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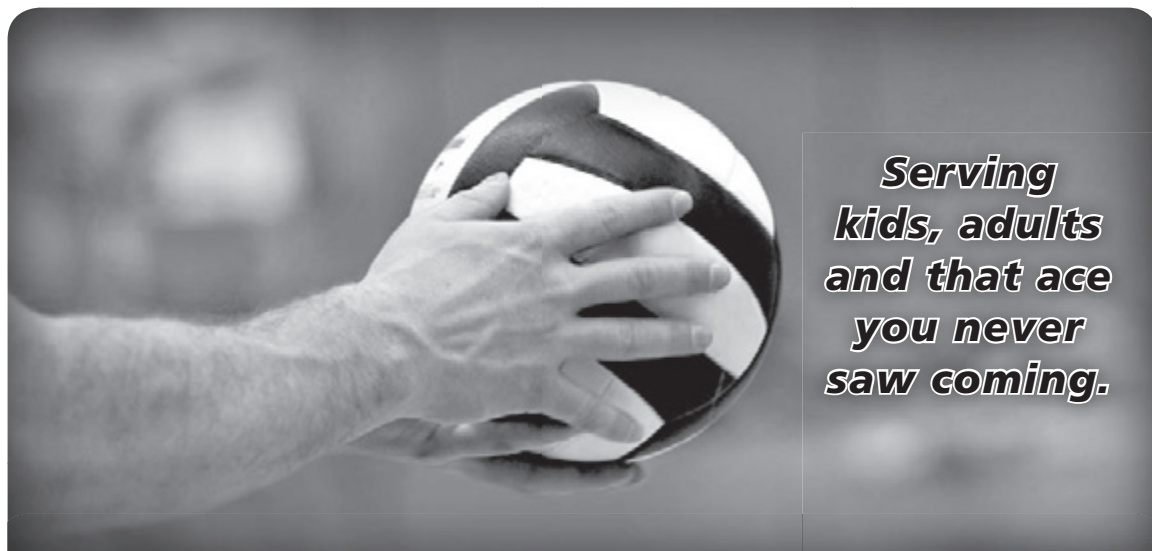
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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

GENERAL INFORMATION

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

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

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

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

Board of Directors
 McKenzie Lake Residents Association

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- **\$30.00/rental** for the unlimited use of the 36" BBQ on the deck.
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*Only MLRA members can book the Beach Club

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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
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Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
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City of Calgary	311
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NEWS from the Lake

Park Conditions and Hours

Park hours in May are 9:00 am to 9:00 pm, 7 days a week. Fishing is open and boats are in the water.

To gain access to the park and lake, please have your membership card available to scan at the guardhouse (small building southwest of main building). During non-peak times of the year, access to the park may be through the main office rather than the guardhouse. If the guardhouse gate is closed please go to the office.

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 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.

Building Renovations

The main building main floor washrooms and skate change room are currently being renovated. The work commenced in March and should be completed by June. During this time we ask for your patience as those areas will be closed for much of that time period. At times we may have the upper floor washrooms available and portable toilets will be on site. We apologize for any inconvenience this may cause you. We look forward to a finished product you will enjoy for years to come.

Membership Cards

You are required to bring your own membership card every time you visit the park. If you are new property owners and require membership cards or, if you are over 12 years of age and do not have a current membership card, please contact Donna @ 403-257-1657; or email office@mlra.ca. Remember, a member cannot sign in another member.

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.

Summer Programs

Planning of the annual seasonal programs is underway. Please visit our website – www.mlra.ca, or contact the main office for details on programs available. Registration will be available online and in person. Registration will open in late May. Programs start the first week of July and continue through mid-August.

Rule

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.

Employment Opportunities

We continue our search for qualified individuals to fill various positions at the lake. If you are interested in employment please visit our website www.mlra.ca for information on jobs available.

WHEELS FOR WELLS Community Ride SATURDAY JUNE 3rd

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How to Lose the Weight and Keep it Off!

As far back as I can remember, I can always remember being aware of my weight. Perhaps this is because I was an elite athlete and extra pounds were a liability to my performance or perhaps this is because we live in a very body-conscious society where it is very common for women to be unhappy or dissatisfied with their weight. Nothing can be more frustrating, while attempting to lose weight than putting in the effort and not seeing the results. What gives? Why do some people get amazing results while others struggle with weight loss? As a personal trainer for over 10 years, I witnessed a lot of transformations. And the best weight loss transformations and the ones that lasted the longest were always the transformations that ran deeper than the physical body. When most people think of losing weight, they tend to think of working out more or eating less...and both of those can help. At some point, most people stall out in their results and need to approach their weight loss from a wider perspective. More is not always better when it comes to working out and less is not always better when it comes to eating. In order for people to reach the next level of success with weight loss they must learn to integrate the 5 Pillars of Wellness into their lifestyles.

