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Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today
Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca

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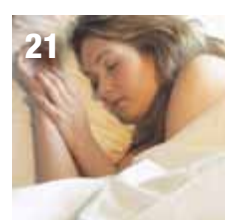
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ELECTED OFFICIALS



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MCKENZIE LAKE RESIDENTS ASSOCIATION

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The McKenzie Lake Residents Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



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

BOARD OF DIRECTORS

Tom Carey	President
Joe Creaghan	Treasurer
Angus Ainslie	Secretary
Chad Smith	General Manager Liaison
Grant Vale	
Doris Kolody	
Patti Lewis	
Lesley-Ann Dickenson	
Vaughan Rieger	

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

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AFTER



BEFORE



AFTER



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IMPORTANT NUMBERS

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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	



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
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- 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.

Park Conditions and Hours

Current hours are 9:00 am to 9:00 pm 7 days a week. Please check either our website www.mlra.ca or our notice board at the park entrance for confirmation of current ice conditions and hours.

Winter Carnival

The 2017 "Winter Carnival" at McKenzie Lake will be held on a Saturday February 4th. The event will run from noon to 4pm and include hot refreshments, BBQ hot dogs and activities. Please visit our website at www.mlra.ca for confirmation on dates, times and activities.

Skate the Lake 2017

On Sunday January 22nd, 2017 you are invited to join in the fun by skating the path around McKenzie Lake, playing pond hockey and taking part in other winter time activities planned for the afternoon. Food, hot chocolate, s'mores, celebrities, prizes, giveaways and a warm bonfire all await you! McKenzie Lake is proud to once again host this important fundraiser organized by The Canadian Children's Brain Cancer Foundation (CCBCF). Please visit the CCBCF website and find out how to participate in this wonderful event - ccbfc.org.

Skate the Lake is inspired by Jordan Feradi, a courageous and determined young man whose life was taken at age eight, after being diagnosed with diffuse intrinsic pontine glioma, an inoperable malignant tumor located in the brainstem. Jordan was an avid skater and hockey player, so this event is a fitting tribute to our hero and his favourite past time. The CCBCF goal is to create awareness and raise funds to support medical researchers in their quest to find a cure for children's brain cancer.



Yoga

We will be offering yoga this winter starting after the holidays in mid-January at the beach Club. This is a fantastic way to start the year. The Beach Club offers wonderful views of the lake winter wonderland but you will remain warm during your relaxing yoga practice.

Please visit www.mlra.ca for all details.

Fishing Rule Changes

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



Brown Trout

Brown trout have a brownish colored skin covered

with ringed dark spots intermixed with ringed red spots.

Fishing limit – 0 (ZERO)



Rainbow Trout

Rainbows can be identified by their heavy single spots all

over their skin along with the bright rainbow stripe down the middle.

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

Guests of Members

If you are planning a gathering at McKenzie Lake and expect to have 10 or more guests, please notify the office in advance. We require the member to fill out an official guest list form and submit to the office days in advance of the function date. The official guest list form can be found on our website (www.mlra.ca) and at the main office.



Rent the Beach Club

Inquire about renting the Beach Club. The Beach Club is an ideal location for skating parties, family birthday party, wedding receptions, anniversaries, family functions, and more. Find out information on our website or call the main office - 403-257-1657.

Website

Please visit our website at; www.mlra.ca. The website has information on skating conditions, facility rentals, rules, and more.

