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There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
<b>01</b> GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
<b>02</b> MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
<b>03</b> HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



McKenzie Lake Residents Association  
 16199 McKenzie Lake Way SE  
 Calgary, AB T2Z 1L7  
 Phone 403-257-1657  
[office@mlra.ca](mailto:office@mlra.ca) | [www.mlra.ca](http://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](mailto:ward12@calgary.ca)  
 Web: [www.calgary.ca/ward12](http://www.calgary.ca/ward12)



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# CONTENTS

News from the Lake	7
My Babysitter List	15
Trico Centre	16
Real Estate Update	19
How to Get Mom to Agree to a Pet Lizard!	28



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 16199 McKenzie Lake Way SE  
 T2Z 1L7, Calgary, Alberta  
 Phone: 403.257.1657  
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## BOARD OF DIRECTORS

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## 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

Current park hours are 9:00 am to 5:00 pm, 7 days a week and will remain at these times until winter ice conditions are safe for longer park access. We hope to have the top rink with fire pit open on Friday November 25th but almost entirely weather related. Please check the Notice Board at the park entrance or our website [www.mlra.ca](http://www.mlra.ca) for updated hours and additional information.

Please watch for the "Thin Ice" signs and keep off the lake surface until the signs are removed.

### Fishing Rule Update

Please be advised that we have implemented a new fishing rule. We recently stocked the lake with small brown trout but they are too small and there are too few of them to take any out. For now brown trout are catch and release only - It is strictly prohibited to take any brown trout from the lake. In the event you do catch a brown trout it must be released immediately. Please review identification techniques with photos below:



#### Brown Trout

Brown trout have a brownish colored skin covered with ringed dark spots intermixed with ringed red spots.

**Fishing limit – 0 (ZERO)**



#### Rainbow Trout

Rainbows can be identified by their heavy single spots all over their

skin along with the bright rainbow stripe down the middle.

**Fishing limit – 3 per member's household per day (includes your guests); with a maximum of 15 per member's household per month (includes your guests).**



### Rent the Beach Club for Your Christmas Party

Check out the Beach Club. Rental rates are reasonable and we still have dates available. The Beach Club is also an ideal location for a family birthday party and is used on a regular basis for wedding functions and so much more. Call Donna @ 403-257-1657, or email [office@mlra.ca](mailto:office@mlra.ca).

The picnic shelters will be available again this winter for skating parties. One of the shelters is located adjacent to the upper rink and would be an ideal location for such a party. The other two shelters are east of the Beach Club. Call Donna @ 403-257-1657, or email [office@mlra.ca](mailto:office@mlra.ca).

### Poppy Facts

The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.





## 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
- 80 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](http://www.mlra.ca) and in the office.

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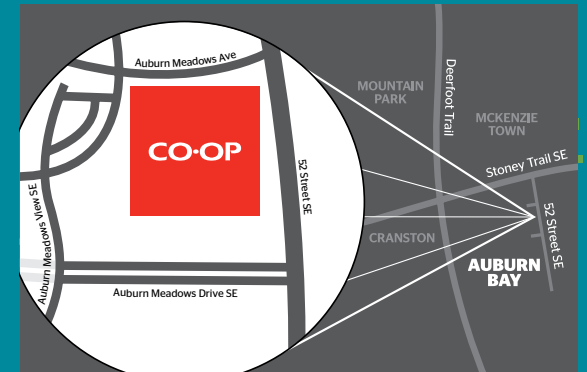
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**A**t South Trail Chiropractic, we are on a mission to create the healthiest patients in Calgary. We want to empower you to take your health and that of your family into your own hands and start living to your fullest God given potential. Health promotion 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.

## IN & AROUND CALGARY

### Programs and Events in Fish Creek

#### Winter Birding Course

12 Week Winter Birding Course starts Monday, January 9, 2017

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conduct these outings as a fundraiser for the Friends of Fish Creek.

