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🌐 www.highstreetdental.com

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Send to 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.



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Advertising Opportunities

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

Editorial Submissions

news@great-news.ca

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

Published by Great News Publishing

Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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T2C 2K2

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

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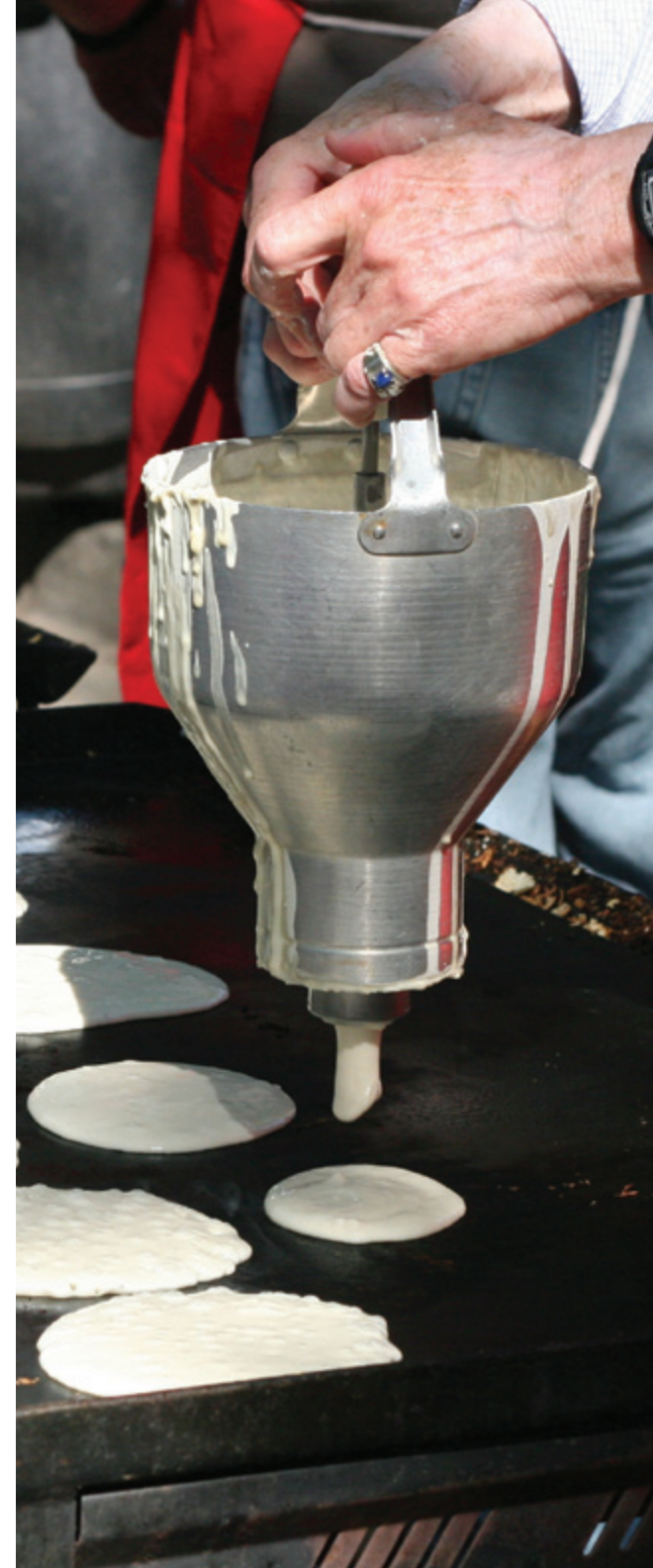
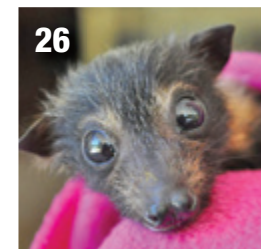
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CONTENTS

- 9 MTC EVENTS
- 10 MT RECREATION CLASSES
- 12 SOCIAL GROUPS AT MCKENZIE TOWNE HALL
- 16 SAFE & SOUND:
ATVS - BE AS SAFE AS POSSIBLE
- 17 AT A GLANCE
- 19 REAL ESTATE UPDATE
- 23 YOUR CITY OF CALGARY: NEIGHBOUR DAY IS FAST APPROACHING
- 24 CALGARY WILDLIFE - THE COUGAR
- 26 RESIDENT PERSPECTIVES: LIVING IN HARMONY WITH CALGARY WILDLIFE
- 27 YOUR CITY OF CALGARY: GREEN CARTS ARE COMING THIS SUMMER
- 28 JUNE AT TRICO CENTRE
- 32 SOUTH HEALTH CENTRE CAMPUS (SHC) WELLNESS CENTRE PROGRAMS





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
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www.mciver.mypcmla.ca
Twitter: @ricmciver
facebook: facebook.com/ricmciver



Tom Kmiec, M.P. Calgary-Shepard

Suite 1220, 2784 Glenmore Trail SE
Calgary, AB, Canada T2C 2E6
Phone: 403-974-1285
24/7 Line : 1-855-852-5710
Email: tom.kmiec@parl.gc.ca

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	

Welcome to McKenzie Towne!

