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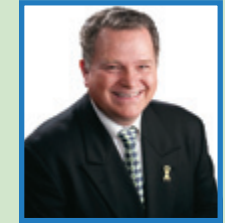
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Elected Officials



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Fax: 403-268-8091
Email: ward12@calgary.ca
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**McKenzie Lake
Residents Association**
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Michael Lyzaniwski	
Doris Kolody	
Patti Lewis	
Lesley-Ann Dickenson	

MANAGEMENT AND OTHER CONTACTS

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

GENERAL INFORMATION

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

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

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

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

*Board of Directors
McKenzie Lake Residents Association*



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NEWS from the Lake

Park Hours

August 8 – September 5 9:00 am – 9:00 pm,
7 days a week.
September 6 – September 25* 9:00 am – 8:00 pm,
7 days a week
September 26 – October 16* 9:00 am – 7:00 pm,
7 days a week

*Weather Permitting

Annual General Meeting

The Associations 2016 Annual General Meeting will be held in the Beach Club on **Thursday, September 15 at 7:00 p.m.** The Board would appreciate member's attendance and participation however, if you are unable to attend **please complete and return a Proxy Vote form.** This form will be mailed to you along with other relevant information. The form can also be picked up at the Security office, the main office and on our website; www.mlra.ca. If we do not have enough proxy forms submitted then the meeting will be adjourned to one week later until we do have enough proxies. The Board would greatly appreciate if members submitted their proxy forms so we can actually hold the meeting on September 15. Your proxy will make a difference!! Thank you for your participation!
If you are interested in serving as a Board member

please email the General Manager, Brad Buxton, manager@mlra.ca.

2016 Summer Programs

Our summer programs are now complete. Every year we strive to make a better experience for all program participants. We welcome suggestions and comments for next year – office@mlra.ca.

Rent the Beach Club or a Shelter

The Beach Club is an ideal location for a family birthday party, wedding receptions, anniversaries, family functions, and more. Christmas 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.



Trivia

EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

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THE BEACH CLUB AT MCKENZIE LAKE

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

FEATURES

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

RENTAL CHARGES AND DEPOSITS

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

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

SHELTERS IN THE PARK

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

- \$10/hour
- Minimum of 2 hours

Forms for bookings can be found online on our website www.mlra.ca and in the office.

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
August 2015	\$534,900.00	\$516,500.00

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

	No. New Properties	No. Properties Sold
July 2016	14	17
June 2016	24	28
May 2016	22	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
August 2015	24	17

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



It has been a great Summer for McKenzie Lake Programs. The programs and events couldn't be possible without community attendance and support!

Special thanks to **Cabella's and Co-op** for donating to our events this summer!



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South Health Campus (SHC) Wellness Centre

Fall is here and it's time to get back to health.

We have so many amazing programs this fall. See below for a snapshot of what is happening in September. To see everything that we offer and learn how to register, please see our full program guide at www.ahs.ca/shc-wellness or call us at 403-956-3939.

Join us on **Saturday, September 10**, 9:30am-1:00pm for the 3rd Annual SHC Fun Run & Kids Zone!

What to expect in the kids zone (FREE):

- Healthy Cooking Demos
- Family Zumba
- Active Family Yoga & Meditation
- Art & Wellness
- Photo Booth, Face Painting, Balloon Sculpting, Kids Hockey, Drumming, Cast Clinic, Rock Climbing and MORE!

Some events require registration- go to: <http://app.booking.ca/bkshcwellnesspub/>

Emotional Well Being Mindfulness Session

September 7 6:30-7:30pm

NEW! HeartMath for Parents 2-class series

September 13 & 27 6:00-7:30pm

HeartMath

September 16 1:00-3:30pm

NEW! Depression as a Human Experience

September 29 6:30-8:00pm

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 Microsoft Word

September 15 1:00-3:00pm

HEALTH MANAGEMENT

Parkinson's 101

September 7 10:00am-12:00pm

Better Choices Better Health®: Chronic Pain Self-Management Program

6-week series begins September 14 1:00-3:30pm

Core and More

September 26 6:30-8:30pm

Living Well with Diabetes

September 27 6:30-7:30pm

QUITTING SMOKING

Quitcore

6-week series Begins September 19 6:30-8:30pm

PARENTS

Feeding Your Baby

September 7 1:00-3:00pm

Nutrition for New Mom

September 9 10:00am-12:00pm

Helping Parents Understand the Impact of Media on Children

September 12 6:30-8:00pm

Storytime & Playdate

September 16 OR 30 10:30am-12:00pm

NUTRITION/FOOD MANAGEMENT CLASSES

Eating Well for Good Health

2-week series Begins September 7 5:30-7:30pm

Eating Away from Home & During Special Occasions

September 10 9:30am-12:00pm

Dietitians in the Kitchen (demonstration): Oh Gosh...what do I do with this squash?

