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# **ELECTED OFFICIALS**



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



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Hats Off to the Beaver

Fur trade was a historical benchmark of Canada's international commerce. Felt from beaver fur could be molded into many creative hats. From top hats to bowlers, tricorn hats to fancy women's hats, possibilities were endless. Thank goodness beaver fur went out of fashion in favour of silk hats, or not as many of our iconic furry friends might be around today!



MCKENZIE LAKE RESIDENTS **ASSOCIATION** 

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

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news@great-news.ca

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Mikenzie Lake Residents Association and Great News Publishing.

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

The M<sup>c</sup>kenzie 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.

# OH, C\(\psi\)NADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!





# **BOARD** OF DIRECTORS

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# **MANAGEMENT AND OTHER CONTACTS**

**Brad Buxton** 

Mike Horder

Donna Cuthbertson

manager@mlra.ca **Operations Manager** operations@mlra.ca Office Administrator

office@mlra.ca

General Manager

# **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 quests. 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

# THE BEACH CLUB AT MCKENZIE LAKE

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

## **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

# **IMPORTANT NUMBERS**

ALL EMEDGENCY CALLS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654



# **PLAYGROUND** REVITALIZATION **PROJECT UPDATE:**

Volunteers needed for playground installation of new play structures at 57 Mountain Park Drive SE this summer! To sign up or request more info, email us at mlplaygrounds@gmail.com

# **GARDEN HELP WANTED**

Are you looking for seasonal employment but don't want to be stuck inside all summer?

# **Buds & Blooms**

is looking for a full-time landscape/gardener for seasonal employment starting immediately until early September.

## **Duties Include:**

- Bed Maintenance such as weeding, pruning edging beds, turning mulch, and tidying
  - Tree, shrub, and flower planting
  - Disposal of yard waste to landfill
  - and other tasks as necessary

For more information and job requirements, please visit, www.budsnblooms.ca/home/job



# **Summer in Fish Creek Rewild Fish Creek Provincial Park!**

Rewild: to return to a natural and wild state. Rewilding Fish Creek Provincial Park will encourage the regeneration of natural, wild ecosystems within our park, allowing current and future generations of Calgarians to reconnect with, and wonder at, Alberta's natural beauty. Part of the rewilding process will be planting native streambank vegetation along the banks of Fish Creek. New trees and other vegetation will be planted to build riverside forests and habitat for wildlife, with the help of volunteers and donations. Together it will be possible to rewild and revitalize Fish Creek, and make the provincial park a true reflection of our native Alberta. For more information on how can support this project and rewild Fish Creek Provincial Park visit www.friendsoffishcreek.org/rewild

# Score an Ace for Calgary Kids – Support Outdoor **Education in Fish Creek**

Birdies for Kids presented by Altalink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help! Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. This program has immense potential, as any amount you donate through BFK will be matched by up to 50%. The Shaw Charity Classic will run August 30 – September 3 but you can donate now! For more information, please visit www.friendsoffishcreek.org/birdies

# 25<sup>th</sup> Anniversary Brick Program

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today! For more information contact the Friends or visit www.friendsoffishcreek.org/brick.

# Capture Nature - Photography Contest ends July 31

Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! Landscape, macro, wildlife, and black and white. Contest runs until July 31. www.friendsoffishcreek.org/ programs/capturenature

# Parks Day & Creekfest

# Saturday, July 15, 2017 - 11:00 am - 4:00 pm, Bow **Valley Ranch, Creek Provincial Park**

Free and Fun for the Whole Family! Celebrate Canada 150 and the 25th anniversary of the Friends of Fish Creek at Parks Day & Creekfest! Enjoy performances by Junoaward winning Peter Puffin's Whale Tales, local musician Jennie Harluk, Alberta Parks' "Riddle of the Wetlands," and a presentation by the Calgary Wildlife Rehabilitation Society. Take part in an interactive Yo-Qi Wellness Experience, guided walks, hands-on activities and educational experiences.

Parks Day & Creekfest was funded in part through the Watershed Stewardship Grant, a program of Land Stewardship Centre financed by Alberta Environment and Parks. Thank you to the Alberta Conservation Association, the Alberta Real Estate Foundation, and Great **Events Catering.** 

For info: www.friendsoffishcreek.org/event/creekfest www.facebook.com/creekfestinfishcreek

## Wellness in Fish Creek!

Experience Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors in beautiful Fish Creek Provincial Park. Engage your senses in outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/ programs/wellness-clinics

# **Photography Minibus Course with Bob Bakker**

Learn some of the basics of Photography. Tour Fish Creek Provincial Park in the open-air minibus, while making a few stops along the way take some photos, try out technique, and ask questions.

