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

Elected Officials



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



Richard William (Ric) Mciver
 MLA - Calgary-Hays
 255, 11488 - 24 Street SE
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McKenzie Lake
 Residents Association
 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

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Chad Smith	General Manager Liaison
Grant Vale	
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



WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today
LIGHTTHENIGHT.CA



2016 NATIONAL SPONSORS



Park Conditions and Hours

Current park hours are 9:00 am to 7:00 pm, 7 days a week. On Sunday, October 23 (or earlier depending on weather) park closing time will move to 5:00 pm and will remain at that time until skating opens.

2016 Annual General Meeting

Thank you to all members who attended the AGM or submitted a proxy form. We appreciate your support.

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. 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 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.

Website

Visit our website – www.mlra.ca for all information regarding the Lake. On the website you will find information on park hours, facility rentals, rules, park conditions, membership and more.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 22

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



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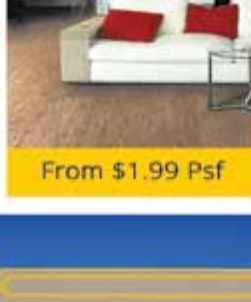


A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your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


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THE BEACH CLUB AT MCKENZIE LAKE

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

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

FEATURES

- 80 person capacity
- 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 and in the office.

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2015	\$479,949.50	\$471,000.00

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

	No. New Properties	No. Properties Sold
August 2016	12	9
July 2016	12	17
June 2016	25	28
May 2016	21	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
September 2015	28	14

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



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Organic Potatoes
Wild Caught Fish
Battered Sausage

Traditional Meat Pies
British Style Mushy Peas
British Curry Sauce

Lunch Discounts

Wed & Thur - Seniors (60+) 10%
Fri 10% - Fire, Police, Nurses, EMS, Teachers, Military