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

New Resident?

If you are a new resident, we'd like to meet you! Please visit McKenzie Towne Hall for a tour and to get your Resident ID card. To update your contact information, please call 403-781-6612 or email inquiries@mtcouncil.com.

McKenzie Towne Council provides residents with recreation classes & social programs for all ages, as well as offers drop-in gym times, community updates, rental space, community events and maintenance.



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.

BLURRED BIRD

Native to Alberta, you do NOT want to be the prey of the peregrine falcon; they can dive at more than 300 km per hour, making them the fastest bird in the world. The highest recorded speed of a peregrine is reported to be 389 km per hour.



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Book McKenzie Towne Hall Today

Home to all occasions.

Visit www.mtcouncil.com/rentals for details.

McKenzie Towne Hall is the perfect place to host any occasion: your child's birthday party (book one of our 4 exciting packages), wedding, meeting, team building, or special event. We have a banquet hall, multipurpose rooms and a gymnasium able to hold up to 125 people. For information and to book, call 403-781-6612 Ext. 4 or email csr@mtcouncil.com.



DISCLAIMER

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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.

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McKenzie Towne Council – Music in the Park

June 18th, 2017

12:00 pm – 3:00 pm

Promenade Park (90 Promenade Way SE)

Pack up the picnic baskets, 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, 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



90 volunteers needed! Visit mtcouncil.com to sign up and for information. Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help.

July 13, 2017

9:00 am – 11:00 am

High St. SE, McKenzie Towne

There will be tons of activities: Live music, marching

bands, Indian dancers, visiting Stampede celebrities, activities, games + prizes, pony rides and a petting zoo. Visit www.mtcouncil.com for event information.

FREE Wills & Estates Seminar

June 22, 2017

7:00 pm – 8:00 pm



McKenzie Towne Hall

RSVP to attend: mtcouncil.com

Preventative Planning for Death & Disability
The following topics will be covered:

- Definitions, differences and important considerations between the following:
 - Will
 - Power of Attorney
 - Personal Directive
- Executor, Agent, Attorney and Guardianship responsibilities
- Intestacy – What is it and why does it matter?
- Common pitfalls
- Pre-planned funeral arrangements
- DIY Will Kits
- Elder abuse

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MCKENZIE TOWNE COUNCIL DROP-IN GYM TIMES



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

Pickleball

Mondays & Wednesdays from 12:00 pm – 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!

Adult drop-in times: 6:30-8:30 pm on Tuesdays & Fridays (Basketball), 7:00-8:30 Wednesdays (Badminton), & 7:00-8:30 Saturdays (Floor Hockey)

Youth drop-in times: are scheduled for afterschool use Monday to Friday, 3:00 - 4:30 pm.

Parent & Child drop-in times: 4:45 pm - 6:00 pm from Monday-Thursday, 4:30-6:30 on Fridays, 6:00 - 7:00 pm on Saturdays, and 3:30 - 5:00 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
Personal and Corporate Taxes
 Financial Statements • GST • Payroll • Reviews
 Audits • Consulting • Business Startup Assistance
403-257-1582

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.



Summer registration is now open!

Register online at www.mtcouncil.com

Classes begin on June 26 and run until August 24.

Register now for Summer Camps at McKenzie Towne Hall!

Camp registration forms and information: www.mtcouncil.com/camps.

McKenzie Towne Summer Camp

7 weeks, 7 different themes. Ages 5-11.

July 4 to August 18 at McKenzie Towne Hall.

Camps run Monday to Friday, from 9:00am – 4:00pm. Additional care is available: pre-camp care from 8:00am – 9:00am and post-camp care from 4:00pm – 5:00pm. There are only 30 camper spots available each week. Camp registration is in-person only. Forms are available online or at McKenzie Towne Hall.

If you have questions regarding summer camp, call 403-781-6612 ext. 9 or email camps@mtcouncil.com.

Prince Basketball Summer Camp

July 10-13 | Ages 10-14 | 9:00 am - 12:00 pm

August 21 - 24 | Ages 6-10 | 9:00 am - 12:00 pm

Prince Basketball Camps are geared to develop a love

for the game of basketball and to learn the fundamentals of the sport. Whether you are a beginner or experienced, this camp is designed to improve your ball handling, shooting, passing, rebounding, one-on-one and team player skills.

If you have questions regarding Prince Basketball Summer Camp, call 403-781-6612 ext. 3 or email rec@mtcouncil.com.

