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 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2478  
 Fax: 403-268-8091  
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 Calgary, AB Canada T2Z 4C9  
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 Fax: (403) 215-4383  
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## MCKENZIE LAKE RESIDENTS ASSOCIATION

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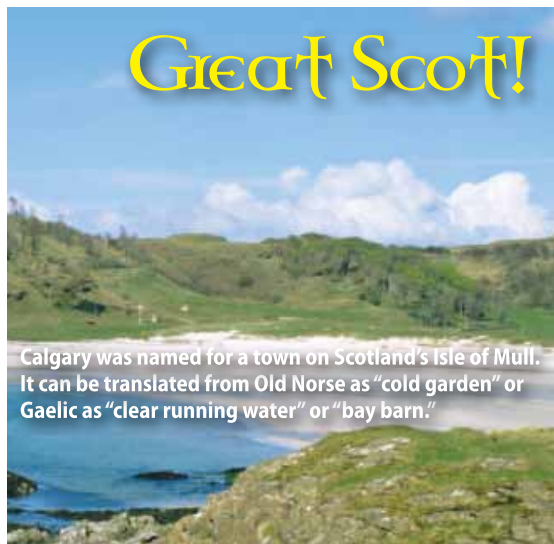
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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*The M'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.*

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## BOARD OF DIRECTORS

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Angus Ainslie	Secretary
Chad Smith	General Manager Liaison
Grant Vale	
Doris Kolody	
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

## 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*

## 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 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	511
Weather Information	
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](mailto:mlplaygrounds@gmail.com)

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## Responsible Pet Ownership in Parks

As we all enjoy being outside and spending time with our family, friends and pets; we want to ensure we are creating a safe place for all our neighbours. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

City of Calgary would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must be walked on the right-hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.
- Dogs must have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw, we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit [calgary.ca/animalservices](http://calgary.ca/animalservices) or contact 311.



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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](mailto: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 your 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](mailto: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](http://www.mlra.ca) or contact Amy-Jo McManaman at [programs@mlra.ca](mailto: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](http://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](http://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](http://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 guests.

## 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](http://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
- 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

Zero (0) – Catch and Release only

### 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:

- behaviour
  - ◆ whirling swimming pattern
- 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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### Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).

### Summer Programs

We have a wide variety of exciting programs and special events that cater to children, youth and families, all led by qualified city staff. Join us all summer long and experience games, crafts, activities and more.

Find out what's happening in your area, visit [calgary.ca/CommunitySummerPrograms](http://calgary.ca/CommunitySummerPrograms).



# FRIENDS of Fish Creek

**Parks Day & Creekfest**  
**Saturday, July 15, 2017 – 11:00 am – 4:00 pm**  
**Bow Valley Ranch, Creek Provincial Park**

Join us to commemorate the 150th anniversary of Canada and the 25th anniversary of the Friends of Fish Creek Provincial Park Society at Parks Day & Creekfest. This free one-day celebration of nature and community will feature amazing musical acts like Alberta Parks Interpretive Theatre and rising Calgarian country star Jennie Harluk, as well as Wellness-based activities, guided walks, a fly fishing demonstration and a presentation by the Calgary Wildlife Rehabilitation Society! The Friends are seeking Youth Singer Songwriters to perform at Park Day & Creekfest on July 15! Are you 17 years of age or younger and looking for an amazing experience to be part of the Summer's greatest free family festival?

All of the activities throughout the event are free, however the Friends of Fish Creek sincerely appreciate donations. Event sponsorship opportunities are also available. For more information on supporting Parks Day & Creekfest, contact the Friends of Fish Creek - [info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org) and visit [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest) and [facebook.com/CREEKFESTinFishCreek](https://www.facebook.com/CREEKFESTinFishCreek)

### 25th Anniversary Brick Program

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek, and we will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. There is a limited number of bricks available. Get yours today!

\$250.00 / brick and you will receive a tax receipt. For more information contact the Friends or visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick)

### Capture Nature - Photography Contest

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](http://www.friendsoffishcreek.org/programs/capturenature)

### 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 sup-

port 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. These students attend schools that do not have the means to provide a field trip to the park, and may be from families that are new to Canada. The TD Learning Naturally program is essential for encouraging a love and respect for nature and teaching the children about the variety of plant and animal life found not only in Fish Creek but also in this unique part of the world. It costs only \$10 to provide one unforgettable day of learning in Fish Creek for a student who otherwise may not have the opportunity. Any amount you donate through BFK will be matched by up to 50% and go towards our goal of raising \$10,000 to bring 1000 elementary school students to Fish Creek Provincial Park.

