

MAY 2016

DELIVERED MONTHLY TO 5,400 HOUSEHOLDS

your MCKENZIE LAKE

BRINGING MCKENZIE LAKE & MOUNTAIN PARK RESIDENTS TOGETHER



SERVING YOUR COMMUNITY
WITH EXCEPTIONAL PRODUCTS
AND SERVICES SINCE 1983



Alberta's biggest inventory, your one stop for the most choice
and best deals only at Calgary's Ford Leader!

Thomas Kerstrong
403.640.6392
tkerstrong@woodridgeford.com
11580 - 24 Street SE
Calgary, AB T2Z 3K1
www.woodridgeford.com



Previously
Rempel Glass

WINDOWS & DOORS

- ✓ Replace rotten window frames
- ✓ Foggy window replacement
- ✓ For all your window and door renovations



A+

Serving Calgary since 1970

FREE
Estimate

403.455.0510
www.CanAussieWindows.com

PRESTIGE
DANCE ACADEMY Inc.

COME & DANCE WITH US!
AGES 9 MONTHS AND UP!

Entering our 15th Year

Sharing our LOVE for Dance in SW Calgary

NEW 2nd LOCATION
Opening in SE Calgary/Fall/2016

'If you are looking for a fun, stimulating and
rewarding dance experience for your child,
you don't need to look any further.'
Prestige Dance Academy SW Client

REGISTER ONLINE TODAY
In our SOUTHWEST & SOUTHEAST Fall Classes
www.prestigedance.com



NOW OPEN



Indoor Pool

Waterslide &
Hot Tub

24 Hour
Fitness
Centre

Bistro serving
Starbucks
Coffee,
Breakfast &
Dinner

On Site
Soma
Hammam
& Spa

Free Wifi



**BUY IN BULK
AND SAVE**

SOIL KINGS

QUALITY BULK LANDSCAPE SUPPLIES

71 Technology Way SE 403.452.LOAM
www.soilkings.com

15% OFF

PICKUP ORDERS

When You Present This Coupon
at 71 Technology Way SE
Expires May 31, 2016

15% OFF

DELIVERY ORDERS

When You Enter the Promo
Code NEWS at soilkings.com
Expires May 31, 2016

Screened Topsoil • Garden Mixes
Mulch • Gravel • Rock • Sand



Courtyard by Marriott

Calgary South
3750 Market Street SE,
Calgary AB T3M 1M4
T: 587.349.7599 F: 587.349.7598
www.marriott.com/yccs



Residence Inn by Marriott

Calgary South
3710 Market Street SE,
Calgary AB T3M 1M4
T: 587.349.8633 F: 587.349.8632
www.marriott.com/yccr

Now that is
some serious
Calgary soccer
pride.

AND WE'RE PROUD
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.



Making your city
work for you



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
255, 11488 - 24 Street SE
Calgary, AB Canada T2Z 4C9
Phone: (403) 215-4380
Fax: (403) 215-4383
Email: calgary.hays@assembly.ab.ca
www.mciver.mypcmla.ca • Twitter: @ricmciver
facebook: facebook.com/ricmciver

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING  27 YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

News from the Lake	7
What to Look for from a Financial Advisor	14
McKenzie Lake Real Estate Update	20
Your Community Business of the Month	23
My Babysitter List	24



16199 McKenzie Lake Way SE
T2Z 1L7, Calgary, Alberta
Phone: 403.257.1657
Fax: 403.257.2913
www.mlra.ca

GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING MCKENZIE LAKE
FOR 6 YEARS!



BOARD OF DIRECTORS

Tom Carey	President
Joe Creaghan	Treasurer
Angus Ainslie	Secretary
Chad Smith	General Manager Liaison
Grant Vale	
Michael Lyzaniwski	
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*



NEWS from the Lake

Park Conditions and Hours

Park hours in May will be 9:00 am to 9:00 pm, seven days a week. Fishing is open and boats are in the water.

To gain access to the park please have your membership card available to scan at the guard house (small building South West of main building). During non-peak times of the year, access to the park may be through the main office rather than the guard house. If the guard house gate is closed please go to the office.

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 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.

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 30, access to the park will be denied.

Membership Cards

You are required to bring your own membership card every time you visit the park. If you are new property owners and require membership cards or, if you are over 12 years of age and do not have a current membership card, please contact Donna at 403-257-1657; or email office@mlra.ca. Remember, a member cannot sign in another member.