September 15 12:00-12:30pm

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.

IN & AROUND CALGARY

Back to school safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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How to get your risk profile right

Suzanne Smith-Demers – Consultant

Every investor fears losing money but if you're feeling panic then your risk profile isn't right.

Of course, investing is about picking securities that will make money, it's also about choosing investments in line with your risk tolerance. Determining your risk tolerance can be difficult but when you get it right, investing will be that much easier. Here's how.

Start with your goals You need to know what you're trying to achieve before you can set your asset mix – in other words, define your financial goals. Age is also a factor, be conscious of how much time you have to cope with market corrections.

Understand real market risk You may feel riskier than you really are when the stock market is producing spectacular gains. But when you experience an episode of market volatility, you get a better understanding of your real risk-tolerance.

Some investors can absorb a 20% loss a year and feel comfortable because they know that markets will eventually recover and rise. Others may panic and sell at a loss.

Define your real risk tolerance The first step is to define your time horizon, is it short-term or long-term? Then define your true comfort level with risk by asking yourself how much you're comfortable potentially losing in the short term. Don't just use percentages – "I'd be okay with losing 10% or 15%." — use dollar terms — "If I have X amount invested, I will be comfortable losing Y amount."

By establishing your correct expectations from day one, you won't panic with inevitable market volatility.

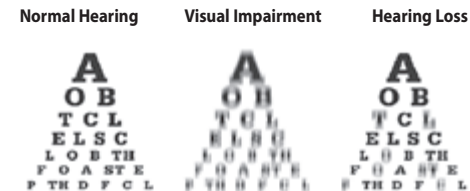
Your professional advisor will have a questionnaire to help you achieve the correct risk profile and investment mix for your situation. Make sure you are talking about what really matters to you, beyond the questionnaire.

Hearing Loss differs from Vision loss

Dr. Diane Fennell

As with the eye, the ear's performance is affected by aging. However, bad vision gradually makes reading harder as the letters get smaller as in the chart below but hearing loss is different. In hearing impairment some sounds in a word may be heard clearly but other sounds particularly consonants may not, causing overall speech to sound 'muffled' or unclear. Hearing loss can make certain syllables and sounds harder to hear. For example, high-pitched consonants like **f, s, th, c, st** and **t** are easily drowned out by louder, low-pitched vowels like **a, o** and **u**. This results in a person with hearing loss complaining that they can hear others are talking, but not what they are saying. They can hear but do not always understand particularly in noise. Listening with an untreated hearing loss can be compared to Swiss cheese; there are 'holes' in the conversation.

Hearing Loss vs. Visual Impairment



Hearing loss usually begins unnoticed. On average, people with hearing loss wait almost 10 years before they do something about it. Too few people make a timely decision to take active steps to recover their hearing and increase their quality of life.

Studies show that as people lose their hearing, they are more prone to depression; they withdraw socially and communicate less with family and friends. This comes as no surprise – after all, you can't participate in conversation if you can't hear or understand what's being said!

Sources: www.cubex.co.uk/your-hearing; www.oticon.global/hearing

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McKenzie Lake mybabysitterlist

Name	Age	Contact	Course
Aliyah	14	403-801-9420	Yes
Amanda	33	403-510-8676	Yes
Anam	29	403-726-9026	Yes
Ashlee	15	403-616-3236	Yes
Ashlee	15	403-616-3236	Yes
Bailey	14	403-203-7010	Yes
Catherine	15	403-257-4007	Yes
Cecilia	13	403-217-3636	Yes
Charity	35	403-890-8688	Yes
Firoozeh	36	403-836-7675	Yes
Haleigh	14	403-589-9833	Yes
Hayley	14	403-257-3650	Yes
Jayde	15	403-305-3549	Yes
Jessica	14	403-257-6292	Yes
Justice	14	403-471-2058	Yes
Leanne	16	403-257-7775	Yes
Lindsay	16	587-434-8953	Yes
Madyson	14	403-919-2921	Yes
Mary	16	403-863-5237	No
Olivia	15	403-837-3175	Yes
Rachael	20	403-796-3414	Yes
Rachel	15	403-257-4520	No
Sandra	14	403-207-4409	Yes
Stephanie	12	587-969-1578	Yes
Taylor	12	403-257-6292	Yes
Tianna	16	587-353-2101	No
Vanessa	14	403-257-5785	Yes
Vlada	16	587-580-5046	Yes

