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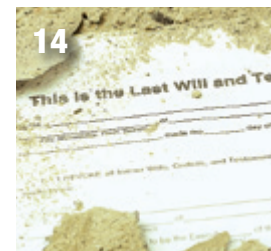
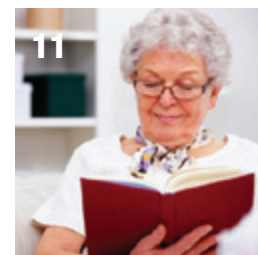
8AM - 8PM (MON-FRI)

8AM - 4PM (SAT-SUN)

WHITE FILLINGS . EMERGENCIES . OPEN EVENINGS

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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!

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



MCKENZIE TOWNE COUNCIL

40 McKenzie Towne Blvd SE
Calgary, Alberta, T2Z 4X5

Phone: 403-781-6612 • Fax: 403-930-1551

E-mail: inquiries@mtcouncil.com

Hall Hours

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

Office Hours

Monday – Friday	9:00 am - 5:00 pm
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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.



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MCKENZIE TOWNE COMMUNITY ASSOCIATION

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

ELECTED OFFICIALS



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Ward 12 Office
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Fax: 403-268-8091
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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	511
Gamblers Anonymous	403-237-0654

Book McKenzie Towne Hall Today

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McKenzie Towne Hall is the perfect place to host any occasion like your Halloween or Christmas parties. We have four exciting birthday packages for your child and rooms for meetings, team building, or other special events. It is also a perfect spot for your fall or winter wedding. We have great rates. Residents pay only \$850. And Non-Residents pay \$1000. There is 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.



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MTC DROP-IN GYM TIMES



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

Pickleball

Monday: 12:00 pm – 2:00 pm
Wednesday: 12:00 – 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.

Christmas Craft Fair
November 4, 2017
10:00 am – 5:00 pm
Location: Towne Hall

Just in time to kick off the Holiday shopping season, we will be hosting our Tenth Annual Christmas Craft Fair. We will have something for everyone on your list! There will be tons of vendors providing you with a wide variety of hand-made, Alberta products including edibles, art, decor, adult and children's clothing and accessories! **There is no ATM on site, please bring cash for your amazing gifts and stocking stuffers.**



Kids' Christmas Party
December 6, 2017
4:00 pm – 8:30 pm
Location: Towne Hall


Enjoying the "Holly Days" with the MTC's Kids' Christmas Party! Take pictures with Santa, decorate the perfect gingerbread man, and send that important letter off to the North Pole. Make sure you line up for a sleigh ride around McKenzie Towne. You must RSVP to attend this event. Free for residents. Non-residents are welcome for \$2. Everyone is encouraged to bring a toy donation for those in need this holiday season. Bring an unwrapped gift to add under our giant tree!

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



Accountant
Stanley Doherty, CPA, CMA
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Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
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Social Groups

AT MCKENZIE TOWNE HALL

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

Evening Walking Group – NEW!

Mondays: 6:00 pm – Meet outside McKenzie Towne Hall. (All ages are welcome)

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.

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

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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MTC RECREATION

MTC 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.

Winter Guide is available Monday, November 20th at 9:00 am

Winter Registration is open Monday, November 27th at 9:00 am

Winter Classes run January 8th – March 31st. For more information go to mtcouncil.com. Register online at mtcouncil.com



NEW – You're Invited to "Women and Investing: It's your Money" Hosted by Kevin O'Hagen (Financial Advisor) on November 25th at 9:30-11:30 am at McKenzie Towne Hall. Offered with a FREE breakfast. Register online at mtcouncil.com/recreation or call 403 781 6612 to attend.

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

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.



MT BOOK CLUB



Want to Join a New Senior Women's Book Club?

Anyone interested in participating in a new book club in McKenzie Towne for senior women, please contact Mary Ann at 403-271-8373 or g.mab@me.com. Monthly, we will discuss the book we have just read, share a beverage and some snacks then decide what book to read before the next get together. A suggestion is that we could take turns meeting at each other's homes.

