

FEBRUARY 2017

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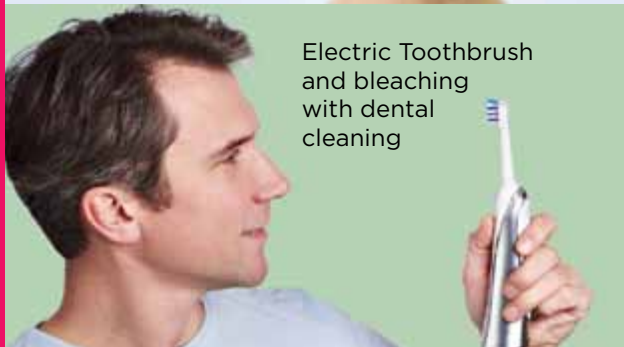
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🌐 [www.highstreetdental.com](http://www.highstreetdental.com)

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General Dentists

🕒 **Business Hours**  
7AM - 8PM (MON-THURS)  
8AM - 3PM (FRI-SAT)  
9AM - 4PM (SUN)

**WHITE FILLINGS . EMERGENCIES . OPEN EVENINGS**

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Cover photo by Shirley Otway, Northern Pygmy Owl





## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



### YOUR MCKENZIE TOWNE

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#### Advertising Opportunities

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[news@great-news.ca](mailto:news@great-news.ca)

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

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

*Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

# 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](http://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](mailto: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
-----------------	-------------------

### Active Learning

Programs Ltd.

#### Open House February 12, 2017

1:00 p.m. – 4:00 p.m.

French Immersion Preschool  
(some Transportation provided)

Out of School Care for Acadia, Fairview  
& Lake Bonavista Schools

403.473.0600 | [www.activelearningprograms.ca](http://www.activelearningprograms.ca)  
2 - 430 Acadia Dr. SE, Calgary, AB

## 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](mailto:dohertysb@shaw.ca)

[accountingservicescalgary.net](http://accountingservicescalgary.net)

Personal and Corporate Taxes

Financial Statements • GST • Payroll • Reviews  
Audits • Consulting • Business Startup Assistance  
English 403-257-1582 • Español 403-457-4829





## MCKENZIE TOWNE COMMUNITY ASSOCIATION

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

## ELECTED OFFICIALS



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



**MLA Richard William (Ric) Mciver**  
**Calgary-Hays**  
255, 11488 - 24 Street SE  
Calgary, AB Canada T2Z 4C9  
Phone: (403) 215-4380  
Fax: (403) 215-4383  
Email: calgary.hays@assembly.ab.ca  
www.mciver.mypcmla.ca  
Twitter: @ricmciver  
facebook: facebook.com/ricmciver



## 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.

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



## MCKENZIE TOWNE

## 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](mailto:csr@mtcouncil.com)**



## DISCLAIMER

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

**McKenzie Towne Hall is responsible for submitting McKenzie Towne Council information and articles only.** The opinions expressed within any other published article, report or submission reflect those of the author, and should not be considered to reflect those of Great News Publishing or the Council at McKenzie Towne Hall. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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.



## EVENTS

### Wine Tasting

February 24<sup>th</sup>, 2017  
7:00pm – 9:00pm  
McKenzie Towne Hall – 40 McKenzie Towne Blvd SE

Travel to Spain and Portugal with MTC as we taste wines from these two popular regions. This sit-down event will help to broaden your knowledge of wine! Come join us as we sip our way through 6 different wines and enjoy some tasty appetizers, too. Tickets on sale now. Residents and guests welcome. For more information, or to purchase tickets visit: [www.mtcouncil.com](http://www.mtcouncil.com).

### McKenzie Towne Home and Garden Show

Saturday, March 25<sup>th</sup>, 2017  
10:00 am – 3:00 pm  
McKenzie Towne Hall – 40 McKenzie Towne Blvd SE

Do you provide decorating solutions or renovation and landscaping services? Apply for a booth at our show! We’re looking for suppliers, local trades, home improvement and landscaping experts to exhibit at our first ever McKenzie Towne Home and Garden show.