Registration Required and Space is Limited. For more info, including fees and course times, and to register visit [www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course)

#### Alberta Parks - White Goat and Siffleur Wilderness Areas of the Central Rockies

Thursday, November 24, 2016 7:00 pm - 8:00 pm

Presented by Graham Thursfield Visitor Services Coordinator - Rocky Mountain House

Wilderness areas along the Central Rockies are home to incredible wildlife and spectacular scenery that many of us in the Calgary area may not think of visiting. This is your chance to see and learn about some magnificent spots in our Parks network. Join our presenter Graham Thursfield for this virtual grand tour of some magnificent places. For more info stay tuned to [www.friendsoffishcreek.org/programs/speaker-series](http://www.friendsoffishcreek.org/programs/speaker-series)

#### Push To Open Nature Speaker Series

The Place for Parks and Nature at End of Life

Thursday November 3, 2016 7:00pm—8:30pm Fish Creek Environmental Learning Centre

We all feel it, whether looking outside, at a beach, in a field, or on a mountain - nature gives us perspective about life and death. Join us to hear the discoveries and practical applications of lead researchers Sonya Jakubec, RN, PhD (Associate Professor, School of Nursing and

Midwifery, MRU), and Don Carruthers Den Hoed, PhD candidate (East Kananaskis Area Manager— Alberta Environment and Parks, and Adjunct Professor, School of Nursing and Midwifery, MRU). Together this team bridges their work in nursing care and parks management in order to understand the role of parks in community health.

To register please contact Jill Jennings: [Jill.Jennings@gov.ab.ca](mailto:Jill.Jennings@gov.ab.ca) or 403-297-7850.

#### Show Your Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular autumn, winter, and spring birding courses, a subscription to our newsletter Voice of the Friends, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations. We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park. All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit [www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup](http://www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup) to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

## Daylight Saving Time

Ends Sunday, November 6.

Set your clocks back 1 hour  
and enjoy the extra sunshine.

## EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

### When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.

## Calgary Southeast Events

### Canadian Pacific Remembrance Day Service

More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

**Stuff A Bus** Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

**Free Skate at Ernie Starr Arena** Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

**Free Swim at Bob Bahan Aquatic and Fitness Centre** Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

### Christmas in Inglewood - Nov 18, Nov 20

Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.



Name	Age	Contact	Course
Abbey	12	403-257-3296	Yes
Taylor	12	403-257-6292	Yes
Stephanie	12	587-969-1578	Yes
Cecilia	13	403-217-3636	Yes
Emily	13	403-702-7013	Yes
Jessica	14	403-257-6292	Yes
Bailey	14	403-203-7010	Yes
Aliyah	14	403-801-9420	Yes
Jessica	14	403-257-6292	Yes
Hayley	14	403-257-3650	Yes
Sandra	14	403-207-4409	Yes
Haleigh	14	403-589-9833	Yes
Madyson	15	403-919-2921	Yes
Monserat	15	587-585-1042	Yes
Catherine	15	403-257-4007	Yes
Ashlee	15	403-616-3236	Yes
Justice	15	403-471-2058	Yes
Rachel	15	403-257-4520	No
Jayde	15	403-305-3549	Yes
Olivia	15	403-837-3175	Yes
Vanessa	15	403-257-5785	Yes
Ashlee	15	403-616-3236	Yes
Mary	16	403-863-5237	No
Tianna	16	587-353-2101	No
Lindsay	16	587-434-8953	Yes
Vlada	17	587-580-5046	Yes
Rachael	20	403-796-3414	Yes
Anam	30	403-726-9026	Yes
Amanda	33	403-510-8676	Yes
Charity	36	403-890-8688	Yes
Firoozeh	36	403-836-7675	Yes

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

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**Trico Centre for Family Wellness**  
11150 Bonaventure Drive SE  
[www.tricocentre.ca](http://www.tricocentre.ca)





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](http://www.tricocentre.ca) to find out more.

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

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

**Wellness Access Program**

• Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.

