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PROFILE
INSIDE**

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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



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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

Park hours are 9:00am to 10:00pm Monday-Friday, and 8:00am to 10:00pm Weekends and General Holidays. Fishing is open and the lake has been stocked with rainbow trout. All boats are in the water and are available for member use.

Annual Membership Fees

Invoices for your Annual Membership Fees were mailed out in early March. Payments were due April 1 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 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 en-

titled 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.

Annual Membership Fees payments were due April 1st and are now overdue. If you haven't done so already, please pay your annual fees as soon as possible. We accept cash, cheque and interac. If fees are not paid in full by May 30th, access to the park will be denied. Interest will be applied to outstanding accounts every month until the fees are paid.

Membership Cards

If you are new property owners and require membership cards please call Donna at 403-257-1657 or email office@mlra.ca.

Office Hours

Office hours are 9:00am – 5:00pm (closed noon – 1pm) Monday through Friday with extended closing time on Thursdays at 8:00pm. The office will also be open on Saturdays from 9am – 1pm, excluding long weekends. Please visit our website for confirmation of hours.

Summer Programs

Planning is complete for our summer programs and once again we will be offering an assortment of activities. Programs will run through July and August. Please visit our website www.mlra.ca for a full list of programs available and registration information. Members and Non-members are welcome.

Please contact our Program Coordinator at programs@mlra.ca if you have any further questions.

~continued next page~

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Editorial Content DEADLINE 1st of each month for the next month's issue

NEWS from the Lake cont'd

Family Fun Day

This year Family Fun Day will be held on Friday, July 8. There will be a barbeque and an assortment of activities. Details are available online on our website – www.mlra.ca.

Rent the Beach Club or a Shelter

The Beach Club is an ideal location for a family birthday party, wedding receptions, anniversaries, family functions, and more. Summer dates fill up fast so make your booking ASAP.

We also have three shelters in the park that are available to rent and very popular in the summer. Shelters are great for birthday parties and family functions.

Find out more information on all rentals available on our website www.mlra.ca, or call the main office - 403-257-1657. Bookings must be made at the main office.

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. The guest list must be filled in as per the instructions so please read everything prior to filling in the names of your guests.

Rule Changes


Please familiarize yourself with all rules before visiting the park. Copies are available in the main Office and the guard house. You can also find the rules online on our website – www.mlra.ca.

Thank you for your cooperation.

Insects & Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.

Discovery Magazine



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THE BEACH CLUB AT MCKENZIE LAKE

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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.

IN & AROUND CALGARY YOUR CITY SECTION

Check out these important updates from The City of Calgary

Celebrate the contribution of Calgary seniors during Seniors' Week: June 6 - 12. Visit calgary.ca/seniorsweek for events in your community.	calgary.ca/seniorsweek
Neighbour Day (June 18) is an opportunity for neighbours to come together to celebrate our strong community spirit.	calgary.ca/neighbour day
Stuck on Deerfoot? Share your challenges and recommendations to make this road better at one of our open houses or online.	calgary.ca/ deerfoot
Planning on doing some yard renovations this summer? Be sure to visit calgary.ca/homeimprovement .	calgary.ca/ homeimprovement
Join with other Calgarians on June 23 to celebrate the Chief David Crowchild Memorial Awards. Learn more by searching Chief David Crowchild on calgary.ca .	Search Chief David Crowchild on calgary.ca
Bring the family to Canada's largest man-made wetland on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Park Fest!	calgary.ca/parksevents
Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)	calgary.ca/cema

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REGISTRATION CLOSSES JULY 31, 2016

McKenzie Towne STAMPEDE BREAKFAST



July 14, 2016
9:00 am – 11:00 am
High St. SE, McKenzie Towne

Volunteers needed! Visit mtcouncil.com for volunteer information. Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help.

McKenzie Towne Council, in partnership with the Stampede Caravan Committee, is reviving the McKenzie Towne Stampede Breakfast! There will be tons of activities: Live music, marching bands, Indian dancers, visiting Stampede celebrities, activities, games + prizes, pony rides and a petting zoo. www.mtcouncil.com for event information.