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South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. Full program information can be viewed in the Fall Program Guide. See below for some of the programs happening in November 2017. Registration information and program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

South Health Campus YMCA

Did you know YMCA Calgary operates fitness facilities here at South Health Campus? 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

Mindfulness Practice Sessions

November 10 12:15-1:15pm

HeartMath®

November 1 6:00-8:30pm

Happiness Basics

4-Week Series starts November 8 5:30-7:30pm

Fight, Flight or Freeze and other Conflict Strategies

November 30 1:00-3:00pm

EMPLOYMENT & MONEY MATTERS:

Registered Disability Savings Plan Workshop

November 7 6:00-8:00pm

HEALTH MANAGEMENT

Let's Talk About Menopause

November 2 9:30-11:00am

Understanding Medications Used in Management of Atrial Fibrillation

November 9 1:00-3:00pm

Stroke 101

November 20 9:00-11:00am

Sleep the Keystone to Health

November 21 6:30-7:45pm

Heart Healthy Cooking and Living

November 9 2:00-3:00pm

Living Well on Prednisone:

Nutrition & Side Effects

November 28 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Conversations and Decisions that Count (Advanced Care Planning)

November 23 1:00-2:30pm

Protecting Seniors from Cyber Scams and Online Fraud

November 29 10:00-11:30am

SupportWorks

Wednesdays 6:00-8:00pm

Alcoholics Anonymous

Wednesdays 8:00-9:00pm

Narcotics Anonymous

Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm

Sundays: 7:00-8:00pm

Smart Recovery:

Sundays: 3:00-4:30pm

PARENTS/PARENTS TO BE

Baby and You for Moms

4-week Series Begins November 1

10:00am-12:00pm

Cooking Your Way to Wellness in Pregnancy

4-Week Series Begins November 6

6:30-8:30pm

Feeding Your Baby

November 16 1:00-3:00pm

Nutrition for New Moms

November 2 1:00-3:00pm

Story Time & Play Date

November 17 &/or 24 10:00-11:30am

Healthy Eating for Pregnancy

November 22 6:30-8:30pm

Daddies and Babies

2-Week Series Begins November 18

10:00am-12:00pm

FOOD, NUTRITION & COOKING

The Top 5 Tips to Reduce Calories

November 1 6:00-8:30pm

Eating for Good Health

2-part series begins November 22

5:30-7:30pm

ATCO Blue Flame Kitchen (Demo or Hands-on): (Note: \$Fees apply)

Substantial Salads

November 2 7:00-8:00pm

Homemade Calzones

November 4 10:00-11:30am

Canadian Classics

November 16 7:00-8:00pm

EnergizeNutrition.ca: (Hands On) (Note: \$Fees apply)

Healthy Holiday Cooking – Delicious and Healthy Sides, Snacks and Desserts

November 23 5:30-7:30pm

PoppyInnovations.ca (Hands On): (Note: \$Fees apply)

Gate to Plate: Moroccan Tagine

November 15 6:00-8:00pm

Canning: Throwback to Summer

November 29 6:00-9:00pm

Krazy for Krauts

November 30 6:30-8:00pm

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.

RESIDENT PERSPECTIVES

Good Sport

by Bev Watson

All my life I've been very competitive and a little contrary, but that has served me well. I've learned there's really nothing you can't do or learn if you find out what it takes, then break it down in tiny steps and go for it.

So, my life has been full of all kinds of interesting challenges and adventures. But here I want to talk about cancer and how Wellspring Calgary has helped me.

I had been a triathlete for 15 years when I won the 2013 World Championship Ironman in Hawaii. After that, biking and swimming started getting hard. I kept pushing myself, but something didn't feel right.

I went to the doctor but tests showed nothing was wrong. I started losing my balance when I was walking or swimming, but I kept training.

I went in to see my dermatologist about another issue and when I told him my symptoms, he said he thought I might have a brain tumour. At his insistence, I went to Rockyview Hospital. They did a CT scan and saw a big dark spot, so they ordered an MRI. They took one look at the results and I was ambulanced to Foothills Hospital.

It took a while to get the diagnosis. Brain tumour – malignant. Metastatic melanoma. I had brain surgery and vigorous treatment. I was told I had months, then weeks to live. That was two years ago, and I'm still here.

I'm here and I still have things to do. I go to Wellspring Calgary several times a week. They have all kinds of programs - free for people with cancer. Everyone is so caring and welcoming there. It doesn't matter how bad you are at painting, or playing ukulele, you are always encouraged. If you have cancer – find Wellspring – it's a life-saver!



Bev Watson with her sister and caregiver, Jan Watson.

This is Bev's art she made at Wellspring Calgary.

