

JUNE 2016

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PROFILE INSIDE**



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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



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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING MCKENZIE TOWNE FOR 8 YEARS!

Photo by Sheri MacDonald at Footloose Photography

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.

CHILDCARE REGISTRY

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.



MCKENZIE TOWNE COUNCIL RECREATION CLASSES

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.

Registration for Summer Recreation classes is ongoing! Check out these great programs: Total Body Workout, Senior Modified Yoga, Mixed Flow Yoga, Family Martial Arts, & 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:

Teen Yoga

Resident Price: \$60 Non-Resident Price: \$80

Ages: 12 - 17 years

Wednesdays, July 6 – August 24 (8 weeks) from 7:15 - 8:15pm

Yoga allows teens to experience a sense of space around their concerns, including what others think and provide techniques for redirecting thoughts and calming the nervous system. Yoga teaches teens to make choices that respect themselves and others, developing one's ability to focus through practical disciplines of breath and bodywork. Instructor: Robyn Brett

McKenzie Towne Council Drop-In Gym Times

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/.



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.



MCKENZIE TOWNE COUNCIL EVENTS



McKenzie Towne Council – Music in the Park

June 19, 2016
12:00 pm – 3:00 pm
Promenade Park

Pack up the picnic baskets and put on your dancing shoes and meet us in Promenade Park! Come enjoy an afternoon of games, music and fun in the sun. Stop by and grab some popcorn and cotton candy or have your portrait drawn by our caricature artist, or just hang out and enjoy the tunes! This is a family friendly event. For more information visit: mtcouncil.com.

McKenzie Towne Stampede Breakfast

July 14, 2016
9:00 am – 11:00 am
High St. SE, McKenzie Towne

Volunteers needed! Visit mtcouncil.com for volunteer information. Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help.

McKenzie Towne Council, in partnership with the Stampede Caravan Committee, is reviving the McKenzie Towne Stampede Breakfast! There will be tons of activities: Live music, marching bands, Indian dancers, visiting Stampede celebrities, activities, games + prizes, pony rides and a petting zoo. www.mtcouncil.com for event information.



Social Groups

403.781.6612 ext 3
www.mtcouncil.com

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

Tuesdays & Thursdays: 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

Mondays: 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

Tuesdays: 12:00 pm - 2:30 pm
Wednesdays: 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

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Free Tours of Reader Rock Garden

Mark your calendars for the National Garden Days at Reader Rock Garden, taking place on Saturday, June 18, 2016. This free event, hosted by the Friends of Reader Rock Garden Society, will be held between 1:00 - 3:00 p.m. at the historical gardens, which are located at the corner of 25th Avenue SE and Macleod Trail South. There will be tours of the garden, a used gardening book sale, draw prizes and light refreshments. Event will be held rain or shine. More information on the gardens at: www.readerrock.com or email us at info@readerrock.com.



Fostering Friendship with The Leganchuk FAMILY

Photos by Sheri MacDonald at Footloose Photography

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This month we have the pleasure of meeting the Leganchuk family! Micah-Anne & Donovan Leganchuk and their two children Ryley (son - 15) and Baylee (daughter - 14) have lived in McKenzie Towne for the past 10 years. Their last home was also in McKenzie Towne. The family says that they "love this community!" The neighbours are friendly and the shopping is close. The only thing they think is missing is a lake! They moved here to be closer to Donovan's place of work. Micah-Anne says that she "loves that there are TONS of parks here, and there seems to be a real sense of community".

Living on the edge of city is nice for them as well; "If we want to go to the mountains or up north to visit family, the Stoney Trail gets us anywhere quickly". In their previous house they knew their neighbours well and visited almost every day. The girls would dance nonstop together in the basement. The Leganchuk's are still getting to know their new neighbours, however they are just as nice and they would like to know a lot of the people on their street again. They have been known to clear the snow on the sidewalk for Micah-Anne and she has done likewise. The family can't envision leaving McKenzie Towne, unless they moved far away or to a



lake community. Every year they have had a block party both on this street and their last one too. They really think it is a great community!