Sportball Summer Camp

July 17 – 20 | Ages 3-6 | 1:00 pm – 4:00 pm

August 14 – 17 | Ages 3-6 | 1:00 pm – 4:00 pm

Sportball's action-packed camps introduce children to a variety of ball sports and games PLUS arts and crafts, snack time, stories, co-operative games and more! Camps will run primarily indoors but may move outdoors for short periods, depending on the weather. This camp includes a jersey (t-shirt) in its registration fees. Please pack nut-free snacks, water bottle, and running shoes. Registration can only be done in person.

If you have any questions regarding Prince Basketball Summer Camp, call 403-781-6612 ext.3 or email rec@mtcouncil.com.

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

Although registration is now closed, check out these great adult drop-in programs: Boot Camp, Yoga, Total Body Workout, Post-Natal Bootcamp, Zumba, H.I.T.T & MORE!

View online at: www.mtcouncil.com/passes

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.



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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. McKenzie Towne Hall is located at 40 McKenzie Towne Blvd. SE. Please refer to www.mtcouncil.com regularly for updates and schedule changes to social groups.

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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.

Walking Group
Tuesday & Thursday: 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
Monday: 1:00 pm - 4:00 pm
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.

Crafting Group
Monday: 6:00 pm - 8:00 pm
Wednesday: 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.

Open Gym
Monday: 9:30 am - 11:30 am
We welcome you to play in our gym at McKenzie Towne Hall. 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).

Drop-In Playgroup
Tuesday: 12:00 pm - 2:30 pm
Wednesday: 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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**YOUR TIME IS VALUABLE,
DON'T WASTE IT TRAVELLING
TO THE GYM...WE CAN BRING
THE GYM TO YOU!**

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.



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 29

SAFE & SOUND

EMS: Window and Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca.

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ATVs

Be as Safe as Possible



As snow-blowers and shovels are tucked away for another season, Albertans are venturing outdoors to enjoy the spring weather. Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV.

Albertans **16 years of age and older** are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.

Wear the Gear

A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders

were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

Look First

Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.

Buckle Up

Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

Drive Sober

Don't drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.

Seek Help

Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

For more information on ATV safety and injury prevention in Alberta, visit <http://www.albertahealthservices.ca/injuryprevention.asp>.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Canada Day at Fort Calgary – 750 9 Ave SE, July 1

Beginning with a free pancake breakfast in the morning, this is a day of celebration and riotous fun. Family-friendly activities go all day long and could include: live local music, traditional Indigenous games and stories, the NWMP Commemorative Association patrol camp, a food truck caravan, powwow dance workshops, plus the City of Calgary's 'living flag' event. Admission is free. More info: fortcalgary.com.

My Sporting Life, Our Canada Speaking Series:

Discover Canada – Southcentre Mall – July 8 at 1 PM

It's rare you'll find Leigh McAdam here in Calgary. She is always on the move writing and researching for her widely popular travel and outdoor blog HikeBikeTravel. Leigh is also the author of the book "Discover Canada – 100 Inspiring Outdoor Adventures." Hear more from her year visiting all provinces and territories. You'll leave Leigh's talk with a desire to get out and explore everything Canada has to offer right here in our own backyard! Plus, there is a \$250 gift card door prize up for grabs. Admission is free.

Calaway Comic Fest for Kids – Calaway Park, July 14 – 16

Calling all superheroes! Dress up in your best family-friendly costume and visit the Artist Market featuring unique items from local artists, or stop by the Photo Op Zone to be transported to a world far, far away. Forgot your mask? Stop by the Superhero Face Painting Center. Come experience Calaway Park like you never have before! Open 10 am to 7 pm. More info: calawaypark.com.

Calgary Folk Music Festival – Prince's Island Park, July 27 – 30

This festival features 70 artists from over 16 countries on 9 stages in 100+ distinct concert and unique on-the-fly collaborations at urban, forested retreat of Prince's Island Park. Like a mini town, the site boasts an interactive family area, international craft market, global culinary delights, a record tent and tree-shaded beer garden. It's a collective sound salvation for musical omnivores; a 4-day long weekend where a diverse, multi-generational audience is immersed in live music in a cool, relaxed atmosphere. More info: calgaryfolkfest.com.

JUNE 30 – JULY 2 OTAFEST 2017 – TELUS CONVENTION CENTRE

Otafest is Calgary's premier anime festival, promoting Japanese art, culture, and media in the Canadian community. Canada 150 celebrations include a fireworks party and DJ on the Marriott patio and 24-hour programming. More info: otafest.com.



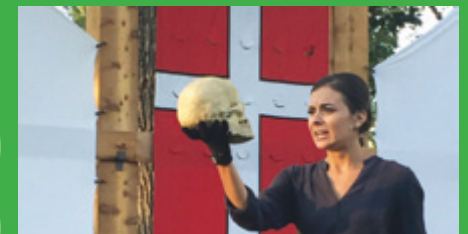
JULY 5 – AUG. 23 WEDS. AT 6 – 8 PM MUSIC IN THE PLAZA 1900 HERITAGE DRIVE SW

Music in the Plaza is back for its sixth summer season, bigger and better than ever! Rain or shine, Heritage Park presents free evenings of outstanding music every Wednesday throughout July and August. Admission is free but reservations are required. More info: heritagepark.ca.



