

OCTOBER 2017

DELIVERED MONTHLY TO 5,200 HOUSEHOLDS

your MCKENZIE LAKE

BRINGING MCKENZIE LAKE & MOUNTAIN PARK RESIDENTS TOGETHER



Woodridge
FORD • LINCOLN

COME VISIT US FOR
CALGARY'S BEST PRICES!
11580 - 24 Street SE,
Calgary, AB T2Z 3K1
www.woodridgeford.com



Thomas Kerstrong
403.640.6392
tkerstrong@woodridgeford.com

MR. SPONGE  **BUY ONE GET 2ND 50% OFF!**

AUTO SPA
403-235-2400 Available on all packages

*Under NEW management
Express Detail/Wash • Full Detailing • Custom Packages Available

 **SOUTH POINTE BOTTLE DEPOT** • Clean • Friendly Service • Accurate Refunds
403-726-9300

BOTH LOCATED AT
#509, 5126 126 Avenue SE (Behind Home Depot on 130th Ave. SE)

CONTENTS

- 8 NEWS FROM THE LAKE
- 12 FISH CREEK PARK EVENT: IF YOU WALK IT, THEN YOU BETTER PUT A LEASH ON IT
- 13 MY BABYSITTER LIST
- 14 SOUTH HEALTH CAMPUS (SHC) WELLNESS CENTRE
- 16 BUSINESS CLASSIFIEDS
- 17 YOUR CITY OF CALGARY: SUBSIDIES ARE AVAILABLE FOR CITY SERVICES
- 18 MLA RIC MCIVER'S REPORT

"We Care"
DEERFOOT
Carpet & Flooring



403-255-5880

Carpet Hardwood Tile Vinyl Laminate



www.deerfootcarpet.com

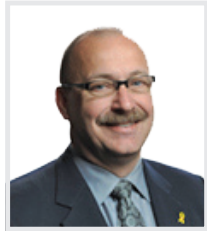
6170 12th ST SE



ELECTED OFFICIALS



Councillor Shane Keating
Ward 12 Office
 P.O. Box 2100, Station M
 Calgary, AB, Canada T2P 2M5
 Phone: 403-268-2478
 Fax: 403-268-8091
 Email: ward12@calgary.ca
 Web: www.calgary.ca/ward12



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



MP Calgary Shepard Tom Kmiec
 2784 Glenmore Trail SE, Suite 1220
 Calgary, Alberta, T2C 2E6 403-974-1285
 24/7 Line: 1-855-852-5710
 Email: tom.kmiec.c1@parl.gc.ca
 www.tomkmiecmp.ca

COMMUNITY ANNOUNCEMENTS

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

CHILDCARE NEEDED: Looking for someone to help with evening pick-up of our child and light house-keeping duties. Hours 5:00 to 7:00 Mon - Fri. If you have some extra time and need extra cash please contact africagir101@yahoo.ca.



MCKENZIE LAKE RESIDENTS ASSOCIATION

16199 M^cKenzie Lake Way SE
 T2Z 1L7, Calgary, Alberta
 Phone: 403.257.1657
 Fax: 403.257.2913
www.mlra.ca

Delivered monthly to 5,200 households and businesses for 7 years!

Advertising Opportunities
 403-263-3044 | sales@great-news.ca

Editorial Submissions
news@great-news.ca

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

Published by Great News Publishing
 Serving Calgary communities for 28 years
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

Check out our website:
www.great-news.ca



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 M^cKenzie Lake Residents Association and Great News Publishing.

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

The M^cKenzie 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.



BOARD OF DIRECTORS

Michael Delaney	President
Joe Creaghan	Treasurer
Angus Ainslie	Secretary
Chad Smith	General Manager Liaison
Grant Vale	
Tom Kurdziel	
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 M^cKenzie 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



WIC
WEST ISLAND COLLEGE
Grades 7 to 12

Join us for WIC's annual
Open House
October 26, 2017
7 p.m.