Micah-Anne was raised on a very small farm (30 acres) in northern Alberta outside the town of High Prairie. They raised and grew the food they ate. She grew up swinging bales, riding horses, milking cows and goats, feeding the animals, building forts, swimming in the river and nearby lakes and using nature as their playground. They were only allowed 1 hr per week to watch TV so they had plenty of time to do all those things! They also hauled their drinking water as they were too far from town to have town water and a fireplace was the source of heat in their home. Crazy hey?! Micah-Anne is the oldest of 5 children.

She met her husband in grade 9, however they were not high school sweethearts (although they were good friends). Donovan chased her for a while and finally asked Micah-Anne why she wouldn't date him. Micah-Anne remembers Donovan telling her that he was going to marry her and meanwhile she thought it might be cool if they went to prom together! She told him she wasn't interested in dating and that she wanted to get married someday, so he asked her to marry him---so they started dating right after high school and married 3 months later--crazy right?! They have now been married for 20 years!

Donovan is the 2nd of 3 children, the dreaded middle child! He moved to High Prairie when he was 15 to live with his aunt on their family farm (a huge cattle/grain farm). He spent a lot of his 'free' time working on the farm as well, feeding cattle, harvesting, etc. Because High Prairie is such a small town, you need to go to a bigger center for college/university so the couple moved to Edmonton so Donovan could work on his Business. Three years later he was transferred to Calgary with work and they have been here ever since.

Formally a piano teacher and photographer, Micah-Anne is now a day home provider. She would describe it as a pre-school designed day home with lots of love. She cares for children from infants to 5-6 years and they learn through music and exploring. They also take advantage of all the community and all the people have to offer. They use the parks, fire station, outside library (did you know there was one n McKenzie?), the ponds and 'forest', and different professionals (i.e. policemen, puppeteer, etc.) who have come to teach them. Micah-Anne



www.sherimacdonald.zenfolio.com

says that "it is a ton of fun"! I can see from the way that she has set up her home how much passion and energy she puts into the day home that she has run for the past 15 1/2 years!

Donovan works for a company that puts hydraulic systems on big trucks (rigs) for the past 10+ years. He designs these systems as per the needs of the company. He does a lot of the trouble shooting. As with most people in Alberta, a lot of their contracts came from the Oil Patch. They have seen a tremendous slowdown also. Thankfully they have diversified in recent years and now hold contracts with a few different cities and have this to keep them going a little.

Baylee loves to dance, and she also does Cross Fit with her brother. Micah-Anne says "it is fun to watch them together as they have different strengths". Ryley LOVES football and has been playing community football since he was 8 years old. He has also taken up Rugby! The past 2 years he has also been able to coach with the pee wee Stampedeers. Donovan also coaches Pee Wee Stamps football, which he has done for the past 7 years.

The family has a big dog (great Pyrenees/St. Bernard) named Jasmine (Jazz) that the kids care for. She is the best dog EVER and Micah-Anne says she loves the day home children. The kids will often dress her up, or play vet with her, or feed her pretend food. When she was younger she used to pull Baylee on the sled in the winter. She is definitely spoiled with love! Baylee loves walking her and taking care of her the most! If she had her way, they would have a house and yard full of animals!

Micah-Anne still does photography on the side as she really enjoys it. She has also volunteered her time to the Atom, Pee Wee Stamps and the Bantam Colts football organizations. The family also loves to make use of the mountains and enjoys hiking. They have also recently started making good use of the bow river and started rafting! Micah-Anne and her children are Jehovah's Witnesses. They volunteer their time in the community for Bible education work.

Baylee is homeschooled and is in grade 9 through CBE learn. She enjoys English and loves to dance! Ryley LOVES football; playing, coaching and watching, as well as football video games! He was awarded Calgary Bantam Colts Defensive Lineman of the year, and Calgary Bantam Association All Star. He goes to Centennial High school and is in grade 10. His favourite subject is math.



www.sherimacdonald.zenfolio.com





He was recently awarded the Centennial Breakfast of Champions award for recognition of his positive contributions in the classroom. He has also been known to pick a guitar to play on occasion.

