EGAZETTE

THE OFFICIAL MLCA AND MLRA COMMUNITY NEWSLETTER





Family Friendly and Attentive

16752 McKenzie Lake Blvd. SE At the crossroads of McKenzie Lake Blvd. & McKenzie Dr.

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We love to see you smile!

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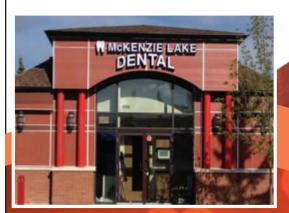
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- Full orthodontic services available for all ages provided by Dr. Michael Bleau (Certified Orthodontist)
- New patients and emergencies welcome



Family-Friendly and Attentive

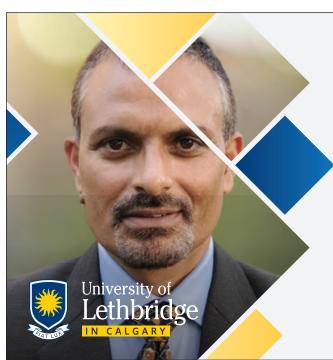
We love to see you smile!



Dr. Michael Bleau, Dr. Katie Enns, Dr. Lucas Curran, and Dr. Alison Schubert General Dentists

Happy Valentine's Day! Call today and book your free teeth whitening included with your complete exam, x-rays, and cleaning

WE DIRECT BILL TO YOUR INSURANCE
We bill in accordance with the ADA Fee Guide prices



Your next step is

HEALTH SERVICES MANAGEMENT

The Graduate Certificate and Master's in Health Services Management are designed to advance your career as a health care professional while you continue to work. The programs are a combination of online and in-person learning in Calgary. Apply by May 1.

IN CALGARY



Scan to find out how Rudra Dahal (MHSM '22) (pictured) pivoted to health care management and how to apply.

go.uleth.ca/HSM-Rudra

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Over 95% of electric car charging is performed at home, thus our mission is to make the entire process of purchasing, installing, and servicing your new home charging station as seamless and effortless as possible.



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McKenzie Lake Community Association

★16198 McKenzie Lake Way SE Calgary, AB T2Z 1L7

403-257-1823

www.mckenzielakecommunity.com

■ Follow us @McKenzieLakeCA

BOARD OF DIRECTORS

| President | Grant Burchell |
|-------------------------|-------------------------------|
| Vice President | Doug Crone |
| Secretary | Vacant |
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| 55+ Rep | Lois Cullwick 403-313-9798 |
| At Large | Geoff Rainey |
| At Large | Brandy Bugg-Boruck |
| At Large | Nancy Gilmore Thompson |

COMMUNITY CONTACTS

| Preschool | mlcapre@telus.net | |
|------------------------|----------------------------|--|
| Calgary Police Liaison | Cst. Craig Kam | |
| Officer | CKam@calgarypolice.ca | |
| Pathways Snow | Glenda Shufelt | |
| Removal | mckenziepathways@gmail.com | |

Rental Information for the Community Centre:

Gym (200 capacity)

Duquette Room (Board room, comfortably seats 12) Call 403-257-1823 for prices and availability

McKenzie Lake Preschool

Register online at mckenzielakecommunity.com

All Classes have a \$50 non-refundable registration fee that you pay online by credit when registering.

For children, ages three and four, this is a time of wonder, questions and curiosity as well as cognitive, social, emotional, physical learning and development. McKenzie Lake Preschool creates a safe, fun, caring and positive environment that enables the child to have a positive early educational experience.

3-Year-Old Program

\$160 per month lowered to \$85 due to Affordability Grant. Times: 9:00 to 11:00 am on Tuesday/Thursday

4-Year-Old Program

\$185 per month lowered to \$110 due to Affordability Grant. Times: 9:00 to 11:00 am on Monday/Wednesday/Friday

Or

12:30 to 2:30 pm on Monday/Wednesday/Friday
Households earning under \$180,000 per year can apply

to the Government for Child Care Subsidy.