The Friends are truly grateful to the Patron Group, Shaw Communications, AltaLink and the Shaw Charity Classic foundation for welcoming the Friends' TD Learning Naturally as one of 124 local youth focused charities to participate in Birdies for Kids for the third year in a row. This program has immense potential and we encourage you to donate and speak to your employer about making a tax-deductible donation. Birdies for Kids is just one aspect of the Shaw Charity Classic Golf Tournament held every year at the Canyon Meadows Golf and Country Club. The biggest names in professional golf from around the globe compete in this world-renowned championship. The tournament will run August 30 – September 3 this year but you can donate now! Please talk to your friends, family, co-workers and employers about donating.

The Friends of Fish Creek thank you in advance for generously supporting this essential program. For more information, please contact the Friends of Fish Creek or visit [www.friendsoffishcreek.org/birdies](http://www.friendsoffishcreek.org/birdies)

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

**FIND SOLUTION ON PAGE 32**



## Seniors' Week

In 2017, The City of Calgary will celebrate Seniors' Week from June 5 - 11 to acknowledge the contributions of seniors to our communities.

Whether it's their time, talent or life experience, seniors' contributions are at the heart of many Calgary communities improving the quality of life for many Calgarians. The City of Calgary supports seniors in many ways throughout the year; learn more at [www.calgary.ca/SeniorsWeek](http://www.calgary.ca/SeniorsWeek).



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# Why Art Matters

By Tasha Komery

Many of us enjoy the experience of seeing a live show, be it music, dance, or theatre. We leave these experiences feeling more inspired, more creative, and more at peace with the world around us.

But in the grand scheme of things, does art really matter? Does it really have a powerful impact on our lives, on our health, on our community, and on our society?

We have solid research on the impact of the arts on the economy. In the *Arts Impact Alberta 2014* study, the Alberta Foundation for the Arts (AFA) found that "the total output of the sector is roughly \$347 million". Additionally, the not-for-profit arts organizations that Alberta Foundation for the Arts funded provided approximately 700 full-time and 2,700 part-time positions with the majority (85%) of Albertans reporting that they attend at least one arts event per year.

It seems the arts do improve our society. But what about us, personally? A recent study from The University of Western Australia has found that "participating in the arts for just two hours a week can improve mental health and wellbeing". Participants surveyed were asked how they felt after the experience, and the respondents used descriptors like "optimistic", "useful", "relaxed", and "good about myself". One of the study's co-authors concluded: "arts engagement increases people's happiness, confidence, and self-esteem, while reducing stress and social isolation".

Fortunately for us, Calgary is a great city to get out and experience art, whether it is in a gallery, on a stage, at a festival or even taking an art class. For a good overview of the breadth of arts and culture in Calgary, visit [lifeincalgary.ca/todo/arts-culture](http://lifeincalgary.ca/todo/arts-culture)

*This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues including the Jack Singer Concert Hall, as well as resident companies: Alberta Theatre Projects, Calgary International Children's Festival, Calgary Philharmonic Orchestra, Downstage, One Yellow Rabbit, and Theatre Calgary.*



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drop-in programs run on school days and begin after school hours. Calgary AfterSchool provides children and youth with supervised recreational, artistic, healthy living, leadership development and social activities in a safe and stimulating environment.

For more information, including a listing of all programs, visit [calgary.ca/AfterSchool](http://calgary.ca/AfterSchool).

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# MLRA Programs

## Y

### 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**

## G

### 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 cardio-intensive 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.

## A

Register online  
[www.mlra.ca](http://www.mlra.ca)

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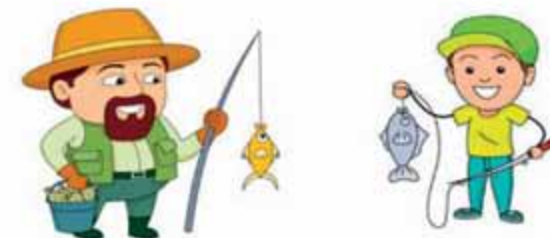
The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

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- Renew your enthusiasm for life and vitality
- Create greater emotional resilience
- Have relief from anger and depression and more...