Ryley spent a lot of time when he was younger in the Alberta Children's Hospital. When he was out (only about 10-11 years old) he and his sister Baylee arranged a fundraiser for the Children's Foundation. They did all the work & Micah-Anne mostly supervised. Together they raised over \$1500 in just a few weeks. They wanted to show their appreciation for the ACH and all they do after taking such good care of Ryley. It was a proud moment as parents to see their kids giving back to the community. They are both very giving children.

Most of the family's travelling is camping throughout Alberta. Every year they make one trip up north to the Lesser Slave Lake area and camp at Hillard's Bay with all Micah-Anne's siblings, their spouses and children. In recent years it has grown to include friend that want to come too.

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



McKenzie Towne STAMPEDE BREAKFAST

July 14, 2016
9:00 am – 11:00 am
 High St. SE, McKenzie Towne

Volunteers needed! Visit mtcouncil.com for volunteer information. Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help.

McKenzie Towne Council, in partnership with the Stampede Caravan Committee, is reviving the McKenzie Towne Stampede Breakfast! There will be tons of activities: Live music, marching bands, Indian dancers, visiting Stampede celebrities, activities, games + prizes, pony rides and a petting zoo. www.mtcouncil.com for event information.



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McKenzie Towne mybabysitterlist

Name	Age	Contact	Course
Samuel	13	403-294-0519	Yes
Penelope	13	403-254-5591	Yes
Orion	13	403-828-0873	Yes
Eva	13	403-478-0116	Yes
Jennifer	14	403-918-0621	Yes
Emma	16	587-876-3098	Yes
Angelina	16	587-998-0224	Yes
Kyla	19	403-966-9655	No
Nicole	24	403-909-1115	No
Chantele	25	403-652-0083	No
Lisa	29	403-926-8301	No
Lisa	29	403-926-8301	No
Christina	36	403-483-2544	No
Armida	36	403-909-1479	No
Caroline	45	403-607-1238	No
Judy	57	403-510-9948	No

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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.

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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
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
July 2015	\$439,950.00	\$435,750.00
June 2015	\$429,900.00	\$422,500.00

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

	No. New Properties	No. Properties Sold
May 2016	36	28
April 2016	42	16
March 2016	28	33
February 2016	32	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
July 2015	35	28
June 2015	33	27

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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

How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.

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IN & AROUND 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 them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. 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 ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

Worried about child care? We have you covered. Before- and after-camp care is available for \$25 per timeslot.

Visit calgary.ca/parksguide or call 403-268-3800 to register.



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.

June 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).

Membership Specials while the Pool is Closed

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and receive 14 months for the price of 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 visits for the price of 10.
- If you were a member on February 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive a three-month free extension on your membership and five free passes*

Spring Activities for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun and learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. 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) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.

Construction Zone Safety

Imagine having to look both ways before walking down the hallway to your next meeting. Picture yourself having to constantly look back while working on that report at your desk. Envision a workplace where there is a risk of getting seriously injured each time you get up to discuss your work with a colleague. This is reality for those who are working on our city roads.

Keep an eye out for construction zones and obey the posted speed limits. While workers may not always be present, there may be unseen dangers such as uneven roadway or veering lanes. The City would like to remind all of those using the roads that when we watch out for each other, and show patience and courtesy, road work can be completed safely and efficiently.

For more information on construction zone safety, visit calgary.ca/constructionzonesafety.

For information on road closures and detours, visit calgary.ca/trafficinfo.

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- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

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.