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Photograph: www.alamy.com

WHEN A CHILD FALLS BEHIND:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, edu-

cational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

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

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Writings about Reading

Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatre Calgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 TO OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



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PRINTMAKERS

OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



OCTOBER

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY

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

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



Pipelines, Power and Democracy

Release Year: 2015
Runtime: 88 minutes
Director: Olivier D. Asselin
Trailer: https://nfb.ca/film/pipelines_power_and_democracy/

Synopsis: Pipelines, Power and Democracy connects the “dots” and explains a Quebecois reaction to what is an enormous environmental challenge- Canada’s oil sands. Director Olivier D. Asselin follows the journeys of four Quebecois involved in the growth of the anti-pipeline movement. Over the course of two years these persons’ actions are documented and shown to be effective in stimulating change.

Guests: Gaetan Caron, an Executive Fellow at the school of Public Policy at the University of Calgary, currently provides independent consulting services on energy and regulatory matters. He has spoken regularly at national and international conferences on the role of regulatory agencies related to energy infrastructure.

Duane Bratt is a political science professor and chair in the department of Economics, Justice, and Policy Studies at Mount Royal University. He is a regular commentator on political events.

When: Tuesday September 13, 7:00 PM
Where: River Park Church - 3818 14A St SW
Cost: Free
Website: <http://www.justicefilmfestival.ca/>



Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on “How to Thrive in a Man's Environment” filled with pointed advice on how men would like women to communicate with them, such as this nugget: “Spare me the pain, just give me the baby.”

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.

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Community BBQ - Saturday, September 10
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All Welcome!

.....

Sunday Services: 8:30 & 10:00 am

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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.

Autumn in Fish Creek

www.friendsoffishcreek.org

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 16, 2016; 6:30pm - 9:00pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, sample beer and wine from local producers, and meet with Keynote Speaker Chris Fisher, ecologist and co-author of Birds of Alberta. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit www.friendsoffishcreek.org/event/autumn.

Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration required and fees apply. For course times and to register visit www.friendsoffishcreek.org/programs/birding-course.

Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

Painting in the Autumn Breeze: Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik

Paint What You See: Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: www.friendsoffishcreek.org/programs/wellness-clinics.

Geology on your Doorstep: Exposed Rocks and Fossils within an Hour's Drive from Calgary

Thursday, September 22, 2016 7:00 pm - 8:00 pm
Presented by Jon Noad, Geological Consultant
Calgary lies on the eastern edge of the Rocky Mountains, at the junction between very different geological settings. Fortunately, there are abundant rock outcrops that provide us with windows into the past. From these clues we can build the story of Calgary's geological history, beginning more than 1.6 billion years ago and continuing to the present. In this presentation you will be introduced to arid deserts before life made its way onto land, to warm seas where thick limestones formed, and to a Mesozoic world where thick coals formed in swamps. Jon is an exploration geologist with 18 years of experience in the oil industry. He has worked for Shell and Husky, among others, and his work has brought it to the Middle East, South Africa, Borneo and Western Canada. **For more information or to register visit www.friendsoffishcreek.org/event/geology.**

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 30



Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of water at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.

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The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

Fun Facts:

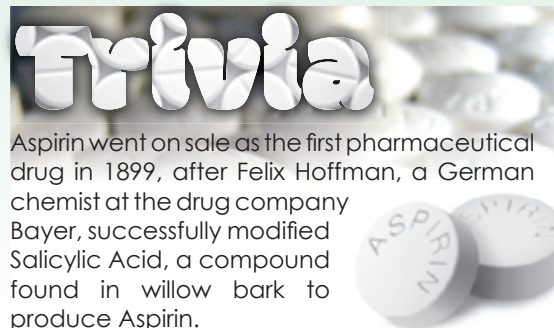
- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can

squeeze through holes only eight centimeters wide!

- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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 look at the website at www.calgary-wildlife.org for more information.



Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.

IN & AROUND CALGARY

Crowchild Trail Study – Mark your calendar for fall events!

Thanks Calgary for helping us evaluate the preliminary concepts against the project goals. We used your evaluation as input to identify a set of draft recommendations for the study area.