To RSVP, register online at
www.westislandcollege.ab.ca/openhouse

Be Bold. Be Brave. Be Ready.
OWN YOUR FUTURE

f West Island College Calgary @WICYC
in West Island College Calgary

westislandcollege.ab.ca 403.444.0023
7410 Blackfoot Trail S.E. admissions@mywic.ca

CATIS AP

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	511
Gamblers Anonymous	403-237-0654

Masuch Albert LLP

BARRISTERS & SOLICITORS

209, 10836 - 24 Street SE, Calgary, AB, T2Z 4C9 Tel (403) 543-1100 Fax (403) 543-1111



Traci Bannister, B. Juris, LL.B
Barrister and Solicitor

Let us help you with your Legal Needs

FAMILY LAW
WILLS & ESTATES
REAL ESTATE

Please contact Traci Bannister at
403-543-1100
traci.bannister@masuchalbertlaw.com

Your Lawyers for all your needs in South East Calgary

www.masuchalbertlaw.com

REAL ESTATE CORPORATE/TAX REFINANCE/MORTGAGES	DIVORCE/SEPARATION MEDIATION WILLS & ESTATES	LANDLORD/TENANT FORECLOSURE	COMMERCIAL LITIGATION
---	--	--------------------------------	--------------------------

Bag to Earth® Food Waste Bags



Approved for use in the City of Calgary Green Bin Collection Program.
Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side
Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag is made entirely of renewable and sustainable resources
- Features Unique Leak-Resistant Cellulose Lining... it's "clear paper" - not plastic
- Tough... No need to double-bag as with other bag products
- Environmentally Friendly... and completely compostable
- Certified Compostable... Meets BPI/ASTM industry standards
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement stores
in the Calgary Area. **Made in Canada** 🇨🇦



Visit www.bagtoearth.com
for more product information & how to purchase



Park Hours

Park hours are currently 9am – 7pm, 7 days a week. We plan to reduce hours to 5pm closing on October 23rd but it is weather dependent. If the weather is cold and park attendance is minimal then we will reduce hours before October 23rd.

Annual General Meeting

The Associations 2017 Annual General Meeting was held in September. Thank you to all members who attended the meeting or submitted a proxy form.

Annual Membership Fees

LAKE FEES ARE PAST DUE

Invoices for your Annual Membership Fees are mailed out every 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 require an updated 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.

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 now 9:00am – 5:00pm (closed noon – 1pm) Monday through Friday.

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. Weekends 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

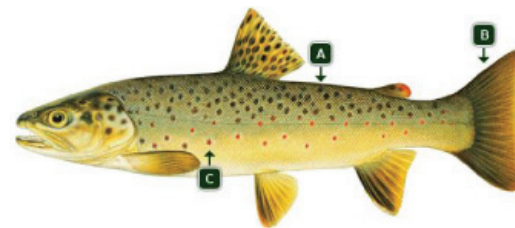
guest list form can be found on our website (www.mlra.ca) and at the main office. The guest list must be filled in as per the instructions so please read everything prior to filling in the names of your guests.

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.

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 you do catch a brown or brown trout it must be released immediately. Please review trout identification techniques with photos below:



Brown Trout Identification

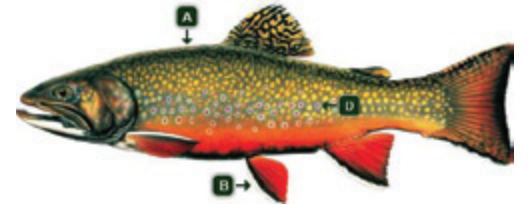
darker black/red spots down the backside
few/no spots on tail
Red spots with pale halos around them

Brown Trout Catching limits

Zero (0) – Catch and Release only

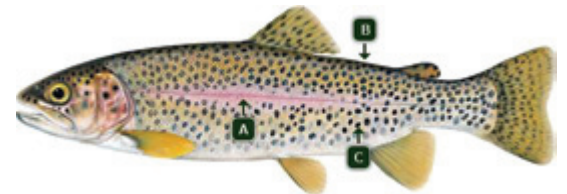
Brook Trout Identification

marbled pattern
white leading edge on the pectoral, pelvic, and anal fins
no black or brown spots on the head
distinctive sprinkling of red dots



Brook Trout Catching limits

Zero (0) – Catch and Release only



Rainbow Trout Identification

reddish stripe along their sides
darker on top
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

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

~continued next page~

News from the Lake cont'd

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.