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.

~continued next page~

Best Price, Service & Warranty

MARS

BLINDS & SHUTTERS

ELITE
BLINDS & SHUTTERS

4519 - 1st Street SE
email: mblinds@telus.net

40% OFF

2" wood or vinyl shutters

75% OFF

2" horizontal wood/fauxwood
LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

403-531-1500

PRESENT THIS COUPON FOR AN EXTRA 5% OFF

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

KILBCO
CONCRETE CURBING

Locally Owned & Operated



Free Estimates 403-875-8463



from the Lake

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.

Summer Programs

Planning of the annual seasonal programs is underway. Please visit our website – www.mlra.ca, or contact the main office for details on programs available and how to register. Programs start in the first week of July and continue through mid-August.

Rules

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.

Employment Opportunities

We continue our search for qualified individuals to fill various positions at the lake. If you are interested in employment please visit our website www.mlra.ca for information on jobs available.

news@great-news.ca
Editorial Content DEADLINE
1st of each month for the next month's issue



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.

IN & AROUND CALGARY

Friends of Fish Creek

www.friendsoffishcreek.org

Run for Fish Creek in the Scotiabank Charity Challenge! Sunday May 29

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

A Journey through the Mountains and Meadows of Kananaskis

Wednesday, May 25, 2016 — 7:00pm – 8:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

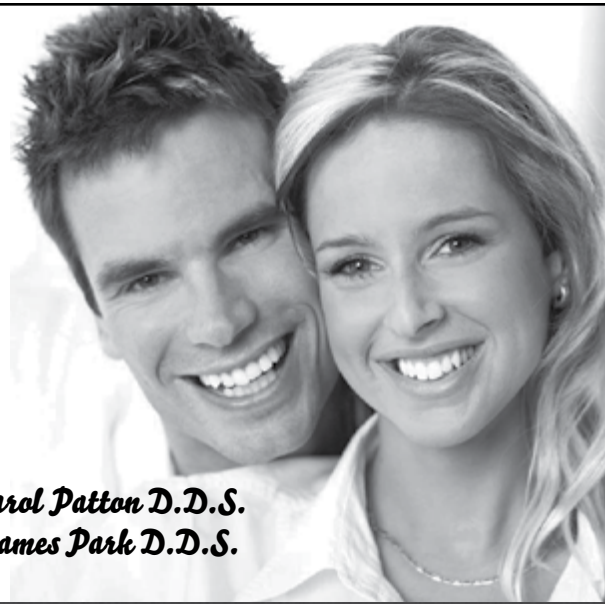
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.



New Patients Welcome
Cosmetic and Family Dentistry
Sedation Dentistry Available

Dr. Carol Patton D.D.S.
Dr. James Park D.D.S.



McKenzie Towne Centre (Opposite to Brewsters)
440 - 11 McKenzie Towne Ave SE

(403) 720-2788
www.mckenziedental.com

IN & AROUND CALGARY

SHC Wellness Centre

Healthy Albertans

Healthy Communities

Together

Find out how we can help at www.ahs.ca/shcwellness

A few of our FREE programs are highlighted below

Chronic Pain Management Workshop

May 10 6:30-8:30pm

This single, two-hour program focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.

Managing Your Emotional Eating

Begins May 12 (3 sessions)

Would you like to know more about emotional eating and managing it? You will learn what influences your food choices, how to build awareness of your own emotional eating, & to build skills and tools to help with your emotional eating.

Compounded or Confused? Bioidentical Hormones for Menopausal Health

May 13 1:00-2:00pm

Hot flashes are real. Today, more women are experiencing symptoms which may be adversely affecting their lives. Mistrust of prescription drugs has led many to search for that perfect product to improve symptoms. SHC Academic Family Medicine Clinical Pharmacist Joe Tabler will explain bioidentical hormone therapy and evidence regarding efficacy and safety.

Parenting Anxious Children & Teens

May 16 6:30-8:00pm

Come learn more about anxiety and children. Participants will learn to recognize anxiety in children and adolescents, gain an understanding of different anxiety disorders, and acquire knowledge of parenting strategies to help reduce the effects of anxiety.

Fermented Foods: Sauerkraut

May 19 6:30-7:30pm

Join SPUD for a hands-on session in the Wellness Kitchen on fermented foods. We will be talking about why they

are good for you and your gut! You will learn how to make tasty, nutritious sauerkraut from scratch. Please bring a large mason jar with lid so you can take your delicious creation home.