Insect Trivia



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with The Hubbard Family

This month I am so excited to introduce you to the Hubbard Family! Jenny, Ryan, Ethan (10) and Dylan (6) are originally from Vancouver, British Columbia and have been in Calgary and McKenzie Lake since August of 2014. Jenny says that they “originally wanted to live in the north west to be closer to the airport for Ryan but when we couldn’t find what we were looking for, we asked our real estate agent to show us homes in the south. We are so thrilled that we did because McKenzie Lake is everything we were looking for...and so much more! We really enjoy biking through Fish Creek Park, going for family walks, playing at the lake, etc.” Did I mention that they “love, love, love, the lake”? They spent most of last summer swimming and playing there and they spend a lot of time skating and sledding in the winter. Jenny says it “feels like we live at camp!” The Hubbard’s also love their proximity to everything. It’s pretty rare that Jenny needs to travel more than five minutes to reach almost everything she needs on a day to day basis. They also love that they are walking distance to their children’s school.

Jenny and Ryan really wanted to find a community that was similar to what they had when they were kids. They wanted a place where kids met on the street to play and didn’t hesitate to knock on the door of a friend. They had a hard time finding this in the Vancouver area, where they had to organize “play dates” and they hardly saw kids out playing even though their house backed onto a park. They are very happy that they found what they were looking for here in McKenzie Lake!

The Hubbard’s have made some amazing friends right on their own street. They love where they live and can’t wait to grow more friendships! They don’t feel there is much missing. They have a little drive to get to a swimming pool or library but aren’t complaining. The boys are years away from high school but having one closer would be fantastic when the boys are at that age. Ryan and Jenny plan to live in McKenzie Lake for a long time. They are all very happy here and this is definitely their dream community!

Jenny has an older brother in British Columbia and Ryan is the oldest of three with a younger brother and sister



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in British Columbia. Both Ryan and Jenny come from very tight-knit families and they spend a lot of time entertaining visitors and visiting friends and family in British Columbia.

Ryan graduated from Simon Fraser University (Economics degree with minor in Kinesiology) and Langara College (Diploma, Exercise Science) and Jenny graduated from Kwantlen University College (Diploma in Public Relations and Event Management) and the University of British Columbia (Bachelor of Arts in Sociology).

Ryan is the TAC Ramp Manager for WestJet at the Calgary Airport where he leads a team of approximately 450 WestJetters responsible for ensuring that the aircraft depart safely and on time with all of the WestJet guest's baggage onboard. WestJet recently took possession of their 4th Boeing 767 aircraft which they will be using as part of the launch of service to Gatwick, London in May.

Jenny is a Manager with Beautycounter. Beautycounter is a disruptive beauty brand with a mission to get safe products into the hands of everyone. Beautycounter has been in the United States for three years but just launched in Canada in March 2016. Beautycounter believes that personal care products can be beautiful, effective and safe and their products meet incredibly rigorous standards. Beautycounter products are some of the safest on the market. They disclose every single ingredient and evaluate every ingredient for safety. They also have a list of 1,500 ingredients that they will never use! The European Union bans 1,400 of these ingredients in their personal care industry. Canada bans less than half and the United States bans 11.

Jenny is looking for men and women in Calgary who would like to get in on the ground floor with Beautycounter. Her website is www.beautycounter.com/jennyhubbard and you can message her through her site. Check out our products and Google Beautycounter. Jenny would love to hear what you think.

Ryan loves working for WestJet and would like to continue to do all he can to further the growth and success of the company as they move into bigger aircraft and more international destinations. He has his United Kingdom citizenship and would love to work in the airline industry in Europe one day, preferably with WestJet.

Jenny would like to continue growing her Beautycounter team to educate Canadians on choosing safer beauty products and continue to climb the corporate ladder within the company.

