

AUGUST 2016

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McKenzie Towne Community Association

40 Mckenzie Towne Blvd S.E.
Calgary, AB T2Z 4X5
feedback@mckenziatowneca.com
www.mckenziatowneca.com

Elected Official



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



MLA Richard William (Ric) Mciver
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**GREAT NEWS PUBLISHING HAS BEEN
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HALL RENTALS

McKenzie Towne Hall is the perfect place to host your wedding, business meeting, birthday party or special event.

With rooms able to hold 10 to 125 people, look to us for a place to plan your next event.

For more information, please contact the Facilities Coordinator during regular business hours by phone at 403-781-6612 ext 4 or email csr@mtcouncil.com

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Great News Publishing and the Council at McKenzie Towne Hall do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

Available through the McKenzie Dayhome Support Group

- Volunteers servicing families in McKenzie Towne, McKenzie Lake, Cranston, Auburn Bay, Seton, Copperfield, New Brighton
- To register your dayhome or receive information, please call Jennifer Monday-Friday 8:00 am – 5:00 pm at 403-251-4824 cell 587-888-1979 email Jdonovan04@gmail.com.
- If you require child care please contact us.



news@great-news.ca

Editorial Content DEADLINE

1st of each month for the next month's issue



Respect your Neighbours!

In order to keep your community looking tidy and show respect for your neighbours, please ensure your collection bins are not visible from the road on non pick up days.

Recreation takes place at McKenzie Towne Hall, 40 McKenzie Towne Blvd. SE. For McKenzie Towne recreation information, visit www.mtcouncil.com, contact rec@mtcouncil.com or call 403-781-6612 ext. 3.

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Registration for Fall Recreation opens August 8 at 9am!

Check out these great programs: Senior Modified Yoga, Justin's Mighty Dragons, Total Body Workout, Restorative Yoga & MORE!
View online at: www.mtcouncil.com.

We offer Drop-in Passes too!

Unable to commit to the full length of a class? We have 1 and 6 time drop-in passes available for purchase at the hall. Resident 1-time passes are \$13 and 6-time passes are \$64. Non-Resident 1-time passes are \$15 and 6-time passes are \$76. Passes are for adult classes only and are non-transferrable between individuals and seasons. For more information or to purchase drop-in passes, stop by the hall!

Featured Program:

Prince Basketball Camp



Resident Price: \$130 Non-Resident Price: \$150
Ages: 6 - 10 years

August 22 – August 25 (4 days) from 9:00am – 12:00pm
Prince Basketball Camps are geared to develop a love for the game of basketball and to learn the fundamentals of the sport. Whether you are a beginner or experienced, this camp is designed to improve your ball handling, shooting, passing, rebounding, one-on-one and team player skills. Each participant will receive a jersey and basketball to keep. Registration can only be done in person at McKenzie Towne Hall. Instructor: Will Prince.

There are a variety of drop in sports and gym times for adults, youth and families to participate in:

- **Adult drop-in** times are 7:30 - 8:45 pm on Tuesdays (Basketball), Wednesdays (Badminton), & Saturdays (Floor Hockey) and Fridays (Basketball) from 7:00 - 8:45 pm.
- **Youth drop-in** times are scheduled for afterschool use (3:00 - 4:30 pm).
- **Parent & Child drop-in** times are 5:00 - 6:00 pm from Monday-Wednesday, 5:00 - 6:30 pm on Thursdays, 5:00 - 7:00 pm on Fridays, 6:00 - 7:00 pm on Saturdays, and 3:30 - 5:30 pm on Sundays.

Non-scheduled drop-in gym: There are times from 9:00 am - 3:00 pm Monday - Friday when the gym is not in use. Please call 403-781-6612 in advance to confirm gym usage, and if available, feel free to stop by during those times. Non-residents must be a guest of a resident and pay \$2. Maximum 2 adult guests per resident.

For gymnasium availability and schedule changes, visit www.mtcouncil.com.

McKenzie Towne Council Summer Camps are back!



Summer camps are for children between the ages of 5 – 11 years. Registration is ongoing for 7 exciting weeks (July 4 – August 19) of summer day camps! Registration can only be done in person here at McKenzie Towne Hall (40 McKenzie Towne Blvd). Forms will be available at the hall or online for your convenience. Please fill out the form completely (including current picture) before coming to pay. Incomplete forms will not be accepted. For more information check out www.mtcouncil.com/recreation/camps/.



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Social Groups

AT MCKENZIE TOWNE HALL

All social groups are FREE for residents of McKenzie Towne. Non-residents must be a guest of a McKenzie Towne resident and are charged \$2.00. For McKenzie Towne social group information, contact rec@mtcouncil.com or call 403-781-6612 ext. 3. Please refer to www.mtcouncil.com regularly for updates and schedule changes to social groups.

Senior Walking Group

Tuesday's & Thursday's: 9:30 am - 11:00 am (gymnasium); 11:00 am - 12:00 pm (coffee & cards)
Walk indoors in our gymnasium. See familiar faces and some new ones, too!