For show and application information, visit [www.mtcouncil.com](http://www.mtcouncil.com).

## 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](mailto:Jdonovan04@gmail.com).
- If you require child care please contact us.



## MCKENZIE TOWNE COUNCIL DROP-IN GYM TIMES



### NEW: Pickleball

Mondays and Wednesdays from 10:00 am – 2:00 pm. Pickleball is for all ages. Equipment is supplied – or feel free to bring your own! A game mixed between tennis and badminton that is low impact. The game is played on the badminton net court with four players. It is a great game to socialize and get a workout at the same time!

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 Monday to Friday (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](http://www.mtcouncil.com).



## MTC Social Groups

403.781.6612 ext 3  
[www.mtcouncil.com](http://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](mailto:rec@mtcouncil.com) or call 403-781-6612 ext. 3.

Please refer to [www.mtcouncil.com](http://www.mtcouncil.com) regularly for updates and schedule changes to social groups.

#### Walking Group

Tuesdays & Thursdays: 9:30 am - 11:00 am (gymnasium); 11:00 am - 12:00 pm (coffee & cards)

ALL AGES ARE WELCOME TO JOIN! Walk indoors in our gymnasium. See familiar faces and some new ones, too!

#### Bridge

Mondays: 1:00 pm - 4:00 pm

Now FREE for everyone! 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.

#### Knitting & Art Group

Wednesdays: 12:00 pm – 2:00 pm

Come show your skills and learn from others! This group is a great way to meet new people in the community and socialize.

#### 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).

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\* According to the 2016 RBC Canadian Water Attitudes Survey





# PHOTOS FROM OUR READERS

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<b>\$19,000</b>	<b>\$9,500</b>	<b>50%</b>

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\* Some conditions apply

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## South Health Campus (SHC) Wellness Centre

There is a lot happening in February in the Wellness Centre- we have something for everyone! Registration information can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

### SHC Community Gardens – Community Engagement Invitation

Calling all gardeners, experienced and novice! Would you like to be involved in the South Health Campus Community Gardens as a planner, leader, labourer and/or gardener? We are expanding the gardens and invite interested community members to attend an open-house to learn more, get involved and share ideas to plan the community garden expansion.

### Wednesday, February 8, 2017 6:00-8:00pm

The Cove (across from Good Earth Café)  
South Health Campus, 4448 Front Street SE  
Questions? Contact April at [april.matsuno@ahs.ca](mailto:april.matsuno@ahs.ca) or 403-956-3932.

### Heart at Play: Raising Heart Healthy Families

Join us on Saturday February 11th 10:00am-1:00pm to explore heart healthy habits for life!  
What to expect:

- Heart pumping activities
- Delicious cooking demos
- Q&A time with healthcare providers

- Blood pressure checks
- Healthy lifestyle information
- And more FREE family fun!

### EMOTIONAL WELL BEING Meditation Drop-in

Every Tuesday 5:00-5:45pm

### Drumming Up Wellness

Every Friday 1:30-2:30pm

### Mindfulness Practice Sessions

February 3 12:15-1:15pm

February 23 6:30-7:30pm

### Happiness Basics

4-week series begins February 8  
4:30-6:30pm

### Understanding Anxiety

February 8 10:00am-12:00pm  
(women only)