TWO LOCATIONS - OPEN WED - SUN

- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.9995



STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944

This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



Douglasdale/McKenzie Lake Slope Stability Project

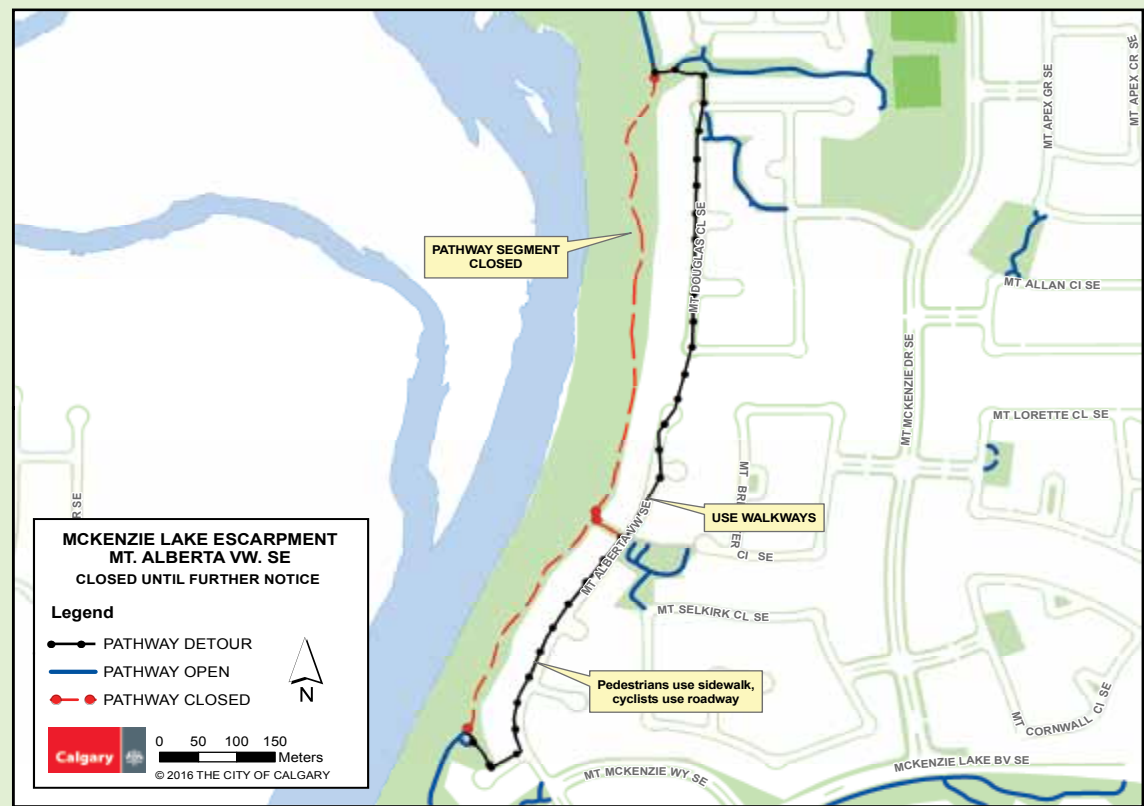
September update

Following heavy rain and the extreme weather events of 2005, 2007, 2011, 2012, 2013, 2014, 2015, and now 2016, slope movements on the Escarpment east of the Bow River and adjacent to the communities of Douglasdale and McKenzie Lake, have damaged The City's pathway along a 3.5 km section.

The City of Calgary is working on a solution for the ongoing problems with slope instability along this section of the pathway. Please see below for more information about this project and what is happening. There is also a project webpage at www.calgary.ca/slopes where project information and ongoing updates will be posted.

Pathway closure in effect – please see map of the closed area below

- Heavy rain during July and August of this year caused erosion of the pathway in a section behind Mt. Alberta View. Ongoing repairs to the pathway were unsuccessful.
- The City closed the pathway for safety reasons on Friday, Aug. 12, 2016.
- The pathway will be detoured along Mt. Douglas Close S.E. until remediation of the slope and the pathway can be completed.
- **Please do not enter the closed area or enter the slope area below the closed pathway.**



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

October at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, 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.)

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

Adults

- Register now for 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 under the Schedules tab or pick up a copy at Guest Services.

What will happen next?

- The City recognizes this is a high priority area and they are moving ahead on a priority remediation of the slope and pathway in the area that is closed.
- The remediation will include stabilizing the pathway and area at the top of the slope where the pathway has collapsed. This remediation will allow the use of construction equipment in the area, which will facilitate the completion of a long term solution.
- Monitoring of the pathway will be

ongoing and will include:

- Visual inspections of the 3.5 km section of the pathway including the closed area, daily.
- Continued monitoring of the slope with inclinometers that are currently in place at the top of the slope.
- The City will continue with their plans to develop a design to remediate the slope and pathway along a 3.5 km section of the pathway.
- The process involves developing a detailed design, additional

- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro 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.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- 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.

data collection and construction.

- Slope stability projects are highly complex and this work will require more data in order to design the best solution.
- Also, one solution will not fit every section of the slopes – there may be a variety of solutions developed in order to meet the conditions in each section.

For more information and project updates, see the project web page at www.calgary.ca/slopes or call 311.

Map courtesy of www.calgary.ca



South Health Campus (SHC) Wellness Centre

Let us help you build better health this fall!

October is BUSY in the Wellness Centre - there is something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

Emotional Well Being Mindfulness Session

October 7 12:00-1:00pm
October 27 6:30-7:30pm

HeartMath

October 21 1:00-3:30pm
October 24 6:00-8:30pm

NEW! Understanding the Experience of Grief

October 3 6:00-8:00pm

Happiness Basics

4 week series Begins October 5 4:30-6:30pm

NEW! Conflict Resolution

October 6 6:30-8:30pm

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Employment, Computer & Social Media Skills

NEW! Introduction to Web-Based Email

October 21 10:00am-12:00pm

Interview Skills

2-part series begins October 8 9:00am-4:00pm

Health Management

NEW! Getting Ahead of Your Headaches

October 11 7:00-8:00pm

October 27 1:00-2:00pm

Eating Well with Fatty Liver Disease

October 12 5:30-8:00pm

Living Well on Prednisone: Nutrition & Side Effects

October 13 2:00-4:00pm

Art Therapy with Heart: Creative Drawing & Scratchboard

October 26 10:00am-12:00pm

Caregiver Support

Let's talk about Driving

October 20 7:00-8:00pm

Parents

Fuelled to Move

4-week series (14-17 year olds)

Begins October 1

12:00-1:30pm

Nutrition for New Moms

October 6 1:00-3:00pm

NEW! Sleep Solutions

October 6 6:00-7:30pm

Mealtime Struggles to Mealtime Success

October 13 6:00-8:00pm

Story Time & Play Date

October 14 or 28 10:30am-12:00pm

Food, Nutrition & Cooking

I know I Should Eat Healthy But How?