Supporting Healthy Relationships with your Kids

May 26 5:30-7:30pm

Want to know how you can support your children in healthy relationships? We will review healthy and unhealthy relationships, social pressures on children and strategies in coping with these pressures. It will also give you useful tools and conversation starters to have meaningful discussions with your kids.

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

Citizens' View

Calgary's online panel – 2,000 members and growing

The City is looking for more Calgarians to join citizensview.ca.

You're invited to join more than 2,000 people that have already signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary. Right now, The City needs more people of all demographics and communities. Can you help?

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at www.citizensview.ca.



What to Look For from a Financial Advisor

Kevin O'Hagan, PFP, FMA, CIWM

There's a lot to know about investing, so it's a good idea to get some professional help. But with so many financial advisors out there, how can you choose one that's right for you?

You may have to interview several prospective financial advisors before deciding on one. When you talk to them, see if you can get a sense of how they might work with you. Specifically, try to answer the following questions:

Does this financial advisor ...

... Understand you? Perhaps above all else, you want a financial advisor who will take the time to get to know you and your family, your goals and what's important to you.

... Clearly explain investing? Once you enter the investment world, you will likely be curious about it. Why is diversification important? What's a market correction? How do interest rate movements affect different investments? You will want to work with someone who will make the effort to educate you on investment topics and answer all your questions.

... Know your investment style? Obviously, you'll want someone who will recommend only those investments that are in your best interest and that can help you make progress toward your goals. Therefore, the person you choose needs to understand your investment personality – that is, whether you are an aggressive, moderate or conservative investor.

... Have a certain investment philosophy? You may have your own investment style and preferences – and so do many financial advisors. In fact, some financial advisors have an overriding investment philosophy that governs many of their recommendations. You need to find this out before you start working with someone.

... Communicate frequently? The most knowledgeable financial advisor in the world won't be of much help to you if he or she is not a good communicator. You need someone who will regularly let you know if you're on

track or make suggestions if you're not – even if you aren't scheduled to meet for a while. And, speaking of conferring with your financial advisor, you'll want someone who will meet with you when it's convenient for you, whether it's in person or over the phone.

... Avoid making big promises? You want a financial advisor with the expertise and experience necessary to help you decide what is right for you. And you'll want someone committed to your success. But there's a big difference between someone who promises to do the best possible job for you and someone who promises big results. Be wary of financial advisors who claim they can consistently achieve high returns for you – there are very few guarantees in the investment world.

... Explain how he or she will be compensated? Financial advisors get paid in various ways, often in some combination of fees and commissions. Ask all potential financial advisors how they get compensated; any reputable professional will be upfront about his or her charges.

By finding the answers to these key questions, you should be able to find a financial advisor who is well-suited to work with you. So take the time you need to gather enough information to feel confident in your choice. After all, you're enlisting the help of someone who can have a big impact on your financial future.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