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**JULY 21 TO 23
MILKY WAY NIGHTS**

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.uccalgary.ca



**JULY 30
SLIDE THE CITY**

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



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

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- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca

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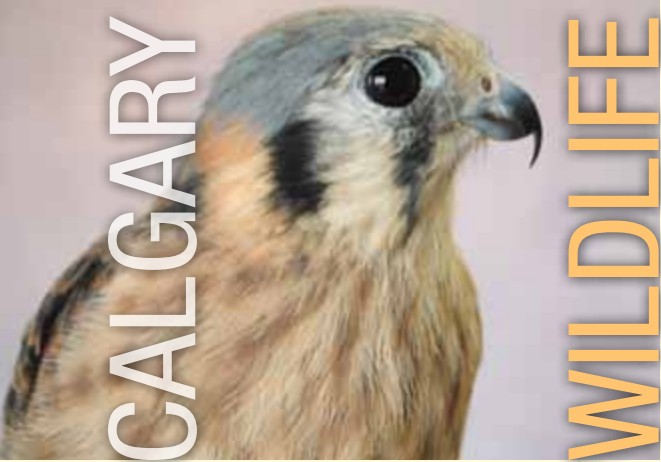
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Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

SHC Wellness Centre June Highlights

Healthy Albertans Healthy Communities Together

Have you been to the Wellness Centre yet? Come find out what we are all about.

A few of our FREE programs are highlighted below Fuelled To Move (Ages: 14-17)

Saturdays 10:00-11:30am, begins June 4

Learn how to fuel your body to get the most out of your workout, reach your fitness goals and be healthy for life! You will learn weight room etiquette, proper resistance training techniques, and be introduced to a group fitness class. Practice how to prepare nutritious, energy-boosting meals and snacks in the Wellness Kitchen. This class comes with a FREE 1-month pass to the YMCA.

I know I Should Eat Healthy but How

June 6 5:30-8:00pm

In this kitchen demonstration you will learn how to put nutrition and weight management principles into practice using the 4 P's: Plan, Purchase, Prepare and Pack. Facilitated by an AHS Registered Dietitian.

Art Therapy with Heart: Creative Drawing & Scratchboard

June 8 1:00-3:00pm

Creative expression helps patients & families with the feelings that come with diagnosis/treatment of cancer. Adults who are receiving or moving beyond cancer treatment will choose from a selection of images, symbols and animals to create a piece of art on scratchboard. See yourself and others from a different perspective as you engage in the creative process, relax and be mindful.

Understanding Dementia & Strategies to Improve Brain Health

June 15 6:30-8:30pm

As our population is living longer, it's important to have a basic understanding of dementia; maintain your brain health and reduce your risk. This session will cover:

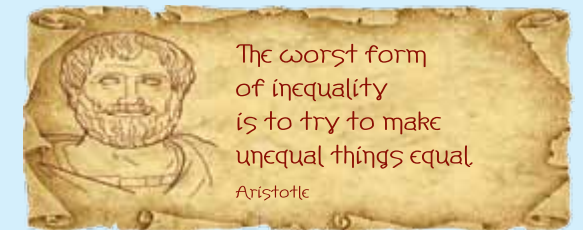
- Types of dementia
- Signs and symptoms
- Simple strategies for improving your brain health
- How to reduce your risk of developing dementia
- Programs and services available to support you

Allergen Aware-Allergen Safe

June 20 6:30-8:00pm

This workshop provides an overview of allergy and anaphylaxis including signs, symptoms, triggers and basic management strategies. Participants will be given the opportunity to use practice auto-injectors and taught what to do in case of allergic emergency. The focus will be on the three A's: Awareness, Avoidance, and Action.

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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IN & AROUND CALGARY

BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

- Propane, natural gas & charcoal BBQ's should **only** be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three feet away from the grill area
- Keep your BBQ clean by removing grease or fat build-up from the grills and in trays below to reduce the risk of flash fires
- Never leave your grill unattended.

NATURAL GAS/PROPANE GRILLS

- Always make sure the lid on your gas grill is open before lighting it.
- Check hoses for leaks at the start of BBQ season by applying a light soapy water solution to the hose, a gas leak will release bubbles
- If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill, then get the grill serviced by a professional before using it again.
- If you smell gas while cooking and cannot safely turn off the gas, then immediately get away from the grill and call the *Fire Department*, **DO NOT move the grill**. If the flame goes out, turn off and wait at least 15 minutes before re-lighting it.