Bridge

Monday's: 1:00 pm - 4:00 pm
Come play some cards! A group dedicated to playing bridge welcoming every skill level. Drop-in for some fun and games around the card table. Coffee is provided, too.

Drop-In Playgroup

Tuesday's: 12:00 pm - 2:30 pm
Wednesday's: 9:30 am - 11:30 am
We invite you to bring your toddler to play in our gym full of exciting toys, to have a good time and meet other families in the community! FREE for McKenzie Towne Residents. Non-residents must be a GUEST of a Resident and pay \$2/child to drop-in. Only 2 adult guests per Resident (parents are FREE).



Welcome to McKenzie Towne!

If you are a new resident in the last six months we would like to meet you. If you would like a tour of the Towne Hall and to have your Resident ID card issued please visit us
Monday to Saturday
9:00 am to 9:00 pm

Sunday
10:30 am to 6:00 pm

**To update your contact
information please
call 403-781-6612**

**From the staff and management
of McKenzie Towne Council**

Visit www.mtcouncil.com
for all the information you need!



MCKENZIE TOWNE COUNCIL

40 McKenzie Towne Blvd SE
Calgary, Alberta, T2Z 4X5
Phone: 403-781-6612 • Fax: 403-930-1551
E-mail: inquiries@mtcouncil.com

Hall Hours

Monday – Saturday	9:00 am - 9:00 pm
Sunday	10:30 am - 6:00 pm
Holidays	10:30 am - 6:00 pm

Office Hours

Monday – Friday	9:00 am - 5:00 pm
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SOUTH CALGARY & OKOTOKS KARATE OPENINGS FOR BEGINNERS



McKenize Lake School
Mondays 4:30 – 5:30pm Ages 6 - 12 years
Deer Run Community Centre
Saturdays 9:30 – 10:45am Ages 6 - Adults
West Island College (Blackfoot & Glenmore)
Tuesdays 5:15 – 6:30pm Ages 6 - Adults
Dr. Morris Gibson School (Okotoks)
Tuesdays 5:30 – 6:30pm Ages 7 - Adults
Thursdays 5:30 – 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com





MTC EVENT

Luau

at the Common

August 28th, 2016
12:00 pm – 3:00 pm

Prestwick Common (Prestwick Fountain Park)

ALOHA! Pull out your best Hawaiian shirt and join us down at Prestwick common for some family fun in the sun! Learn to dance from our Polynesian dancers or show off your limbo skills at our limbo competition. Free BBQ, games, prizes, live DJ and more!



McKenzie Towne mybabysitterlist

Name	Age	Contact	Course
Alexandra	13	403-720-8089	Yes
Angelina	16	587-998-0224	Yes
Armida	36	403-909-1479	No
Caroline	45	403-607-1238	No
Chantele	25	403-652-0083	No
Christina	36	403-483-2544	No
Emma	16	587-876-3098	Yes
Eva	13	403-478-0116	Yes
Jennifer	14	403-918-0621	Yes
Judy	57	403-510-9948	No
Kyla	19	403-966-9655	No
Lisa	30	403-926-8301	No
Lisa	30	403-926-8301	No
Lisa	30	403-926-8301	No
Nicole	24	403-909-1115	No
Orion	14	403-828-0873	Yes
Penelope	13	403-254-5591	Yes
Samuel	13	403-294-0519	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.



Insects & Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine

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McKenzie Towne



Real Estate Stats

Last 12 Months McKenzie Towne
 MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
July 2016	\$425,000.00	\$414,000.00
June 2016	\$405,000.00	\$394,250.00
May 2016	\$434,900.00	\$422,500.00
April 2016	\$427,450.00	\$425,000.00
March 2016	\$439,900.00	\$434,000.00
February 2016	\$419,900.00	\$414,000.00
January 2016	\$407,786.00	\$398,786.00
December 2015	\$457,900.00	\$443,000.00
November 2015	\$399,950.00	\$392,500.00
October 2015	\$434,900.00	\$425,000.00
September 2015	\$432,400.00	\$427,500.00
August 2015	\$419,900.00	\$410,000.00

Last 12 Months McKenzie Towne MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
July 2016	34	23
June 2016	27	38
May 2016	33	28
April 2016	39	16
March 2016	27	33
February 2016	31	11
January 2016	24	9
December 2015	13	13
November 2015	16	28
October 2015	34	19
September 2015	27	20
August 2015	28	31

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

August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

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

your COMMUNITY BUSINESS OF THE MONTH

CHACHI'S

Since 2010, Chachis sandwich shop located in South-trail Crossing at 130th Ave SE, Calgary is serving excellent sandwiches and Great customer service to local community such as Southtrail, Mackenzie Town and Lake, Copperfield, New Brighton, Cranston Auburn Bay, Douglasdale, Quarry Park, etc.

The life style of consumers is becoming increasingly hectic, and a new segment called "fast casual" is gaining momentum. Quality food served at a price that is more than fast food, but less than restaurant dining, customers can enjoy gourmet flavours on the run.