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Alcohol Ink Sampler	Sun, Nov 5 (1-4pm)	\$75
Intro to Drawing Manga	Wed, Nov 15 (6-9pm)	\$65
Watercolour Sampler	Sun, Nov 19 (1-4pm)	\$75

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When: Saturday, Nov 25, 2017
9:30am (Buffet Breakfast) | 10-11:30am (Presentation)
**Note: Must currently have \$50,000 in investable Assets

Where: Mckenzie Towne Hall

40 Mckenzie Towne Blvd SE

Please call:

Julia Seaton at 403-280-2399 or
julia.seaton@edwardjones.com by 11/22/2017



Kevin G O'Hagan
Financial Advisor

15566 McIvor Boulevard S.E.
Unit 507 Copperfield Corner
Calgary, AB T2Z 4Y2
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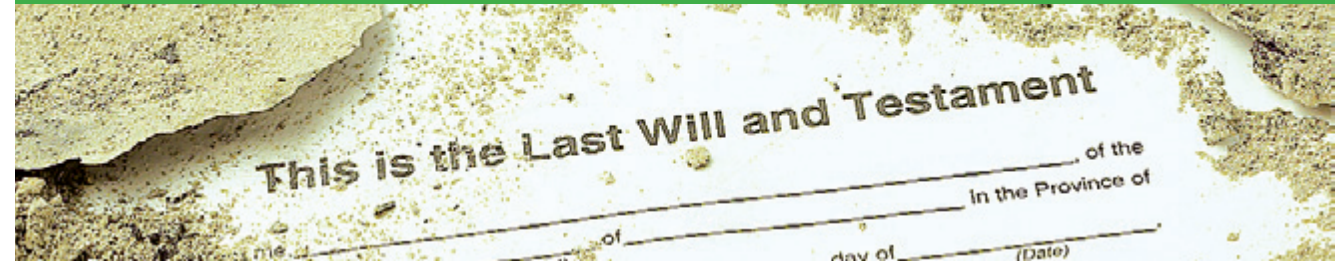
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DOLLARS & SENSE



Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O'Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

When you're married

Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

When you're married...with young kids

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that's a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

When your children are grown

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you're retired

Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate.

Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.

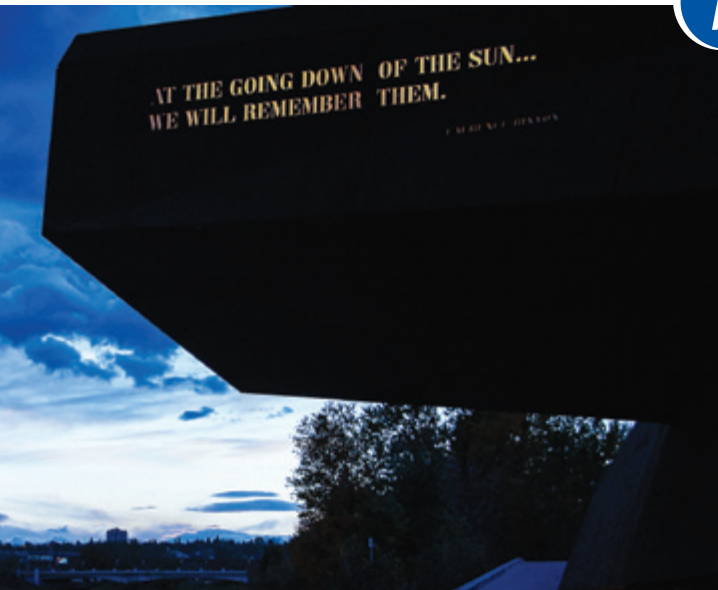


PHOTO GALLERY

P photos by Barrie Hunt



P photos by Blaine Smith





Fun Facts:

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

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

The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".

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We welcome Alexey Tarasov to Scotiabank in the McKenzie Towne community and surrounding area. With more than 5 years in financial services, Alexey has the experience to provide you with customized retirement and investment plans, and advice to help meet your financial goals, when and where you need it.

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RESIDENT PERSPECTIVES

Treating the Litterbox Blues

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

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



DECEMBER DECEMBER DECEMBER



Walking Your Dog Daily? Unleash Your Inner Volunteer!

Become an Off-Leash Ambassador and be a *pawsitive* role model in your community! We are recruiting volunteers to participate in the City of Calgary's Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.

To learn more or sign up, visit calgary.ca/offleashvolunteer or contact 311.