We invite you to join us at one of the open houses in October to provide your feedback on the recommendations. These events are part of **Phase 5: Concept Selection and Recommendation** of the study process.

Open House #1: Saturday, October 1, 2016

(No RSVP required)

Time: 10 a.m. to 1 p.m.

Location: Sunalta School – 536 Sonora Ave. S.W.

Open House #2: Monday, October 3, 2016

(No RSVP required)

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

We are meeting with property owners whose properties were identified as impacted by the long-term preliminary concepts prior to the scheduled engagement events. In addition, an open house for residents, businesses and homeowners located within one block of Crowchild Trail is scheduled in September. This invite-only event provides the opportunity for them to share their feedback and perspectives before the broader community.

Your feedback will help us refine the draft recommendations. The final recommendations will be shared with you in **Phase 6: Reporting and Completion** in November. We anticipate presenting the final recommendations to Council in early 2017.

If you're unable to attend one of the open houses, other engagement events are scheduled and there will be an opportunity to provide your input online. For a complete list of engagement opportunities, go to calgary.ca/crowchild.

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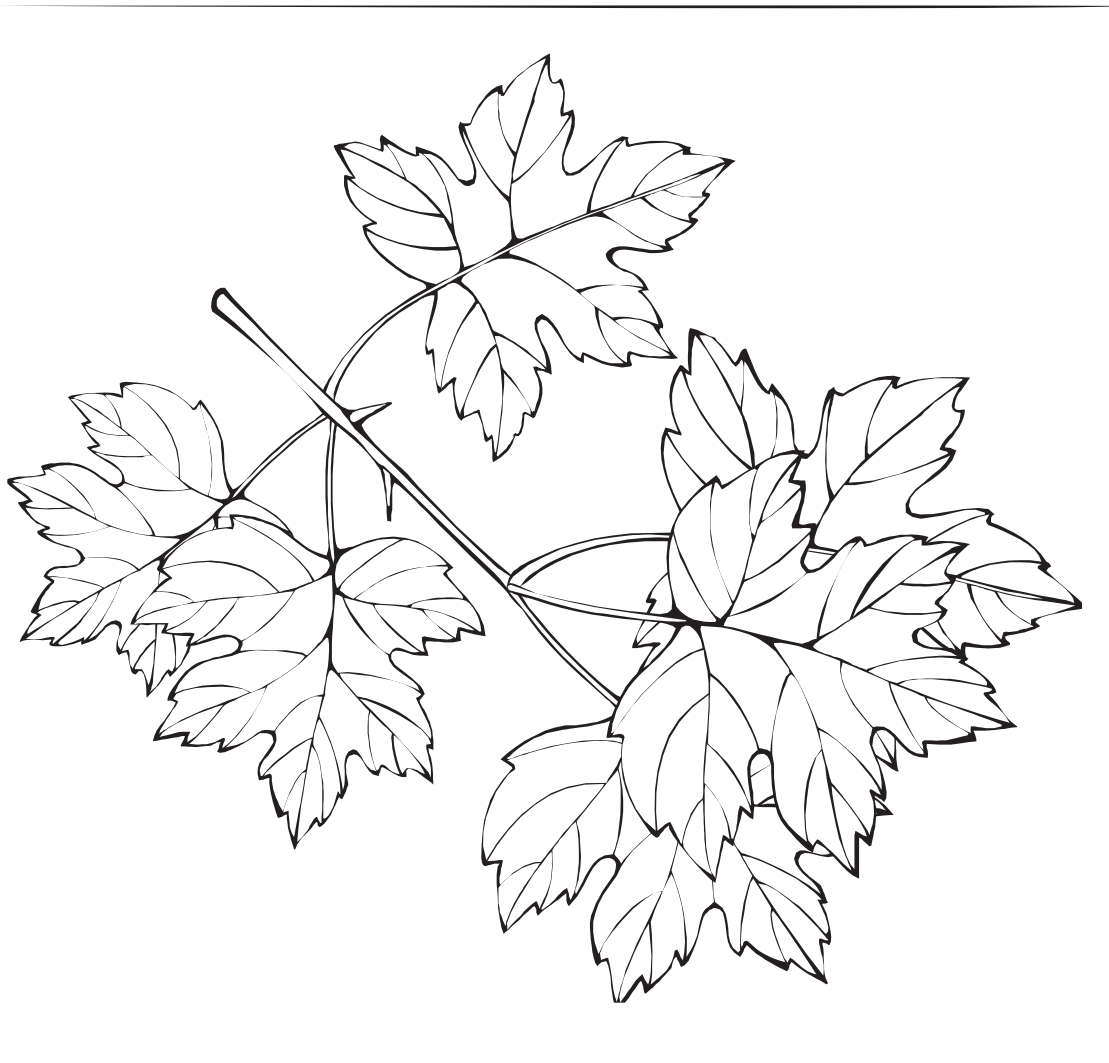
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September Newsletter Content
 Another summer has flown by here in Calgary and Council is getting ready to return to session. I'm looking forward to continuing discussions with the Provincial Government about funding the Green Line LRT and getting a look at some of the early feedback from Phase 1 of the Deerfoot Trail Study. Check out my website at www.ShaneKeating.ca for more updates.