Accountant

Stanley Doherty, CPA, CMA

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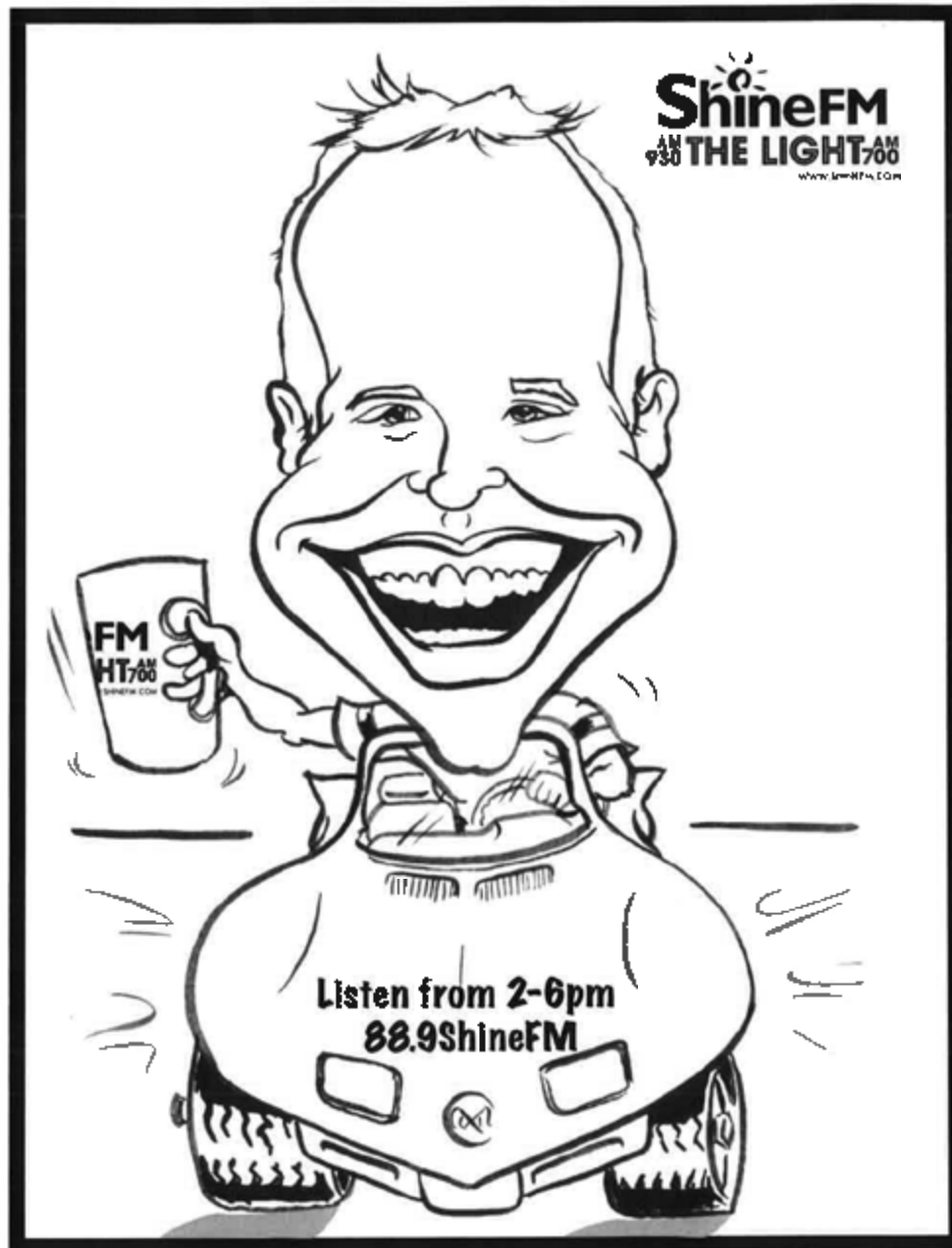
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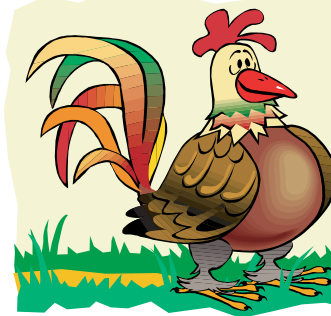
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YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

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Open Eyes and Minds for Healthy Pets

Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior. If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members. I discuss conventional treatments for aging pets, but I also never dismiss alternative medical modalities. My

mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic, cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations. Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

Jennifer L. Scott, B.Sc., D.V.M.

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Admissions and financial assistance application deadline February 10, 2017.