At Chachis we make food better. Proud to be a local company serving locally grown ingredients and giving back to the great community of Calgary. Oh and not to mention, a damn good sandwich!

Chachi's has always been known for its premium quality and freshness, but the new internationally inspired menu adds so much more to its range of healthy foods.

The glass-enclosed locker showing premium products gives a good indication of the new measures. Then check out the Hot Philly Steak sandwich, Banh Mi with made-in house Asian marinade and the tender pulled pork topped with Mac 'n Cheese and Montreal Smoke Meat sandwich really popular as well we have gluten free sandwiches too.

Chachi's has always been known for its premium quality and freshness, but the new internationally inspired menu adds so much more to its range of healthy foods.

All of the spreads in the store are made from scratch and there is a real awareness of the benefits of buying local; we have comfort food items like very popular Mac

N Cheese, Big Pickles, pepperoni, cookies, chips and dip, ice cream sandwich, and crispy green salad and gluten-free items and more.

We have really unique offering gourmet sandwiches. We are serving restaurant quality food in fast casual environments.

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We also do catering for office lunches and corporate events. Call Bhavin Mehta - 403-457-5397 or email bsmehta11@gmail.com and chachis.southtrail@shaw.ca.

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READING LESSONS - SPECIAL SUMMER RATES FOR INDIVIDUAL OR GROUP OPTIONS: Parents, summer is the perfect time to invest in the development of your child's reading skills. My classes are unique and extremely effective; both beginning readers and children who find reading a challenge are my specialty. Appropriate for age 4 and up. www.tesseracteaching.com 587-323-0654.

CAROL MARUSIAK CONTEMPORARY AND CLASSICAL PIANO LESSONS: You're never too old or too young to learn. All ages welcome. Carol 403-236-9330, cell 403-990-5434 or email pcmarus@telus.net.

Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to MT@great-news.ca

SAFETY SYNC

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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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

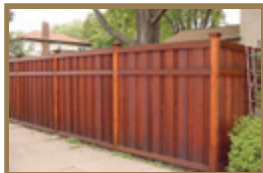


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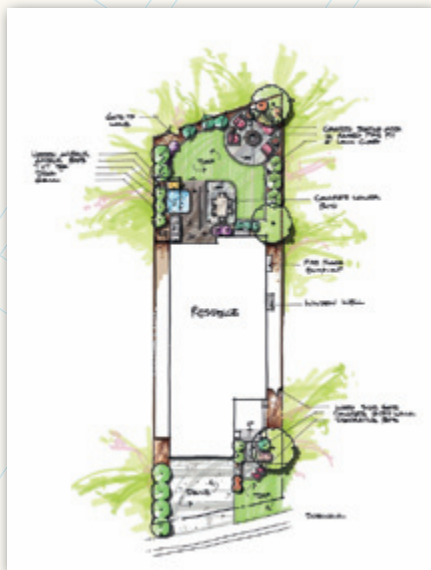


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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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SHC Wellness Centre

August Highlights

Are you staying in town in August and looking for some things for you and/or the kids to do? Find out how we can help at www.ahs.ca/shcwellness.

A few of our FREE programs are highlighted below:

Mindfulness: Body Scan & Breath Practice August 5 12:00-1:00pm

Mindfulness is an approach to self-care that can help you to deal with stress, pain, anxiety & illness by being more present to the moment. It's about finding a way to relate to your life's challenges by encouraging you to remain present so you can let go of the past & worry less about the future.

Healthy Eating for Pregnancy August 8 6:30-8:30pm

Looking for reliable nutrition information during pregnancy? Wondering how much weight gain is healthy for you and your baby, which vitamins and minerals are important, what foods to avoid, and how to manage nausea & vomiting, heartburn, and constipation? An AHS Registered Dietitian will help guide you in setting your personal nutrition goals.

Family Peer Support Group August 9 or 23 6:00-8:00pm

Family and friends often have a difficult time coping with a mentally ill relative or friend and wonder how best to help. The Family Peer Support Group provides

caring support and specific information and resources to aid individuals in maximizing their ability to assist those affected by mental illness while staying balanced in the process.

Resume Writing

2-day series August 13 & 20

Do you want more interviews? Are you interested in writing a high-impact resume that identifies your abilities, skills and accomplishments?

Don't forget about our weekly meditation session. This runs every Tuesday from 5:00-5:45pm and is running throughout the summer!

JOIN US! In the Kids Zone at South Health Campus Family Fun Run.

September 10, 2016 9:30am-1:00pm

Save the Date for this fantastic **FREE** family-friendly event at Calgary's newest health campus.

For more information, please visit www.ahs.ca/shcwellness.

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

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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

65+ SOCIALIZING: Retired 65+ singles looking for mobile, active seniors. Potential Activities: travel, cards, walking, golf, dancing, theatre, concerts, drivers, cooking for fun. Call Barbara. Phone 403-451-8186 leave msg.

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