Bring your camera, camera manual, and enthusiasm. www.friendsoffishcreek.org/programs/minibus

# **CALGARY SECURE RV STORAGE**

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# Park Conditions and Hours

Park hours are 9:00am to 10:00pm Monday-Friday, and 8:00am to 10:00pm Weekends and General Holidays. Fishing is open and the lake has been stocked with trout. All boats are in the water and are available for member use.

# **Annual Membership Fees**

Invoices for your Annual Membership Fees were mailed out in early March. Payments were due April 1st and your payment will ensure access to the park and lake from April 1, 2017 to March 31, 2018.

Payments by cash, cheque, or debit. If you can't make it to the Office during business hours you can mail your payment, leave a cheque with security (no cash or debit), or drop it in the secured mail box at the Beach Club front door. We understand that some of our members do not use personal cheques. For those who cannot make it to the office during business hours and do not use personal cheques, we also accept money orders or certified cheques which are easy to obtain by your bank. Sorry, we do not accept credit cards. If you have not received an invoice please call Donna at 403-257-1657, or email at office@mlra.ca.

IMPORTANT: Membership fees are mandatory, not optional. Membership fee charges are secured by an encumbrance which is registered on the title to your property. If you are not sure whether you must pay the fee, please review the most updated version of your certificate of title and determine if there is an encumbrance registered by McKenzie Lake Residents Association. If there is an encumbrance then it is mandatory for you to pay the fee.

We understand there are homes in McKenzie Lake that receive this news publication but are not entitled to MLRA membership. These areas include – Mt

Allan, Mt Douglas, Mt Apex, Mt Aberdeen, and some homes on Mt McKenzie Drive. We do apologize but these areas are not entitled to MLRA membership. The Association boundary lines are determined by the registered Articles of Association, which is a document that specifies the regulations for a company's operation. The MLRA Board cannot arbitrarily alter the boundary line.

Annual Membership Fees payments were due April 1st and are now overdue. If you haven't done so already, please pay you annual fees as soon as possible. We accept cash, cheque and interac. If fees are not paid in full by May 30th, access to the park will be denied. Interest will be applied to outstanding accounts every month until the fees are paid.

# Membership Cards

If you are new property owners and require membership cards please call Donna at 403-257-1657 or email office@mlra.ca. All new or replacement cards requires a new photo taken at the main office.

# Office Hours

Office hours are 9:00am - 5:00pm (closed noon -1pm) Monday through Friday with extended closing time on Thursdays at 8:00pm. The office will also be open on Saturdays from 9am – 2pm, excluding long weekends. Please visit our website for confirmation of hours.

# **Summer Programs**

Register Online Today! Summer program registration is ongoing and there is still space left in many programs. Register online at www.mlra.ca or contact Amy-Jo McManaman at programs@mlra.ca or 403-257-1657 for information on in person registration.

# **Family Fun Day**

This year Family Fun Day will be held on Friday, July 7th. There will be a barbeque and an assortment of activities. Details are available online on our website – www.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. Summer dates fill up fast so make your booking ASAP.

We also have 3 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.



# **Guests of Members**

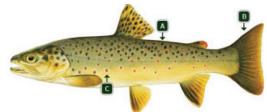
If you are planning a gathering at McKenzie Lake and expect to have 10 or more guests, please notify the office in advance. We require the member to fill out an official guest list form and submit to the office days in advance of the function date. The official guest list form can be found on our website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

# Rules

Please familiarize yourself with all rules before visiting the park. Copies are available in the main Office and the guard house. You can also find the rules online on our website - www.mlra.ca.

# Fishing Rule Update

Please be advised that we have implemented new fishing rules. Last fall the lake was stocked with small Brown trout but they are too small and there are too few of them to take any out. This spring we introduced Brook trout for the first time and we also want to ensure they are not removed from the lake. For now, Brook and Brown trout are catch and release only - It is strictly prohibited to take any Brook or Brown trout from the lake. In the event that you do catch a brown or brown trout it must be released immediately. Please review trout identification techniques with photos below:



## **Brown Trout Identification**

A. darker black/red spots down the backside

B. few/no spots on tail

C. Red spots with pale halos around them

# **Brown Trout Catching limits**

Zero (0) - Catch and Release only



**Brook Trout Identification** 

A. marbled pattern

~continued next page~

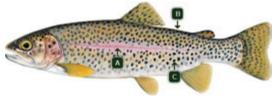
# News from the Lake cont'd

B. white leading edge on the pectoral, pelvic, and anal fins

C. no black or brown spots on the head D. distinctive sprinkling of red dots

# **Brook Trout Catching limits**

Zero (0) – Catch and Release only



# **Rainbow Trout Identification**

D. reddish stripe along their sides

E. darker on top

F. black spots

# **Rainbow Trout Catching limits**

Three (3) per member household per day (includes any children or Guests fish)

Fifteen (15) per member household per month (includes any children or Guests fish)

Whirling Disease

The Canadian Food Inspection Agency (CFIA) has declared the Bow River watershed infected with whirling disease and the province of Alberta a buffer zone.