Ryan loves watching his boys play sports, especially soccer and spends a lot of his free time playing soccer with them or joining them on the trampoline. He loves gardening and enjoys growing fresh vegetables and herbs for the family to eat. He had some of the vegetables in the garden at the end of March and the rest were planted throughout April and the sugar snap pea plants are already five feet high in mid April. Thank goodness for the great weather this spring! Ryan also enjoys building things such as the fort he built last summer complete with a trapdoor and zip line.

Jenny loves to workout at 9Round on 130th (her kick-boxing fighter name is JRock)! Besides working for Beautycounter, Jenny is a work-at-home mom so spends a lot of time running errands, cleaning the house, doing laundry, grocery shopping, being social, reading, playing with her kids and just generally enjoys being active. Jenny is involved in a Lake Ladies Club and recently did a Beautycounter presentation to another local ladies club.


Dylan is playing soccer in McKenzie Lake for spring along with some friends from school. Both Dylan and Ethan were involved in most of the children's activities offered at McKenzie Lake last summer (swimming, kayaking and tennis)

Jenny and Ryan say that they would "love to help organize a block party in the future!" and that apparently "their street used to throw a fantastic block party and we'd really like to revive that".

Ethan's favourite subject is art. Dylan's favourite subject is recess. Ethan's favourite sport is soccer. He also likes to play basketball and enjoys jumping on their trampoline. Ethan loves to read and he is also a fantastic artist.

Dylan has many favourite sports including soccer, basketball, swimming, tae kwon do, riding his bike, rollerblading, skateboarding, etc. Dylan doesn't like to stand still for too long.

Ethan and Dylan are both currently raising money for Earth Rangers. Ethan recently turned 10 and for his party he asked people to bring donations to support saving the coral in the oceans. The boys will continue to raise



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money through lemonade stands and selling toys they no longer play with.

Jenny and Ryan actually have an article that was published in the Vancouver Province newspaper that tells all about their love story and it is actually framed in their house! They have been married for almost 13 years and together for almost 20. They got engaged in Thailand in the surf on beautiful Railay Beach after six months of backpacking through eight South East Asian countries.

The Hubbard family LOVES to travel! Most recently Ryan and Jenny had their first adult-only trip and went to Costa Rica. Last year the whole family went to Australia to visit very good friends. Later in the year, they will be going to Disneyland and meeting up with some Aussie friends there. They usually get away to Mexico every year or two and say that their "list of places we'd still like to go is very, very long!"

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to ML@great-news.ca



JULY 8 TO 17 CALGARY STAMPEDE

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. www.calgarystampede.com



JULY 21 TO 23 MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



JULY 30 SLIDE THE CITY

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca

IN & AROUND CALGARY

Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



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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 left behind when owners don't pick up after their pets.

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

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 often contains 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, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



Become a "Well Travelled Reader" this summer with our Little Free Library Passport challenge!

Like books? Like travel? How about a literacy-inspired journey around Calgary? It's free, fun for you, your family, group or team . . . and you can earn a great prize!

At Calgary Reads we inspire a reading-revival movement. Now, as part of spreading the joy of reading – you can take part in our **Little Free Library Passport challenge**:

1. First: visit the Passport Office (aka Calgary Reads – 105, 105 12th Ave SE) and collect your free Little Free Library Passport.
2. Then alone . . . or with your family, friends or group (who have Passports too) – visit the 14 Little Free Libraries (reader citizenship posts!) listed in the Passport. Use the stamps provided at each Little Free Library to stamp your Passport on the corresponding page.
3. Return to the Passport Office with at least 10 stamps in your Passport and receive a custom "Well Travelled Reader" badge to sew onto your jacket, backpack or hat. Treat each Little Free Library as if it were a different country and the stamp as your proof of entrance (visit!)

This adventure is open to anyone. Help us highlight the Little Free Library movement and share the importance of literacy and the joy of reading! On your travels perhaps bring a book or two to leave behind or choose a new (to you) one from a Little Free Library as you visit.