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Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us

tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others’ buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!





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SAFE & SOUND



Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization were made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

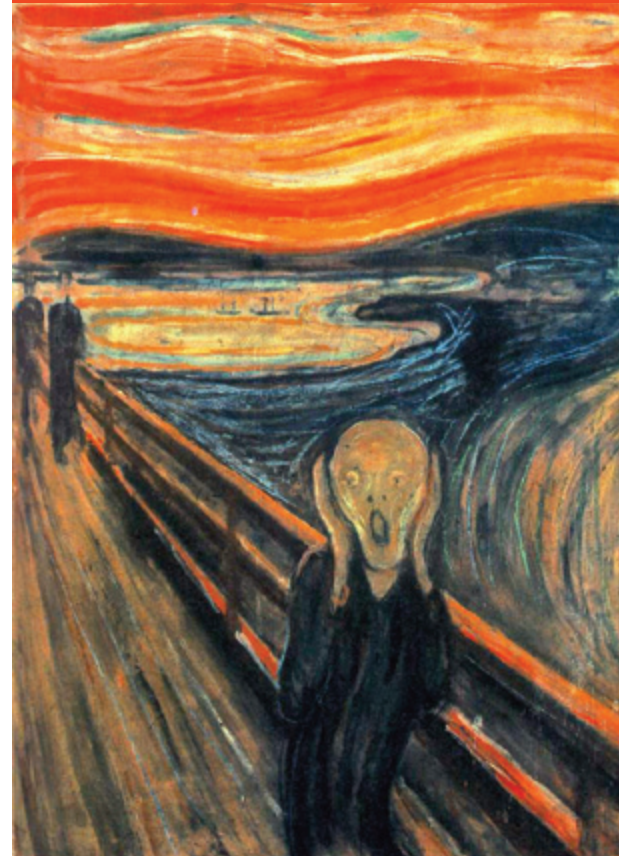
64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

SAFE & SOUND



Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
 - Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
 - Calgary 403-266-1605 / 403-266-HELP (4357)
 - For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
 - Text: Calgary Connect Teen
 - Online Chat Distress Centre: <http://www.distresscentre.com/>

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McKenzie Towne



Last 12 Months McKenzie Towne
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2017	\$399,900	\$393,000
August 2017	\$392,900	\$385,000
July 2017	\$409,900	\$400,000
June 2017	\$404,950	\$399,750
May 2017	\$425,000	\$420,000
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

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

	No. New Properties	No. Properties Sold
September 2017	42	21
August 2017	20	18
July 2017	28	23
June 2017	36	30
May 2017	34	23
April 2017	29	26
March 2017	32	27
February 2017	13	10
January 2017	20	12
December 2016	8	11
November 2016	13	10
October 2016	16	18

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

REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I just listed my home, and my real estate agent told me we had to hire someone to professionally measure my home. The measurement was done, and now my agent sent me the bill. What should I do?

The first thing you need to do is check your Seller Representation Agreement (listing agreement). That agreement outlines your responsibilities and the responsibilities of your real estate professional, including who is responsible for costs that may be arise during the listing. If the agreement you signed states the seller is responsible for additional costs, or it states the seller is responsible for paying third-party services, such as measurement companies or photographers, you're going to have to pay that bill.

More and more residential real estate professionals are hiring professional measurement companies to measure their listings, but it's not a requirement. There is a requirement to measure residential properties before listing them, but real estate professionals are allowed to do the measuring themselves.

If, for whatever reason, your real estate professional doesn't want to do the measurement themselves, that's fine. There are services out there that will do property measuring according to the required standards, but those professional measurement services come with a cost. Some real estate professionals may pass the cost on to their seller clients and set that out in the listing agreement, while others will see it as a business ex-

pense, for which they will eventually be compensated through the commissions they earn on the sale.

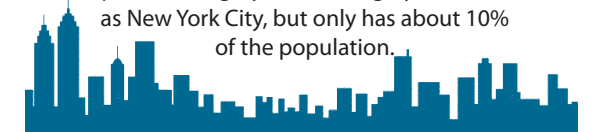
If your agreement doesn't specifically indicate you, as the seller, will have to pay for or otherwise reimburse your real estate professional for third-party services, your real estate professional cannot require you to pay for such a service.

If your real estate professional continues to request payment or otherwise attempt to force you to pay, please discuss it with their broker.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.