January in Fish Creek

The January Fish Creek Speaker Series - Growing Up in Alberta's Eastern Parks

Thursday, January 26, 2016

7:00 pm – 8:00 pm

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

(13931 Woodpath Rd SW)

Presented by Alison Cole,

Visitor Experience Coordinator, Alberta Environment and Parks, Parkland Area

What do Alberta's badlands, sand-covered toes and foot-long hot-dogs have in common? Nothing really, except that they have all played a part in Alison Cole's discovery of eastern Alberta's lesser-known provincial parks. Join Alison on a photographic tour of some of the most interesting protected areas in the east-central portion of the province, and explore countless opportunities for both nature and outdoor recreation enthusiasts. For more information or to register visit www.friendsoffishcreek.org/event/east

Friends of Fish Creek Annual General Meeting Have Your Voice Heard! Attend the AGM!

Wednesday, January 25, 2017

Registration at 6:30 pm, Meeting starts at 7:00 pm

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

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend. Refreshments will be served. Only members who have paid their 2016—2017 Membership dues are eligible to vote.

To register visit www.friendsoffishcreek.org/event/agm

Winter Wellness in Fish Creek Introducing Yo-Qi: A Wellness Experience

The Friends of Fish Creek are excited to announce that 2017 will bring people an opportunity to participate in our Yo-Qi Wellness Experience pilot project as we assess the level of interest there is in our Wellness Program continuing throughout the year.

Instructors Diane Smith, Gwen Draude and Naomi Parker will team up once a month to teach "Yo-Qi" – a combination of Yoga and Qi-Gong – and each session will have a different wellness-focused theme.

Sessions will be held indoors at the Environmental Learning Centre in Shannon Terrace from 7-8pm.

For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Park Protectors Needed!

As an alternative to traditional membership, we offer the Park Protector monthly donor program! This program may suit your busy lifestyle and your contributions will directly support our environmental stewardship efforts in Fish Creek. For more info visit www.friendsoffishcreek.org/park-protector-signup



South Health Campus (SHC) Wellness Centre

New Year- new you! Let us help.

Bring in the New Year with a focus on wellness – we have something for everyone! Here are some of our FREE programs this month. See additional programs, details and registration information in our NEW Winter Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

EMOTIONAL WELL BEING

Meditation Drop-in
Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

January 6 12:00-1:00pm

January 26 6:30-7:30pm

HeartMath Practice Session

January 10 1:00-2:00pm

HeartMath for Parents

2 part series begins January 19 6:00-7:30pm

Understanding the Experience of Grief

January 23 6:00-8:00pm

First Nations Stories of the Circle

January 24 6:30-8:30pm

HeartMath

January 30 9:30am-12:00pm

EMPLOYMENT SKILLS

Interview Skills

2-part series begins January 14 9:00am-4:00pm

Advanced Resume Writing

January 19 6:00-9:00pm

HEALTH MANAGEMENT

Living Well on Prednisone

January 17 10:00am-12:00pm

Quitcore (smoking cessation)

6-week series begins January 23 6:30-8:30pm

LIFESTYLE MANAGEMENT

Your Pelvic Floor and Core

January 25 6:30-8:30pm

Moving Matters

January 26 6:00-8:30pm

CAREGIVER SUPPORT

Family Peer Support Program

January 10 OR 24 5:45-8:00pm

PARENTS/PARENTS TO BE

Healthy Eating for Pregnancy

January 5 6:30-8:30pm

Feeding Your Baby

January 12 10:00am-12:00pm

Nutrition for New Moms

January 18 10:00am-12:00pm

Raise Your Kids without Raising Your Voice

January 18 6:30-8:00pm

Let's Talk Toddlers & Tantrums

January 19 6:30-8:00pm

Story Time & Play Date

January 20 OR 27 10:30am-12:00pm

Fuelled to Move

4-week series begins January 28 10:00-11:30am

Cooking Your Way to Wellness in Pregnancy

4 part series begins January 30 6:30-8:00pm

FOOD, NUTRITION & COOKING

The Top 5 Tips to Reduce Calories

January 9 9:00-11:30am

Eating Well for Good Health

2-part series begins January 18 5:30-7:30pm

The Truth about What Works in Weight Management

January 30 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.