"Quick Wins" Coming for Ward 12 Transit Users
 As many of you are aware the Green Line project was originally planned as a BRT (formerly known as the SETWAY). Administration previously outlined some "Quick Win" projects that could improve the timing and reliability of the 302 bus service as we worked towards the BRT dedicated lanes.

Thankfully last year Council made the decision to move the Green Line straight to LRT. With this move, many of the "Quick Wins" projects were put on the shelf.

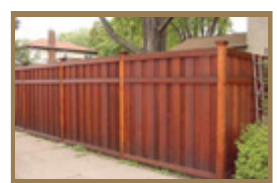
Over the last number of months I have sat down with administration and asked that we revisit some of these "Quick Win" projects. Residents in SE Calgary need reliable transit service right now, and I'm not prepared to ask them to wait until 2024 for that to happen. I am very pleased to see that a few of the original "Quick Win" projects will be moving forward. These are projects that will improve the reliability of the 302 service and act as much needed building blocks towards the opening of the Green Line LRT.

The first of these projects is an improvement at the intersection of Barlow Trail and 114th Avenue SE. The City will install queue jump lanes for buses travelling eastbound and westbound. Buses will enter their own dedicated lane and get an advanced green light before other vehicles at the intersection. This will allow buses to get ahead of traffic and around delays from traffic congestion. Construction on this project will begin in the fall and be concluded by the end of 2016.

Coffee With Your Councillor
 It has been my sincere pleasure to be your elected voice on Council since 2010. I believe an important part of my job is checking in with residents to see what their priorities are. On September 27 I will be hosting my second "Coffee With Your Councillor" event to hear your concerns and discuss the municipal issues facing Ward 12. The details for this event are below:
When: Tuesday, September 27, 2016 7:00 pm – 8:30 pm
Where: Auburn House – 200 Auburn Bay Blvd SE
 I hope to see you on September 27.

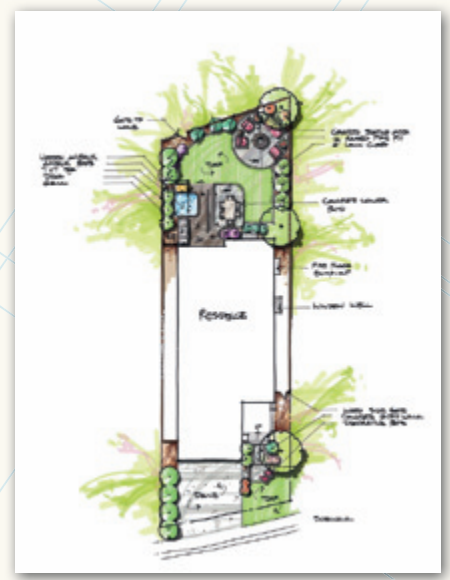


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HURTING? There's help for your pain and struggles. Divorce Care, Wednesdays starting September 14. Grief Support, Wednesdays starting September 7. Celebrate Recovery, Tuesdays year-round. Marriage 911, Sundays starting September 11. Contact First Alliance Church 403-252-7572 / www.faccalgary.com.

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IS THERE MORE TO LIFE THAN THIS? ALPHA. Ask anything about life, faith and God. Thursdays, 6:30-9pm, starting September 29. Contact First Alliance Church 403-252-7572 / www.faccalgary.com.

READING AND SPELLING IMPROVEMENT: Parents, what concerns you most: Slow, choppy reading? Consistently poor spelling? As a reading specialist and educator, expertise at assessing and developing these critical foundational skills is well established. Seek help early to minimize any gap and improve self-esteem. Ask how my uniquely effective classes can get your child reading! www.tesseracteaching.com; 587-323-0654.