**McKenzie Lake Residents Association presents...**

FREE to participate // 9:00am-1:00pm // Sunday, June 18th



Fish from a boat  
Or fish from the shore!

What better way to spend Fathers Day than coming out to the lake for a morning of competition, relaxation, and fun!

Join us for our annual Fishing Derby at no charge for a chance at an amazing prize!

## Fathers Day Fishing Derby

Longest Fish wins a prize!



Register online or RSVP by email

[www.mlra.ca](http://www.mlra.ca)

[programs@mlra.ca](mailto:programs@mlra.ca)

# Canada Day 150



## LET'S CELEBRATE CANADA'S BIRTHDAY

**SATURDAY JULY 1ST, 2017 || 12:00PM - 4:00PM**

Join us this Canada day to celebrate the 150th birthday of our beautiful country! Indulge in Canadian treats, games, live music, Canada-Themed Photo-booth, and more!

Come Dressed in your best Canadian outfit!

Kids encouraged to bring bike for decorating & participate in Bike Parade beginning at 12:30pm to kick off the party!

RSVP online [www.mlra.ca](http://www.mlra.ca)



## YOUR CITY OF CALGARY

### YOUR CITY SECTION

#### Check out these important updates from The City of Calgary

Calgary Recreation is celebrating Seniors Week (June 6-12). As a token of our appreciation, we are offering free fitness classes for seniors. For drop in times and locations visit <a href="http://Calgary.ca/Recreation">Calgary.ca/Recreation</a> .	<a href="http://Calgary.ca/Recreation">Calgary.ca/Recreation</a>
The Youth Passport is coming this summer! Unlimited swimming, skating, and gym activities for only \$50.	<a href="http://Calgary.ca/YouthPassport">Calgary.ca/YouthPassport</a>
It's skateboard season! For information on lessons, day camps, skate jams, locations of our mobile skateparks or the locations of our new permanent skateparks, visit <a href="http://Calgary.ca/Skateparks">Calgary.ca/Skateparks</a> .	<a href="http://Calgary.ca/Skateparks">Calgary.ca/Skateparks</a>
Register your child for a summer nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.	<a href="http://Calgary.ca/ParksGuide">Calgary.ca/ParksGuide</a>
Neighbour Day (June 17) is an opportunity for neighbours to come together to celebrate our strong community spirit.	<a href="http://Calgary.ca/NeighbourDay">Calgary.ca/NeighbourDay</a>
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	<a href="http://Calgary.ca/Accessibility">Calgary.ca/Accessibility</a>
We're committed to providing a barrier-free municipal experience for all Calgarians. Contact 311 for an accommodation at any City event, or public meeting.	<a href="http://Calgary.ca/Accessibility">Calgary.ca/Accessibility</a>

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**MLRA**  
BEGINNING  
MAY 25TH  
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](http://www.mlra.ca) - registration opens for members May 25th. Spots are limited - early bird gets the worm!



## 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](mailto:programs@mlra.ca)



REGISTER ONLINE @  
[WWW.MLRA.CA](http://WWW.MLRA.CA)

TAKE ON WELLNESS

**AHS – Hospice**

### Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

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**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.

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**SUMMER READING CAMP!** Increase your child's interest in and comfort with reading and spelling; the bonus will be avoiding the common summer 'lag' in skills. Flexible scheduling, appropriate for elementary, small groups. English as Second Language Learners will really benefit. Call some friends and let's get started! www.tesserateaching.com; 587-323-0654.

## YOUR CITY OF CALGARY

### Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep your little critters busy as bees exploring bugs, birds, buds and beyond. These week-long, action-packed adventures provide a perfect blend of fresh air and fun where campers will learn about the natural world and its many wonders.

Nature day camps are offered July through August at the Inglewood Bird Sanctuary and Ralph Klein Park. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children six to 12, include in-depth investigations and outdoor explorations focused on specific themes, including wetlands, raptors and winged wonders.

Visit [calgary.ca/parksguide](http://calgary.ca/parksguide) or call 403-268-3800 to register.

### Never say the words "I'm bored" again

Calgary AfterSchool offers, fun, safe and FREE after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool

drop-in programs run on school days and begin after school hours. Calgary AfterSchool provides children and youth with supervised recreational, artistic, healthy living, leadership development and social activities in a safe and stimulating environment.

For more information, including a listing of all programs, visit [calgary.ca/AfterSchool](http://calgary.ca/AfterSchool).