BEFORE AND AFTER SCHOOL CARE

SERVING ST. JOHN HENRY NEWMAN AND MCKENZIE LAKE SCHOOL

MCKENZIE LAKE COMMUNITY CENTRE
403-257-1823 OR MLCAFAC@TELUS.NET
WWW.MCKENZIELAKECOMMUNITY.COM

Hello McKenzie Lake Residents!

Hello February! "Without Valentine's Day, February would be...well, January" - Jim Gaffigan

Register for preschool, before and after school, outdoor soccer, summer camp.

Have you registered for MLCA's Valentines Dance? February 11 from 6:30 to 8:30 pm. Please register online.

Preschool registration for September 2023 is underway. Go to www.mckenzielakecommunity.com to register. Our preschool is a great steppingstone for your child to enter kindergarten! The preschool teacher's email is mlcapreschool@telus.net if you have any questions for her.

Registration is also open for our before and after school program starting in September. Our program seeks to enhance physical, emotional, social, creative, and intellectual development at the child's own pace and level of readiness. Register early as last year we filled up fast!

Register your child(ren) for our popular, fun outdoor soccer program. It is difficult and sometimes impossible to fit a child in after the registration end date. Volunteer 'coaches' are appreciated and always necessary.

Summer camps fill up very quickly and registration is now open. Visit our website to register your child(ren).

Looking for some fun?! Come out and play pickleball! This game is played with nets, wooden paddles, and plastic balls. This drop-in adult program runs on Monday, Tuesday, and Wednesday mornings from 9:30 am to 12:30 pm. There is a \$5 drop-in fee. You can also purchase a \$50 punch-card which will give you 11 sessions. Equipment is supplied – all you need to bring is yourself and clean, indoor shoes!

McKenzie Tots is a fun drop-in program for caregivers and children 0 to 5 years old. We provide all the toys for the children to play with while the adults relax. Thursday mornings from 10:00 am to 12:00 pm. \$5 Drop-in Fee - no pre-registration is required. Fresh coffee will be waiting for you!

Our office will be closed on Monday, February 20 for Family Day.

Laureen Husband

Facility Administrator







Willow Park Village 403-238-9922



FRIENDS Fish Creek

February in Fish Creek

Show Your Love for Fish Creek this Valentine's Day

Are you looking for a gift for that special someone this Valentine's Day? The Friends have some amazing gift ideas that will not only warm the heart of your valentine, but will also help support Fish Creek Provincial Park. Through the Friends' brick program, you can donate a personalized brick within the Fish Creek Community Terrace at the Bow Valley Ranch. Bricks will be installed this summer and the Friends will provide a certificate that you can give to your valentine. You can also make a dedication donation to the Friends in honour of your special someone and we will provide them with a personalized certificate. A dedication gift is perfect for anyone who cares about Fish Creek, enjoys visiting this park, and would like to see it preserved for future generations. For more information, please visit the Friends' website.

Brick Program: https://friendsoffishcreek.org/brick

Dedication Gift: https://friendsoffishcreek.kindful. com/?campaign=1048472

Fish Creek Speaker Series 2023

We are so happy to announce that the Fish Creek Speaker Series is returning to the Fish Creek Environmental Learning Centre for the 2023 season, and in an even more accessible format! Now we are putting technology to work to increase accessibility for audience members who may not be able to attend in-person, and so we can bring in presenters from further afield. Presentations from February to March will take place virtually through Zoom. Online presentations may also be provided if presenters are located in a distant region. Upcoming Fish Creek presentations include Wild Wolf Watching in Yellowstone National Park on Thursday, February 9, presented by Kelly Hazen, and Environmental Impacts of Effluent Release on Thursday, March 9, presented by Matthew Bogard, University of Lethbridge. Stay tuned to the Friends website for more information about Fish Creek Speaker Series talks: https://friendsoffishcreek. org/programs/speaker-series.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit https:// friendsoffishcreek.org/park-protector-signup.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at https://bit. ly/37kyppt.

MLRA NEWS FROM THE LAKE

Facility Status

Please visit our website at www.mlra.ca for all information regarding the park status. Changes can come into effect at any time so please visit the website prior to coming to the facility.