2017 Programs

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

We also have a Fall program lineup which includes Yoga, adult fitness classes, Bees Knees Wellnes and Sport ball for kids. Please visit the website for information on all fall programs – www.mlra.ca.

Website

Visit our website – www.mlra.ca for all information regarding the Lake. On the website, you will find information on park hours, facility rentals, rules, park conditions, membership and more.



**FISH CREEK
MEDICAL**
208, 803 Chaparral Drive SE
403.873.7734

**Family Practice
accepting new patients.**
Dr. Soheil Yala and Dr. Andrew Wong

FLU SEASON IS HERE.

Don't sit around in walk-in waiting rooms, minimize your exposure.

We accept **same day bookings**, so to avoid lengthy wait times during flu season and to minimize exposure you can book appts whether you have a family physician with our clinic or not. Simply call ahead for an appointment. Open 6 days a week, evening and weekend hours available. Phones lines open at 8:30 am.

Women's Health Appointments
AVAILABLE WEEKLY

Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Tedman Donovan
PODIATRY PRACTICE

For all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE Mon, Wed, Thurs, Fri 8-6
www.sundanceanimalhospital.com Tues 8-8 Sat 9-1
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

PLUMBER

PLUMBOB For All Your Plumbing Needs



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

Call Mark: 403.862.3973



Re-elect Mary Martin

Trustee Wards 13 and 14 Calgary Catholic School District

Serving you as:

- Director, Alberta Catholic School Trustees' Association (2007-2010)
- Director, Alberta School Boards Association (2010-2011)
- Member, Alberta School Boards Association Task Force on Student Health (2009-2013) Lead, Alberta School Boards Association Student Health Regional Teams (2010-2013)
- Alberta Representative, National Committee on Student Health (2012-2013)
- Member, Alberta School Boards Association Transformation of School Board Governance Task Force
- Chair, Metro School Boards Group (2012-2014)

- Vice-Chair, Calgary Catholic School District Board of Trustees (2010-2011)
- Chair, Calgary Catholic School District Board of Trustees (2011-2014)
- Vice President, Alberta School Boards Association (2015-2017)
- President, Alberta School Boards Association (2017 -present)

For:

- Effective, authentic engagement
- The creation and strengthening of strategic partnerships
- Shared responsibility and transparency

I am asking for your vote on October 16th

Please feel free to contact me at: marylrmartin@gmail.com
Tel: 403-238-3298 Cell: 403-827-2196 Twitter.com/marylrmartin www.marylrmartin.ca

the Gutter Doctor
EAVESTROUGH
 Cleaning • Repair • Installation
 FASCIA • SOFFIT • SIDING • ROOFING
 20,000 happy customers since 2003!
 403-714-0711 gutterdoctor.ca

Accountant
Stanley Doherty, CPA, CMA
 #8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
 Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
 dohertysb@shaw.ca
 accountingservicescalgary.net
 Personal and Corporate Taxes
 Financial Statements • GST • Payroll • Reviews
 Audits • Consulting • Business Startup Assistance
 403-257-1582

Calgary's Largest Independently-owned Art Supply Store

Kensington ART SUPPLY and INSTRUCTION NEW LOCATION

6999 - 11 St SE
 Now located in SE Calgary near Deerfoot Meadows
 We're closer than you think!!