# **Quick Facts about Whirling Disease**

- Impacts vary between fish species and different water bodies
- In Alberta, rainbow, westslope cutthroat and brook trout, as well as mountain whitefish are most susceptible to the disease
- · Affected fish may show no symptoms or exhibit any of the following signs:
- o behaviour
- whirling swimming pattern
- o appearance
- · skeletal deformities of the body or head, for example, shortening of the mandible, sloped forehead and crooked spine
- tail may appear dark or even black
- There are no human health concerns for people

using the bodies of water that contain whirling disease: it is not harmful to humans. There are no health concerns for anglers ingesting fish that have contracted this disease.

• There are no treatment options currently available for whirling disease. Containment and prevention are the focus for responding to the threat of whirling disease.

## **Prevention**

We have not seen any signs of Whirling disease in McKenzie Lake and all fish suppliers that we have used have tested negative. Members must take precautionary methods to ensure that McKenzie Lake is never infected. Unfortunately, there is not a known cure for the disease so prevention is extremely important. Please see below for best practices to stop the spread. Prior to bringing in any watercraft or fishing equipment that has been used in other water bodies, please ensure to follow the steps below:

## Clean

- · Clean and inspect watercraft, trailers, and all equipment that has been in contact with water. This includes boats, motors, boots, waders, bait buckets, and swimming floats.
- Remove all mud, sand, and plant materials before leaving the shore.
- Rinse, scrub, or pressure wash your boat and equipment away from storm drains, ditches or waterways. Use hot water if possible (90°C or hotter).

## Drain

- · Before leaving the shoreline, drain water from watercraft and equipment onto dry land.
- Remember to "Pull the Plug" because it is illegal to transport watercraft with the drain plug still in place.

# Dry

- Dry the watercraft and/or equipment completely between trips and allow the wet areas to air dry. Allow for a minimum of 24 hours of drying time before entering new waters.
- · Leave compartments open on boats and equipment, and sponge out standing water.

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Bridge / Card Games Tea, Coffee, & Snacks Socializing Walk around the Lake



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NON-MEMBERS WELCOME AS GUESTS OF MEMBERS





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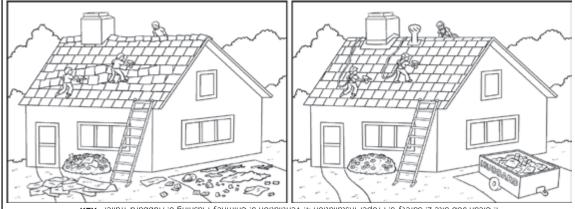
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# You don't want to miss this one!

Come down to McKenzie Lake for a day of fun in the sun! Families will be able to spend time at the lake with a variety of activities - including inflatables, wagon rides, laser-tag, petting zoo, swimming, and more!

Attending is FREE BBQ and Concession will be available for purchase

# **Event Details:**



July 7th, 2017



12:00-4:00pm



McKenzie Lake Residents Association



FREE to attend

You could include important disclaimers here such as "No pets allowed throughout the event".

RSVP on Eventbrite - Link & more details available through our website www.mlra.ca



Enquiries 403-257-1657



programs@mlra.ca



@McKenzieLakePrograms

# **SAFE & SOUND**

# Stay Safe in Summer Weather



July is a month made for BBQs, outdoor sports, and relaxing on the deck. It's a time where most Albertans spend as many hours as possible outside enjoying the warm weather. As temperatures soar, it is important to keep a few things in mind as you head outdoors.

Though most people can handle moderate summer weather without issue, even healthy Albertans need to keep heat safety in mind during warmer months. When temperatures are high, make sure to take frequent breaks from the heat, spending some time indoors at home, or in a cooled public building— like a mall or indoor pool. Ensure that sunscreen of at least SPF 30 is applied 20 minutes before heading outdoors (be sure the product blocks both UVA and UVB rays), and reapply frequently. Rescheduling outdoor activities to cooler hours of the day is also smart way to beat the heat.

When spending time outdoors, what you wear makes a big difference in keeping your body cool. If you know you will be out in the heat, light colored clothing is suggested. A wide-brimmed hat and sunglasses (with a UVA/UVB CSA- certified seal) along with long sleeves and pants can help protect you from the sun's rays. A water bottle is a much needed accessory with any summer outfit— make sure to drink plenty of water and other non-alcoholic, non-caffeinated beverages to stay hydrated.

Albertans are also urged to keep an eye out for heat warnings issued by Environment Canada. The warnings are posted online at weather.gc.ca/warnings/index\_e. html?prov=ab to keep residents informed and prepared during periods of extreme heat.