Grants from the Alberta Government

On behalf of the members of the McKenzie Lake Residents Association, the Board of Directors extends a big thank you to the Alberta Government for their generous donations through the Alberta Lottery Fund to help fund renovations completed to the interior and exterior of the buildings over the last couple years. Thank you, Alberta!

The most recent grant we received was to help fund a large project that will completely change the park. The concrete pad and surrounding area have been upgraded substantially and now include a basketball/bounce court, a deck with a trellis feature and fire pit, new seating areas, upgraded paving stone pathways, artistic letters for play, new trees and shrubs, and an ice trail that will be a skating loop in the winter. We hope you enjoy!

Annual Membership Fees Were Due April 1

Lake Fees were due April 1, and your payment ensures access to the park and lake from April 1, 2022 to March 31, 2023.

Members with outstanding fees will not be permitted access to the facility. Please pay your fees so you and your family will not be denied access.

This year, rather than mail out invoices to all properties, we sent an email notification to members that provided us with their email address. This email provides details on how you can access your invoice, and instructions/options to pay. Please check your spam filters and junk folders, just in case the email didn't come through to your inbox. We only mailed invoices to properties who did not have an email in our system. If you haven't already done so, please provide us with your email address.

Important: Membership fees are mandatory, not optional. Membership fee charges are secured by an encumbrance which is registered on the title to your property. If you are not sure whether you must pay the fee, please review the most updated version of your certificate of title and determine if there is an encumbrance registered by McKenzie Lake Residents Association. If there is an encumbrance on title, then it is mandatory for you to pay the fee. You can also contact our office for confirmation.

Methods of Payment Include:

- · Online payment via credit card
- Debit and Cash During office hours (Please confirm hours on our website)
- Cheque Mailed or inserted in the building mailbox
- Sorry, we do not accept credit cards in person or e-transfers

Members Registry System

The past four years, we have been using a web-based system developed by lvrnet. This year, we have decided to make a change to a different web-based system called PerfectMind. PerfectMind will be launched in February or March 2023, and we will be invoicing fees on PerfectMind in March (due April 1). PerfectMind has similar functionality to lvrnet but is much more user friendly, and we are confident the change will be for the better. As with any new system, we expect a few hiccups, and it may take a bit of time to iron out the kinks. We ask for your patience and understanding during this time.

We will email more details in the coming weeks with additional information on fees, membership, and how to access your new PerfectMind account. If you have not already done so, please provide us with your email address to ensure you are receiving all the information needed to ensure a smooth transition. Email office@mlra.ca with this information.

MLRA Boundaries

We understand there are homes in McKenzie Lake that receive this news publication but are not entitled to MLRA membership. These areas include – Mt Allan, Mt Douglas, Mt Apex, Mt Aberdeen, and some homes on Mt McKenzie Drive. We do apologize but these areas are not entitled to MLRA membership. The Association boundary lines are determined by the registered Articles of Association, which is a document that specifies the regulations for a company's operation. The MLRA Board cannot arbitrarily alter the boundary line.

Programs

We offer affordable youth and adult programs all year round and we have a spring lineup coming up! Visit our website at www.mlra.ca for a full list of programs. You can also contact office@mlra.ca with any questions or concerns. Programs fill up quickly so register today!

Beach Club Rentals

The Beach Club is open and available to our members for rent. Contact the office today for additional information at office@mlra.ca. Bookings must be made with the main office.

Volunteer Committee

We are currently recruiting members to fill positions on our volunteer committee. Volunteers will primarily be responsible to help with special events. Our goal is to offer more fun activities and special events throughout the year, and we need volunteers to make it happen! The Committee will be responsible for all fundraising and organizing of the events. If you would like to see more events and activities offered and are willing to donate your time, then please contact us today at office@mlra.ca.

Up to Date Information

For the most up to date information regarding MLRA related issues, please visit our website at www.mlra.ca.

We appreciate our member's cooperation and patience to date.