CHARCOAL GRILLS

- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- If you use a starter fluid, use only *charcoal* starter fluid.
- Never add charcoal fluid or any other flammable liquids to a fire OR while hot coals are present.
- Keep charcoal fluid out of the reach of children and away from heat sources
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

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Injury Prevention

5 Tips for Preparing Kids for Summer Sports

Dr. Jessica Hiebert, Pediatric Chiropractor



It is now spring and the kids are getting excited for the start of the outdoor sport season. Here are some important points to remember to keep them smiling and free from injury this summer.

Set the Body up for Success: Sleep, nutrition and hydration all have an important effect on the exercising body. Make sure that your child is getting enough rest in the days leading up to practices and games. Eating energy-packed vegetables and staying hydrated will ensure adequate energy to perform at their best!

Warm-up the Body: Performing a dynamic warm-up prior to play is important to ensure that the body is ready for activity. Arm swings, knee bends and jumping jacks are some examples of fun, safe and effective warm-up exercises. Static stretching should only be done after activity during the cool-down as it can decrease strength and stability when done prior practices or games.

Add Movement Variety: Kids that participate in two to three different activities are more likely to avoid injury as compared to those who perform the same repetitive activities. Each activity involves a combination of movement patterns; some activities are based around running (soccer, track), some use one arm/shoulder predominantly (tennis, softball) and some are more full body activities (gymnastics, swimming, yoga). Adding

variety helps to prevent overuse of one particular area which may lead to a repetitive strain injury.

Avoid Activity Burn-out: Activities help kids to stay active physically and mentally but can also lead to stress, fatigue and immune system dysfunction if the child is over-committed. If your child develops chronic infections, colds or flu's, repetitive injuries or changes in overall mood, energy or personality, they may be experiencing activity burn-out.

Get a Pre-Activity Assessment: Body posture and alignment are visual cues that show how well the spine and nervous system are functioning. Gait, balance, flexibility, coordination and joint function should be assessed on a regular basis to ensure the child's body is functioning well for their appropriate stage of growth and development. When the spine and body are in great working order it allows our joints and muscles to work efficiently and facilitates optimal blood flow, nerve function, breathing and healing. When we optimize the body it keeps us free from repetitive strain injury - the most common type of athletic injury in kids!

Summer sports are a great way for kids to meet new friends, get adequate physical activity and learn new skills. Incorporating some of these tips will help our little athletes stay healthy, prevent injuries and keep them out on the field having fun!

IN & AROUND CALGARY



Enjoy some family time at Canada's largest man-made wetland

Bring the family to Ralph Klein Park on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Parks Fest! Enjoy an afternoon of face painting, pond dipping, guided walks, nature crafts and more. Learn about Canada's largest man-made wetland, visit the park's Environmental Education Centre and explore the wonders of nature all around.

Don't forget your sunscreen and water bottle, and please leave your furry friends at home. Pets are not permitted on site, excluding assistance dogs.

For more information, visit calgary.ca/parksevents.

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READING AND SPELLING IMPROVEMENT: Parents, what concerns you most for your child? Slow, choppy reading? Consistently poor spelling? I'm an educator and reading specialist with nearly 30 years' experience. Expertise at assessing, teaching and developing these important reading and spelling components is established. Seeking help early is always best! www.tesseracteaching.com; 587-323-0654.

Insect Trivia



About 80% of the Earth's animals are insects!

COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca
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An early spring will hopefully translate into a wonderful summer for Calgarians. Despite the economic challenges we are currently facing, Ward 12 remains a very busy place. Earlier in the spring we saw the opening of a new distribution centre for Home Depot in Shepard Industrial Park as well as a Marshalls in South Trail Crossing. Two very exciting additions to southeast Calgary!

Construction for the New Brighton Regional Park and the Quarry Park recreation centre has concluded and these facilities will be opening soon. A few months ago ground was also broken for the Seton recreation facility. Southeast Calgary has grown rapidly and the addition of these new amenities will help make this area an even better place to live, work and play!

Coffee with Your Councillor

I want to hear from you. While I have the pleasure of communicating with many of you through social media, there is no replacement for face-to-face interaction. Join me for a cup of coffee to discuss the municipal issues that matter most to you. I'll be at the New Brighton Club (2 New Brighton Drive SE) on **Tuesday, June 21 from 7:30-8:30 pm**. I hope to see many of you there!