INTERIOR AND EXTERIOR RENOVATIONS



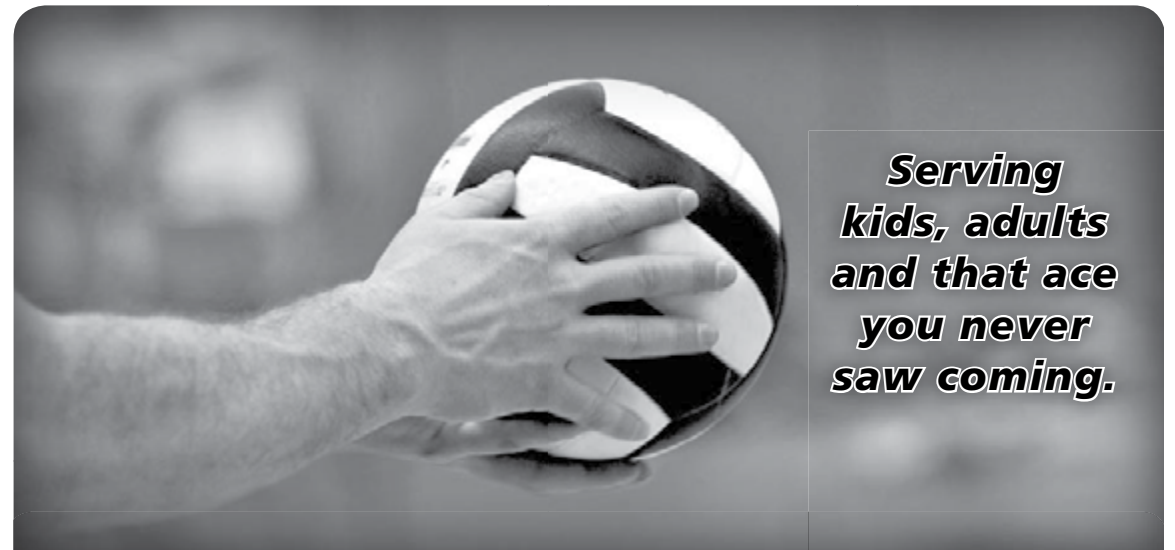
Home Design

Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows (PlyGem window and door dealer), siding, stonework and roofing. **SHOWTIME** does it all. Design services included at no extra cost. Thirty years experience. Licensed, insured, WCB. Professional, experienced trades.

Award winner Calgary Home + Design Show and Calgary Home and Garden Show.

References and viewings of finished designs related to your requirements available upon request

For a **FREE** initial consultation call 403.818.3118 | 403.819.8753
or visit www.showtimehomedesign.com



**Serving
kids, adults
and that ace
you never
saw coming.**

North America's Finest Volleyball Complex • T: (403) 202-3666 • F: (403) 723-0374 • info@rallypointe.com

Summer camps • Youth programs
Court bookings • School Tournaments
Adult Volleyball Leagues

www.rallypointe.com
11511 35th Street SE Calgary, AB T2Z 4B1
across from Deerfoot Inn and Casino



**HIGH RIVER
LITTLE BRITCHES
WEEKEND
MAY 21-22, 2016**

Little Britches Parade

Sat, May 21
Downtown High River
Parade starts at 10 a.m.
Lions Club beef on a bun in George Lane Park



Little Britches Rodeo

Sat, May 21, 1 p.m.
Sun, May 22, 1 p.m.
High River
Rodeo Grounds



Cultural Taste of High River

Sat, May 21, 12 p.m.
International food festival.
10 countries. High River
United Church.



River of Music Festival

Sat, May 21
Buskers throughout
downtown High River
Sun, May 22
George Lane Park concert



www.highrivertourism.com


JACKSON & JACKSON
LANDSCAPING

CUSTOMER SATISFACTION GUARANTEED




We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil

GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca



Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!
www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw
www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada



DR. MICHAEL YUN, DDS
FAMILY DENTISTRY

We offer General Dental Services, including:

- Preventive hygiene program for children & adults
- Restorative: fillings, crowns, bridges, etc.
- Cosmetic: whitening, veneers
- Tooth extractions
- Root canal therapy

- Monday: 11:00-7:00
- Tuesday: 8:00-4:00
- Wednesday: 11:00-7:00
- Thursday: 11:00-7:00
- Friday: 9:00-5:00
- Sat: By Appointment

403.278.1400

Bay 9, 3451 Douglasdale Blvd SE
www.yundental.com

Extended hours!
New patients & Emergencies Welcome!

113 Auburn Shores Ld SE

A stunning, custom lakefront home, with your own private dock in the amazing lake community of Auburn Bay!

Only 2 years new, this home has a spectacular location on a quiet cul de sac with a sunny west yard and mountain views. Only steps to the tennis courts, community centre & all it has to offer.

Open concept home with gorgeous tiger hardwood floors on both main and upper levels, 9 foot ceilings on the main floor and a fantastic open kitchen.



3 BEDS



3 BATHS



4 CARS



3,215 ft²

**Living the Dream Lakefront
in Auburn Bay**



\$1,625,000



Ryan MacDonald, B.Sc.
Sheri MacDonald, M.Sc.
403.519.9102
info@calgaryhometeam.com
www.calgaryhometeam.com



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

DALERIDGE FAMILY PRACTICE

PHONE: 587-318-4210 OR 587-318-4215

We are pleased to announce that **Dr. Marius Conradie** and **Dr. Trevor Bernhardt** are taking new patients.

Our clinic offers specialized services such as Allergy Testing for Adults, Cosmetic Botox, Botox for Migraine, Hyperhidrosis, Juvaderm, Latisse and Chronic Pain.

CALL TO BOOK YOUR FIRST APPOINTMENT WITH OUR PHYSICIANS AT THIS NEW CLINIC



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and talk about opportunities to be had.