Visit www.ahs.ca/heat for more information on heat safety.

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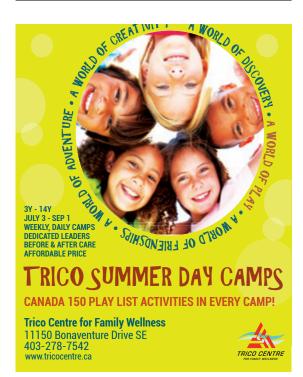
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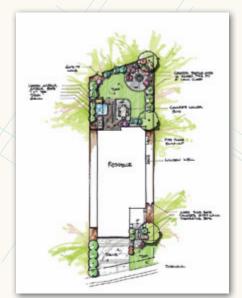


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# MLRA Programs



Register online

www.mlra.ca

# Yoga at the Lake

Session 1: June 13, 20, 27, July 4

Session 2: July 11, 18, 25, August 1

Session 3: August 8, 15, 22, 29

# Ages 16+: 7-8pm

This outdoor Ashtanga inspired Yoga class will focus on movement of the body using the breath (vinyasa). You will deepen your awareness of your beautiful surroundings while strengthening your body and increasing your flexibility.

# Meditation at the Lake

Session 1: June 13, 20, 27, July 4

Session 2: July 11, 18, 25, August 1

Session 3: August 8, 15, 22, 29

# Ages 16+: 8:15-9:15pm

Mindfulness Meditation can help decrease stress. manifest positive energy, and increase overall well=being both mentally and physically. Learn techniques to bring mindfulness into your day to day life.

Members: \$45/session Non-Members: \$55/session

# **Buti Yoga**

Session 1: June 12, 19, 26, July 3

Session 2: July 10, 17, 24, 31

# Ages 16+: 6:30-7:30pm

This calorie-scorching workout fuses power yoga with cardiointensive tribal dance + body sculpting primal movement. Buti Yoga utilizes the Spiral Structure Technique to sculpt + tone the deep abdominal muscles that stabilize and strengthen the body. THE RESULT - long, lean muscle with sexy feminine curves.

# C.A.Yoga

Session 1: June 15, 22, 29, July 6

Session 2: July 13, 20, 27, August 3

# Ages 16+: 10:30-11:30am

Critical Alignment Yoga aims to mobilize and align the spinal column, restoring crucial mobility. balance and spaciousness to the rest of the body while freeing emotions and introducing a lighter, more meditative consciousness into daily life.





# **CANADA DAY 150**

Saturday July 1st 12:00-4:00pm

Photo booth, Food truck, Face painting, Trivia, bike parade, AND



# Live Music!

Max Mann The Gentlmens Club

# **SANDCASTLE COMPETITION**

Saturday July 22nd 1:00-4:00pm



Come down to the lake to win a great prize for best Sandcastlel

Register your team & design name on our Eventbrite page before the event

# **FAMILY FUN DAY**

Friday July 7th 12:00-4:00pm

Butterfield Acres Petting Zoo





BBQ & Concession 1200-330

Laser Tag

Bounce Houses

Ice (ream) 2:00pm





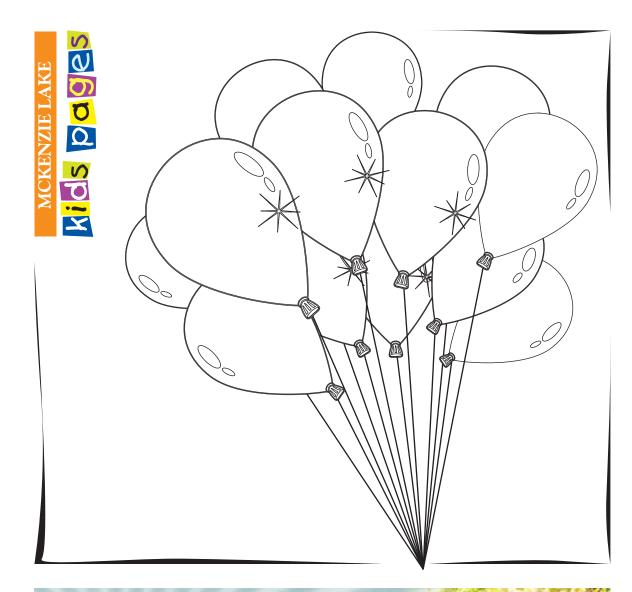
# **WATERMELON EATING CONTEST**

Saturday August 19th 12:00-2:00pm

Come down to McKenzie Lake to test your stomach & reign supreme in your age group at our now annual watermelon eating contest!