JULY 25 – 30 VICTORS, VILLAINS, AND VIXENS ST. PATRICK'S ISLAND

Following the success of 2016's Shakespeare After Dark, we once again return to St. Patrick's Island with VICTORS, VILLAINS, AND VIXENS for a week of evening performances. More information on the show and performance times will be available this spring. Admission is free. More info: theatrecalgary.com.



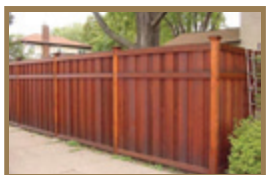


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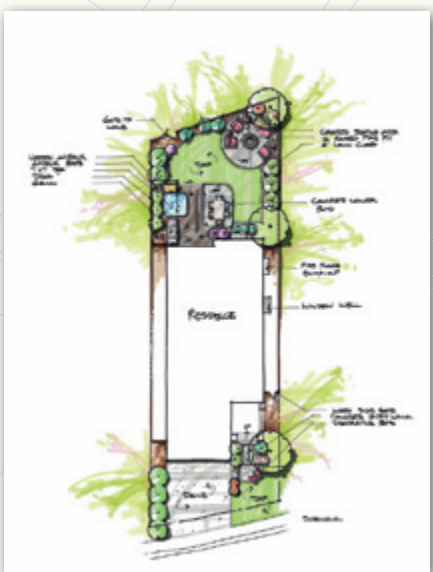


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TAKE ON WELLNESS



AHS – Hospice

Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

McKenzie Towne



Real Estate Stats

Last 12 Months McKenzie Towne
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
April 2017	\$429,450	\$417,250
March 2017	\$414,900	\$407,000
February 2017	\$399,900	\$399,000
January 2017	\$408,000	\$392,000
December 2016	\$419,900	\$408,000
November 2016	\$392,400	\$386,000
October 2016	\$389,900	\$387,000
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

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

	No. New Properties	No. Properties Sold
April 2017	32	26
March 2017	36	27
February 2017	14	10
January 2017	21	12
December 2016	8	11
November 2016	13	10
October 2016	15	18
September 2016	27	25
August 2016	22	23
July 2016	29	23
June 2016	24	38
May 2016	33	28

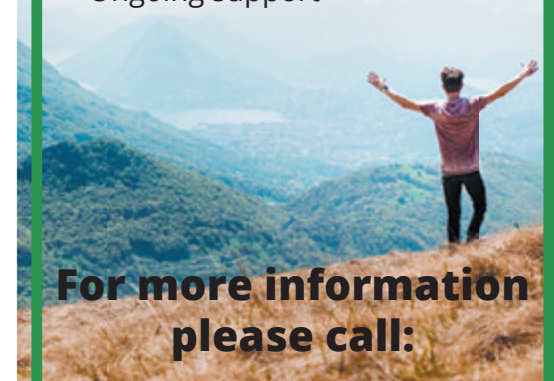
To view more detailed information that comprise the above MLS averages please visit mckenzie_towne.great-news.ca



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YOUR CITY OF CALGARY

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.

Subsidies are available for City services

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

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

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

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

FOR ARTS' SAKE

Why Art Matters

By Tasha Komery

Many of us enjoy the experience of seeing a live show, be it music, dance, or theatre. We leave these experiences feeling more inspired, more creative, and more at peace with the world around us.

But in the grand scheme of things, does art really matter? Does it really have a powerful impact on our lives, on our health, on our community, and on our society?

We have solid research on the impact of the arts on the economy. In the *Arts Impact Alberta 2014* study, the Alberta Foundation for the Arts (AFA) found that "the total output of the sector is roughly \$347 million". Additionally, the not-for-profit arts organizations that Alberta Foundation for the Arts funded provided approximately 700 full-time and 2,700 part-time positions with the majority (85%) of Albertans reporting that they attend at least one arts event per year.

It seems the arts do improve our society. But what about us, personally? A recent study from The University of Western Australia has found that "participating in the arts for just two hours a week can improve mental health and wellbeing". Participants surveyed were asked how they felt after the experience, and the respondents used descriptors like "optimistic", "useful", "relaxed", and "good about myself". One of the study's co-authors concluded: "arts engagement increases people's happiness, confidence, and self-esteem, while reducing stress and social isolation".

Fortunately for us, Calgary is a great city to get out and experience art, whether it is in a gallery, on a stage, at a festival or even taking an art class. For a good overview of the breadth of arts and culture in Calgary, visit lifeincalgary.ca/todo/arts-culture

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues including the Jack Singer Concert Hall, as well as resident companies: Alberta Theatre Projects, Calgary International Children's Festival, Calgary Philharmonic Orchestra, Downstage, One Yellow Rabbit, and Theatre Calgary.