This project is an exciting collaboration with Calgary's 2014-2016 poet laureate Derek Beaulieu. Award winning poet, author and publisher, Derek's creativity flourishes. He created the stunning visual poems in our Passport.

So, be a Well Travelled Reader! Don't forget to share your photos with us @CalgaryReads using hashtag #yycLFLPassport.

The Calgary Reads office will be closed for summer break from July 18 to August 15, 2016. Pick up your free Passport soon and come back late summer to collect your badge! Calgaryreads.com.

IN & AROUND CALGARY



Thinking about a yard improvement project?

Garages, decks, fences and even driveway widening are just some of

the projects that often require a permit.

"Before you pay for materials, hire a contractor, or do it yourself, we encourage you to visit calgary.ca/homeimprovement or get in touch with us here at The City," says Jamie Fandrich,

Planning Services Technician at The City of Calgary. Fandrich is part of the team that helps Calgarians understand Alberta's safety codes and City bylaws on the phone and in person at the Municipal Building. The latest resource Fandrich's team uses to educate Calgarians on development and building regulations is the webpage calgary.ca/homeimprovement, which allows anyone interested in doing a renovation to browse popular home renovation topics for bylaw and permit information, property and land designation, drawings and forms they will need to complete their home renovation.

"It can sometimes be difficult to understand when you need a permit and what City bylaws might impact your project – we're here to help guide you through the process," Fandrich says.

Planning, development, licence or permit question?

Visit Calgary.ca/homeimprovement or call and visit Planning Services.

Planning Services

Monday through Friday (closed holidays)

8 a.m. - 4:15 p.m.

Call centre: 403-268-5311

Permit counter: 3rd Floor Municipal building, 800 Macleod Tr SE



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How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

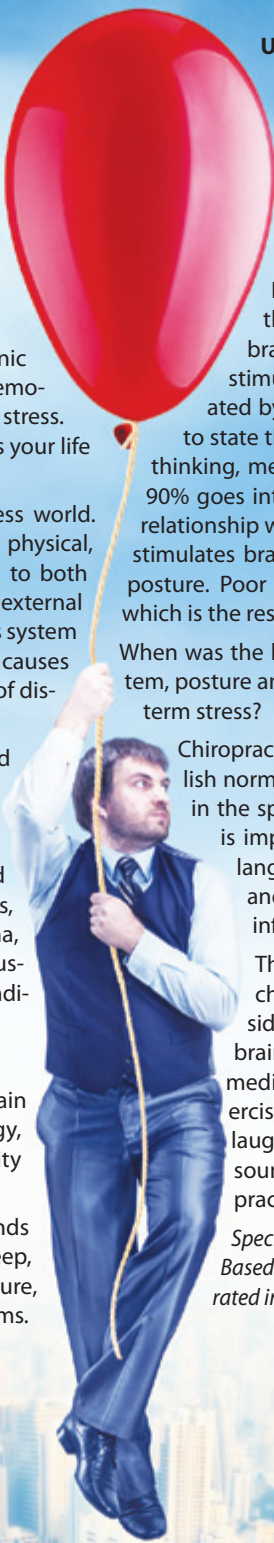
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2016	\$416,950.00	\$408,250.00
March 2016	\$499,800.00	\$486,000.00
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

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

	No. New Properties	No. Properties Sold
April 2016	27	12
March 2016	19	15
February 2016	25	11
January 2016	15	15
December 2015	11	10
November 2015	12	17
October 2015	29	18
September 2015	28	14
August 2015	24	17
July 2015	21	12
June 2015	23	20
May 2015	19	21

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

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BRAIN GAMES

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2		1	5					4
	9		1		3			
	6			4				
			9					6
7	5		3		2		1	9
8					6			
				9			5	
			4		5		7	
9					8	3		2