Stop by or call today to schedule your free review.



Kevin G O'Hagan
Financial Advisor

15566 McIvor Boulevard S.E.
Unit 507 Copperfield Corner
Calgary, AB T2Z 4Y2
403-280-2399
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member - Canadian Investor Protection Fund

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$467,400.00	\$455,500.00
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
April 2015	\$569,900.00	\$555,000.00

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

	No. New Properties	No. Properties Sold
March 2016	20	16
February 2016	27	11
January 2016	16	15
December 2015	12	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
April 2015	29	23

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

CALGARY WILDLIFE

Article by J. Turner

Photo by Andrea S. H. Hunt

Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What's unusual about the muskrat?

- They are more widely dispersed across North America (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren't they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

**A Great Price
for anyone who wants
A GREAT HAIRCUT**

\$11.99

with this coupon
Not Valid with other offers
Valid June 3, 2016 Only



**SOUTH TRAIL
CROSSING**

211 4307 130 Ave SE
403-257-6451

Great Clips
IT'S GONNA BE GREAT



403-777-1111

www.calgarycabs.ca

→ **Safety Supervised**

**The Cheapest Taxi
service in Calgary**

Find Us on:



Use our **FREE** app
to track your cab!

City Wide Service

100% Driver owned



**your COMMUNITY
business of the month**

Allstate Insurance Calgary South
A Fixture in the Community

McKenzie Lake Community

For over 60 years, Allstate Insurance Company of Canada has proudly served Canadians in communities across the country, providing them with home and auto insurance solutions that give them peace of mind in knowing that if the worst should happen in their lives to their home or their vehicle – they're covered.

Our Calgary South Agency has been a part of this community for seven years and has worked hard to not only become a business leader that provides top-notch service and insurance products to Calgary residents, but also a fixture in the community that is woven into the fabric of the daily lives of our friends and neighbours. Our Agency has grown along with the community, while providing clients with service that exemplifies the "you're in good hands" slogan Allstate Canada is known for.

The Agents at Calgary South are passionate about supporting community initiatives that enrich the lives of Calgarians. Corporately, Allstate Canada supports community focused charitable organizations like Mothers Against Drunk Driving (MADD Canada), Junior Achievement and United Way. Each of these partnerships allows our Agents to get out and lend a hand to worthy causes that make the lives of people in their neighbourhoods better. Activities such as these are not simply seen as a corporate obligation. Helping those around us is a passion that our Agents live every day. Our Agents are willing participants who volunteer not only with these organizations, but who take every opportunity to engage with members of our community and take ownership in making where we live a better place for everyone.

Calgary South Agents can be found participating in initiatives like the McKenzie Frenzie and are also involved in helping to fundraise for the McKenzie

Towne School. Our Agents also regularly contribute to the Calgary Food Bank, and have even gone as far as incorporating donations into our regular "Friday dress down" campaign. In June 2016 we'll also be a major sponsor of the Dog Jog to help raise funds for the SPCA.

Beyond what we do in the community, our 11 person team is loaded with talent and expertise. Helmed by Agency Manager Catherine Burgess, the team features dedicated insurance professionals like Darlene Whitmore, all of whom have it as a mission to provide strength and care to everyone we encounter.

As an insurer, our clients often reach out to us in times of need and stress. When you call our agency, you can be assured you're reaching a member of our team that is dedicated to providing you with the service and professionalism that's a hallmark of our brand. Think of us as a resource that can provide trusted advice when you need it.

Contact the team at Calgary South today for a quote on your insurance needs.



Darlene Whitmore
Business Development Agent
Allstate Insurance Company of Canada
#354, 5222 130 Ave SE,
Calgary AB T2Z 0G4
587-316-3071
Fax: 403-236-4398
dwhitmore@allstate.ca

*Trademark used under licence by Allstate Insurance Company.

IN & AROUND SCHOOLS

Special activities in May for **École St. Cecilia School** students

In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.

McKenzie Lake mybabysitterlist

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

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

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

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

Walking the Walk

I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.