### HeartMath

February 22 10:00am-12:00pm

### HeartMath Practice Session

February 27 3:00-4:00pm

### EMPLOYMENT SKILLS

#### Resume Writing

2-part series begins February 11  
9:00am-4:00pm

### HEALTH MANAGEMENT

#### Living Well with Diabetes

February 9 6:30-7:30pm

#### Getting Ahead of your Headaches

February 9 10:00-11:30am

#### Parkinson's 101

February 15 10:00am-12:00pm

### Living Well on Prednisone

February 23 2:00-4:00pm

### CAREGIVER SUPPORT

#### Family Peer Support Program

February 7 OR 21 5:45-8:00pm

### Alzheimer's & Dementia: Care for the Caregiver

February 6 7:00-8:00pm

### PARENTS/PARENTS TO BE

#### Nutrition for New Moms

February 2 10:00am-12:00pm

### Feeding Your Baby

February 16 1:00-3:00pm

### Getting Ready to be Pregnant

February 16 6:00-8:00pm

### Story Time & Play Date

February 17 OR 24 10:30am-12:00pm

### Play Therapy

February 27 6:30-8:00pm

### FOOD, NUTRITION & COOKING

#### The Top 5 Tips to Reduce Calories

February 13 6:00-8:30pm

### Dietitians in the Kitchen-

#### Mediterranean Fusion

February 16 12:00-12:30pm

### Eating Away from Home and

#### During Special Occasions

February 28 6:00-8:30pm

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





## Copperfield VETERINARY HOSPITAL

A Complete Small Animal Practice

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Tues, Thurs & Fri 8 am to 6 pm  
Sat 9 am to 2 pm  
Sunday: Closed



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- Welcome to Dr. Laura Huber who is now accepting patients in her family practice.

Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment.

Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

**The Sundance Clinic**

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building  
31 Sunpark Plaza SE Calgary T2X 3W5

## 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](http://www.mtcouncil.com), contact [rec@mtcouncil.com](mailto:rec@mtcouncil.com) or call 403-781-6612 ext. 3.

### 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](http://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!



### Featured Classes:

#### Chair Yoga

Thursdays: 11:30 am – 12:45 pm

Starting January 12<sup>th</sup> for 12 weeks

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair. Frequently the chair yoga student is unable to participate in a traditional yoga class due to the effects of aging or disabilities.

#### H.I.T.T & Core

Monday's: 7:00 pm – 8:00 pm

Starting January 9<sup>th</sup> for 11 weeks

This class is a total body, heart pumping, aerobic and strength conditioning workout with a focus on core training toward the end of the class.



## Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

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**Take 2 shots of coffee and Les Moore in the Morning!**

## 27 Fast and Easy Fix Ups to Get the Best Price for Your Calgary Home

Calgary - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

Order your free report today. To order a FREE Special Report, visit [www.CalgarySellersTips.com](http://www.CalgarySellersTips.com) or To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-514-7348 and enter 2023. You can call any time, 24 hours a day, 7 days a week.

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FOR WILDERNESS

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THE BOW BUILDING**

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[climbforwilderness.ca](http://climbforwilderness.ca)



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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
December 2016	\$419,900	\$408,000
November 2016	\$392,400	\$386,000
October 2016	\$399,900	\$397,000
September 2016	\$399,900	\$395,000
August 2016	\$409,900	\$398,000
July 2016	\$425,000	\$414,000
June 2016	\$405,000	\$394,250
May 2016	\$434,900	\$422,500
April 2016	\$427,450	\$425,000
March 2016	\$439,900	\$434,000
February 2016	\$419,900	\$414,000
December 2015	\$457,900	\$443,000

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

	No. New Properties	No. Properties Sold
December 2016	10	11
November 2016	17	10
October 2016	15	19
September 2016	28	25
August 2016	22	23
July 2016	29	23
June 2016	24	38
May 2016	33	28
April 2016	37	16
March 2016	27	33
February 2016	31	11
January 2016	24	9

To view more detailed information that comprise the above MLS averages please visit [mckenzie\\_towne.great-news.ca](http://mckenzie_towne.great-news.ca)

### Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

### Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

### Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

**In My Heart: A Book of Feelings** by Jo Witek (Author), Christine Roussey (Illustrator)

*Sometimes my heart feels like a big yellow star, shiny and bright.  
I smile from ear to ear and twirl around so fast,  
I feel as if I could take off into the sky.  
This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: [calgaryreads.com](http://calgaryreads.com)

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## Happy February Everyone!

The end of winter is almost in sight! At Calgary Humane Society our dogs and dedicated dog walking volunteers are hoping for an early spring, but they have been keeping busy and enjoying plenty of time outside despite the snow and cold this winter.

This month, we wanted to share with you three of the great projects our kids clubs and winter camps have been working on! If the cold weather or snow has you staying closer to home, these projects will hopefully be a hit with the whole family! Not only will the humans have some creative fun, your fluffy friend will also enjoy your finished project!