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

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

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COMMUNITY ANNOUNCEMENTS

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

CALGARY PUBLIC LIBRARY: Need legal help? Free legal clinic. Wednesday October 19, 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 587-774-5458 between 8 am and 5 pm, Oct 3 to Oct 13. Space is limited.

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

Plant Trivia



Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

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IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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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Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are nor-

mally not good tippers. Working class people normally are the best tippers. College and high school students are very poor tippers (unless ordering from a party). **And the big one - women are better tippers than men (although there are exceptions).**

A decent tip would be minimum of \$5 - \$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



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.





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.

September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, swim in our newly refurbished pool, skate, or play shinny. 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.) Plus with a membership you get 20% off hundreds of fun, active registered programs.

Fall/Winter Program Guide and Registration

Online registration is open and ongoing! We have something for everyone: swimming lessons, skating lessons (and NEW learn to figure skate program), adult fitness, older adult fitness and wellness, and programs for parent & tot, preschool, and children & youth. Lots of new programs; see www.tricocentre.ca for our Fall/Winter Program Guide or pick up a copy in facility. You can register online or by calling Guest Services at 403-278-7542.

Aquatics Programs & Pool Refurbishment Celebration

Our newly refurbished pool is open NOW – come and check it out. We will be celebrating on September 24, 2-9pm. Swim lessons for all ages (including adult.) Canadian Swim Patrol. Private Swim lessons are also available.

Parent & Tot & Preschool

Lots of parent & tot registered programs. New combo classes for Fall: Bubble Buddies, morning of songs, rhymes & action games – then blow bubbles in a parent & tot swim lesson. Also new, Dance with Me! Messy Masterpiece & Tiny Tot Sports n' Play. Also check out our parent and tot drop-ins – free with membership. Thirty different registered preschool options: art, dance, active movement, sports. New for Fall: Registered programs, ABC-123, combo classes: Art N' Gymnastics, Funky Fridays (each week focuses on a different theme) & Ballet/Jazz Combo. Also new is Nature Wonders, Bricks 4 Kidz & Sportarama. Late registration is allowed.

Children & Youth

Check out the Fall Winter Program Guide for what's new for Fall: Registered programs, Just for Girls, Try it Tuesdays, Badminton Club, Dodgeball for Teens, Gym n' Swim Fridays, Sportball: Basketball & Ball Hockey, Sports Extravaganza (9-

12 yrs) & Tumbling for Beginners (9-12 yrs). Youth Night is Saturdays, 6:30-9pm. Youth aged 10-17 can drop in for floor hockey, dodgeball, basketball, and other fun activities.

Adults

The Fitness Centre is waiting for you with friendly staff, lots of equipment, no line-ups and, with membership, more than 70 drop-in fitness classes. Drop-ins like adult shinny and leisure skate. Registered programs: fitness options, Mommy & Me series, plus the NEW: Focus Series: Small Group Training – Fat-Burning, Healthy Back & Joints, Learning the Basics, Power Lifting & Strength Training Design. Wellness workshops including Straighten Up, a posture workshop for adults and youth (12 yrs +).

Older Adults

Lots of older adults exercise in our fitness centre – drop by and check it out. Registered classes include Balance Builders: Fall Prevention Program (65+yrs), Bones and Balance, and Chair Yoga. Lots of drop-in fitness for older adults plus drop-in pickleball!

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

BRAIN GAMES SUDOKU

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

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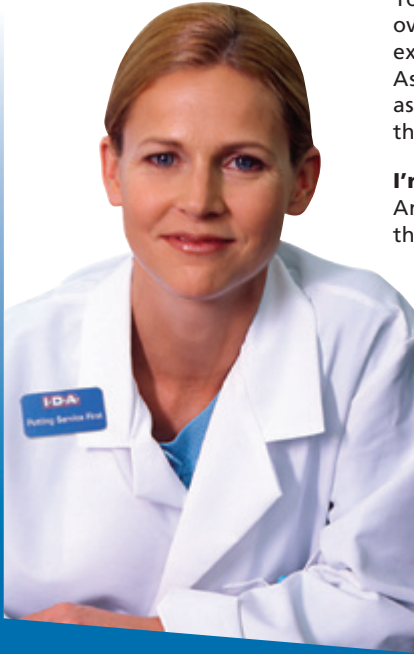
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Ask your Sandstone pharmacist



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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