## CALGARY FEDERATION OF COMMUNITIES



### Just Say Hi!

Welcoming new neighbours or introducing yourself to those you haven't met yet is a great way to establish neighbourly relationships. People who know each other are more likely to look out for one another and help build and maintain a safe community.

Do you know the first name of at least 5 different neighbours? Would you be able to tell police the addresses of the houses around you in the event you witnessed suspicious activity? Could you ask a neighbour to borrow a cup of sugar or an egg for a cake you are baking? What about asking a neighbour to check in on the perimeter of your home while you're away? We sure hope you answered yes to a few of these questions! But, if not, take the plunge and just say hi! One of the easiest ways to increase safety in your community is to get to know your neighbours because people tend to look out for those that they know!

Don't forget, after introducing yourself, make the effort to wave, greet and chat with your neighbours regularly. This encourages friendly chit-chat and can make neighbours feel connected.

To help you get started pick up a **My Neighbour Card!**

The form is titled "My NEIGHBOUR Card" and "GET TO KNOW YOUR NEIGHBOURS!". It features a grid of fields for collecting neighbor information. The central field is highlighted with a green circle and labeled "MY HOUSE".

HOUSE #	HOUSE #	HOUSE #
NAME	NAME	NAME
PHONE	PHONE	PHONE
HOUSE #	MY HOUSE	HOUSE #
NAME		NAME
PHONE		PHONE
HOUSE #	HOUSE #	HOUSE #
NAME	NAME	NAME
PHONE	PHONE	PHONE

For more information or engagement ideas visit our website at [calgarycommunities.com](http://calgarycommunities.com).

## RESIDENT PERSPECTIVES



# Living in Harmony with Calgary Wildlife

By: Dr. Jennifer L. Scott, D.V.M.

One of my favorite things about Calgary is the animals in my yard. Calgarians encounter wildlife daily. I yield to deer weekly while driving. I've named the skunk living under our front porch "Fifi la Peuw". There's bats and owls in my backyard, and I cut walks short when coyotes are stalking my dogs in off-leash areas. With spring comes the robins and the rest of the migratory birds, as well as all the species that hibernate reappear. Then the babies appear.... Calgary is a city immersed in parklands and forests. Unfortunately, this often puts wildlife in conflict with the human inhabitants.

Good Samaritans are the bane of all baby animals. My staff and I spend hours on the phone arguing with well-intentioned determined people desperate to save the baby hare, fawn, or fledgling alone and uninjured. Does leave fawns for long periods of time, but are usually within hearing distance. Fawns and baby hares are naturally camouflaged and have no scent. Mother hares feed babies incredibly rich milk returning to feed them typically only at dusk and dawn. Baby hares run around within a day of birth. If you find a baby hare in a precarious position like on a road just tuck them somewhere safe nearby and walk away. Animals adapt behaviors to decrease the chance of predators finding their young. Respect this wisdom.

Many people incorrectly think a baby removed from the area cannot be returned. With a few species, a touch means rejection by the parents, but often if we can convince people to quickly put the baby back, parent animals will resume their duties.

Fledgling birds on the ground are in the precarious position between leaving the nest and flying. This doesn't

occur instantaneously. The parent birds will follow the fledgling and feed it on the ground while it learns to fly. If flight school is in your backyard, keep children and pets away. If the baby is still a helpless nestling and fell out of the nest too early, return the bird to the nest. If the nest has fallen, secure an open container with drainage holes and the fallen nest inside back in the tree. Most baby birds, squirrels, and hares die of infection when people attempt to hand-raise them, not to mention missing out on life lessons from their parents. A wild animal's best chance of survival is with its parents, NOT you.

If you have concerns about wild creatures in your yard call the Alberta Institute for Wildlife Conservation Hotline at 403-946-2361. They are a charitable foundation with extensive facilities designed to accept all species of wildlife. They can also give you advice to deal with unwanted wildlife sharing your home, such as skunks, raccoons, bats, squirrels, and pigeons. Check out their website; [www.aiwc.ca](http://www.aiwc.ca).

Many veterinary clinics will take in wildlife brought to us by the public. At my clinic, some animals are held briefly and released, especially the drunken waxwings eating fermented berries in the fall or birds simply stunned by flying into a window. A very few animals are immediately humanely euthanized because their injuries are too severe. Most animals are checked over and transferred to AIWC which has a fleet of volunteer drivers. An information sheet is filled out for every wild animal admitted, ideally to try to eventually release it to home territory, as well as for education and funding purposes. Volunteer if you really want to learn how to help our wild neighbors.