**Adults**

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

**Older Adults**

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

**Families, Children & Youth**

All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

*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](http://www.tricocentre.ca) to find out more.*

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**DECEMBER 10  
SLUMBER PARTY AT THE  
GLENBOW MUSEUM**

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info [www.glenbow.org/programs](http://www.glenbow.org/programs)



**NOVEMBER 25 – DECEMBER 24  
THE POLAR EXPRESS TRAIN RIDE**

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info [www.aspencrossing.showare.com/eventperformances](http://www.aspencrossing.showare.com/eventperformances)



**DECEMBER 23  
CHRISTMAS SKATE, NOON – 5 PM.  
OLYMPIC OVAL**

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



DECEMBER

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

**Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre:** It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)

**Dec. 2 – 4 The International Christmas Market at Spruce Meadows:** Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info [www.sprucemeadows.com/christmas\\_market](http://www.sprucemeadows.com/christmas_market)

**Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park:** Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info [www.heritagepark.ca](http://www.heritagepark.ca)

**Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall:** This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info [www.calgaryphil.com](http://www.calgaryphil.com)

**Nov. 26 – Jan. 8 Lion's Festival of Lights:** The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info [www.lionsfestivaloflights.ca](http://www.lionsfestivaloflights.ca)

**Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer:** Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info [www.marketcollective.ca](http://www.marketcollective.ca)

**McKenzie Lake**

**Real Estate Update**

Last 12 Months McKenzie Lake  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$469,900.00	\$462,000.00
August 2016	\$429,900.00	\$418,000.00
July 2016	\$434,900.00	\$425,000.00
June 2016	\$448,900.00	\$441,000.00
May 2016	\$399,000.00	\$385,000.00
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

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

	No. New Properties	No. Properties Sold
September 2016	16	17
August 2016	11	9
July 2016	12	17
June 2016	24	28
May 2016	20	19
April 2016	24	12
March 2016	18	15
February 2016	25	11
January 2016	15	15
December 2015	11	10
November 2015	11	17
October 2015	28	18

To view the specific SOLD Listings that comprise the above MLS averages please visit [mckenzie\\_lake.great-news.ca](http://mckenzie_lake.great-news.ca)

**Groomingtails**  
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We would like to welcome our newest member **Susan Lockyer-Gunson** to our Groomingtails team.

Susan brings with her twenty six years in the Pet Grooming industry. From owning businesses to working in veterinary clinics.

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# The Red Crossbill

By J.G. Turner  
Photo by Andy Reago  
& Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

**Fun Facts:**

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make

- themselves visible
- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

**BRAIN GAMES** SUDOKU

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

FIND SOLUTION ON PAGE 29

# CHRISTMAS CRAFT FAIRS

**4<sup>th</sup> Annual St. William Christmas Craft Market:** 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3<sup>rd</sup> 10am – 3pm.

**St Gerard's Bazaar: Annual Bazaar and Garage Sale.** Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.

**Auburn Bay Christmas Craft and Marketplace** Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit [www.auburnbay-connect.com](http://www.auburnbay-connect.com).

**Annual Bow Cliff Christmas Craft Fair and Bake Sale** Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

**Bonavista Christmas Craft Fair** Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com).

**Arbour Lake Christmas Craft Fair** Nov. 5, 2016 at 11:00am-3:00pm Arbour Lake Residents Hall

**St. Andrew's Presbyterian Church Christmas Bazaar:** Saturday, November 5th, 10am-2pm.

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The veterans of the Canadian Armed Forces are in the front of our minds this November as we mark Remembrance Day. While we solemnly observe this day of homage; when we wear our crimson poppies over our hearts and attend ceremonies all over Canada and around the globe, “the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month”—marking the end of the First World War—is a time for reflection on all that veterans, and the men and in women in action have sacrificed.

There are numerous ceremonies and charities that observe this day and its honourees, and one such organization, Wounded Warriors Canada, has challenged Canadians in a new way to raise funds and attention to the rate of suicide among our Canadian Armed Forces members, veterans and first responders. In Canada, we lost 160 veterans to suicide between 2004 and 2014 – greater than the total number of Canadian Armed Forces members killed during the war in Afghanistan. The 22 Push Up Challenge is asking that people see these numbers as a call to action, a call to support those who have come home and need our support.

If you frequent Facebook you may be familiar with the campaign, and that is what’s a little different about this charitable challenge, it is intended to encourage participation through social media.