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YOUR CITY SECTION

Check out these important updates from The City of Calgary

Calgary Recreation is celebrating Seniors Week (June 6-12). As a token of our appreciation, we are offering free fitness classes for seniors. For drop in times and locations visit Calgary.ca/Recreation .	Calgary.ca/Recreation
The Youth Passport is coming this summer! Unlimited swimming, skating, and gym activities for only \$50.	Calgary.ca/YouthPassport
It's skateboard season! For information on lessons, day camps, skate jams, locations of our mobile skateparks or the locations of our new permanent skateparks, visit Calgary.ca/Skateparks .	Calgary.ca/Skateparks
Register your child for a summer nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.	Calgary.ca/ParksGuide
Neighbour Day (June 17) is an opportunity for neighbours to come together to celebrate our strong community spirit.	Calgary.ca/NeighbourDay
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/Accessibility
We're committed to providing a barrier-free municipal experience for all Calgarians. Contact 311 for an accommodation at any City event, or public meeting.	Calgary.ca/Accessibility

Neighbour Day is fast approaching



Saturday, June 17!

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, community clean-up, or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, and have fun.

Create a gathering of your own, or find out if some of your neighbours or your community association is hosting a gathering, and make **Saturday, June 17** the day you get to know your neighbours!

Visit Calgary.ca/NeighbourDay for more information.

Summer Programs

We have a wide variety of exciting programs and special events that cater to children, youth and families, all led by qualified city staff. Join us all summer long and experience games, crafts, activities and more.

Find out what's happening in your area, visit calgary.ca/CommunitySummerPrograms.



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CALGARY

WILDLIFE

The Cougar

Article by J.G. Turner
Photo by Jamie Dutcher

The cougar, Alberta's biggest cat, can be found in wild areas along the full length of western North America, and Mexico, Central America and South America. Adult males can weigh up to 90 kg while females average 45 kg. Adults are well camouflaged with tawny to grey-brown fur and black tips on their tails and backs of their ears. Their heads are small and round and their eyes are brown with large pupils.

Fun Facts:

- Despite their wide distribution, cougars are seldom spotted by humans.
- Cougars are apex predators and are excellent hunters.
 - Cougars have a killing bite with sharp teeth to tear off chunks of meat and a rough tongue to clean traces of meat off their prey's bones.
 - Their hind legs are longer than their front ones to give better spring to pounce on their prey, their claws are razor sharp for bringing down their prey and climbing trees and their skeletons bend easily for jumping, stretching and twisting.
- These cats have an excellent sense of smell and their large pupils help them see their prey in dim light.
- Cougars are hunt-and-wait predators, meaning they watch their prey silently in trees or rocks and pounce when their prey is feeding.
- Cougars hunt moose, elk, caribou and deer.
- Cougars are solitary animals unless they are with their young.
- When a female is ready to give birth, she finds a den in rock piles, caves or under a deep brush of fallen trees.

- Cougars will occasionally use human built structures such as doghouses, sheds or hunting cabins for their dens.

Cubs develop their hunting skills by hunting at their mother's side and stay with their mother until they can hunt for themselves which is typically between 13 and 24 months.

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 look at the website at www.calgarywildlife.org for more information.

YOUR CITY OF CALGARY

Seniors' Week

In 2017, The City of Calgary will celebrate Seniors' Week from June 5 - 11 to acknowledge the contributions of seniors to our communities.

Whether it's their time, talent or life experience, seniors' contributions are at the heart of many Calgary communities improving the quality of life for many Calgarians. The City of Calgary supports seniors in many ways throughout the year; learn more at www.calgary.ca/SeniorsWeek.

YOUR CITY OF CALGARY

Responsible Pet Ownership in Parks

As we all enjoy being outside and spending time with our family, friends and pets; we want to ensure we are creating a safe place for all our neighbours. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

City of Calgary would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must be walked on the right-hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.
- Dogs must have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw, we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.

Chip in Fore Communities

on Friday, August 11!



Are you itching for a fun game of golf that includes lunch, 18 holes in a power cart with goodies along the way, a delicious dinner, a fantastic foursome competition, and the opportunity to win amazing prizes, while also supporting a great cause? If so, register today for the Federation of Calgary Communities 5th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 11, 2017 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, 18 holes of golf in a power cart, and dinner.

There are 152 community associations in Calgary who need a support organization that understands their needs. The Federation of Calgary Communities is that organization. This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Help us help them by golfing with us on Friday, August 11! Visit calgarycommunities.com/events to register today.

If you have any questions or are interested in finding out more please contact Rebecca with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.



Living in Harmony with Calgary Wildlife

By: Dr. Jennifer L. Scott, D.V.M.