ASSINIBOINE
LIGHTS & LANDSCAPES

LANDSCAPE CONSTRUCTION
Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fences • Decks • Landscape
Designs and much more

SPRING CLEAN UPS & WEEKLY LAWN CARE
Power-rake • Aerate • Leaf Clean
Cut & Trim • Fertilize • Pruning • Vacation
Services and much more

Call Now for your **FREE ESTIMATE**
403.301.3300
www.assiniboine.com

f i+ HomeAdvisor 2 year Quality Guarantee • WCB
Insured • Licensed • Bonded

ABOUT PAINTING

Interior & Exterior
25 years experience

Professional, Reasonable & Reliable

- All Painting
- House Painting
- Wood Staining
- Stucco Painting
- Spray Painting
- Ceiling Painting

Licensed & Insured "Free Estimates & Advice"

ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY
SERVING CALGARY & ALBERTA

South 403-252-1366 **BBB** North 403-239-9022
Our website: www.aboutpainting.ca

DISCOVER THE GENIUS WITHIN

Described as "Mental Aerobics", UCMAS Mental Math is a whole-brain development program where kids aged 4-13 to are trained to perform mental math using the abacus.

ONLY A FEW OF THE REASONS TO JOIN UCMAS
Today's Global Leader in Mental Math and Abacus Education with 2 million children trained worldwide.



A BRAIN-BOOSTING PROGRAM FOR CHILDREN TO BUILDING LIFELONG SKILLS

FOCUS
MEMORY
MASTERY OF MENTAL MATH
ACADEMIC PROFICIENCY
CREATIVITY

Registrations Open For Various Batches
Friday, Saturday & Sunday

BRIGHTEN YOUR CHILD'S FUTURE WITH

UCMAS
MENTAL MATH SCHOOLS
DISCOVER THE GENIUS WITHIN®

www.ucmas.ca

UCMAS CALGARY (SE)
Unit # 110D, 3506 118 Avenue (SE), Calgary T2Z 3X1

CONTACT:
Aseem Kanwar: (587) 893-5858 ■ Sumeer Sidhu: (587) 896-3030

**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYXC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyc.ca



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

Spring Into A Fresh New Look
WITH A RENOVATION FROM THE PROS

For 35 years we've been building dream homes. Put that expertise to use transforming your home with a renovation from Remodel by Jayman.

Contact us today for a free, no obligation consultation.

**Basement Developments
Kitchen Resurfacing
Bathroom Renovations
Interior Remodeling
Exterior Home Makeovers
Garages & Decks
And more...**

**REMODEL
BY JAYMAN** 403-252-4191
JAYMAN.COM/REMODEL

PROFESSIONAL SERVICES



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1



Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

Art of the world



The *Starry Night* is an oil on canvas by the Dutch post-impressionist painter Vincent van Gogh. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_00701_RBC_015

Trico Centre for Family Wellness

11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca



From fitness to skating, personal training to children's programs – we are committed to providing a range of quality programs and services that make active living fun, affordable, and for everyone.

We make it easy to find your perfect fit.



Check out our membership specials - on now while the pool is getting a makeover.

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in McKenzie Lake. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$100, aeration \$45. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kinds of interior exterior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit www.calgaryabpaintingservices.ca. Thank you.

FOR ALL YOUR BOOKKEEPING/ACCOUNTING & TAX RETURNS PREPARATION: call the specialists at KAACA Professional Inc a reputable practice providing affordable services to individuals, small business owners, corporations. We handle Bookkeeping/accounting, tax planning (minimize your tax), tax returns, and Payroll. Call or text at 403-383-5951, www.kaaca.net. Ken K., Your trusted neighbourhood accountant.

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

GOT TREES? King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at www.kingcoletreecare.ca.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

TIGHTEN, TONE & FIRM: in 45 minutes. Save 40% off with Loyal Customer perks! Lose body fat, reduce cellulite and detox using our botanical-based body wraps. Pamper yourself and get beautiful results with these amazing slimming wraps. It really works! Visit emcbride.itworksca.com or email Erin at makeupyourlook.erin@gmail.com.