The idea is that the participant will do 22 push ups for 22 days and videotape their campaign, which they can then post to social media each of the 22 days. Participants are encouraged to nominate others to “join the fight” and tell people what this challenge means to

them. Each participant is also encouraged to donate \$22 to Wounded Warriors Canada. According to their website, they’ve had a great response:

“I have a brother in the military and my father also served. I think we all know someone who’s been impacted either directly or indirectly from this. The 22 Push Ups Challenge is such a small way that we can let them know, we’re here for them. We want to help. We’ve had people who can’t physically do the push ups do squats or crunches instead. It’s really about the intention behind the action and making the \$22 donation.”

Charities benefiting veterans are plentiful, so if the 22 Push Up Challenge doesn’t appeal to you, be sure to look into the other ways to give back to this community. For more information on Wounded Warriors Canada visit [www.woundedwarriors.ca](http://www.woundedwarriors.ca)

- Vanessa Gillard

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## CALGARY PUBLIC LIBRARY

### Winter Word Fair

Kickoff the holiday season with Calgary Public Library’s Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library’s in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

### Central Library

Thursday, December 1 | 5:00 pm–8:00 pm  
Everyone welcome!

### Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You’ll hear about a patron’s personal experience, learn about what’s planned for the future, and be taken on a tour led by Library staff. You’ll leave with a new perspective on your local library!

To register, visit [LibraryFoundation.eventbrite.com](http://LibraryFoundation.eventbrite.com) or call 403.260.2631.

### Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children’s Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library’s free programs and events at any community library, or download a copy at [calgarylibrary.ca](http://calgarylibrary.ca).



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**HOST A CHRISTMAS SHOPPING PARTY!** Give the gift of KEEP Collective. T'is the season to be merry, so gather your friends to design that perfect gift to remind someone of big things, small things, memories, milestones and all things that matter. Book your party at keepcollective.com/with/katrinajackle or 403-826-4086 and earn free product for hosting!

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**HOUSE/PET SITTING MCKENZIE LAKE OR SOUTHEAST:** Recently retired couple available to care for your home, walk dogs, yard care and snow removal while you vacation. Days/weeks/months from Dec 1st-April 31st. References available. We are available for an interview in mid November. Please call Ken Stephanson 1-204-641-1190 or Email: gksteph@mymts.net.



## Gardening by the phases of the moon

### November 7 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

### November 14 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

### November 21 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

### November 29 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

## MLA CALGARY-HAYS RIC MCIVER

### Interim Leader of PC Caucus

255, 11488 24 Street SE, Calgary AB T2Z 4C9  
Phone: (403) 215-4380, Fax: (403) 215-4383  
Calgary.Hays@assembly.ab.ca  
www.abpcmla.ca/blog-ric-mciver-mla-calgary-hays  
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I hope everyone has enjoyed the colorful, crispy mornings having a wonderful Fall!

### Schools

I have had the pleasure of visiting St. Albert the Great School and Blessed Cardinal Newman Schools. Students were well prepared to pepper me with questions and thoughtful insights. I must confess visiting classrooms is my favorite part of my job. Thank you to the students and teachers for allowing me to visit your school.

### Return to the Legislature

The government has the legislature scheduled to return on Halloween Day. Insert wise remark here. The NDP government is promising to revamp election financing rules for their own benefit. They have also expressed a desire to meddle in other political party's business with new laws and regulations. I am not sure if they can actually do that but in committee they expressed a strong interest in doing so.

Also, the Municipal Government act is scheduled to be changed this session. The NDP plans to add new offsite levy taxes to new developments making housing more expensive.

It is also expected they will decide on the regulations to Bill 6 which is the farm and ranch bill which has most of rural Alberta up in arms. Look for a committee to change electoral boundaries for the next election to be established.

### Alberta's minimum wage increases

The NDP has doubled down on their job killing rapid acceleration of the minimum wage by passing orders in council to take it to \$15.00 per hour by 2018. The Canadian Federation of Independent Business and the Alberta Chamber of Commerce agree this will eliminate a large number of jobs and will drive many small businesses out of business further taking jobs away from Alberta. We will continue to oppose this and other damaging policies.

### Vehicle Registration

We have had several questions and complaints on the government discontinuing mail reminders of license renewals. So far we are waiting for info from the minister on this problem.