One of my favorite things about Calgary is the animals in my yard. Calgaryans encounter wildlife daily. I yield to deer weekly while driving. I've named the skunk living under our front porch "Fifi la Peuw". There's bats and owls in my backyard, and I cut walks short when coyotes are stalking my dogs in off-leash areas. With spring comes the robins and the rest of the migratory birds, as well as all the species that hibernate reappear. Then the babies appear.... Calgary is a city immersed in parklands and forests. Unfortunately, this often puts wildlife in conflict with the human inhabitants.

Good Samaritans are the bane of all baby animals. My staff and I spend hours on the phone arguing with well-intentioned determined people desperate to save the baby hare, fawn, or fledgling alone and uninjured. Does leave fawns for long periods of time, but are usually within hearing distance. Fawns and baby hares are naturally camouflaged and have no scent. Mother hares feed babies incredibly rich milk returning to feed them typically only at dusk and dawn. Baby hares run around within a day of birth. If you find a baby hare in a precarious position like on a road just tuck them somewhere safe nearby and walk away. Animals adapt behaviors to decrease the chance of predators finding their young. Respect this wisdom.

Many people incorrectly think a baby removed from the area cannot be returned. With a few species, a touch means rejection by the parents, but often if we can convince people to quickly put the baby back, parent animals will resume their duties.

Fledgling birds on the ground are in the precarious position between leaving the nest and flying. This doesn't

occur instantaneously. The parent birds will follow the fledgling and feed it on the ground while it learns to fly. If flight school is in your backyard, keep children and pets away. If the baby is still a helpless nestling and fell out of the nest too early, return the bird to the nest. If the nest has fallen, secure an open container with drainage holes and the fallen nest inside back in the tree. Most baby birds, squirrels, and hares die of infection when people attempt to hand-raise them, not to mention missing out on life lessons from their parents. A wild animal's best chance of survival is with its parents, NOT you.

If you have concerns about wild creatures in your yard call the Alberta Institute for Wildlife Conservation Hotline at 403-946-2361. They are a charitable foundation with extensive facilities designed to accept all species of wildlife. They can also give you advice to deal with unwanted wildlife sharing your home, such as skunks, raccoons, bats, squirrels, and pigeons. Check out their website; www.aiwc.ca.

Many veterinary clinics will take in wildlife brought to us by the public. At my clinic, some animals are held briefly and released, especially the drunken waxwings eating fermented berries in the fall or birds simply stunned by flying into a window. A very few animals are immediately humanely euthanized because their injuries are too severe. Most animals are checked over and transferred to AIWC which has a fleet of volunteer drivers. An information sheet is filled out for every wild animal admitted, ideally to try to eventually release it to home territory, as well as for education and funding purposes. Volunteer if you really want to learn how to help our wild neighbors.

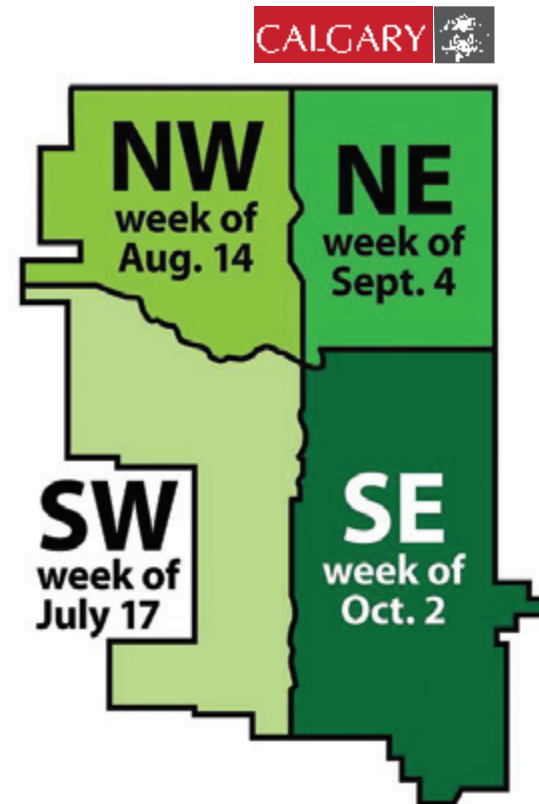
Green Carts are coming this summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
Southwest	June 5 - July 15	Week of July 17
Northwest	July 3 - August 12	Week of August 14
Northeast	August 7 - September 2	Week of September 4
Southeast	August 28 - September 30	Week of October 2



Weekly green cart collection starts

Three things to do when your cart arrives:

- 1. Bring your cart up to your home.**
Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).
- 2. Look inside the green cart.**
Everything you need to get started is inside the cart. This includes:
 - Kitchen pail and sample compostable bags.
 - Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.
 - Instruction guide and collection schedule.
- 3. Consult your collection schedule.**
The collection schedule inside your cart explains when green cart collection starts in your quadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at calgary.ca/collection.

To learn more, visit calgary.ca/greencart.



