

NOVEMBER 2016

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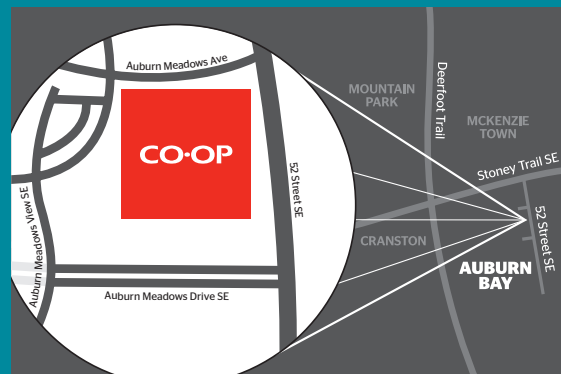
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McKenzie Towne Community Association

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

Elected Official



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Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
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GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING MCKENZIE TOWNE
FOR 8 YEARS!

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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[facebook.com/MTCouncil](https://www.facebook.com/MTCouncil)



Follow us on Twitter: @MTCouncil

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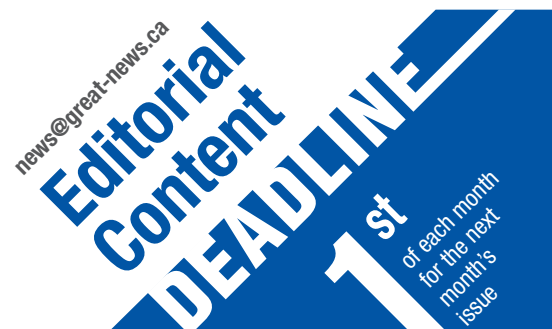
Your **McKenzie Towne** is published by Great News Publishing 12 times per year.

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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.



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.

Save the date: Winter registration opens November 28

Winter classes run from January 9 – March 25, 2017.

Need a fitness fix? We offer Drop-in Passes!

Although registration is no closed, check out these great adult drop-in programs: all of our yoga classes, Total Body Workout, Zumba, Kickboxing, Tabata, & MORE!

View online at: www.mtcouncil.com.

Unable to commit a full class season? 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!

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.

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

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CALGARY - FRIDAY, DECEMBER 9

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in support of liver research**

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Canadian Liver Foundation
Fondation canadienne du foie

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403.781.6612 ext 3
www.mtcouncil.com

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
-----------------	-------------------

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM


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

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

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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www.tricocentre.ca




**MTC
EVENTS**

**Don't miss out
on the perfect gift!**

Saturday, November 5th, 10:00 am – 5:00 pm.
McKenzie Towne Hall

Don't miss out on that perfect gift this holiday season. With over 30 vendors, there something for everyone on your list. Come enjoy a cup of hot cider while you peruse our unique vendors for the perfect gift. For more information or a list of vendors please visit: www.mtcouncil.com.

**RSVP for the MTC
Kids Christmas Party**

Wednesday, December 7th, 2016
4:00pm-5:30pm
5:30pm-7:00pm
7:00pm-8:30pm
McKenzie Towne Hall

It's the most wonderful time of the year! The big guy himself is going to be at McKenzie Towne Hall. Come have your photo takes with Santa, decorate the perfect gingerbread man, and send that important letter off to the North Pole. Make sure you line up for a sleigh ride around McKenzie Towne. You must RSVP to attend this event. Free for residents. Non-residents are welcome and must be a guest of a resident and must bring a food-bank donation per child or, will be charge \$2 per non-resident child. For more information or to register please visit: www.mtcouncil.com.




STOP MEN DYING TOO YOUNG

JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



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Quarry Park Blvd. SE**

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27 Street SE**

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**Family Doctors
accepting new patients
and walk-ins**

**Physical Therapy
Massage Therapy
587.318.0740
www.primecarehealth.ca**



**McKenzie Towne
mybabysitterlist**

Name	Age	Contact	Course
Alexandra	13	403-720-8089	Yes
Angelina	16	587-998-0224	Yes
Annie	37	587-968-6504	Yes
Armida	36	403-909-1479	No
Caroline	46	403-607-1238	No
Chantele	25	403-652-0083	No
Christina	37	403-483-2544	No
Christine	39	587-577-7088	Yes
Eva	13	403-478-0116	Yes
Jennifer	15	403-918-0621	Yes
Jordanna	22	587-224-3094	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
Orion	14	403-828-0873	Yes
Penelope	14	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.