UPCOMING WORKSHOPS

Uncial Calligraphy	Wed's in Oct (6:30-8:30pm)	4 for \$100
Intro to Drawing Manga	Sat, Oct 14 (1-4pm)	\$65
Venetian Plaster	Sat-Sun, Oct 28-29	\$275

NEW PRODUCTS

Holbein Matte Acrylic Paints! 36 Colours! Starting at \$18.50

We have ongoing independent study art classes in a variety of media (oils, acrylics, wc and more)

STORE HOURS:
 Mon - Thurs 9-8
 Fri - Sat 9-6
 Sun & Hols 11-5

403-283-2288
 info@kensingtonartsupply.com

Alberta Parks **FISH CREEK PARK EVENT**

If You Walk It, Then You Better Put a Leash On It

by Shalane Friesen, Environmental Educator for Alberta Parks and proud puppy owner

Walking your dog in Fish Creek Provincial Park has physical and psychological health benefits for you and your canine companion. In fact, recent studies show that families that own dogs are more likely to be engaged in physical activity together, increasing youth fitness and maintaining mobility for later in life. To ensure a pleasant park experience for all visitors, please keep your pet on-leash and under control at all times.

By keeping your dog under control, you can avoid costly visits to the vet. Off-leash dogs are more likely to encounter and harass wildlife in the park, and wild animals will defend themselves. When threatened, porcupine will shed barbed quills on contact and these are painful and expensive to remove. Coyotes may stalk small dogs or attack large breeds if they perceive your dog as a threat. Finally, skunks will try to deter your dog from attacking, and it is a smell your dog (and you!) will never forget. Wildlife generally keep their distance from humans, and by keeping your dog under control and on-leash, you can protect your pet from wildlife interactions.

By law, you must have your pet on-leash and all waste must be disposed of in the garbage bins. Always remember your doggy bags and deposit them in the garbage, not on the trails. Fines for violating these regulations range from \$115 to \$2,000. Off-leash pets may annoy or disturb other park users in their activities; if you wish to lose the leash, there are over 150 off-leash dog parks in Calgary. But, for a relaxing and peaceful walk with your dog, nothing beats a stroll through Fish Creek Provincial Park.

STAR NIGHT

A FREE Family event – No registration necessary

Date: **Saturday, October 14, 2017**

Time: 7:00 p.m. – 10:00 p.m.

Location: Fish Creek Environmental Learning Centre, 13931 Woodpath Road SW (Access from 37 St SW and 130 Ave SW, west end of Fish Creek Provincial Park)

Come and enjoy:

- viewing the night sky through telescopes
- guided night walks
- indoor activities and displays
- learning about local night creatures

For more information contact **Shalane Friesen** at 403-297-7926 or fishcreek.education@gov.ab.ca.

Event runs regardless of the weather, cloudy or clear.

McKenzie Lake **mybabysitterlist**

Name	Age	Contact	Course
Abbey	13	403-542-9936	Yes
Adam	13	587-888-9113	Yes
Aliyah	15	403-801-9420	Yes
Amanda	34	403-510-8676	Yes
Anam	31	403-726-9026	Yes
Ashlee	16	403-616-3236	Yes
Ashlee	16	403-616-3236	Yes
Bailey	15	403-203-7010	Yes
Cecilia	14	403-217-3636	Yes
Charity	36	403-890-8688	Yes
Cindy	42	587-717-9767	Yes
Eleanor	14	403-998-6909	Yes
Emily	14	403-720-7013	Yes
Firoozeh	37	403-836-7675	Yes
Haleigh	15	403-589-9833	Yes
Hayley	15	403-257-3650	Yes
Jayde	16	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	16	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	13	403-257-6292	Yes
Tianna	17	587-353-2101	No
Vanessa	16	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.