FIND SOLUTION ON PAGE 33




McKenzie Lake
mybabysitterlist

Name	Age	Contact	Course
Aliyah	14	403-801-9420	Yes
Amanda	33	403-510-8676	Yes
Anam	29	403-726-9026	Yes
Ashlee	15	403-440-9493	Yes
Ashlee	15	403-616-3236	Yes
Bailey	14	403-203-7010	Yes
Catherine	15	403-257-4007	Yes
Cecilia	13	403-217-3636	Yes
Charity	35	403-890-8688	Yes
Firoozeh	35	403-836-7675	Yes
Haleigh	14	403-589-9833	Yes
Hayley	14	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
Mary	16	403-863-5237	No
Olivia	15	403-837-3175	Yes
Rachael	20	403-796-3414	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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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.



The worst form of inequality is to try to make unequal things equal.

Aristotle



Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you’ve acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother’s milk may block the vaccine’s effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat’s health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven’t had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.



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.

June 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 (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership 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).

Membership Specials while the Pool is Closed

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.** There is still lots to do at Trico while the pool is closed. We will be

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hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and receive 14 months for the price of 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 visits for the price of 10.
- If you were a member on February 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive a three-month free extension on your membership and five free passes*

Spring Activities for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun and learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Preschool Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. 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.

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.

IN & AROUND CALGARY

June and July Events in Fish Creek

Qi Gong and the Fish Creek Wellness Showcase

Qi Gong (pronounced Chi Gong) is a way of enriching and supporting the life energy that flows through all people and all things. It is an ancient form of exercise derived in China that features recurring movements that help to unify physical, mental and spiritual aspects in participants. This system can be beneficial for reducing stress, alleviating the effects of illness, and improving and maintaining physical well-being. Learn about the general principles and history of Qi Gong, follow along as Spring Forest Qi Gong Certified Instructor Diane Smith leads you in simple movements, and learn some of the basic exercises that you can practice at home.

June Fish Creek Speaker Series – Qi Gong and the Fish Creek Wellness Showcase:

Wednesday, June 22, 7:00 - 8:30pm at the Fish Creek Environmental Learning Centre

Outdoor Qi Gong Sessions: Tuesday nights, June 14 – July 26 6:30 - 7:30pm at the Bow Valley Ranch, Fish Creek Provincial Park

For more information or to register www.friendsoffishcreek.org/programs/wellness-clinics

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC! www.friendsoffishcreek.org/programs/capturenature

Parks Day & Creekfest

Free Fun for the Whole Family!

Sunday, July 17, 2016 11:00 am – 4:00pm, Glennfield, Fish Creek Provincial Park

Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing

workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Take part in an outdoor yoga session and fly fishing demonstration.

Enjoy interactive booths and activities hosted by community organizations dedicated to the environmental sustainability of our Provincial Parks! For more info: www.friendsoffishcreek.org/event/creekfest

Full Moon Guided Meditation in Fish Creek

Let go of outside distractions and just be. Join Naomi Parker and Gwen Draude Woolverton for outdoor meditation sessions on full moon evenings at the Bow Valley Ranch in Fish Creek Provincial Park.

7:00 - 8:00 pm on Monday, June 20 (The first day of summer!) Tuesday, July 19, and Thursday, August 18. Registration is recommended and fees apply. For more information, visit www.friendsoffishcreek.org/programs/wellness-clinics.

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to ML@great-news.ca



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MLA CALGARY-HAYS RIC MCIVER

At the Legislature: Motion 504:

I want to thank everyone who contacted me in support of my motion that calls on the government to ensure stable and permanent access to choice in education. It is about meeting the needs and interests of children so that they can reach their full potential. Alberta has a long and proud tradition of offering parents and students a wide array of choices when it comes to their education. Alberta has one of the best education systems in the world, and I encouraged the government to keep it that way. On May 2 my motion was voted on and received unanimous support from all parties in the Alberta Legislature. This was quite an occurrence after I was kicked out of the legislature two weeks earlier for standing up to support Alberta's kids. I caught some as of yet unexplained bias against my motion. As it was recognized my actions were in fact in support of fair play and on behalf of parental choice in education I was invited the next day to return to the legislature. Here is a picture of me with my colleagues MLA Dave Rodney (Calgary-Lougheed) and Richard Gotfried (Calgary-Fish Creek), right after the vote on Motion 504.