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DENTAL**

#102 - 1035 New Brighton Drive SE
Phone: (403) 475-1981

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Patients Welcome**

**Dr. Erika Schroeder
Opening November 1, 2016**



✉ newbrightondentalclinic@gmail.com
🌐 www.newbrightondental.ca

Calgary



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than this newsletter**

New recycling requirements for business are here. Contact your collection
company or visit calgary.ca/businessrecycling to learn more.



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cardboard



✓ metal



✓ untreated wood



✓ glass



✓ plastic film
and containers

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presents

DECEMBER 3rd, 2016

Prophets of Music presents:
Jocelyn Alice //
Chris Stills //
Mocking Shadows //
+ Special Guests //
for an evening of exceptional music at the Palace Theatre (Flames Central) .
Tickets available soon
prophetsofmusic.org //

For information on our programs and community outreach initiatives visit:
 prophetsofmusic.org

Prophets of Music is dedicated to supporting emerging Canadian artists in the creation of exceptional original music. We provide resources, mentorship and education in music fundamentals, artistic development, performance, production, business essentials, brand development, and promotion.

McKenzie Towne



Real Estate Stats

Last 12 Months McKenzie Towne
 MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2016	\$399,900.00	\$397,000.00
September 2016	\$399,900.00	\$395,000.00
August 2016	\$409,900.00	\$398,000.00
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

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

	No. New Properties	No. Properties Sold
October 2016	15	19
September 2016	32	25
August 2016	22	23
July 2016	30	23
June 2016	25	38
May 2016	33	28
April 2016	37	16
March 2016	27	33
February 2016	31	11
January 2016	24	9
December 2015	13	13
November 2015	16	28



FRESH

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Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

The Board of Trustees is excited to announce a new award that recognizes CBE alumni who have made a difference, and we need your help to find these outstanding individuals.

The CBE Legacy Award celebrates public education. It will shine a spotlight on former students who live our beliefs - that a strong public education system is the foundation of our society, and the legacy of learning we create makes a world of difference for all of us.

Our former students positively impact our communities, our country and our world. Legacy Award recipients will embody the foundation they received during their education and represent the legacy of the CBE: preparing students for life, work and inspiring life-long learning.

Our alumni are leaders, entrepreneurs and difference-makers. They are artists, trail-blazers and dedicated volunteers. We want to hear their stories and celebrate their success.

We expect to present the CBE Legacy Award several times a year at public board meetings, with the first award presented this month. All award nominations will be reviewed and award recipients selected by the CBE Legacy Award Committee.

Recipients must:

- Be an alumnus of, or have attended, a CBE School.
- Be 18 years of age or older at the time of nomination.
- Exemplify at least one or more of the CBE Results:

Mission: has used high school as a foundation for continuous learning and success in life and work.

Academics: possesses the knowledge, skills and attitude required for academic success, and is effectively prepared for life, work and further learning.

Citizenship: has been a responsible citizen who is an informed and involved member of his/her community – locally, nationally, globally.

Character: possesses the character to do what is right, act morally with wisdom, and balance individual concerns with the rights and needs of others.

Personal Development: has acquired the skills, attitude and knowledge to achieve his or her highest potential.

Nominations must include a (maximum) 500-word statement of support.

To nominate an outstanding CBE alumnus, or for more information about the Legacy Award, please visit the CBE website at <http://cbe.ab.ca/about-us/board-of-trustees/Pages/legacy-award.aspx>.

IN & AROUND CALGARY

Calgary Southeast Events

Canadian Pacific Remembrance Day Service

More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

Free Swim at Bob Bahan Aquatic and Fitness Centre Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

Christmas in Inglewood - Nov 18, Nov 20

Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.

BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 32

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Maximize Your Mental Performance With Water!