### Deerfoot Maintenance

Ministerial Assistant to Honourable Brian Mason, Minister of Alberta Transportation provided the following information:

In these challenging economic times, prudent cost-saving



measures are important for our government. However, maintaining safety on our province's highways is a top priority. Minister Mason has heard Albertans' concerns about the adverse impact of reduced chemical weed control along the provincial highway network. Recognizing the season, Alberta Transportation is expanding the amount of mowing done along highways wherever possible. We will also be working with other ministries, municipalities, provincial agricultural service boards, and field personnel over the next month to investigate ways to work together with local communities to resolve this situation in the future.

Should you have any further questions regarding mowing along Deerfoot Trail, please contact us at the Calgary-Hays Constituency Office. Calgary.hays@assembly.ab.ca or 403-215-4380 AND

Our highway maintenance contractor is mowing the entire Deerfoot Trail highway right-of-way with the aim of having this work complete before winter.

Alberta Transportation allows community associations to perform mowing within the Deerfoot Trail highway right-of-way more frequently than the level of service we provide. The community associations of McKenzie Towne and Douglasdale Estates regularly perform additional mowing within Alberta Transportation's jurisdiction along McKenzie Towne Boulevard and Douglasdale Boulevard.

### Noise Levels in McKenzie Lake Adjacent to Deerfoot and Stoney Trail

Thank you for contacting my office regarding noise levels in the community of McKenzie Lake, adjacent to Stoney Trail and Deerfoot Trail. I have contacted Alberta Transportation to discuss noise testing and noise mitigation measures in your community, and I am able to provide the following information.

The operations and maintenance of Deerfoot Trail and Stoney Trail in the vicinity of southern McKenzie Lake is the responsibility of Chinook Highway Operations Inc. (CHOI) as part of the contract that was awarded to them for design, construction, and operation of the Calgary Southeast Stoney Trail project.

CHOI is required to implement noise mitigation measures if a 24 hour equivalent weighted average noise level of 65dBA is exceeded at an adjacent residential community, as measured 2

~continued next page~

## MLA CALGARY-HAYS RIC MCIVER CONT'D

metres inside the property line, 1.2 metres above the ground. Noise mitigation could include constructing noise walls or berms, and must be broadly supported by affected residents. Based on noise level modelling conducted before construction of the SE Stoney Trail, it was determined that noise mitigation would be required adjacent to McKenzie Lake to maintain sound levels below 65dBA. A noise wall was installed along the east boundary of the community, and a noise berm was installed along the south boundary.

CHOI is responsible for periodic testing in affected communities to determine if noise levels have exceeded the 65dBA threshold. A noise monitoring study was also completed by a consultant for Alberta Transportation in 2014 to determine if the 65dBA threshold had been exceeded in affected communities after the SE Stoney Trail project was opened to full traffic operation. The results show noise levels were not exceeded in McKenzie Lake. The Noise Modelling Report can be viewed online at [www.transportation.alberta.ca/Content/docType490/Production/SEST\\_Noise\\_Modelling\\_Report.pdf](http://www.transportation.alberta.ca/Content/docType490/Production/SEST_Noise_Modelling_Report.pdf)

Between September 14 and 16, 2016, CHOI's consultant conducted additional noise testing, including at a property on McKerrell Crescent SE in McKenzie Lake, which is situated directly adjacent to the highway corridor. If specified noise levels are exceeded, CHOI will be required to install improved noise mitigation measures.

Alberta Transportation advised that results of the 2016 noise monitoring will be made available to my constituency office after the noise monitoring report is completed. At that time, I will be able to share it with McKenzie Lake residents.

Thank you again for contacting my office. I hope this information is helpful.

### McKenzie Frenzie

The annual event was a huge success. I put up a tent and met many residents with questions suggestions and just general good conversation. I worked with the community association and Sunwest church to put together a job fair at the frenzie. Several employers showed up with jobs to offer and several people were hired. We all need to help each other find opportunities during these challenging financial times.

As your MLA, I am here to help you. My newsletters are written a few weeks ahead of publications so if you are looking for updated information, have a question for me, concerns that you want to share or just want to talk to your MLA, please, I would like to hear from you. I can be reached at [ric.mciver@assembly.ab.ca](mailto:ric.mciver@assembly.ab.ca) or you can contact my assistant Donna Elms at [Calgary.hays@assembly.ab.ca](mailto:Calgary.hays@assembly.ab.ca) or you can call the office at 403-215-4380.