Budget 2016

Albertans deserve a government that will respect their hard-earned tax dollars and show leadership by responsibly managing debt. As Albertans tighten their belts during this economic downturn, it's worrisome that our government refuses to do the same. A recent poll indicates that the majority of Albertans do not believe that the NDP plan will diversify the economy

and that Budget 2016 will cripple future generations with debt. What do you think of Budget 2016? What would you do differently? www.abpcmla.ca/engage

At Calgary-Hays:

I was pleased to attend at McKenzie Towne Retirement Residence when Director of Recreation, Matt Litke, received a Certificate of Appreciation Award for service and to attend the McKenzie Towne Seniors' Fair.

April 10 to 16 was National Volunteer Week. Thank you to the many constituents who volunteer in our local community associations. Are you a community volunteer? Volunteers have shared some amazing stories with me and I would love to hear yours. Please tell me about your volunteer story at Ric.McIver@assembly.ab.ca.

This spring, my Caucus launched ENGAGE a new public engagement initiative. ENGAGE's purpose is to spark public conversation and to seek feedback from Albertans. As your MLA I want to know what is important to you and I want to hear your ideas. Building a stronger province depends on us working together. I encourage you to use ENGAGE as an instrument to provide your feedback. www.abpcmla.ca/engage

If you require a paper copy of engage, please contact my office.

Need assistance with a provincial program or the services of Notary Public, Commissioner for Oaths, or want to get Birthday or Anniversary Scrolls? Please contact the Calgary Hays Constituency Office.

SHC Wellness Centre June Highlights

Healthy Albertans Healthy Communities Together

Have you been to the Wellness Centre yet? Come find out what we are all about.

A few of our FREE programs are highlighted below Fuelled To Move (Ages: 14-17)

Saturdays 10:00-11:30am, begins June 4

Learn how to fuel your body to get the most out of your workout, reach your fitness goals and be healthy for life! You will learn weight room etiquette, proper resistance training techniques, and be introduced to a group fitness class. Practice how to prepare nutritious, energy-boosting meals and snacks in the Wellness Kitchen. This class comes with a FREE 1-month pass to the YMCA.

I know I Should Eat Healthy but How

June 6 5:30-8:00pm

In this kitchen demonstration you will learn how to put nutrition and weight management principles into practice using the 4 P's: Plan, Purchase, Prepare and Pack. Facilitated by an AHS Registered Dietitian.

Art Therapy with Heart: Creative Drawing & Scratchboard

June 8 1:00-3:00pm

Creative expression helps patients & families with the feelings that come with diagnosis/treatment of cancer. Adults who are receiving or moving beyond cancer treatment will choose from a selection of images, symbols and animals to create a piece of art on scratchboard. See yourself and others from a different perspective as you engage in the creative process, relax and be mindful.

Understanding Dementia & Strategies to Improve Brain Health

June 15 6:30-8:30pm

As our population is living longer, it's important to have a basic understanding of dementia; maintain your brain health and reduce your risk. This session will cover:

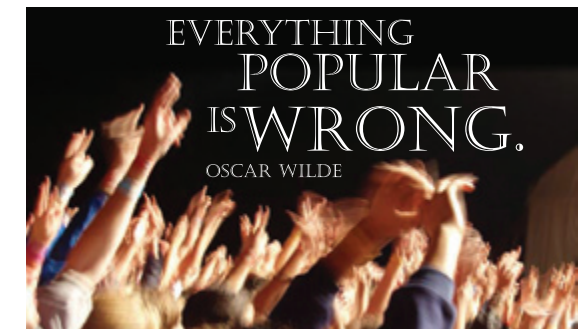
- Types of dementia
- Signs and symptoms
- Simple strategies for improving your brain health
- How to reduce your risk of developing dementia
- Programs and services available to support you

Allergen Aware-Allergen Safe

June 20 6:30-8:00pm

This workshop provides an overview of allergy and anaphylaxis including signs, symptoms, triggers and basic management strategies. Participants will be given the opportunity to use practice auto-injectors and taught what to do in case of allergic emergency. The focus will be on the three A's: Awareness, Avoidance, and Action.