We would often rather ‘hydrate’ ourselves with anything but water!

Angela Villavicencio-Requis

Feeling tired and groggy and you don’t know why? You may just be dehydrated! We have all heard about the importance of drinking water - as kids, we were told over and over again to drink 8 glasses per day. But even then, not many of us are actually doing it. We would often rather ‘hydrate’ ourselves with anything but water! But, if nourishing your body with some water doesn’t seem that important to you, then maybe you should consider learning how to maximize mental performance through proper hydration.

Although it may sound odd, water is a lot more important to mental function than we may have thought. Recent research studies have shown that acute dehydration can actually cause brain shrinkage, which in turn causes negative effects on mental performance. This is

due to the generation of an osmotic gradient that provokes water to flow outside of the cells resulting in their shrinkage. This obviously doesn’t happen overnight, but reduced water intake over a long period of time may adversely impact your ability to do certain things such as plan or process information. This is definitely a problem none of us want to have! But if you are anything like our typical modern-day human, you are probably wondering how you’ll ever increase your water intake. Changing habits isn’t easy, so below we’ve created some fun tips to help you stay hydrated and mentally sharp!

1) DRINK WATER BEFORE AND AFTER MEAL

This is probably the easiest way for you to stay hydrated. It’s a simple way to get more water into your day and keep your brain happy. As simple as it may sound, this

is also a great way to eat less! That’s good news for those who are looking for easy ways to lose some pounds!

2) CHOOSE QUALITY WATER

Drinking tap water? Unfortunately, there are many harmful contaminants present in tap water that could make us ill. Installing a good-quality water filter or gathering water from a spring provides some options to obtain quality water.

3) SAY NO TO SPORTS DRINKS

Although sports drinks may seem like a good idea, the truth is the ingredients present in these drinks may actually be detrimental to your health. Many of them contain high amounts of sugar or artificial sweeteners that don’t actually quench our thirst.

4) SPRUCE UP YOUR WATER

Forget plain old water! Adding herbs, fruit, or veggies are great ways to make water taste better. Try out the recipe below for a little motivation!

WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

herbs and fruits is not only healthier but a whole lot more exciting! It’ll make you want to drink more of the good stuff without you realizing it. So what are you waiting for?

Lime and Mint Flavored Water

Ingredients:

- 8 ounces of lime
- 4 ounces of mint
- 2 quarts of water

Directions: Place lime and mint in a pitcher and add filtered or spring water. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain. For serving, add fresh lime and mint for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days. You can replace the lime and mint with raspberries and basil or cranberries and rosemary!



RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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RBC Wealth Management
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There's Wealth in Our Approach.™

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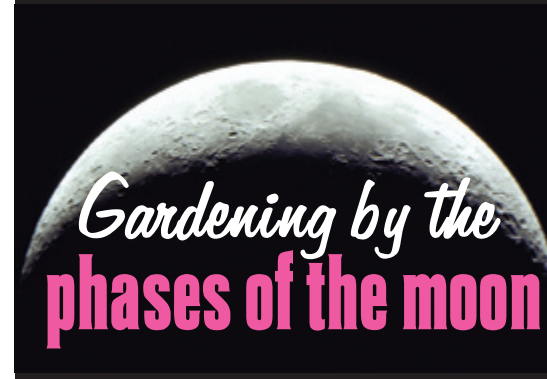
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Free Delivery*. No Obligation. Delicious Choices.

*some conditions may apply.

HEART TO HOME MEALS
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November 7 First Quarter (waxing)
 Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

November 14 Full Moon (waning)
 As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

November 21 Last Quarter (waning)
 Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

November 29 New Moon (waxing)
 Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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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

DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca



How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

Jennifer L. Scott, D.V.M.



The veterans of the Canadian Armed Forces are in the front of our minds this November as we mark Remembrance Day. While we solemnly observe this day of homage; when we wear our crimson poppies over our hearts and attend ceremonies all over Canada and around the globe, “the 11th hour of the 11th day of the 11th month”—marking the end of the First World War—is a time for reflection on all that veterans, and the men and in women in action have sacrificed.