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McKenzie Lake
mybabysitterlist



Name	Age	Contact	Course
Abbey	12	403-257-3296	Yes
Taylor	12	403-257-6292	Yes
Stephanie	12	587-969-1578	Yes
Cecilia	13	403-217-3636	Yes
Emily	13	403-720-7013	Yes
Poli	14	403-464-8217	Yes
Bailey	14	403-203-7010	Yes
Jessica	14	403-257-6292	Yes
Jessica	14	403-257-6292	Yes
Aliyah	14	403-801-9420	Yes
Sandra	14	403-207-4409	Yes
Hayley	14	403-257-3650	Yes
Olivia	15	403-837-3175	Yes
Haleigh	15	403-589-9833	Yes
Jayde	15	403-305-3549	Yes
Vanessa	15	403-257-5785	Yes
Catherine	15	403-257-4007	Yes
Justice	15	403-471-2058	Yes
Ashlee	15	403-616-3236	Yes
Ashlee	15	403-616-3236	Yes
Monserrat	15	587-585-1042	Yes
Mary	16	403-863-5237	No
Rachel	16	403-257-4520	No
Tianna	16	587-353-2101	No
Lindsay	17	587-434-8953	Yes
Vlada	17	587-580-5046	Yes
Rachael	20	403-796-3414	Yes
Anam	30	403-726-9026	Yes
Amanda	34	403-510-8676	Yes
Firoozeh	36	403-836-7675	Yes
Charity	36	403-890-8688	Yes

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

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

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



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.

January at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport). See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.



- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.

Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Pre-Natal Aquafit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

Children & Youth

From "just learning to walk" to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

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



Trivia
COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grounds

**FEB. 9 - 12
CALGARY BOAT AND
SPORTSMEN'S SHOW AT
STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



**FEB. 25 - 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL**

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



**UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
MUSIC CENTRE**

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY

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

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org



**It's a New Year
for Healthy
Sleep!**

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your

mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.

The Sleep Well Tonight Checklist



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403.668.6402

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

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ACCOUNTING SERVICES BY CHARTERED PROFESSIONAL ACCOUNTANT: Personal and corporate income tax returns, bookkeeping services, payroll, GST, etc. Located at 36 Mt Lorette Close SE. Please contact Ann @403.835.6456 or email: annxie@shaw.ca.

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

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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

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

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

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. www.emmapainting.com. Thank you.

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GOT ELMS? Pruning Elms April-October is banned in Alberta. Winter is ideal to prune many trees and remove Black Knot fungus. King Cole Tree Service for all your pruning and removal needs! Professional service, affordable prices. ISA member, licensed/insured. Call for your free estimate, 403-200-4408 or www.kingcoletreecare.ca

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FREE TAI CHI DEMO: Wednesday, Feb 1, 9:30 am at the McKenzie Lake Community Association. Fung Loy Kok Taoist Tai Chi™. For info call 403-240-4566 or www.taoist.org.

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EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



**Councillor, Ward 12
Shane Keating**
403-268-1698 • Ward12@calgary.ca
Twitter: @CouncillorKeats
Facebook: <http://www.facebook.com/CouncillorKeating>
Web: <http://shanekeating.blogspot.com/>

Happy New Year Ward 12! Whether it was recreation centres or new schools, 2016 was a year of new beginnings for southeast Calgary. 2017 is going to be another big year as we continue progress on projects like the Seton Recreation Centre, the Green Line LRT and the Deerfoot Trail Study.

Notices of Assessment

Assessment notices are mailed out to property and business owners in the first week of January. These assessments provide the property value that your property taxes will be based on. If you do not agree with your assessment, you do have the opportunity to take part in the Customer Review Period. The Customer Review Period will be open from January 5 to March 6, 2017. Changes to your assessment will only be considered during this window.

You can visit calgary.ca/assessment for more information.