SCAN HERE

To View Additional McKenzie Lake Content



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Mike Delaney Charlene Koch Jamie Newman Natalia Chernencoff Scott Lane Grant Vale D'Arcy Duquette Lesley-ann Dickenson Rob Courchesne Léo Lejeune

President Vice President Treasurer Secretary **GM** Liaison

Management and other contacts

Brad Buxton

manager@mlra.ca Mike Horder Operations Manager

Sandi Raganowski

operations@mlra.ca Office Administrator office@mlra.ca

General Manager

The McKenzie Lake Residents Association is a non-profit organization geared towards providing a wide array of recreational services, programs and facilities for our members and their guests. We serve 3,200 residents and over 11,000 members and their families. In addition to the lake, members have access to tennis courts, basketball courts, a beach volleyball area, a toboggan hill and other recreational activities.

McKenzie Lake is a 43 acre lake combined with an 18 acre park for a total of 61 acres. The Association provides its members with access to equipment such as rowboats, canoes, kayaks, and pedal boats, to ensure a safe and fun environment, we provide life jackets for boating purposes, The lake is stocked with rainbow trout in May, June and September of each year. In the winter time the Association provides a variety of skating surfaces including illuminated hockey rinks, an ice skating pad with a fire pit, and a 2.5 kilometre skating path around the lake. Skating areas are machine groomed with our own zamboni.

The Beach Club facility also has a function hall available to rent exclusively for the members.

The activities of the Association are determined and governed by an elected board of Directors comprising at least three (3) and no more than fifteen (15) members, that is, residents of the McKenzie Lake Residents Association, the Board of Directors have hired a General Manager who has been assigned responsibility for managing the day-to-day operations of the Association including the operations at the lake complex.

Board of Directors, McKenzie Lake Residents Association



South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs. Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs. ca/shcwellness.

Upcoming Free Programs in February 2023

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Thursday February 2, 2023, 6:30 to 8:00 pm Need help with meal planning and preparation?

"Cooking Your Way to Wellness in Pregnancy" is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Eating Well When Fatigued (Demo)
When: Thursday February 9, 2023, 12:00 to 1:30 pm
Do low levels of energy impact your ability to cook? Is it
difficult to prepare healthy meals? Is meal preparation

difficult because it is more challenging to use your hands? Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians, Allied Health and the Wellness Kitchen

Low Sodium: Tasty Tips and Tricks (Demo) When: Part One (Meal Ideas): Tuesday, February 21, 2023, 12:00 to 1:00 pm

and/or Part Two (Dips and Sauces): Tuesday, March 21, 2023, 12:00 to 1:00 pm

Are you struggling with how to implement a lower salt (sodium) diet?

Come learn practical ways to lower sodium in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Part one will demo lower sodium meal ideas and Part two will demo dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

Registration: https://redcap.link/LowSodiumTastyTips_andTricksWinter2023

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

*Asteroid Belt: Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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

WORK TO EARN EXTRA MONEY: We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$18 per hour to start. Call 403-225-3441.

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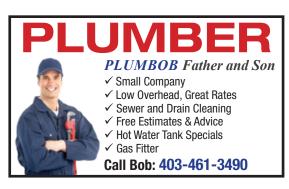
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Please allow us to introduce ourselves! We are RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.



To discover more, please contact us! email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies,
Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations Ching





LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!







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| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| December | 22 | 6 | 8 | \$498,950 | \$481,000 |
| November | 22 | 7 | 14 | \$436,900 | \$436,375 |
| October | 22 | 13 | 9 | \$569,000 | \$569,000 |
| September | 22 | 17 | 10 | \$562,450 | \$551,000 |
| August | 22 | 11 | 14 | \$502,000 | \$499,250 |
| July | 22 | 18 | 19 | \$649,900 | \$642,500 |
| June | 22 | 28 | 25 | \$475,000 | \$500,000 |
| May | 22 | 25 | 18 | \$477,450 | \$497,864 |
| April | 22 | 28 | 29 | \$499,900 | \$545,000 |
| March | 22 | 32 | 32 | \$497,500 | \$530,000 |
| February | 22 | 26 | 23 | \$449,900 | \$525,000 |
| January | 22 | 13 | 12 | \$524,900 | \$563,000 |
| | | | | | |

To view more detailed information that comprise the above MLS averages please visit mckl.mycalgary.com

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www.southfamilvdental.com

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> Calgary, AB T2Z 1H1 Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) - Orthodontist