There are numerous ceremonies and charities that observe this day and its honourees, and one such organization, Wounded Warriors Canada, has challenged Canadians in a new way to raise funds and attention to the rate of suicide among our Canadian Armed Forces members, veterans and first responders. In Canada, we lost 160 veterans to suicide between 2004 and 2014 – greater than the total number of Canadian Armed Forces members killed during the war in Afghanistan. The 22 Push Up Challenge is asking that people see these numbers as a call to action, a call to support those who have come home and need our support.

If you frequent Facebook you may be familiar with the campaign, and that is what’s a little different about this charitable challenge, it is intended to encourage participation through social media.

The idea is that the participant will do 22 push ups for 22 days and videotape their campaign, which they can then post to social media each of the 22 days. Participants are encouraged to nominate others to “join the fight” and tell people what this challenge means to

them. Each participant is also encouraged to donate \$22 to Wounded Warriors Canada. According to their website, they’ve had a great response:

“I have a brother in the military and my father also served. I think we all know someone who’s been impacted either directly or indirectly from this. The 22 Push Ups Challenge is such a small way that we can let them know, we’re here for them. We want to help. We’ve had people who can’t physically do the push ups do squats or crunches instead. It’s really about the intention behind the action and making the \$22 donation.”

Charities benefiting veterans are plentiful, so if the 22 Push Up Challenge doesn’t appeal to you, be sure to look into the other ways to give back to this community. For more information on Wounded Warriors Canada visit www.woundedwarriors.ca

- Vanessa Gillard



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.

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, use the gymnasium, swim, skate, or play shinny, plus 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.)

Wellness Access Program

- Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. 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.

Families, Children & Youth

All children’s programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

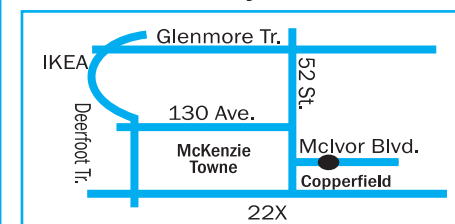
Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities’ pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



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I hope everyone has enjoyed the colorful, crispy mornings having a wonderful Fall!

Schools

I have had the pleasure of visiting St. Albert the Great School and Blessed Cardinal Newman Schools. Students were well prepared to pepper me with questions and thoughtful insights. I must confess visiting classrooms is my favorite part of my job. Thank you to the students and teachers for allowing me to visit your school.

Return to the Legislature

The government has the legislature scheduled to return on Halloween Day. Insert wise remark here. The NDP government is promising to revamp election financing rules for their own benefit. They have also expressed a desire to meddle in other political party's business with new laws and regulations. I am not sure if they can actually do that but in committee they expressed a strong interest in doing so.

Also, the Municipal Government act is scheduled to be changed this session. The NDP plans to add new offsite levy taxes to new developments making housing more expensive.

It is also expected they will decide on the regulations to Bill 6 which is the farm and ranch bill which has most of rural Alberta up in arms. Look for a committee to change electoral boundaries for the next election to be established.

Alberta's minimum wage increases

The NDP has doubled down on their job killing rapid acceleration of the minimum wage by passing orders in council to take it to \$15.00 per hour by 2018. The Canadian Federation of Independent Business and the Alberta Chamber of Commerce agree this will eliminate a large number of jobs and will drive many small businesses out of business further taking jobs away from Alberta. We will continue to oppose this and other damaging policies.

Vehicle Registration

We have had several questions and complaints on the government discontinuing mail reminders of license renewals. So far we are waiting for info from the minister on this problem.

Deerfoot Maintenance

Ministerial Assistant to Honourable Brian Mason, Minister of Alberta Transportation provided the following information:

In these challenging economic times, prudent cost-saving



measures are important for our government. However, maintaining safety on our province's highways is a top priority. Minister Mason has heard Albertans' concerns about the adverse impact of reduced chemical weed control along the provincial highway network. Recognizing the season, Alberta Transportation is expanding the amount of mowing done along highways wherever possible. We will also be working with other ministries, municipalities, provincial agricultural service boards, and field personnel over the next month to investigate ways to work together with local communities to resolve this situation in the future.