- 1. Snuffle Mats!** This popular project has taken the internet by storm! Drop by a hardware store to pick up a rubber floor mat (or rubber floor tiles) with holes in them. Using colourful fleece from a fabric store, tie strips into all the holes to make a fun and interactive toy for pets of all shapes and sizes. Hide treats amidst all of the fleece strips and watch your pet snuffle for tasty goodies! Looking for detailed instructions? Check out our Youtube channel (CalgaryHumaneSociety) and search for "snuffle mat"!
- 2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'.
- 3. Homemade Pet Treats!** This activity is always popular with our campers and kids club. Google pet treat recipes based on your pet's favourite flavours and let your creativity loose in the kitchen to create tasty treats for Fido or Fluffy. Homemade treats are a delicious snack for any pet and a great way to teach kids how to cook (we recommend baking some apple cinnamon dog cookies – the office always smells great when our kids club whips up a batch!)

From all of us at Calgary Humane Society, have a happy and safe February!



Name	Age	Contact	Course
Alexandra	13	403-720-8089	Yes
Eva	13	403-478-0116	Yes
Penelope	14	403-254-5591	Yes
Orion	14	403-828-0873	Yes
Samuel	14	403-294-0519	Yes
Jennifer	15	403-918-0621	Yes
Angelina	16	587-998-0224	Yes
Kyla	19	403-966-9655	No
Jordanna	23	587-224-3094	Yes
Chantele	26	403-652-0083	No
Lisa	30	403-926-8301	No
Christina	37	403-483-2544	No
Armida	37	403-909-1479	No
Annie	37	587-968-6504	Yes
Christine	39	587-577-7088	Yes
Caroline	46	403-607-1238	No
Judy	58	403-510-9948	No

**Calling All BABYSITTERS**  
 Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
 Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



## Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



**TUESDAY EVENING SPECIAL**  
**1 HOUR BOWLING**  
**\$30/LANE 8-9 PM**



**16 Lanes | 5 Pin Bowling**

**GLOW BOWL**  
 Friday - Saturday - Sunday

**7640 Fairmount Drive SE**  
 Call for reservations **403-255-0101**  
 Licensed Facility

## 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](mailto:MT@great-news.ca)



# Regular Eye Exams

**Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health**

- Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**
- Avoiding near or distance work or holding objects very close to the face.
  - Excessive blinking, rubbing of the eyes, grimacing or squinting.
  - Covering or closing one eye.
  - Tilting the head or unusual posture.
  - Losing place while reading.
  - Using a finger to maintain place while reading.
  - Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

*Dr. Steve Alfaiate, OD*



*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](http://www.tricocentre.ca) to find out more.*

## February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

## Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule.

## Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

## Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at [www.tricocentre.ca](http://www.tricocentre.ca).
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 - 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am - 6pm.

## Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

## Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule and details.

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

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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#### Constituency Boundaries Review:

In the coming months, the province's Electoral Boundaries Commission will undertake a review of the electoral constituencies. It's the first time the boundaries have been reviewed since 2009/2010. The province says Alberta's population has increased by more than 20 per cent in the last eight years. As a result, we need to review our provincial constituency boundaries prior to the next provincial election.

Provincial law directs the Alberta Electoral Boundaries Commission to review the existing boundaries and names for the 87 electoral constituencies and report to the Legislative Assembly of Alberta by October 31, 2017.

The Commission will consider the following in making recommendations to the Legislative Assembly:

- Your input
- Population figures and relative population density throughout the province
- Common community interests
- Existing municipal and natural boundaries
- Effective representation

Albertans can take part in the process by attending a public hearing (See dates and times @ abebc.ca), providing a written submission and by following the Commission's progress on social media with **#AlbertaEBC**.

While this is an important process, I am worried about gerrymandering by the NDP government. Even though Calgary Hays is an urban riding, I hope you will agree giving everyone an equal voice matters. The fear is NDP will give rural Alberta much less representation as they have little support in rural Alberta. If you are concerned, please contact the committee via the methods above or send me a note to forward to them.

#### Happy Valentine's Day:

Valentine's Day is more than flowers and gifts. Sometimes, it is about spending time with your love/friends/family. Just wanted to wish you a wonderful Valentine's Day together. Enjoy!