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



IN & AROUND CALGARY

World Elder Abuse Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit calgary.ca/seniorsweek for event information.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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JENN'S HAIR STUDIO Jenn's Hair Salon is a licensed home-based salon in the community of McKenzie Lake. For the months of April, May and June, all new clients receive a 10% discount on all services. Website: jennshairsalon.vpweb.ca. Facebook: Jenn's Hair Salon. Call or text: 403-613-1447.

READING AND SPELLING IMPROVEMENT: Parents, what concerns you most for your child? Slow, choppy reading? Consistently poor spelling? I'm an educator and reading specialist with nearly 30 years' experience. Expertise at assessing, teaching and developing these important reading and spelling components is established. Seeking help early is always best! www.tesseracteaching.com; 587-323-0654.

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Aboriginal Awareness Week

Each year The City celebrates the Chief David Crowchild Memorial Awards and Youth Achievement Award to honour the efforts and contributions of a

person, group or organization both Aboriginal and non-Aboriginal who have worked to create cross-cultural experiences and understanding.

Join the conversation online by searching Calgary Aboriginal Awareness Week on Facebook event pages and get details about the upcoming awards and exciting developments in this area.

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

An early spring will hopefully translate into a wonderful summer for Calgarians. Despite the economic challenges we are currently facing, Ward 12 remains a very busy place. Earlier in the spring we saw the opening of a new distribution centre for Home Depot in Shepard Industrial Park as well as a Marshalls in South Trail Crossing. Two very exciting additions to southeast Calgary!

Construction for the New Brighton Regional Park and the Quarry Park recreation centre has concluded and these facilities will be opening soon. A few months ago ground was also broken for the Seton recreation facility. Southeast Calgary has grown rapidly and the addition of these new amenities will help make this area an even better place to live, work and play!

Coffee with Your Councillor
I want to hear from you. While I have the pleasure of communicating with many of you through social media, there is no replacement for face-to-face interaction. Join me for a cup of coffee to discuss the municipal issues that matter most to you. I'll be at the New Brighton Club (2 New Brighton Drive SE) on **Tuesday, June 21 from 7:30-8:30 pm**. I hope to see many of you there!

Deerfoot Trail Open House
Deerfoot Trail is one of the most important pieces of infrastructure in south Calgary. While the Government of Alberta is currently responsible for Deerfoot, The City has an important role to play. It is my great pleasure to invite you to an open house to talk about the past, present and future of Deerfoot Trail. The open house will take place at First Alliance Church (12345 40th Street SE) on **Thursday, June 23 from 7:00-9:00 pm**.

In attendance will be representatives from The City, from Alberta Transportation as well as Councillors and Members of the Legislative Assembly that represent south Calgary. It promises to be an interesting evening with plenty of opportunities to address your concerns about Deerfoot Trail.

IMPORTANT NUMBERS	
ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
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
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
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
Kerby Centre for the 55 plus	403-265-0661
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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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

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2	3	1	5	6	7	8	9	4
4	9	8	1	2	3	5	6	7
5	6	7	8	4	9	1	2	3
1	2	3	9	5	4	7	8	6
7	5	6	3	8	2	4	1	9
8	4	9	7	1	6	2	3	5
3	7	4	2	9	1	6	5	8
6	8	2	4	3	5	9	7	1
9	1	5	6	7	8	3	4	2