Deerfoot Trail Open House

Deerfoot Trail is one of the most important pieces of infrastructure in south Calgary. While the Government of Alberta is currently responsible for Deerfoot, The City has an important role to play. It is my great pleasure to invite you to an open house to talk about the past, present and future of Deerfoot Trail. The open house will take place at First Alliance Church (12345 40th Street SE) on **Thursday, June 23 from 7:00-9:00 pm**.

In attendance will be representatives from The City, from Alberta Transportation as well as Councillors and Members of the Legislative Assembly that represent south Calgary. It promises to be an interesting evening with plenty of opportunities to address your concerns about Deerfoot Trail.



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MLA CALGARY-HAYS RIC MCIVER

At the Legislature: Motion 504:

I want to thank everyone who contacted me in support of my motion that calls on the government to ensure stable and permanent access to choice in education. It is about meeting the needs and interests of children so that they can reach their full potential. Alberta has a long and proud tradition of offering parents and students a wide array of choices when it comes to their education. Alberta has one of the best education systems in the world, and I encouraged the government to keep it that way. On May 2 my motion was voted on and received unanimous support from all parties in the Alberta Legislature. This was quite an occurrence after I was kicked out of the legislature two weeks earlier for standing up to support Alberta's kids. I caught some as of yet unexplained bias against my motion. As it was recognized my actions were in fact in support of fair play and on behalf of parental choice in education I was invited the next day to return to the legislature. Here is a picture of me with my colleagues MLA Dave Rodney (Calgary-Lougheed) and Richard Gotfried (Calgary-Fish Creek), right after the vote on Motion 504.

Budget 2016

Albertans deserve a government that will respect their hard-earned tax dollars and show leadership by responsibly managing debt. As Albertans tighten their belts during this economic downturn, it's worrisome that our government refuses to do the same. A recent poll indicates that the majority of Albertans do not believe that the NDP plan will diversify the economy

and that Budget 2016 will cripple future generations with debt. What do you think of Budget 2016? What would you do differently? www.abpcmla.ca/engage

At Calgary-Hays:

I was pleased to attend at McKenzie Towne Retirement Residence when Director of Recreation, Matt Litke, received a Certificate of Appreciation Award for service and to attend the McKenzie Towne Seniors' Fair.

April 10 to 16 was National Volunteer Week. Thank you to the many constituents who volunteer in our local community associations. Are you a community volunteer? Volunteers have shared some amazing stories with me and I would love to hear yours. Please tell me about your volunteer story at Ric.McIver@assembly.ab.ca.

This spring, my Caucus launched ENGAGE a new public engagement initiative. ENGAGE's purpose is to spark public conversation and to seek feedback from Albertans. As your MLA I want to know what is important to you and I want to hear your ideas. Building a stronger province depends on us working together. I encourage you to use ENGAGE as an instrument to provide your feedback. www.abpcmla.ca/engage

If you require a paper copy of engage, please contact my office.

Need assistance with a provincial program or the services of Notary Public, Commissioner for Oaths, or want to get Birthday or Anniversary Scrolls? Please contact the Calgary Hays Constituency Office.

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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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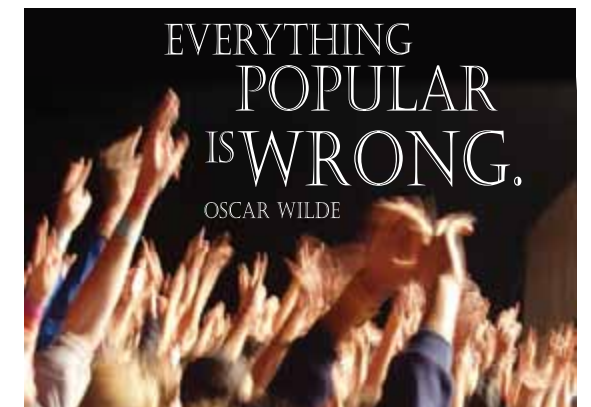
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