**MLA Calgary-Hays  
Ric McIver**  
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ricmciver ricmciver

**Father's Day, June 18, 2017:**

A customary day for the celebration of fatherhood is known to date back to the Middle Ages in Europe, and is observed on March 19 as the Catholic feast day of Saint Joseph. The modern celebration of Father's Day on the third Sunday of June first took place in Spokane, Washington in 1910 as a contemporary to the newly established Mother's Day. Sonora Smart Dodd is widely considered to be responsible for the founding of Father's Day as a way to celebrate her father, William Smart, who raised her five younger brothers by himself after the passing of his wife in 1898. Father's Day, although widely celebrated in Canada, remains an unofficial holiday.

I would like to wish all the fathers in our community a very happy Father's Day!

**Rebates for Energy Efficient Products:**

This latest NDP program is not my favourite. The part where a company from Ontario comes to change your lightbulbs is particularly wasteful and not very effective in helping the environment. You are however paying for it via the carbon tax so you deserve to know how to get some of your money back.

There are three components to Energy Efficiency Alberta's Residential Retail Products Program:

- **Home Improvement Rebates:** You can buy eligible

products and have them installed by a certified contractor to receive rebates.

- **Instant Rebates:** You can receive instant point-of-sale rebates of up to \$30 on eligible products such as LED lights, programmable thermostats, water-saving devices, smart power strips and heavy duty timers.



- **Online Rebates:** You will be able to buy qualifying clothes washers, refrigerators and smart thermostats and apply for rebates online.

Details on eligible products and related information are available on the Energy Efficiency Alberta website at <https://www.efficiencyalberta.ca/instant-savings/>

**McKenzie Lake School:**

Earlier this month, I had the great honour of presenting the Alberta flag to kindergarten student Hope of McKenzie Lake School as part of their 20<sup>th</sup> anniversary celebrations. The festivities included a video by grade 2 students about what their lives will look like when they are 20 years old, the sealing of a time capsule to be opened in 2037 and the unveiling of a new school logo and song. Congratulations McKenzie Lake School!

**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 Tyler van Vliet, at the Calgary-Hays Constituency Office. Call 403-215-4380 or email [ric.mciver@assembly.ab.ca](mailto:ric.mciver@assembly.ab.ca)



Name	Age	Contact	Course
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
Monserat	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](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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



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

	Average Asking Price	Average Sold Price
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
May 2016	\$399,000	\$385,000

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

	No. New Properties	No. Properties Sold
April 2017	23	20
March 2017	37	24
February 2017	19	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
May 2016	20	19

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

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## BRAIN GAMES SUDOKU

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

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
Contact [news@great-news.ca](mailto:news@great-news.ca)

**BRAIN INJURY AWARENESS MONTH:** For June, ARBI (Association for the Rehabilitation of the Brain Injured) will be discussing all things brain injury related. Daily posts, videos, resources, information and entertainment. Full conversation at #BIAM17. TWITTER: @arbi\_yyc FACEBOOK: ARBICalgary [www.arbi.ca](http://www.arbi.ca).

**FROM AUGUST 10<sup>th</sup> TO 12<sup>th</sup> 2017,** Calgary 55 Plus Games Association will be hosting the Calgary 55 Plus Provincial Championships. There will be 11 events. We need new members and volunteers. Go to [www.calgary55plus.com](http://www.calgary55plus.com) for information.



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

## June 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

### June 8: Senior's (60 Plus) Event at Trico Centre

Trico Centre's fitness centre is senior-friendly! If you have never been to our fitness centre, we invite you to drop by anytime on Thursday, June 8 to have a snack and see what we have to offer for those aged 60 and older. All of the below are offered in celebration of Alberta Senior's Week (with no obligation to purchase).

- Coffee, tea, and fruit in the fitness centre.
- Trico Centre staff will be available to provide tours of the fitness centre and let you know what services we have available.
- 12-1pm: 15-minute demos of Chair Yoga, Older Adult Fitness Class, Balance Building.
- Register for a free 45-minute personal training session with an older adult specialist (approximately \$80 value; training session will be held at a later date; free session available to those aged 60 and older and new to Trico only; training must be completed by July 31; limited quantity of sessions available.)
- Pick up two free passes to come back to the fitness centre or a drop-in fitness class. (Those aged 60 and older and new to Trico Centre only.)

### Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care. 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 yrs: 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 registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 yrs, 3-5 yrs, 6-8 yrs), Dance with Me (2-3 yrs with parent), Gotta Dance (3-5 yrs), Little Ballerina 3-5 yrs), Kinder Gym Kids (4-6 yrs), Sportarama (3-4 yrs), Explorasport (4-6 yrs), DANCEPL3Y Kids (6-12 yrs.) See Spring Summer Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Register now for summer swim lessons: parent & tot, preschool, Swimmer, and Swim Patrol.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 yrs, adult & child) and powerskating/hockey (7-12 yrs.)
- NEW SUMMER FUN: Summer-only fun registered programs for kids aged 6 and up: Rhythmic Gymnastics, Circus Arts, Cross Country Running, Badminton Club, and Dodgeball. See [www.tricocentre.ca](http://www.tricocentre.ca) for details.

### Adults/Older Adults

- 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, and Myofascial Stretch and Release.
- Wilderness and Remote First Aid: June 3 and 4, get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- 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](http://www.tricocentre.ca) to find out more.



## South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

**New this Spring 2017: South Health Campus YMCA Sports Court**

The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use:

**For 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

**HeartMath**  
May 25 6:00-8:30pm

**Mindfulness Practice Sessions**  
May 25 6:30-7:45pm

**Understanding the Experience of Grief**  
May 29 6:00-8:00pm

**Employment & Financial Management Skills Resume Writing**  
2-part series begins May 6 9:00am-4:00pm

**Assured Income for the Severely Handicapped (AISH) Workshop**  
May 18 11:00am-12:30pm

**Health Management Sleep Well Tonight – Improving Sleep**  
May 16 6:30-8:30pm

**Blood Pressure Basics**  
May 30 1:00-3:00pm

**Eating Well with Fatty Liver Disease**  
May 24 9:00-11:30am

**Living Well on Prednisone: Nutrition & Side Effects**  
May 30 10:00am-12:00pm

**Caregiver Support Family Peer Support Program**  
May 2, 16 & 30 5:45-8:00pm

**Parents/Parents to Be Feeding Your Baby**  
May 11 10:00am-12:00pm  
**Nutrition for New Moms**  
May 17 10:00am-12:00pm

**Story Time & Play Date**  
May 19 or 26 10:00-11:30am

**Healthy Eating for Pregnancy**  
May 29 6:30-8:00pm

**Food, Nutrition & Cooking Energizing and Healing Foods for your Gluten-free Diet: (Note \$Fees apply)**  
May 4 5:30-7:00pm

**I Know I Should Eat Healthy, But How?**  
May 20 9:00-11:30am  
**Eating Well for Good Health (2-part series)**  
May 8 & 15 5:30-7:30 pm

**Edible Container Gardening:**  
(Note \$Fees apply)  
May 10 6:00-7:00pm

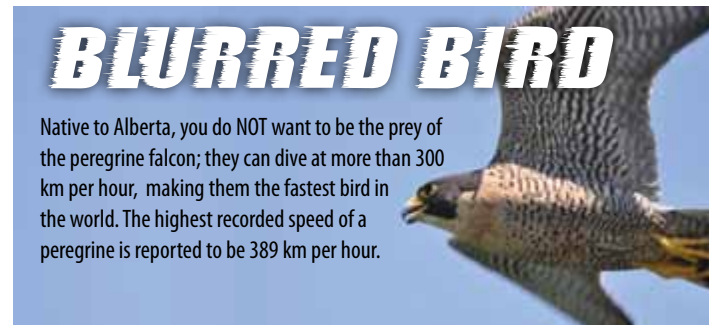
**Managing Emotional Eating**  
3 - 2.5hr. sessions  
May 11, 18, & 25 1:00-3:30pm

**The Truth about What Works in Weight Management**  
May 20 1:00-3:30pm

**Eating Away from Home during Special Occasions**  
May 24 1:00-3:30pm

**Healthy Cooking: Basics and Techniques (Hands-on)**  
May 24 5:00-7:00pm

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



Native to Alberta, you do NOT want to be the prey of the peregrine falcon; they can dive at more than 300 km per hour, making them the fastest bird in the world. The highest recorded speed of a peregrine is reported to be 389 km per hour.

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