> Register Online in your Age Group:







# What You Need to Know to Get a Safe Ride Home from This Year's Stampede

Whether you are using a taxi or rideshare company such as Uber or Tapp Car—during Stampede, there are some important safety tips to keep top of mind. Just like taxis, rideshare companies are regulated by The City of Calgary and have to meet City safety standards before drivers can take passengers. However, there are some important differences between taxi and rideshare companies:

- Rideshare drivers are not allowed to pick up people who hail them on the street or seek out business by approaching potential customers.
- · All trips must be booked through a rideshare company app.

When you book your trip, make sure to look at the verification information the ride share app automatically sends you before you get in the vehicle. This information will safeguard you against getting into a vehicle with a potentially unsafe, unlicensed driver. The app includes:

- A photo of the driver
- The licence plate number, and the make and model of the vehicle
- Real time GPS tracking, which enables you to track the vehicle on route to your location

If you are street-hailing a taxi, it's just as important to verify that the taxi is legitimate before you get in. Make sure the driver and vehicle are both licensed. Check for a taxi plate on the rear bumper of the vehicle to verify that it is a licensed taxi. The driver's ID should be posted in a visible location, typically on the driver's visor. If you are not able to see it, you can ask to see it. Before you get into a taxi, take note of the taxi number, company and colour of the vehicle in case you need to track down lost items.

# Taxi stands for Stampede – July 7 - 16

The City of Calgary is working closely with the taxi industry and the Calgary Stampede to provide increased access to taxis around Stampede Park and surrounding areas to accommodate Stampede visitors and bar patrons.

In addition to late night and permanent downtown taxi stands, four temporary stands have been set up near Stampede Park.

- Two all-hours taxi stands located at the South and North Entrances of Stampede Park operate throughout the day. The North Entrance is given priority to accessible taxi service as it provides the closest means of entering the Park.
- Two additional late-night temporary stands have been established on 12th Avenue and Macleod Trail SE. The late-night temporary taxi stands operate every night between the hours of 10 p.m. and 3 a.m.

These locations are marked with signs, and provide safe and easily accessible points for taxis to pick-up and drop-off customers.

Other designated taxi locations around the city Taxi Hydrant Zones- identified with signs, and are located in various locations throughout downtown.

**Late Night Taxi Stands** – available to serve you between 10 p.m. and 3 a.m. on Thursday, Friday and Saturday nights. Conveniently located near restaurants, theatres and bars, these stands help Calgarians and visitors come and go safely from our city centre.

Calgary Transit – provides 24-hour CTrain service during the Stampede.

Other options – luxury sedans can be booked as a pre-arranged service. Costs are generally higher than a regular taxi. They cannot provide on-demand service. Always be diligent about checking ID information provided during booking before getting into the vehicle.

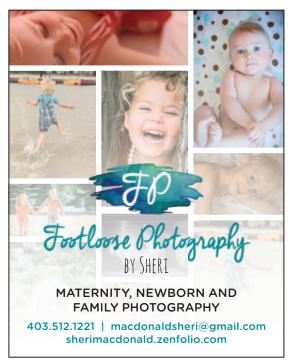
Remember, if you have any concerns about a taxi, rideshare, or limo service, contact the non-emergency line at 3-1-1. If you feel as though your safety is threatened, call 9-1-1.











# MLRA

SIGN UP FOR SUMMER PROGRAMS

# **ONLINE REGISTRATION**

# **PROGRAMS**

McKenzie Lake offers a variety of programs for all ages over the summer to both members and non-members of the Lake community.

Programs/Lessons include Tennis, Kayaking, swimming, multiple Yoga classes, Fitness classes, Water Polo, and various day camps.

Check out our program guide with lists of dates, times, and prices for each, and register online at www.mlra.ca - registration opens for members May 25th. Spots are limited - early bird gets the

# **EVENTS**

Throughout the summer, McKenzie Lake Residents Association hosts many family friendly events! View the events calendar in the Summer 2017 Program Guide, and keep up to date with event details on our website.

> Register for events accordingly, either online or RSVP to programs@mlra.ca



**SAFE & SOUND** 

# Where there's water. there IS a risk

Calgary's rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. Your Calgary Fire Department wants to remind you about Water Safetv.

# **Life Jacket Safety**

Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.

- Check the PFD or jackets size and weight restrictions.
- · Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

# Swimming is a Lifesaving Skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifequard certification classes.

Remember, always keep toddlers or young children within arm's reach while in or around all bodies of water.

# **Before You Raft or Boat:**

Always SCOUT, ASSESS and DECIDE from shore before going on rivers, lakes and waterways.