NEW, RENO AND REPAIRS: Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

For Business Classified Ad Rates Please Call Great News Publishing at 403 -263-3044 or sales@great-news.ca

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

FLEXIBLE HOME BASED INCOME OPPORTUNITY: Want to be in the business of creating a beautiful life for yourself and others? Enjoy sharing? Interested in being paid for referrals? No sales required. Low start-up cost. Work from home. Training and supportive community provided. Interested? Send email to RemiFoxMgmt@outlook.com to learn more.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

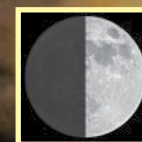
GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

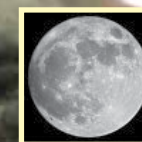
MAY MOON CALENDAR



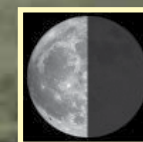
New Moon
May 6



First Quarter
May 13



Full Moon
May 21



Last Quarter
May 29

**COUNCILLOR, WARD 12
SHANE KEATING**



Phone: 403-268-1698 • Email: Ward12@calgary.ca
Twitter: @CouncillorKeats Facebook: http://www.facebook.com/CouncillorKeating
Web: http://shanekeating.blogspot.com/

City of Calgary Posts Surplus in 2015

Council was recently informed of a surplus from the 2015 operating budget.

The total surplus is \$86M. Of this, \$54M in savings was found through corporate initiatives and \$32M was found through savings identified at the business unit level.

A number of key factors contributed to this surplus:

- The City decided to not fill a number of job vacancies;
- Low fuel prices made refuelling City vehicles less costly;
- Increased revenues from various fees and fines;

In June Council will decide what happens with the \$54M in savings found through corporate initiatives. The options are:

- **One-time rebate to tax payers:** Many Calgarians are hurting right now. Calgary is feeling the brunt of rising unemployment rates, and some folks are having difficulty making ends meet. In 2016 Calgarians are scheduled to see a 3.5% increase to their property taxes. Offering a one-time rebate to tax payers would nearly eliminate this increase for the following year. Each property tax bill would see a reprieve of roughly \$100 in 2017.
- **Shovel-ready infrastructure projects:** There are a number of infrastructure projects that are ready to begin construction, but do not currently have funding. \$54M in funding could certainly help kick some of these projects off. This could translate into the creation of many construction jobs in 2016 for a market that badly needs more employment opportunities.
- **City of Calgary "rainy-day" fund:** This fund is where the funds are currently sitting. The City has a fund called "the financial stability reserve (FSR). Currently this fund sits at \$374M. The City may draw on this fund during times of economic hardship to continue delivering the services Calgarians depend on.

A few thoughts on these options:

Tax Rebate

- Tough economic situation for many Calgarians
- Especially difficult for folks on EI or fixed incomes
- Relief would be a one-time rebate, but my hope would be that efficiencies will also be found in future years
- Hopefully by 2018 the local economy begins to show sounds of improvement

Infrastructure

- Good time to build infrastructure: availability of construction labour, lower costs, low interest rates
- Spending on projects could provide savings in the long run
- \$54M could fund several projects that could begin construction in 2016

FSR

- This is The City's "rainy-day fund"
- I would argue that it is currently raining and adding to this fund would not be the best use of tax dollars at this time

Let's Hear From Calgarians

These funds belong to tax payers. While your elected official can share a number of ideas of what could be done, your voices must be at the table for this important decision.

I look forward to Council's debate on what to do with the surplus.

I turn the question over to Calgarians: What would you like The City to do?

Coffee With Your Councillor

Over the next number of months I will be hosting a series of small open houses. Ward 12 residents are welcome to join me for a cup of coffee to discuss issues that matter to them. Here is the 2016 schedule for Coffee With Your Councillor:

- **Tuesday, June 21st – 7:30-8:30 pm. New Brighton Residents Association: 2 New Brighton Drive SE**
- **Tuesday, September 27th – 7:00-8:30 pm. Auburn Bay Residents Association: 200 Auburn Bay Boulevard SE**
- **Tuesday, November 29th – 7:00-8:30 pm. Cranston Residents Association: 11 Cranarch Road SE**

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.

PLUMBER
PLUMBOB For All Your Plumbing Needs

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490

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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

BRAIN GAMES SUDOKU

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

Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 410,000 HOUSEHOLDS
ACROSS 139 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned & Operated



Brad 403.875.8463 | Stephen 403.478.1737

MLA CALGARY-HAYS RIC MCIVER



Interim Leader of PC Caucus

255, 11488 - 24 Street SE,
Calgary, AB, Canada T2Z 4C9
Phone: 403-215-4380 • Fax: 403-215-4383
calgary.hays@assembly.ab.ca

www.mciver.mypcmla.ca • Twitter: @ricmciver
facebook: facebook.com/ricmciver

Engage – I Need To Hear From You Please

In April, the Progressive Conservative Caucus launched EN-GAGE a new public engagement initiative. ENGAGE's purpose is to spark public conversation and to seek feedback from our most important stakeholders – you. Engage does not prescribe specific policy actions, instead it promotes dialogue through a platform for exploring answers and finding additional possibilities for a better future. Since May 5, 2015, PC Caucus members have heard from many Albertans through thousands of emails, phone calls, social media comments, and in-person conversations. They have told us that they want a government that takes care of both fiscal and social matters with equal care and attention. They want a government that is thoughtful, pragmatic, and forward-thinking and puts the interests of Albertans first. As your MLA I want to know what is important to you and I want to hear your ideas. Our journey to build 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