October 1 9:00-11:30am

Healthy Cooking Basics & Techniques

October 4 10:30am-12:30pm

The Truth About What Works in Weight Management

October 1 1:00-3:30pm

Fermented Food- Sauerkraut

October 19 6:30-7:30pm

Dietitians in the Kitchen: Fall Favorites!

October 20 12:00-12:30pm

Top 5 Tips to Reduce Calories

October 26 6:00-8:30pm

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



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
Vanessa	14	403-257-5785	Yes
Sandra	14	403-207-4409	Yes
Bailey	14	403-203-7010	Yes
Justice	14	403-471-2058	Yes
Jessica	14	403-257-6292	Yes
Aliyah	14	403-801-9420	Yes
Jessica	14	403-257-6292	Yes
Haleigh	14	403-589-9833	Yes
Hayley	14	403-257-3650	Yes
Olivia	15	403-837-3175	Yes
Jayde	15	403-305-3549	Yes
Ashlee	15	403-616-3236	Yes
Catherine	15	403-257-4007	Yes
Ashlee	15	403-616-3236	Yes
Rachel	15	403-257-4520	No
Madyson	15	403-919-2921	Yes
Monserat	15	587-585-1042	Yes
Mary	16	403-863-5237	No
Lindsay	16	587-434-8953	Yes
Leanne	16	403-257-7775	Yes
Tianna	16	587-353-2101	No
Vlada	16	587-580-5046	Yes
Rachael	20	403-796-3414	Yes
Anam	30	403-726-9026	Yes
Amanda	33	403-510-8676	Yes
Charity	35	403-890-8688	Yes
Firoozeh	36	403-836-7675	Yes

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Calling All PARENTS

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

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

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Residents of partnered communities enjoy additional savings! Pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

DISCOVER YOUR PERFECT FIT.

Trico Centre for Family Wellness
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Canadian Cancer Society
Société canadienne du cancer

Start Fall Off On The Right Foot

By Paula Trotter

The Canadian Cancer Society, Alberta/NWT Division



Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at cancer.ca/prevention.

ACCEPTING NEW PATIENTS

Flu season is just around the corner. Don't sit around in walk in waiting rooms, minimize your exposure. Call us any day Monday – Saturday to get a same day appointment. Service provided to family practice and walk in patients. Phones lines open at 8am.

New Family Practice Dr Soheil Yala and Dr Andrew Wong are accepting new patients.

Women's health appointments available weekly. Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

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The Podiatry Practice of Tedman Donovan, for all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.



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IN & AROUND CALGARY

October in Fish Creek

Fish Creek Speaker Series

Exploring the Native Grassland Elements of Fish Creek Provincial Park

Thursday, Oct. 27, 2016 7:00 – 8:00 pm

Presented by Ian Macdonald, Professional Biologist and Botanist

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Fish Creek Provincial Park is one of the largest natural environment parks located in a large urban centre anywhere in Canada. It has been heavily impacted over decades by a variety of human uses and the growth of Calgary around all of its borders. However, even with all of this disturbance there remain many traces of the native grasslands that once flourished here. Join us to explore and learn about these grassland elements still in existence today. Ian Macdonald, is a professional Biologist and Botanist, who has spent a great deal of his personal time over the last several years surveying the north slopes of Fish Creek examining, recording and reporting on his findings of the native grassland elements. To register or for more info: friendsoffishcreek.org/event/grassland

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, such as Parks Day &

Creekfest, A Taste of Autumn, the Fish Creek Community Fair and the Wellness Showcase. Minibus tours and wellness programs provide new and innovative ways to bring people together and celebrate nature.