#### February 20, 2017, Alberta Family Day:

Fun facts I found in different articles about Alberta Family Day:

- Former Lieutenant Governor Helen Hunley was responsible for proclaiming the holiday. The Premier of Alberta at the time that helped make the day a statutory holiday was Don Getty in 1989. Alberta was the first province in Canada to have a statutory holiday in February. The holiday always falls on the third Monday of February so it will coincide with the American holiday, President's Day.

- It helps break-up the hectic pace of our lives and lets us take a moment with our family

#### What Do People Do?

- On Family Day, many people plan and take part in activities aimed at the whole family. These include visiting art exhibitions, watching movies, skating on outdoor ice rinks, playing board games and taking part in craft activities. Some communities plan special public events, and art galleries and museums may have reduced price or free entry.
- As the weather is usually very cold in February, hot chocolate and freshly baked cookies are popular snacks. Other people use the long weekend as an opportunity for a short winter break or to travel to visit family members or friends. As Family Day falls on the same date as National Heritage Day (except in British Columbia), some people use the day to explore their personal heritage and family history
- Family Day gives families the chance to spend time together.
- Family Day is observed to celebrate "the importance of families and family life to people and their communities."
- So what do people do—what do you do, if you have the day off—on Family Day?

#### Schools:

I am scheduled to visit schools in the Calgary-Hays area in the coming months. Thank-you in advance to the students and teachers for allowing me to spend time with you and to visit your school.

#### Scrolls:

Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ Anniversary, in five-year intervals.

#### Budget Consultations

The NDP have scheduled "budget consultations" which you can only get into by being invited by – wait for it – an NDP MLA. That is correct. They have turned a taxpayer funded exercise into a completely partisan process even though the 50 billion dollars plus they will spend next year belongs to all Albertans and to no single or any political party. I only tell you this so you know of the decision your government has made.

In order to include you in the process I am interested in your opinion on our PC party holding a true public consultation on the budget. I invite your input.

#### Contact:

As your MLA, I am here to help you. My newsletter is written a few weeks ahead of publication, so if you are looking for updated information or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistant, Tannis Turner at the constituency office.

We can be reached at 403-215-4380 or at calgaryhays@assembly.ab.ca



**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/

The weather outside might be chilly, but things have been heating up in my office over the last few weeks. We are continuing to pave the way towards construction of the Green Line LRT. Recent upgrades to the 302 bus route are a great first step and some early work pre-construction activities will be starting soon. My office has also had some great discussions with the Deerfoot Trail study team about some of their short term implementation ideas to improve traffic flow in southeast Calgary. Please do not hesitate to contact my office if you have questions or want clarity on some of the big things that are happening in southeast Calgary.

#### Notices of Assessment Appeal Period

Assessment notices were mailed out to property and business owners in the first week of January. These assessments provide the property value that your property taxes will be based on. If you do not agree with your assessment, you do have the opportunity to take part in the Customer Review Period. The Customer Review Period will be open from January 5 to March 6, 2017. Changes to your assessment will only be considered during this window.

You can visit [calgary.ca/assessment](http://calgary.ca/assessment) for more information.

#### Snow Angels Among Us

We've seen quite a bit snow to kick off winter already and it sounds like more might be ahead in the forecast. While many of our neighbours might be excited about heading out to the ski hills this winter, clearing snow from sidewalks and driveways can be a daunting task for some Calgarians. The Snow Angels program is a great good neighbour initiative that can make a world of difference for people in your community.

You can learn more about Snow Angels at [calgary.ca/snowangels](http://calgary.ca/snowangels)

#### Ward 12 Open House

The Ward 12 Open House is right around the corner! My office invites City of Calgary departments and external stakeholders to participate. They will have presentation booths that provide information and they will answer your questions. The 2017 Open House is right around the corner, and I am looking forward to hearing your feedback!

**When: Wednesday, February 8 from 7:00pm – 8:30pm**  
**Where: Remington YMCA, 108 Quarry Park Road SE**

Feel free to contact my office if you have questions about our open house.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto: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 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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