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 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

June 8: Senior's (60 Plus) Event at Trico Centre

Trico Centre's fitness centre is senior-friendly! If you have never been to our fitness centre, we invite you to drop by anytime on Thursday, June 8 to have a snack and see what we have to offer for those aged 60 and older. All of the below are offered in celebration of Alberta Senior's Week (with no obligation to purchase.)

- Coffee, tea, and fruit in the fitness centre.
- Trico Centre staff will be available to provide tours of the fitness centre and let you know what services we have available.
- 12-1pm: 15-minute demos of Chair Yoga, Older Adult Fitness Class, Balance Building.
- Register for a free 45-minute personal training session with an older adult specialist (approximately \$80 value; training session will be held at a later date; free session available to those aged 60 and older and new to Trico only; training must be completed by July 31; limited quantity of sessions available.)
- Pick up two free passes to come back to the fitness centre or a drop-in fitness class. (Those aged 60 and older and new to Trico Centre only.)

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care. Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover



Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

Children & Youth

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 yrs, 3-5 yrs, 6-8 yrs), Dance with Me (2-3 yrs with parent), Gotta Dance (3-5 yrs), Little Ballerina 3-5 yrs, Kinder Gym Kids (4-6 yrs), Sportarama (3-4 yrs), Explorasport (4-6 yrs), DANCEPLZY Kids (6-12 yrs.) See Spring Summer Program Guide or www.tricocentre.ca for details.
- Register now for summer swim lessons: parent & tot, preschool, Swimmer, and Swim Patrol.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 yrs, adult & child) and powerskating/hockey (7-12 yrs.)
- NEW SUMMER FUN: Summer-only fun registered programs for kids aged 6 and up: Rhythmic Gymnastics, Circus Arts, Cross Country Running, Badminton Club, and Dodgeball. See www.tricocentre.ca for details.

Adults/Older Adults

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, and Myofascial Stretch and Release.
- Wilderness and Remote First Aid: June 3 and 4, get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

YOUR CITY OF CALGARY



Enjoy a "Neighbour" with a neighbour and your community could win a BBQ party!

Spend some time with your neighbours this summer and your community association could win a BBQ party for 50 people, sponsored by Village Brewery!

How? It's simple. Post a photo on social media of you and a neighbour enjoying a Village Neighbour (Canadian Pale Ale) together, tag your community association, and include the hashtag #VillageNeighbourDay. The community with the most posts will win a BBQ party for 50 people.

Don't forget that Neighbour Day is coming up on Saturday, June 17 – the perfect time to get out and meet your neighbours over a delicious cold beer!

The winning community association will receive 10 flats of beer from Village Brewery, Fiasco Gelato, Spolumbo's sausages, and Italian Bakery buns for a 50-person BBQ party!

Photo submissions will be accepted on Twitter, Facebook, and Instagram from May 1 to midnight on Saturday, June 17.

Visit villagebrewery.com/blogs for more information.

BRAIN GAMES SUDOKU

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

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

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GARAGES, DECKS, RENOVATIONS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you on your home projects! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

CODERAD ELECTRICAL LTD: Over 13 years' experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

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

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

SMALL CARPENTRY AND RENOVATION PROJECTS DONE: No project too small. Over 40 years' experience in the Calgary area, fully insured. Contact: Doug 403-969-5957.

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ORGANIZING BY OZ is a licensed and insured professional organizing service for residents of SE/SW Calgary. Collette understands the emotion behind the clutter. She will work with you to achieve your goals in a compassionate and nonjudgmental manner. FREE the energy: De-clutter your space! Contact Collette: 403-815-5598; hello@organizingbyoz.com; www.organizingbyoz.com.

RESUME WRITING/EDITING: Is your resume not getting the results you want? Resume creation/update combined with job search and interview coaching. Contact Angie Wisk, MBA at 403-383-0481 or visit www.resumereflexions.ca.

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South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

New this Spring 2017: South Health Campus YMCA Sports Court

The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use:

For more information call the South Health Campus YMCA at 403-956-3900
Emotional Well Being

Meditation Drop-in
Every Tuesday 5:00-5:45pm

Drumming Up Wellness
Every Friday 1:30-2:30pm

HeartMath
May 25 6:00-8:30pm

Mindfulness Practice Sessions
May 25 6:30-7:45pm

Understanding the Experience of Grief
May 29 6:00-8:00pm

Employment & Financial Management Skills Resume Writing
2-part series begins May 6 9:00am-4:00pm

Assured Income for the Severely Handicapped (AISH) Workshop
May 18 11:00am-12:30pm

Health Management Sleep Well Tonight – Improving Sleep
May 16 6:30-8:30pm

Blood Pressure Basics
May 30 1:00-3:00pm

Eating Well with Fatty Liver Disease
May 24 9:00-11:30am

Living Well on Prednisone: Nutrition & Side Effects
May 30 10:00am-12:00pm

Caregiver Support Family Peer Support Program
May 2, 16 & 30 5:45-8:00pm

Parents/Parents to Be Feeding Your Baby
May 11 10:00am-12:00pm

Nutrition for New Moms
May 17 10:00am-12:00pm

Story Time & Play Date
May 19 or 26 10:00-11:30am

Healthy Eating for Pregnancy
May 29 6:30-8:00pm

Food, Nutrition & Cooking Energizing and Healing Foods for your Gluten-free Diet: (Note \$Fees apply)
May 4 5:30-7:00pm