The five pillars of "Wellness" are:

1. Exercise
2. Nutrition
3. Sleep
4. Stress Management
5. Meditation

Which pillar is most important for you to integrate into your lifestyle? Whichever one you are not currently doing. Our bodies are dynamic energy systems that require adequate amounts of stimulation, fuel, recovery, awareness and rebalancing to function and perform optimally. Here are five great ways to integrate new habits that will help you enhance your well-being and succeed on your weight loss journey.

We all want to be our best possible selves, and here are five simple steps that will help create your best life and your best body. Weight loss is simple, if we stay committed to ourselves and continue to take action based on what is highest and best for our bodies. The slow and gentle approach yields the longest lasting results. Nobody wants to lose the weight only to gain it back. Your current body is a reflection of your current lifestyle and current habits. If you want to change your body, you must make small, sustainable, positive changes within your lifestyle.

Kelly Newman is a Health and Wellness Coach. She is a Certified Personal Trainer and Feminine Leadership Coach. With an active family she understands and teaches women how to build self-care into their routines so they can continue to take excellent care of themselves and others around them.

McKenzie Lake

Real Estate Update

Last 12 Months McKenzie Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$459,900.00	\$452,250.00
February 2017	\$489,950.00	\$482,000.00
January 2017	\$499,900.00	\$490,000.00
December 2016	\$389,900.00	\$365,000.00
November 2016	\$416,900.00	\$408,000.00
October 2016	\$539,000.00	\$527,500.00
September 2016	\$469,900.00	\$462,000.00
August 2016	\$429,900.00	\$418,000.00
July 2016	\$434,900.00	\$425,000.00
June 2016	\$448,900.00	\$441,000.00
May 2016	\$399,000.00	\$385,000.00
April 2016	\$416,950.00	\$408,250.00

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

	No. New Properties	No. Properties Sold
March 2017	39	24
February 2017	21	14
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
April 2016	24	12

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

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Web: <http://shanekeating.blogspot.com/>

Ward 12 Newsletter Update – May 2017

2017 is a big year for our city. It also happens to be an election year as Calgarians head to the polls on October 16. Council has been having discussions on important topics like a new arena, a possible Olympic bid and the Green Line LRT. If you're interested in seeing what I have to say about these issues check out my website shanekeating.ca or give my office a call.

Council Gets Closer to Finalizing Green Line

We are approaching the end of a chapter for the Green Line LRT. Over the course of the next few months Council will have some big decisions so that we can present a finished plan to the provincial government. I remain hopeful that once the province sees the final plan they will commit funding to the project. We will have to agree on a phasing plan to identify how much of the

line can be built for the budget we have. We will also have to confirm the station locations and alignment for the entire network.

We have come a long ways in a short period of time, but we still have a bit further to go. You can stay up to date on the Green Line by visiting calgary.ca/greenline

Habitat Projects on the Bow River

The 2013 floods changed a lot of things in our city. Following the 2013 flood The City took forward a number of projects to repair and reinforce banks along the Bow River. These projects helped protect our city, but in some cases they had negative impacts on sensitive fish habitat.

The City has identified a number of sites to supplement lost habitat from flood mitigation projects. One of these sites was a side channel adjacent to Quarry Park. The construction of this project has been underway for a few weeks now and is scheduled to wrap up in the fall. In order to complete this work there will be a temporary detour on the Bow River Pathway. You can find out more information on this project by visiting www.shanekeating.ca/2017/03/30/qp-river/

Ward 12 Residential Traffic Safety Town Hall

Calgary Police Service (CPS) and City of Calgary Transportation have been working together to find ways to address residential traffic safety issues within our communities. As a result of a Notice of Motion I brought to Council last year, each Ward in the city will have a Residential Traffic Safety Town Hall. Residents are encouraged to come to these meetings and share their feedback with CPS and City Transportation folks. CPS will be able to identify some specific problem areas in your community that may need more enforcement and Transportation can identify if there are traffic flow or engineering issues that could be addressed.

When: Tuesday, May 23, 7:30pm-8:45pm

Where: McKenzie Towne Hall, 40 McKenzie Towne Blvd SE

If you have any questions please feel free to let my office know.

**COMMUNITY
ANNOUNCEMENTS**

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

CLOTHING GIVEAWAY: Saturday, May 6 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Mid-park Blvd. SE. Spring/summer clothing donations welcomed at the church from May 2-5, between 11:00am – 3:00pm. For more information call Retta at 403-201-7500.

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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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Alberta Jobs Task Force Update

Last October, Alberta Conservative Members of Parliament launched the Alberta Jobs Taskforce to deal with the jobs crisis in the province. Alberta's unemployment rate rose from 4.6% to 8.8% in the last 18 months with Calgary having one of the highest rates in Canada at over 10%. The result has been a spike in the incidence of crime and its severity as well as family violence.