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

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

ClearVu
 Thermal Pane Restoration

Since 2004

**Moisture in your Windows?
 Don't replace...RESTORE!**

- ◆ Moisture Removal
- ◆ Caulking
- ◆ Hardware Replacement
- ◆ Weather Stripping
- ◆ Glass Replacement
- ◆ Custom Glass Design

403.246.8805
clearvucanada.com

South Health Campus (SHC) Wellness Centre

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

South Health Campus YMCA Sports Court is open for community use

Did you know YMCA Calgary operates fitness facilities here at South Health Campus? 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

Mindfulness Practice Sessions

October 6 12:15-1:15pm

Laugh until it Helps! Building Resilience Through Humor

October 3 6:00-8:00pm

Happiness Basics

4-Week Series starts October 4

5:30-7:30pm

EMPLOYMENT:

Assured Income for the Severely Handicapped (AISH) Workshop

October 5 1:00-2:30pm

Money Matters

7-Week Series starts October 5

6:00-8:00pm

Career Planning Workshop

3-Week Series starts October 14

9:00am-4:00pm

HEALTH MANAGEMENT

COPD Breathing Matters

4-Week Series starts October 11

10:00-11:30am

Harm Reduction Saved My Life: Overdose Prevention & Response

October 12 2:00-3:30pm

Heart Healthy Cooking and Living

October 12 2:00-3:00pm

Eating Well with Fatty Liver Disease

October 11 1:00-3:30pm

Living Well on Prednisone: Nutrition & Side Effects

October 31 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Family Peer Support

October 10, 24 5:45-8:00pm

Understanding Dementia & How to Care for Those with it

October 19 1:00-2:30pm

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

Mealtime Struggles to Mealtime Success

October 2 6:00-8:00pm

Baby and You for Moms

4-week Series Begins October 4

1:30-3:30pm

HeartMath® for Parents

2-Week Series Begins October 5

6:00-7:30pm

Parent Effectiveness Training: A Neuro-development Approach

4-Week Series Begins October 17

6:00-9:00pm

Story Time & Play Date

October 20 10:00-11:30am

FOOD, NUTRITION & COOKING

I Know I Should Eat Healthy, but How?

October 16 1:00-3:30pm

Healthy Cooking: Basics and Techniques (hands on)

October 19 5:00-7:00pm

The Truth about What Works in Weight Management

October 23 1:00-3:30pm

Managing Emotional Eating

3-Week Series Begins October 31

1:00-3:30pm

ATCO Blue Flame Kitchen (Demo or Hands-on): (Note: Fees apply.)

Hand Pies Around the World

October 14 10:00-11:30am

Oktober Feast

October 26 7:00-8:00pm

EnergizeNutrition.ca (Demo): (Note: Fees apply.)

Today's Dinner, Tomorrow's Lunch: Meals for Busy People - October 25 5:30-7:00pm

PoppyInnovations.ca (Hands On): (Note: Fees apply.)

Fermented Beverages - October 30

6:30-8:00pm

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

JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

Free Estimates 403.256.9282

www.jacksonandjacksonlandscaping.ca

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

Kitchen, Bathroom and Basement Remodeling

Home Renovations and Additions

Custom Decks & Fences

Affordable Custom Landscape Plans

Stamped and Exposed Concrete

Retaining Walls

BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

Free Estimates 403.256.9282

www.jacksonandjacksonlandscaping.ca

Shine 88.9 FM

Safe & Fun for the Whole Family!



SCHOOL OF ROCK
ROCK ENROLL
NOW ACCEPTING ALL STUDENTS
CALGARY SOUTH
403.460.ROCK (7625)
#321-10820 24 Street SE
CALGARYSOUTH.SCHOOLOFROCK.COM

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 journeymen 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: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our senior's discount.

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.

ACCOUNTING SERVICES BY CHARTERED PROFESSIONAL ACCOUNTANT: Personal and corporate income tax returns, bookkeeping services, payroll, GST, etc. Located at 36 Mt Lorette Close SE. Please contact Ann at 403-835-6456 or email: annxie@shaw.ca.

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

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.

WORK WHILE KIDS IN SCHOOL: 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: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window 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 eaves-troughs 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.

LADIES WHO LIKE WINE...LET'S DESIGN! Cheers to creating your story or someone's you know through a modern, 100% personalised charm system. KEEP allows meaningful memories to be brought back to life, captures milestones and reminds you of "your happy" through your unique designs. Call Kate at 403-826-4086 or 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 QuickBooks 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.