I Know I Should Eat Healthy, But How? Eating Well for Good Health (2-part series)
May 8 & 15 5:30-7:30pm

Edible Container Gardening:
(Note \$Fees apply)
May 10 6:00-7:00pm

Managing Emotional Eating
3 - 2.5hr. sessions
May 11, 18, & 25 1:00-3:30pm

The Truth about What Works in Weight Management
May 20 1:00-3:30pm

Eating Away from Home during Special Occasions
May 24 1:00-3:30pm

Healthy Cooking: Basics and Techniques (Hands-on)
May 24 5:00-7:00pm

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

CBE BOARD OF TRUSTEES

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

Message from the Calgary Board of Education Board of Trustees

Election 2017

Every four years, citizens of Calgary elect trustees to govern the Calgary Board of Education. Trustees are elected during the municipal election at the same time that our mayor and city councillors are elected.

Trustees hold important roles. They provide leadership for the CBE by defining the vision, Results and Operational Expectations for the organization on behalf of its community.

Our next municipal election will take place on Oct. 16, 2017. If you are interested in learning more about becoming a public school board trustee, an information evening is being planned for June 13, 2017.

More information about the event will be posted on our website. For more information on the municipal election, please visit Calgary.ca.

Budget 2017-18

The CBE budget for the next school year will be finalized and approved by Trustees by the end of May.

Information about the budget is being shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at www.cbe.ab.ca/budget

Graduation 2017

It's the time of year when our high school graduation ceremonies are upon us once again. Graduation is a time of reflection and celebration. It is a time for our students to look back on their journey with us, and to think about what they have achieved.

Whether our graduates have joined us for just a short time, or right from kindergarten, we believe that the time they have spent with us has helped them grow as people and to develop a life-long love of learning.

Our graduates can be justifiably proud of their achievements. We would like to express our gratitude to their families, friends, teachers, principals, support staff and their fellow students for the significant role they played in helping each graduate reach his or her goals.

We can all celebrate the outstanding accomplishments of our graduates as they mark this important milestone in their lives. We are extremely proud of our students and extend our heartfelt congratulations and wish them success where ever the future may take them.

Follow the Calgary Board of Education on Twitter @yycbedu

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Father's Day, June 18, 2017:

A customary day for the celebration of fatherhood is known to date back to the Middle Ages in Europe, and is observed on March 19 as the Catholic feast day of Saint Joseph. The modern celebration of Father's Day on the third Sunday of June first took place in Spokane, Washington in 1910 as a contemporary to the newly established Mother's Day. Sonora Smart Dodd is widely considered to be responsible for the founding of Father's Day as a way to celebrate her father, William Smart, who raised her five younger brothers by himself after the passing of his wife in 1898. Father's Day, although widely celebrated in Canada, remains an unofficial holiday.

I would like to wish all the fathers in our community a very happy Father's Day!

Rebates for Energy Efficient Products:

This latest NDP program is not my favourite. The part where a company from Ontario comes to change your lightbulbs is particularly wasteful and not very effective in helping the environment. You are however paying for it via the carbon tax so you deserve to know how to get some of your money back.

There are three components to Energy Efficiency Alberta's Residential Retail Products Program:

- **Home Improvement Rebates:** You can buy eligible

products and have them installed by a certified contractor to receive rebates.

- **Instant Rebates:** You can receive instant point-of-sale rebates of up to \$30 on eligible products such as LED lights, programmable thermostats, water-saving devices, smart power strips and heavy duty timers.
- **Online Rebates:** You will be able to buy qualifying clothes washers, refrigerators and smart thermostats and apply for rebates online.

Details on eligible products and related information are available on the Energy Efficiency Alberta website at <https://www.efficiencyalberta.ca/instant-savings/>

McKenzie Lake School:

Earlier this month, I had the great honour of presenting the Alberta flag to kindergarten student Hope of McKenzie Lake School as part of their 20th anniversary celebrations. The festivities included a video by grade 2 students about what their lives will look like when they are 20 years old, the sealing of a time capsule to be opened in 2037 and the unveiling of a new school logo and song. Congratulations McKenzie Lake 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.

Keeping in Contact:

Please continue to stay in touch with me on issues that affect you and your family. As your MLA, I am your voice in the Alberta Legislature and I am here to help you. My newsletter is written a few weeks ahead of publication, so if you are looking for updated information, or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistants, Tannis Turner and Tyler van Vliet, at the Calgary-Hays Constituency Office. Call 403-215-4380 or email ric.mciver@assembly.ab.ca

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