Should you have any further questions regarding mowing along Deerfoot Trail, please contact us at the Calgary-Hays Constituency Office. Calgary.hays@assembly.ab.ca or 403-215-4380 AND

Our highway maintenance contractor is mowing the entire Deerfoot Trail highway right-of-way with the aim of having this work complete before winter.

Alberta Transportation allows community associations to perform mowing within the Deerfoot Trail highway right-of-way more frequently than the level of service we provide. The community associations of McKenzie Towne and Douglasdale Estates regularly perform additional mowing within Alberta Transportation's jurisdiction along McKenzie Towne Boulevard and Douglasdale Boulevard.

Noise Levels in McKenzie Lake Adjacent to Deerfoot and Stoney Trail

Thank you for contacting my office regarding noise levels in the community of McKenzie Lake, adjacent to Stoney Trail and Deerfoot Trail. I have contacted Alberta Transportation to discuss noise testing and noise mitigation measures in your community, and I am able to provide the following information.

The operations and maintenance of Deerfoot Trail and Stoney Trail in the vicinity of southern McKenzie Lake is the responsibility of Chinook Highway Operations Inc. (CHOI) as part of the contract that was awarded to them for design, construction, and operation of the Calgary Southeast Stoney Trail project.

CHOI is required to implement noise mitigation measures if a 24 hour equivalent weighted average noise level of 65dBA is exceeded at an adjacent residential community, as measured 2

~continued next page~

MLA CALGARY-HAYS RIC MCIVER CONT'D

metres inside the property line, 1.2 metres above the ground. Noise mitigation could include constructing noise walls or berms, and must be broadly supported by affected residents. Based on noise level modelling conducted before construction of the SE Stoney Trail, it was determined that noise mitigation would be required adjacent to McKenzie Lake to maintain sound levels below 65dBA. A noise wall was installed along the east boundary of the community, and a noise berm was installed along the south boundary.

CHOI is responsible for periodic testing in affected communities to determine if noise levels have exceeded the 65dBA threshold. A noise monitoring study was also completed by a consultant for Alberta Transportation in 2014 to determine if the 65dBA threshold had been exceeded in affected communities after the SE Stoney Trail project was opened to full traffic operation. The results show noise levels were not exceeded in McKenzie Lake. The Noise Modelling Report can be viewed online at www.transportation.alberta.ca/Content/docType490/Production/SEST_Noise_Modelling_Report.pdf

Between September 14 and 16, 2016, CHOI's consultant conducted additional noise testing, including at a property on McKerrill Crescent SE in McKenzie Lake, which is situated directly adjacent to the highway corridor. If specified noise levels are exceeded, CHOI will be required to install improved noise mitigation measures.

Alberta Transportation advised that results of the 2016 noise monitoring will be made available to my constituency office after the noise monitoring report is completed. At that time, I will be able to share it with McKenzie Lake residents.

Thank you again for contacting my office. I hope this information is helpful.

McKenzie Frenzie

The annual event was a huge success. I put up a tent and met many residents with questions suggestions and just general good conversation. I worked with the community association and Sunwest church to put together a job fair at the frenzie. Several employers showed up with jobs to offer and several people were hired. We all need to help each other find opportunities during these challenging financial times.

As your MLA, I am here to help you. My newsletters are written a few weeks ahead of publications so if you are looking for updated information, have a question for me, concerns that you want to share or just want to talk to your MLA, please, I would like to hear from you. I can be reached at ric.mciver@assembly.ab.ca or you can contact my assistant Donna Elms at Calgary.hays@assembly.ab.ca or you can call the office at 403-215-4380.

COUNCILLOR, WARD 12 SHANE KEATING



Phone: 403-268-1698 • Email: Ward12@calgary.ca
Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>
Web: <http://shanekeating.blogspot.com/>

2016 has been a huge year for Ward 12. Over the last number of years I have heard from many of you that southeast Calgary seems to be lagging behind when it comes to recreation centres, transportation options and many other amenities that help build more complete communities. Over the last few years we have done some remarkable work to secure funding to get much needed investments in our communities. In 2016 we have seen the products of some of this hard work with the opening of a number of new recreation facilities and more significant progress on the Green Line. It is certainly an exciting time to live in southeast Calgary!

