:30pm

The Protect Seniors from Fraud program arms family caregivers with a kit to protect seniors by informing them of the latest scams being perpetrated on older adults. It offers a variety of resources and tools to help their seniors avoid becoming a victim of these scams.

Getting Ready to be Pregnant April 6 6:30-8:30pm

Before you become pregnant, there are many things you can do to maximize your health and that of your baby. This session will help you identify the questions to consider, life-style changes, nutritional needs, choosing healthcare providers and more.

Better Choices Better Health®: Chronic Condition Self-Management Program Begins April 21 (6 week series)

This workshop is for anyone who wants to gain confidence and learn skills to better manage their chronic

condition. Learn and practice skills, such as problem solving, decision making and goal setting, needed to manage your health, especially the day-to-day challenges. Learn and practice ways to manage symptoms, reduce fatigue and feel better.

Dietitians in the Kitchen: Sensational Spring Salads April 21 12:00-12:30pm

Drop in for a cooking demonstration by SHC Registered Dietitians. Explore tasty dishes that can easily be incorporated into a healthy lifestyle.

Smooth Sailing Through Menopause April 25 6:30-8:30pm

Menopause can occur anytime from 40 to 60 years and can include hot flashes, mood swings and sleep problems. Learn all that you need to know to help you understand and manage this normal stage in your life.

Most programs require registration. See our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

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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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Peter Lougheed Centre	403.943.4555
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South Calgary Urgent Care Health Centre	403.943.9300
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Calgary Parking Authority	403.537.7000
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Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
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Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

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

Insect Trivia



Most knowledge about 3D vision has come from vertebrates, however, a team from Newcastle University, UK publishing in *Scientific Reports*, confirm that the praying mantis, an invertebrate, does indeed use stereopsis or 3D perception for hunting.

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Let's Talk Respiratory

Respiratory problems are one of the most common medical conditions. Symptoms can range from simple coughs to debilitating lung conditions such as emphysema, where wheezing and shortness of breath are an everyday part of life. As with other chronic health conditions, many respiratory disorders can be prevented by not smoking and maintaining a healthy lifestyle. Your Sandstone pharmacist can recommend various strategies and lifestyle changes to help you breathe easier.

How can I tell the difference between allergies and a cold?

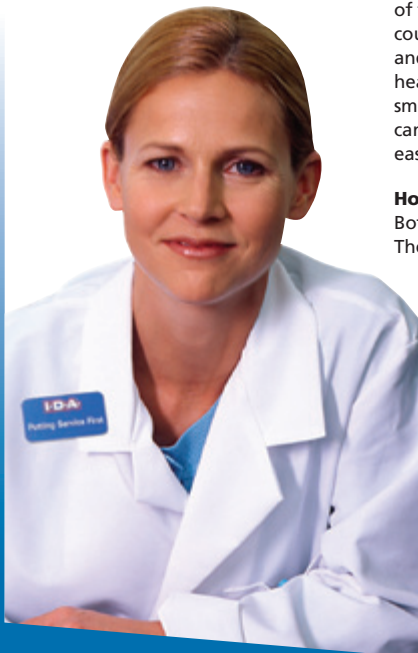
Both conditions cause symptoms of sneezing, congestion and runny eyes. The difference is that colds generally clear up in a week, whereas allergy symptoms continue as long as you're exposed to the allergen-causing agent. Talk to your Sandstone pharmacist about ways to relieve your symptoms.

I've just been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). Any suggestions?

Although there is no cure for COPD, you can slow down the progression of the disease. Quitting smoking is the single most effective way of achieving this. Your Sandstone pharmacist can recommend smoking cessation products most appropriate for you.

How can I tell if I'm using my inhaler correctly?

Many people with asthma don't use their inhaler correctly. See your Sandstone pharmacist to assess or improve your technique and to make sure you're getting a proper dose of your medication.



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