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At South Trail Chiropractic, we are on a mission to create the healthiest patients in Calgary. We want to empower you to take your health and that of your family into your own hands and start living to your fullest God given potential. Health promotion can be defined as anything you do that moves you toward better health. Chiropractic is a perfect example of this. All you have to do is look at the very basics of human physiology: 1) The human body is a self-healing, self-regulating organism (that means that your body was designed to heal and to know exactly how to respond to stresses placed upon it); 2) the nervous system is the master control system of the body (in order for you to self-heal, self-regulate or to do ANYTHING, your nervous system must be functioning well); 3) your spine was designed to protect the extremely important nervous system (it is essential to have a properly aligned and properly functioning spine in order for your nervous system to be properly protected); 4) Subluxations (misaligned vertebrae) interfere with the nervous system making it impossible for your body to heal and regulate itself properly. All this, regardless of symptoms!

This means that your nervous system keeps you alive and healthy. As long as your nervous system is functioning properly, you will get and stay healthy. Since it is your spine that keeps your nervous system protected, if your spine is healthy, your nervous system is healthy, which means...**YOU ARE HEALTHY!** Keeping your spine healthy by getting checked for and correcting subluxations on a regular basis is actually keeping **YOU** healthy. If your spine is unhealthy, you are unhealthy...whether you **FEEL** it or not. And I must stress here that you **CAN** have a subluxation and not feel it. In fact, most people you know have subluxations and cannot feel the effects of them for months or years later. Keeping your spine healthy now is much easier than waiting until it hurts later. There is a big difference between making you feel better and actually **CORRECTING** your spine. Correction takes **TIME!**

But it's not just Chiropractic that keeps you healthy. There are a plethora of long term, scientific studies that show a direct correlation between a healthy lifestyle (eating right, exercise, lowered stress, Chiropractic, and decreased toxicity) and prolonged life and the prevention of pain, illness, and disease. We hear it all the time from patients who ended up in a health crisis, "**why didn't I take better care of myself?**" You can spend a little now on health promotion or a lot later on disease treatment. Unfortunately, there are no "cures". Today, disease treatment is nothing more than "symptom management". Preventing disease is the only real answer.

So it pays to stay healthy! The healthiest and happiest people we know take the time and spend the money necessary to keep their bodies healthy and prevent disease. The current financial crisis was created due to the shortsightedness of many people. Unfortunately, we are also in the middle of a health crisis. Today, the healthiest people have a vision and take a long term approach to their health. They see the care of their body as something that needs to be taken seriously and done regularly if they are to stay healthy and have an above average quality of life for years to come. So you decide, are you going to be shortsighted and opt for pain relief only or are you going to grab a vision for your health that is long term and focused on health promotion? We are absolutely dedicated to helping you achieve all your dreams through regular Chiropractic care and teaching you about lifestyle choices that must be addressed if you are to live a long, happy, and healthy life.

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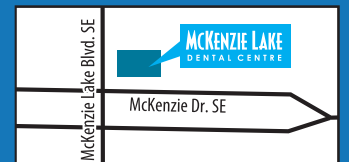
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Ask your Sandstone pharmacist



Your heart health depends on how well you take care of your overall health. Small lifestyle changes such as eating better and exercising more can cut your risk of heart disease by 50 percent. As your pharmacist, I can provide “heart healthy” services such as products and counselling to help keep the beat going strong through the course of a lifetime.

I’m just a social smoker. Will this affect my heart?

Any amount of smoking even light or occasional smoking damages the heart and blood vessels. Moreover, secondhand smoke can damage the blood vessels of nonsmokers. Your Sandstone IDA Pharmacist can recommend smoking cessation products to help you break the habit.

What’s the best exercise if you have heart disease?

Walking is the best choice. It can lower blood pressure, reduce body fat and improve blood sugar and cholesterol levels. With heart disease you should always consult with your physician regarding the type and frequency of exercise.

What should I do if I think I’m having a heart attack?

- *Call 911 or ask someone else to
- *If you are alone at home try to unlock the front door
- *Try to remain calm *Breathe deeply”

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