**Scout** the river for potential hazards and check the weather and water conditions.

**Assess** the level of danger. Check for river advisories and assess the swimming and paddling skills of your

**Decide** if it is safe to raft or boat.

**Ensure** you have emergency supplies on board with

For further information visit calgary.ca/watersafety

# BRAIN SUDOKU

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FIND SOLUTION ON PAGE 27

**PLUMBOB** For All Your Plumbing Needs



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

Call Bob: 403.257.3465 / 403.461.3490



# **BUSINESS CLASSIFIEDS**

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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

**ELECTRICITY IS NOT A HOBBY:** Call a licensed Electrician and Pot Light Specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

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

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

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

**GARAGES, DECKS, RENOVATIONS:** We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you on your home projects! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

**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.

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

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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

**ELECTRIC FRED G:** Licensed and insured Red Seal master electrician. 15 years' local residential and commercial experience. From small repairs to basement development, garages, renovations, commercial needs. Reasonable rates. Free estimates. Call or email Fred at 403-607-9228 or electricfredg@gmail.com.

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.

THE GUTTER DOCTOR! We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

911 & ALLERGY ALERT! Do you or someone you know suffer from allergies? Personalize your own stylish medic alert or important dates to honour happy/sad moments, your kid's initials, "if lost, call my mommy/daddy at ###-###" tags for your kids with KEEP Collective engravables. Call 403-826-4086 or shop keepcollective. com/with/katrinajackle.

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

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

KITCHEN CABINETS REFINISHED: Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

OFFICIAL PLUMBING & HEATING: Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! We accept debit/VISA/MasterCard. Call/text 403-837-4023.

ROOFING, 5 YEAR WARRANTY: Express reroofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835-1393, Paul 403-714-3644.

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.



# BRAIN SUDOKU

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8	4	1	6	9	2	7	3	5
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# **CALGARY INTERNATIONAL BLUES** FESTIVAL - SHAW MILLENNIUM PARK, **JULY 31 – AUG. 6**

A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: calgarybluesfest.com.



# **TOUR DE BOWNESS -**6501 BOWNESS RD. N.W., AUG. 5 - 7

This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info:



# GLOBALFEST - ELLISTON PARK. AUG. 15 - 26

GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: globalfest.ca.



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

# Captain's Cruises - Heritage Park, Aug. 3

Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: heritagepark.ca.

# Strathmore Stampede - 33 Wheatland Trail, Strathmore, AB, T1P 1V2 - Aug. 4 - 7

The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most actionpacked stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: strathmorestampede.com.

# Taste of Calgary - Eau Claire Market Plaza, Aug. 10 – 13

Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: tasteofcalgary.com.

# Puppies and Prosecco-Dining with Your Dog -Vin room West and Mission, Aug. 13

Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: eventbrite.ca/e/puppies-and-prosecco-vin-roomtickets-33841948178.

# West Side Story - StoryBook Theatre, Aug. 19 - Sept. 9

Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: storybooktheatre.org.

# **SAFE & SOUND**

# **EMS: Heat Related Illness**

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

## Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatique, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

## Heat stroke

- · Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- · Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

## First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

## Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote *de*hydration.
- · Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

# Hoffman The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself. Make peace with your past Release from negative behaviors Emotionally heal and forgive Discover your authentic self Renew your enthusiasm for life Improve relationships personally & professionally Email **shift@hoffmaninstitute.ca** to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.





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.

# July and August 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 familyfriendly. 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

# **Cool New Summer Program for Kids**

Not everyone goes away in the summer! Check out the amazing new fun programs for kids.

- Rhythmic Gymnastics, 3-5 years, 6-12 years, July 9 -August 20, 12-1:30pm
- Tumbling, 6-12 years, July 10 August 21, 6:15-7:15pm
- Circus Arts, 6-12 years, July 10 August 21, 5-6pm
- Musical Theatre, 6-12 years, July 13 August 17, 6-7:30pm
- Ultimate Frisbee Rec League, 11-13 years, 14+ years, July 11 – August 17, 6-7:30pm
- CrossCountry, 8-13 years, July 10 August 5, 6:15-7:15pm
- Badminton Club, 10-14 years, July 6 August 24, 6:45-
- Dodgeball, 10-14 years, July 5 August 23, 6:55-7:15pm

# **Day Camps**

- Summer day camps now on: ages 3 to 14; full day and half-day camps, early care and late care. Affordable quality camps!
- Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 years: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

# Children & Youth

· Summer swim lessons, all ages, Monday to Friday day-

time for 1 week or Monday to Thursday evenings for 2 weeks

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 years, 3-5 years, 6-8 years), Dance with Me (2-3 years with parent), Gotta Dance (3-5 years), Little Ballerina (3-5 years), Kinder Gym Kids (4-6 years), Sportarama (3-4 years), Explorasport (4-6 years), DANCEPL3Y Kids (6-12 years.) See Spring Summer Program Guide or www. tricocentre.ca for details.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 years, adult & child) and powerskating/hockey (7-12 vears.)

## **Adults/Older Adults**

Stay fit over the summer!