FRIENDS of Fish Creek

November in Fish Creek

12-Week Winter Birding Course Starts Monday, January 8, 2018

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. www.friendsoffishcreek.org/programs/birding-course

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes Thursday, November 23, 2017 7:00 – 8:00 pm

Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the pathway, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes. www.friendsoffishcreek.org/programs/speaker-series

Giving Tuesday and ReWilding Through Restoration

Giving Tuesday is a global movement designed to foster a spirit of charity and encourage us to give back to the community by donating or volunteering. The Friends of Fish Creek Provincial Park Society has partnered with Canada Helps once again this year to make donating easier than ever. We encourage you to donate on or before Giving Tuesday, Nov 28, to help support the ReWilding Through Restoration program in Fish Creek. ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. **Together, ReWilding is possible! It costs only \$15 to ReWild 1m² of Fish Creek Provincial Park.** www.friendsoffishcreek.org/rewild

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017 -2018 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at www.friendsoffishcreek.org/membership.

Autumn Colour, Fish Creek Provincial Park

The Friends of Fish Creek Limited Edition 25th Anniversary signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter, Jim Pescott created this beautiful original painting. There are only 25 limited edition prints available, and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit www.friendsoffishcreek.org/store

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

BOWLERS WANTED: For mixed adult fun league. Every Tuesday; starts at 5:30 p.m. Located at Toppler Bowl, 7640 Fairmount Drive S.E. Come out and enjoy a fun evening with a great group of people. Please contact Walter at 403-249-9550.

KENMORE ELEGANCE CANISTER VACUUM: With power bar and all attachments like new. \$125.00. For further information, contact by e-mail: oliver2008@shaw.ca.

FLC SENIORS CLUB 55+:(Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing, call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter session starts January 2018. For more activities, visit www.flcseniors.ca.

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BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



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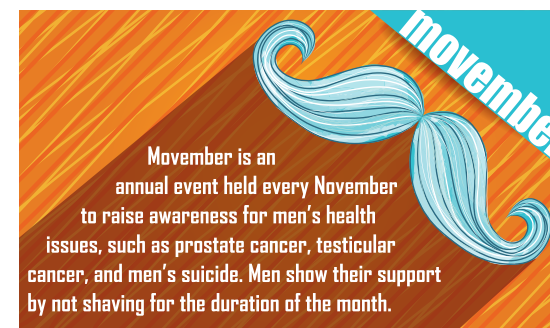
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November is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme – "Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you." (Matthew 7:7)

This year, we will focus on the first part of the theme, "Ask, and it will be given you." This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God's abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God's abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.





MLA Calgary-Hays

Ric McIver

Interim Leader of PC Caucus 255, 11488 24 Street SE, Calgary AB T2Z 4C9

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I hope everyone has enjoyed the colourful, crispy mornings and are having a wonderful Fall season!



McKenzie Frenzie

Once again, this annual event was a huge success. I met many residents with questions, suggestions, and just general good conversation. Thank you to all the volunteers who put forth their time and energy into making this year's Frenzie one to remember. It's always great to see our community come together and enjoy a day of fun and family.

Hockey

As the air grows colder and the lakes start to freeze, that can only mean one thing: hockey! I had the privilege of participating in the ceremonial puck drop for the local Calgary Jr. A Mustangs last month to kick off the start of their year. I'd like to wish all the boys and girls in our community the very best of luck this season as they head back to rinks across the city.

Daylight Savings Time

As you may have heard, Bill 203, the act to repeal Daylight Savings Time, was unanimously rejected by the legislative committee due to concerns of the negative impact on Alberta businesses, especially in the current economic climate. I would like to thank all the constituents who took the time to share their thoughts, beliefs, and concerns on this proposed change - and remember to set your clocks back an hour at 2:00 AM on November 5th!

Return to the Legislature

The Legislative Assembly is set to resume on October 30th. I look forward to sitting with the new United Conservative Party Caucus and continuing to hold the government to account as part of *Her Majesty's Loyal Opposition*.

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 Contact:

Please stay in touch on issues affecting you and your family. As your MLA, I am your voice in Alberta Legislature and am here to help. My newsletter is written ahead of publication, so if you want updated information, have questions, or any concerns, I would like to hear them. I also look forward to attending events in the Calgary-Hays area. Feel free to contact me or my assistants Tyler van Vliet and Jeff Watson at the Calgary-Hays Constituency Office any time.

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