Green Line Rolls Along

At the beginning of October, Council approved the centre city alignment for the Green Line. The overwhelming recommendation from a public stakeholder and technical standpoint was the tunnel option under the downtown. The tunnel will begin at the edge of the Beltline and extend north of 16th Ave N. With an estimated price tag of \$1.95B, the tunnel option is the most expensive option to get through the inner city.

Most expensive option does not always mean best option, especially when it comes to public projects. But in the case of the centre city Green Line alignment, I believe the tunnel is far and away the best option. By tunneling through the downtown, we will avoid traffic disruptions and negative impacts to much of the existing infrastructure and businesses along the alignment. The Green Line is an ambitious forward looking project, and I believe this decision is not just right for Calgary today, but for generations to come.

You can keep up to date on Green Line progress at Calgary.ca/GreenLine

Coffee With the Councillor

This year my office has hosted a number of coffee meetings to discuss the municipal issues that matter to our communities. We have one more event in 2016, and this time we'll be in Cranston.

When: Thursday, November 29 – 7:00pm-8:30pm
Where: Cranston Century Hall, 11 Cranarch Road SE

I'm looking to hear from you!

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Should you 'exchange' your shorts for a snowsuit next winter?

Suzanne Smith-Demers – Consultant

For snowbirds who've found a way to enjoy life while avoiding Canada's frosty winters, this coming winter may turn out to be less (financially) relaxing than most.

Around April is the time when many snowbirds make the decision about where they'll be living when they head south. They make their decisions, sign their rental agreements and pay their deposits – in other words, they are locked in. That's exactly what you did last April and then the exchange rate continued to drop. Now, that rental deal that looked quite economical in April will look a lot less attractive this fall and winter.

So, what do you do when April 2017 rolls around? Do you roll the dice and secure a condo rental for winter 2017?

With uncertainty on whether the exchange rate will improve any time soon, you may be inclined to forego your southern sojourn next winter – but you have other options.

- Explore the exchange rates offered by boutique currency exchange companies. The Canadian Snowbirds Association provides a currency exchange program that offers very competitive rates.
- Buy U.S. dollars over the year whenever the loonie goes up.
- Open a U.S. dollar account at a bank that offers no-cost transfers from a Canadian U.S. dollar account to a U.S. dollar account in the United States.
- If you're flying, consider doing so from a U.S. border airport where fares may be cheaper.
- Check out more affordable destinations away from the usual southern hotspots; the exchange rate and cost of living may be more favourable in Mexico, Costa Rica, Panama and other non-traditional southern locations.

It's an unavoidable fact: No one can predict the future with 100% accuracy. The key is to be prepared for whatever comes, planning is key.



The Red Crossbill

By J.G. Turner
Photo by Andy Reago
& Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make

themselves visible

- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at www.calgarywildlife.org for more information.

BRAIN GAMES

SUDOKU

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

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
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Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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

SCOUTS BOTTLE DRIVE: The Scouts will be going door-to-door on Oct. 1, 2016, Jan. 7, and Apr. 8, 2017. Bottles can also be dropped off from 8:30am-12pm at McKenzie Lake School, 16210 McKenzie Way SE on those dates as well. For more information 403-452-9951.



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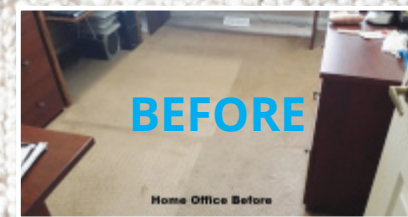
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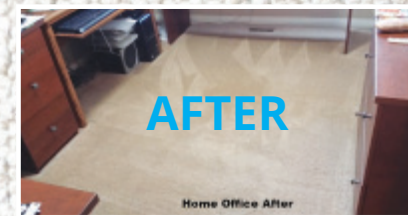
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