The 4 Billion Dollar Challenge

Through ENGAGE, the PC Caucus challenges the Alberta government to find \$4 billion in operational savings over two years. We believe these savings can be found by streamlining administrative process, consolidating corporate services across government and improving efficiency by as little as one per cent in key areas. Albertans have seen no effort from this government to control spending. I believe that if small savings across government are found now, Alberta will avoid having to make deep cuts down the road when accumulating debt becomes unmanageable.

McKenzie Highlands School

Inverness Park SE and McKenzie Towne Drive SE. Anticipated opening January 2017 for 900 students. School principal appointed. www.cbe.ab.ca/schools/building-and-modernizing-schools/Pages/mckenzie-towne-middle-school.aspx

Keeping in Contact

Please continue to stay in touch with me on issues that affect you and your family. As your MLA, I am your voice in the Alberta Legislature and I am here to help you. Please contact me or my assistant Donna Elms, at the Calgary Hays Constituency Office.

NOW OPEN SUNDAYS! New Patients Welcome!

Offering:

- White Fillings
- Braces for children, teens and adults
- Cleanings and Periodontal Disease Prevention
- Same Day Service for Toothaches
- We Direct Bill Your Insurance

ELECTRIC TOOTHBRUSH INCLUDED
with all patients cleanings



Call today for your appointment!
403 460-5650

16752 McKenzie Lake Blvd

At The Crossroads of McKenzie Lake Blvd. & McKenzie Dr.
Right behind the Shell Station

Open Evenings and Sundays for your convenience!



MCKENZIE LAKE
DENTAL

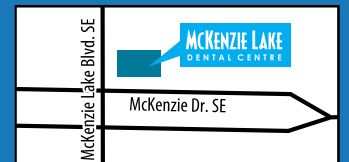
Introducing

Dr. Kelsey Syme, General Dentist
Dr. Jeffs, General Dentist
Dr. Kaitlenn Enns, General Dentist
Dr. Mike, Orthodontist

Call now for your
Orthodontic consultation
with Dr. Mike!



Introducing Dr. Kaitlenn Enns to our practice
Dr. Kaitlenn, is accepting New Patients
and has weekends and evenings available.



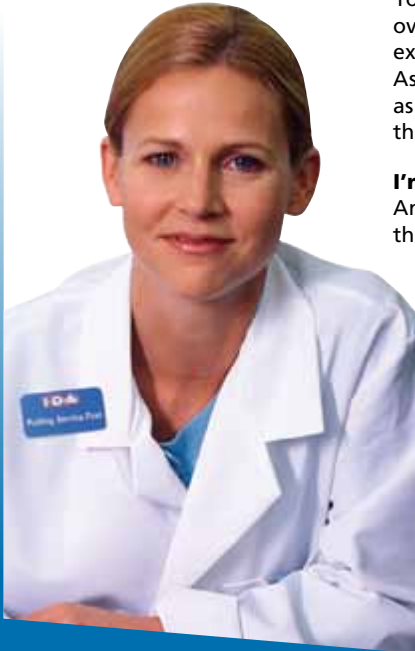
FP

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

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 *Breath deeply”

ATOMA NICOTINE GUM

Regular Strength 2mg 110pcs

Reg. \$39.99 **NOW \$36.99**

Regular Strength 2mg 30pcs

Reg. \$13.99 **Now \$10.99**

Extra Strength 4mg 30pcs

Reg. \$14.99 **Now \$11.99**

Mckenzie Lake | 403.257.1888
16630 Mckenzie Lake Blvd SE Calgary, AB T2Z 1N4
www.sandstonepharmacies.com

\$3.00 OFF ANY

Atoma Stop Smoking System

21mg Step 1 or Step 2

Limit 2 per customer.

Visit Your Neighborhood Sandstone Pharmacy
and speak to a Pharmacist about
Smoking Cessation Today.