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, Myofascial Stretch and Release, Stroller Fit.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

# COMMUNITY

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

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

# McKenzie Lake my babysitter list

Abbey	13	403-257-3296	Yes
Aliyah	15	403-801-9420	Yes
Amanda	34	403-510-8676	Yes
Anam	30	403-726-9026	Yes
Ashlee	16	403-616-3236	Yes
Ashlee	16	403-616-3236	Yes
Bailey	15	403-203-7010	Yes
Catherine	16	403-257-4007	Yes
Cecilia	14	403-217-3636	Yes
Charity	36	403-890-8688	Yes
Cindy	42	587-717-9767	Yes
Eleanor	13	403-998-6909	Yes
Emily	13	403-720-7013	Yes
Firoozeh	36	403-836-7675	Yes
Haleigh	15	403-589-9833	Yes
Hayley	15	403-257-3650	Yes
Jayde	15	403-305-3549	Yes
Jessica	15	403-257-6292	Yes
Jessica	15	403-257-6292	Yes
Justice	15	403-471-2058	Yes
Mary	17	403-863-5237	No
Monserrat	15	587-585-1042	Yes
Olivia	16	403-837-3175	Yes
Rachael	21	403-796-3414	Yes
Rachel	16	403-257-4520	No
Sandra	15	403-207-4409	Yes
Stephanie	13	587-969-1578	Yes
Stephanie	13	587-969-1578	Yes
Taylor	12	403-257-6292	Yes
Tianna	17	587-353-2101	No
Vanessa	15	403-257-5785	Yes
Vlada	17	587-580-5046	Yes

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

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.



# Last 12 Months McKenzie Lake MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$529,900	\$525,500
April 2017	\$587,400	\$580,000
March 2017	\$459,900	\$452,250
February 2017	\$430,000	\$424,000
January 2017	\$499,900	\$490,000
December 2016	\$389,900	\$365,000
November 2016	\$416,900	\$408,000
October 2016	\$539,000	\$527,500
September 2016	\$469,900	\$462,000
August 2016	\$429,900	\$418,000
July 2016	\$434,900	\$425,000
June 2016	\$448,900	\$441,000

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

	No. New Properties	No. Properties Sold
May 2017	34	19
April 2017	21	20
March 2017	37	24
February 2017	18	13
January 2017	15	5
December 2016	3	9
November 2016	9	9
October 2016	19	11
September 2016	14	17
August 2016	9	9
July 2016	12	17
June 2016	24	28

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



# **Ward 12 Newsletter Update**

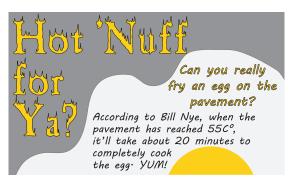
Canada Day feels a little bit more special this year. This year Canada turns 150 years old – that calls for a celebration! Check out Calgary.ca/CanadaDay to see some of the exciting events that should be fun for the entire family.

## ActivateYYC

ActivateYYC is a new program that will provide microgrants - averaging \$750 - to organized groups and businesses that are looking for temporary local projects and events that motivate Calgarians to walk, play and be neighbourly. There are a number of community safety groups in Ward 12 that have already expressed an interest in applying for funding. This is a great opportunity to build partnerships, engage volunteers and make a meaningful difference in your communities. Visit calgarycommunities.com/activateyyc for more details.

## School's out for summer!

School being out for the summer should mean some increased traffic throughout the day at many of our community playgrounds. We have a collective responsibility to make sure that the summer is a time for fun, but also a time when everyone gets home safely. Please be sure to respect all playground zones in our communities, especially with more kids in our parks over the next few months.



# **DOLLARS & SENSE**

# Seven tips for investing your tax refund wisely

Making the most of your tax refund is not always the easiest thing to do. It might feel like you're getting free money, but it's just a refund of taxes that you paid the government and tax credits from things like charitable donations and RRSP contributions.

Regardless, a tax refund can help you significantly in the future if you use it wisely today. If you're getting a tax refund this year, take a moment to consider how you can make the most of it by putting it to work for you:

- Add to your emergency fund. Set aside enough cash to cover six months of expenses just in case the unexpected happens.
- Pay down credit cards and other high interest debt. You will save money on interest charges and increase your monthly cash flow.
- Jump start next year's RRSP. Contributing early allows you to take advantage of all those extra months of taxfree growth. At retirement time this can mean thousands more in your pocket.
- Invest in a tax-free savings account. Growth or earnings in a TFSA are 100% tax free, and you are allowed to contribute up to \$5,500 for 2017.
- · Pay down your mortgage. Lump sum payments on your outstanding principal will save significant dollars in interest charges over the long term. It also means you will own your home mortgage-free that much sooner.
- Save for a child's education. Invest in a registered education savings plan (RESP) on behalf of a child or grandchild and you will qualify for a government-sponsored Canada Education Savings Grant of between 20 and 24% of your contribution (to a maximum of \$600).
- Take care of outstanding RRSP loans. Some loans have three- or four-month grace periods, during which time you don't have to make any payments toward the interest or principal. Remember that the interest owed continues to add up until the loan is completely paid off.