MUSIC LESSONS: KLM Music offers lessons in piano, guitar, drums, voice, DJ, and Ukulele. Let us customize your classes so that you get the most out of them. Register now at klmmusic.ca or call 403-210-3339. In-home or at one of our studios located in the SE and NW.

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! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.

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.

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.

YOUR CITY OF CALGARY

Subsidies Are Available for City Services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate, and some Transit passes are now available on a sliding scale, for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program and Low-Income Seniors Yearly Pass
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit
calgary.ca/fairentry.



Letter to the editor

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca


*Actual customer experience.



RUN. PLAY. SWEAT. REPEAT.
GET FIT TOGETHER.

Affordable monthly continuous passes - more than 70 drop-in fitness options to choose from every week - all are included in your pass!

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca

MLA Calgary-Hays
Ric McIver
Interim Leader of PC Caucus 255, 11488 24 Street SE, Calgary AB T2Z 4C9
☎ 403-215-4380 📠 403-215-4383
✉ Calgary.Hays@assembly.ab.ca
🌐 abpcmla.ca/blog-ric-mciver-mla-calgary-hays
📘 ricmciver 🐦 ricmciver

The kids are back in school, the leaves are falling off the trees and football is back on TV! In the spirit of thanks-giving, I want to express my thanks to all those who reached out and met with me this past summer to let me know about the issues that matter to them. As we start a new session at the legislature in Edmonton I will take those concerns, insights and experiences with me. As you may have heard, the Wildrose and Progressive Conservative parties voted in favour of Unity this past July. This means when the new session starts this month at the Legislature, Her Majesty's loyal opposition will be formed by the United Conservative Party. As a member of the United Conservative Party caucus I am going to continue holding the NDP to account.

City of Calgary Municipal Election
The City of Calgary will be holding a municipal election on October 16th, 2017. As the former Alderman for Ward 12 I want to wish all candidates the best of luck. I encourage everyone who is able to get out, meet the candidates and vote for the person who you feel will best represent you at City Hall.

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 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

New Patients Welcome!

Now Offering

- White Fillings
- Braces for children, teens and adults
- Same Day Service for Toothaches
- We Direct Bill Your Insurance
- Botox and Facial aesthetics
Call to find out more

Call now for your Orthodontic consultation with Dr. Mike!



MCKENZIE LAKE DENTAL

ELECTRIC TOOTHBRUSH INCLUDED with patient cleanings





Dr. Enns, General Dentist
Dr. Mike, Orthodontist

Call today for your appointment!

403 460-5650

16752 McKenzie Lake Blvd
At The Crossroads of McKenzie Lake Blvd. & McKenzie Dr.
Right behind the Shell Station



Open Evenings for your convenience!



MEDICAL WEIGHT LOSS METHOD

Free Start for the First 50 Dieters

Now available at



- ✓ **COULD YOU BENEFIT FROM WEIGHT LOSS OR WEIGHT MANAGEMENT?**
- ✓ **DO YOU HAVE DIABETES, HIGH BLOOD PRESSURE, OR ARE YOU OVERWEIGHT?**
- ✓ **HAVE YOU BEEN DIAGNOSED WITH A CONDITION FOR WHICH WEIGHT LOSS COULD HELP?**

Medical Weight Loss Method Now available in your area for rapid supervised weight loss

Cost of program includes protein meals and snacks, weekly coaching and lifestyle maintenance

Suitable for Health Spending accounts or Corporate Wellness Programs

Weekly coaching and body fat analysis with Registered Nurse and health coach

403-966-0294 or book online at sandstoneidealtransformations.com

Individual experiences while following the Ideal Protein Weight Loss Method are unique and may vary for each individual dieter. Testimonials, reference and/or results do not guarantee or predict future results, and dieters should not specifically expect to experience these results. Dieters should consult their physicians or other health care professionals before starting the Ideal Protein Weight Loss Method or any other diet program to determine if it is right for their needs.