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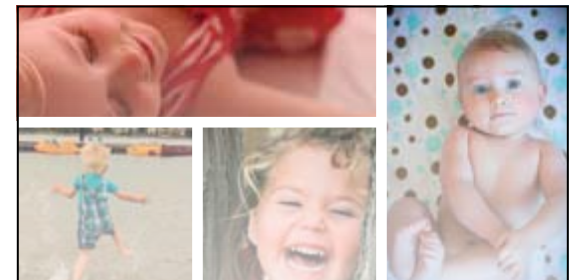
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Footloose Photography  
BY SHERI

MATERNITY, NEWBORN AND  
FAMILY PHOTOGRAPHY

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# How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

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

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## COMMUNITY ANNOUNCEMENTS

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

**PLAYGROUND REVITALIZATION PROJECT:** A group of community neighbours are fundraising for new playgrounds to be installed at 57 Mountain Park Drive SE in Summer 2017. Come say hi or gather more information when you see us volunteering or email [MLplaygrounds@gmail.com](mailto:MLplaygrounds@gmail.com)

## BRAIN GAMES SUDOKU

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

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## COUNCILLOR, WARD 12 SHANE KEATING

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Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>  
Web: <http://shanekeating.blogspot.com/>

2016 has been a huge year for Ward 12. Over the last number of years I have heard from many of you that southeast Calgary seems to be lagging behind when it comes to recreation centres, transportation options and many other amenities that help build more complete communities. Over the last few years we have done some remarkable work to secure funding to get much needed investments in our communities. In 2016 we have seen the products of some of this hard work with the opening of a number of new recreation facilities and more significant progress on the Green Line. It is certainly an exciting time to live in southeast Calgary!

### Green Line Rolls Along

At the beginning of October, Council approved the centre city alignment for the Green Line. The overwhelming recommendation from a public stakeholder and technical standpoint was the tunnel option under the downtown. The tunnel will begin at the edge of the Beltline and extend north of 16<sup>th</sup> Ave N. With an estimated price tag of \$1.95B, the tunnel option is the most expensive option to get through the inner city.

Most expensive option does not always mean best option, especially when it comes to public projects. But in the case of the centre city Green Line alignment, I believe the tunnel is far and away the best option. By tunneling through the downtown, we will avoid traffic disruptions and negative impacts to much of the existing infrastructure and businesses along the alignment. The Green Line is an ambitious forward looking project, and I believe this decision is not just right for Calgary today, but for generations to come.

You can keep up to date on Green Line progress at [Calgary.ca/GreenLine](http://Calgary.ca/GreenLine)

### Coffee With the Councillor

This year my office has hosted a number of coffee meetings to discuss the municipal issues that matter to our communities. We have one more event in 2016, and this time we'll be in Cranston.

**When: Thursday, November 29 – 7:00pm-8:30pm**  
**Where: Cranston Century Hall, 11 Cranarch Road SE**

I'm looking to hear from you!

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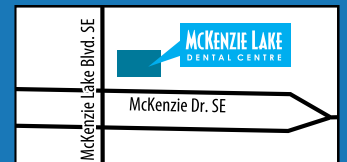


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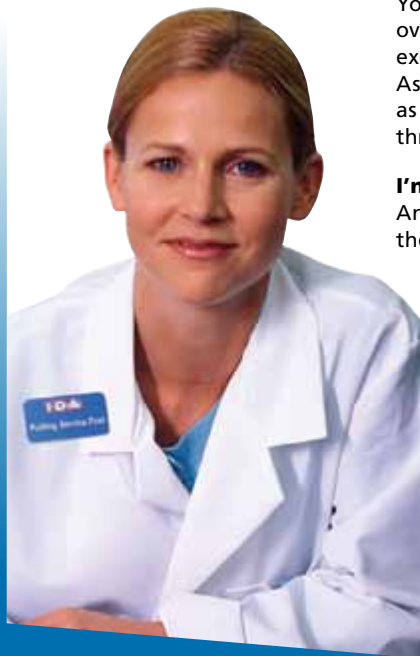
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## Ask your Sandstone pharmacist



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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