# South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at www.ahs.ca/ shcwellness or call 403-956-3939.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

# **EMOTIONAL WELL BEING Meditation Drop-in**

Every Tuesday 5:00-5:45pm

# **Drumming Up Wellness**

Every Friday 1:30-2:30pm

# **Happiness Basics (4-Week Series)** Begins July 5 4:30-6:30pm

**Mindfulness Practice Sessions** July 20 6:30-7:45pm

# **SUPPORT GROUPS** SupportWorks

Wednesdays 6:00-8:00pm

# **Alcoholics Anonymous** Wednesdays 8:00-9:00pm

# **Narcotics Anonymous**

Thursdays: 8:15-9:15pm Saturdays: 6:30-8:00pm Sundays: 7:00-8:00pm

# **Smart Recovery:**

Sundays: 3:00-4:30pm

# PARENTS/PARENTS TO BE **Feeding Your Baby**

July 4 9:30-11:30am

# **Healthy Eating for Pregnancy** July 10 6:30-8:00pm

**Story Time & Play Date** July 21 or 28 10:00-11:30am

# **FOOD, NUTRITION & COOKING Kids Summer Cooking Camps:**

(Note: Fees apply.)

# **Culinary Masters:**

July 5 or 19 9:00am-4:00pm

# Science in the Kitchen: Plants We Eat:

July 6 or 20 9:00am-4:00pm

# Science in the Kitchen: Chemistry: July 12 or 26 9:00am-4:00pm Farm to Fork: July 13 or 27

9:00am-4:00pm

# The Truth About What Works in Weight Management

July 26 5:30-8:00 pm

# **Canning: Jellies with a Twist:**

(Note: Fees apply.) July 20 6:00-8:00pm

Most programs require registration. Please see our full program quide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939. Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



# Do you recognize this flag?

Before our current Canadian flag that we all know and love, did you know that our flag looked like this? If you recognize the Canadian Red Ensign, you were probably born before 1965. Our current flag was not chosen until after "The Great Flag Debate" of 1963 and 1964. After much debate, our beloved red and white maple leaf flag replaced the Red Ensign and has been flying proudly across our nation ever since.



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# Canada: 150 years young!

f ricmciver ricmciver

These days, it is hard to miss the fact Canada will be celebrating 150 years of Confederation on July 1<sup>st</sup>, 2017. Together, we have built one of the greatest countries on earth; a country where freedom and opportunity exist and debate is respected. Our sincerest considerations this Canada Day go the men, women and families who have paid the ultimate sacrifice in defence of our values over the last 150 years and who will continue to protect us over the next 150 years and beyond. To those who came before us – thank you. No words give justice to the immeasurable joy Canada provides us every day. To those who will come after us – we hope to do you proud. Happy Canada 150!

# In the Legislature

The spring sitting of legislature is expected to end near June 8, 2017. A few good pieces of legislation have been overshadowed by several damaging changes from the NDP government:

# Bill 3

This Bill promises to protect Alberta's blood supply by forbidding the sale or purchase of blood products. It fails to recognize that most of the blood products used in Alberta are imported after being paid for in the USA. In other words, it does nothing to protect the blood supply. What it does do is essentially guarantee a monopoly for Canadian Blood Services (CBS). The workers at CBS are represented by the Canadian Union of Public Employees (CUPE) – where the Premier's husband is a vice president. Draw your own conclusions.

## **Bill 17**

The NDP says this Bill will add several improvements to labour standards including protecting the jobs of people forced to take time off to look after sick family members. This is a good thing and our PC caucus supports this. Unfortunately, the NDP has combined these good elements with a series of very negative changes designed to hand control of labour negotiations in Alberta to their union friends. We have asked the NDP to

separate the good from the bad so we can support the good. They are too focused on helping their friends to consider our request. We will continue to fight for Alberta job creators and workers.

## Scrolls:

Birthday Scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals.

Anniversary scrolls are available to constituents celebrating their 25+ Anniversary, in five-year intervals.

# **Keeping in Contact:**

Please continue to stay in touch with me on issues that affect you and your family. As your MLA, I am your voice in the Alberta Legislature and I am here to help you. My newsletter is written a few weeks ahead of publication, so if you are looking for updated information, or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistants, Tannis Turner and Brodie Parker, at the Calgary-Hays Constituency Office. Call 403-215-4380 or email ric.mciver@assembly.ab.ca



The "dog days of summer" refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

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