Deerfoot Trail Study

In 2016 a comprehensive study of Deerfoot Trail kicked off. The City of Calgary and Alberta Transportation are working together on this comprehensive study, the first of its kind since the mid 1990s. Twenty-five years is a long time between studies of such an important roadway and Calgary's relationship with Deerfoot has changed dramatically in this period of time.

In June the study team gave Calgarians an opportunity to express their feedback. In total the team received feedback from more than 10,000 people. Here are some of the early trends from the feedback the team received:

- The most travelled route on Deerfoot is from Stoney Trail South to Glenmore Trail;
- The most congested segment was reported as McKenzie Lake Blvd to Glenmore Trail;
- The Douglasglen/McKenzie Lake areas had the most respondents through the engagement process.

The team is moving into the next steps of this study where they will be developing and refining some short-term improvement options for existing prob-

lems. I look forward to seeing the recommendations from the team and will continue to discuss opportunities for alleviating congestion with our colleagues at Alberta Transportation.

You can keep up to date with the Deerfoot Trail Study by visiting calgary.ca/Deerfoot

Ward 12 Open House

Each year my office hosts a Ward 12 Open House. We invite City of Calgary departments and external stakeholders to participate. They will have presentation booths that provide information and they will answer your questions. The 2017 Open House is right around the corner, and I am looking forward to hearing your feedback!

When: Wednesday, February 8 from 7:00pm – 8:30pm

Where: Remington YMCA, 108 Quarry Park Road SE

Feel free to contact my office if you have questions about our open house.



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www.tricocentre.ca



McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$416,900	\$408,000
October 2016	\$519,450	\$510,250
September 2016	\$469,900	\$462,000
August 2016	\$429,900	\$418,000
July 2016	\$434,900	\$425,000
June 2016	\$448,900	\$441,000
May 2016	\$399,000	\$385,000
April 2016	\$416,950	\$408,250
March 2016	\$499,800	\$486,000
February 2016	\$420,000	\$413,000
January 2016	\$469,900	\$455,000
December 2015	\$389,900	\$374,500

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

	No. New Properties	No. Properties Sold
November 2016	10	9
October 2016	21	12
September 2016	15	17
August 2016	10	9
July 2016	12	17
June 2016	24	28
May 2016	20	19
April 2016	24	12
March 2016	18	15
February 2016	25	11
January 2016	15	15
December 2015	11	10

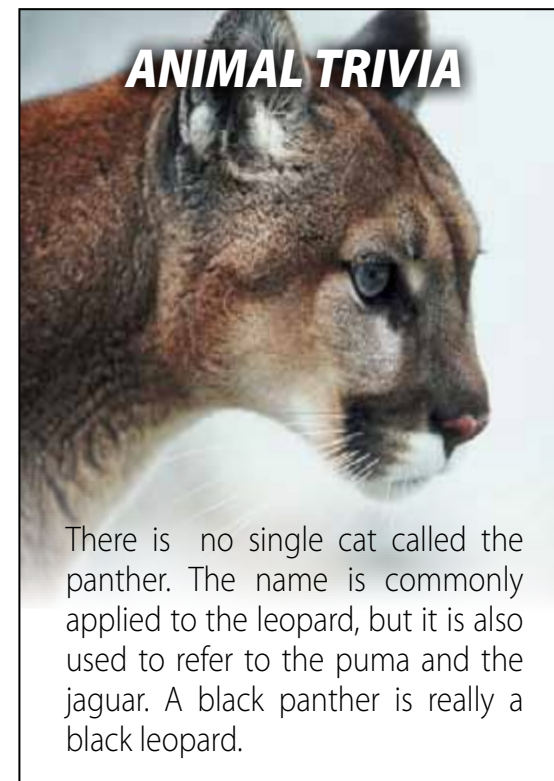
To view more detailed information that comprise the above MLS averages please visit mckenzie_lake.great-news.ca

COMMUNITY ANNOUNCEMENTS

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

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

FLC SENIORS CLUB – TAI CHI 55+: Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.



ANIMAL TRIVIA

There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.



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