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 to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

Ghosts in Fish Creek

Wednesday, October 26, 6:30 - 7:30pm

Join us, if you dare! Tour the historic Bow Valley Ranch area of Fish Creek Provincial Park to learn about the ghosts that are rumored to haunt here! Great for all ages (although it may be a bit scary for younger listeners). Tickets only \$7 per person, registration is required. For more info or to register: www.friendsoffishcreek.org/programs/other-tours

Calling All Neighbours!



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

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
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Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.

8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

BRAIN GAMES SUDOKU

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



CALGARY PUBLIC LIBRARY

Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It, and Other Stories* by Norman Maclean.

Quarry Park Library
Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.



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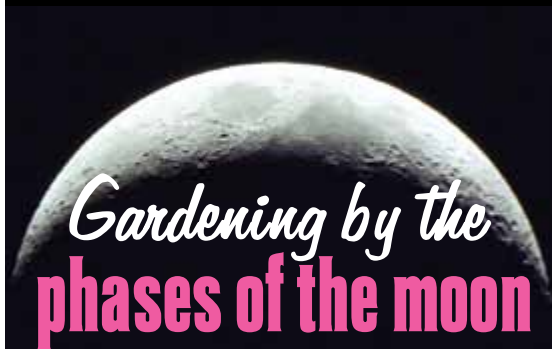
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Gardening by the phases of the moon

October 8 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.

October 15 Full Moon (waning)

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

October 22 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.

October 30 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.



Protect Yourself, Immunize Your Pet



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

Jennifer L. Scott, D.V.M.

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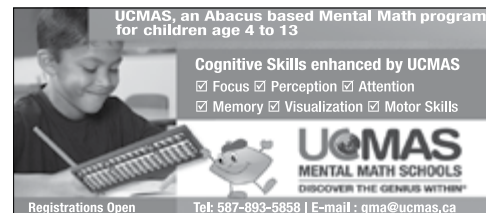
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WORK WHILE KIDS IN SCHOOL! We train you to clean nice homes in South Calgary. Work between 8:30 am and 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have a car. Mileage paid. \$15 per hour to start. Call 403-225-3441.

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Halloween trivia

Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

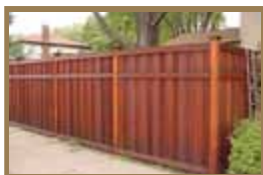


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No easing into the fall session for Council as September was an incredibly busy month. Council received updates on a number of projects that are important to Ward 12, specifically the Deerfoot Trail Study and the Green Line LRT. You can keep up to date on these projects at calgary.ca/deerfoot and calgary.ca/greenline. I look forward to sharing more updates on these important projects in the months to follow.

Ward 12 Welcomes New Schools

One big change you may have noticed in your community in September is the opening of a number of new schools throughout Ward 12. These schools are important additions to our communities.

In my previous career I was a school principal here in Calgary. The safety of my students was one of my biggest priorities then and it remains a high priority for me today. My office has been working diligently with the Roads Department to make sure the appropriate pedestrian infrastructure is in place at all of these new school sites.

These schools are going to be busy and exciting places, so let's collectively work together to keep everyone safe!

2016 Civic Census

Over the summer The City of Calgary released the results from the 2016 Civic Census. The census confirmed something most of us already knew: despite the economic difficulties facing many Albertans, Ward 12 continues to grow at a rapid rate. Here are a few of the highlights from the census:

- Calgary's population grew by 4,256 from 2016. Calgary's population is 1,235,171.
- The fastest growing community in Calgary is Mahogany which grew by 2,040 residents from 2015.
- Two other communities in Ward 12 were in the top 6 fastest growing – Auburn Bay in 4th place grew by 1,368 residents and Copperfield in 6th place grew by 1,137 residents.
- Ward 12 is now home to 109,384 Calgarians, an increase of 6.13% from 2015.
- Ward 12 has the highest total population increase and rate increase in the entire city.

You can view the full results at calgary.ca/census.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS

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
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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- ◆ 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



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New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5- year-old comes home from school with a red rash on their arm. Your 10-year old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online.

Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmea Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment", says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>

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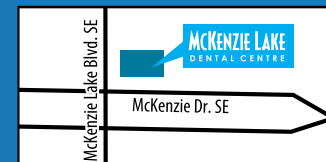


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What should I do if I think I’m having a heart attack?

- *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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