The objectives of the Task Force were two fold. First, listen to Albertans, employers, workers, families and other stakeholders affected by the job crisis and collect their feedback and ideas. Second, to collate that information into a report containing recommendations and in a few instances budget requests of the Liberal Government.

In Calgary Shepard, I held a community meeting at the Glenmore Inn and hosted two roundtables where constituents brought forward their ideas and suggestions. I also sent a survey with my quarterly update to constituents and I received 100 responses including many helpful and informative comments.

Here are some of the task force's recommendations:

- Elimination of the federal carbon tax
- Reduction of the small business tax rate
- Reversing the mandatory increase on CPP premiums
- Respecting the non-partisan decisions of the National Energy Board with respect to the construction of new pipelines
- Investments in programs and opportunities to enhance youth employment in Alberta
- Reviewing the equalization payment formula
- Advocating for Canadian resources and Canadian industry abroad
- Provide a clear plan to bring the federal budget back into balance.

I am very proud to support the report and present it on behalf of the residents of Calgary Shepard. I thank you for the input. To access the complete report, please go to <http://albertajobtaskforce.ca/en/> or to request a copy of the report please call my office at 403-974-1285 or email me at tom.kmiec@parl.gc.ca

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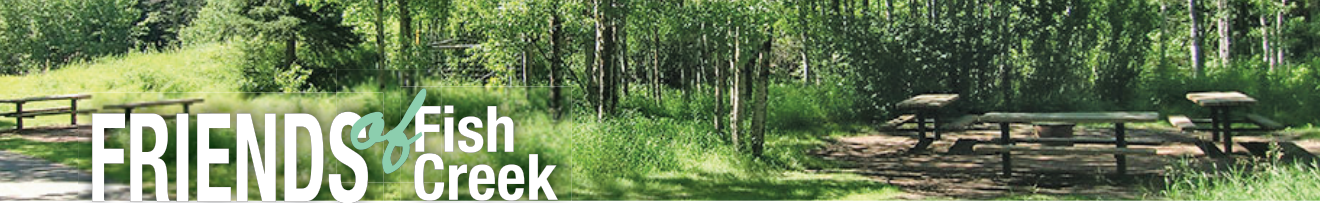
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FRIENDS of Fish Creek

May in 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 many others!

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? Contact the Friends of Fish Creek: info@friendsoffishcreek.org and visit friendsoffishcreek.org/event/creekfest and [facebook.com/CREEKFESTinFishCreek](https://www.facebook.com/CREEKFESTinFishCreek)

May Fish Creek Speaker Series

Beavers: Nature's Engineers, Troublesome Rodents, Iconic Canadian Symbol and So Much More

Thursday, May 18, 2017 7:00 pm— 8:30 pm

Fish Creek Environmental Learning Centre

Presented by Cows and Fish, and Fish Creek Provincial Park Staff Shalane Friesen, Formal and Environmental Educator; and Ryan Hannusch, Park Conservation Officer

We call them nature's engineers for good reason. No other species other than humans has the potential to change the landscape as much as beavers do. Their industrious nature means they their work frequently brings them into conflict with humans and our infrastructure. In this presentation, Cows and Fish and Alberta Parks will share some of the beaver's natural history and role they play in watershed resiliency, while also discussing some ways we can manage them that will reduce conflict and may help increase our tolerance of beavers. Registration required - friendsoffishcreek.org/event/beavers

Good Grief – Nature Walking through Grief and Loss

In partnership with Mount Royal University and Alberta

Parks, the Friends will offer this 8-week program for those experiencing grief and loss. Good Grief provides the opportunity to take part in a series of gentle, accessible guided walks through nature, allowing you to observe, to chat, to enjoy fresh air and the natural world. Registration required - friendsoffishcreek.org/event/good-grief

25th Anniversary Brick Program

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek. As part of our celebration, we are offering the opportunity to be part of our 25th Anniversary Legacy Brick Pathway program. Bricks are only \$250 and you will receive a tax receipt. 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. friendsoffishcreek.org/programs/capturenature

Gratitude for Mother (Your Own or Mother Earth)

Thursday, May 18, 2017 7:00 pm— 8:30 pm - Fish Creek Environmental Learning Centre

Yo-Qi combines yoga and Qi-Gong – and each of our monthly sessions will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and AYoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. friendsoffishcreek.org/event/yo-qi-gratitude-for-mother

Jane's Walk - Fish Creek Stories: The History and Nature of Votier's Flats

Saturday, May 6 11:00 am – 12:00 noon

Did you know the area that is now protected as Fish Creek Provincial Park was once home to some of the first and most prominent settlers in Calgary's history? And that this area – now a backdrop for many different recreational activities – was at the epicenter of our city's burgeoning cattle and ranching heritage in the late 1800s? Learn more on May 6 at this Jane's Walk event. friendsoffishcreek.org/event/janes-walk-2

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