

MARCH 2023

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THE GAZETTE

THE OFFICIAL MLCA AND MLRA COMMUNITY NEWSLETTER



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IN CALGARY



Scan to find out why Dr. Sabahat Nazim (pictured) decided to pursue health services management and how to apply.
go.uleth.ca/HSM-Sabahat

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McKenzie Lake Community Association



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🌐 www.mckenzielakecommunity.com

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BOARD OF DIRECTORS

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At Large	Nancy Gilmore Thompson

COMMUNITY CONTACTS

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



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Hello McKenzie Lake residents and hello March!

Spring is in the air, officially arriving on March 20! March is also the month when animals start waking up from hibernation!

Preschool registration is open for September classes. You can register on our website at www.mckenzielakecommunity.ca. It is a wonderful way for children to prepare for kindergarten. Register before classes are full!

You can also register for our Before & After School program. Our program includes structured time and free play time, where each child can build upon their own abilities at their pace and level of readiness. Registration for St Cardinal Newman is full. You can email the office to be put on a waitlist.

We offer pickleball on Monday, Tuesday, and Wednesday mornings from 9:30 am to 12:30 pm, and Fridays from 9:30 am to 12:00 pm as long as there is not a PD Day in the school system. There is a \$5 drop-in fee. Please try to have exact change. You can also purchase a punch card. We have all the equipment needed! All players of any skill level are very welcome on any day to play. We were all once new at something!

McKenzie Tots is on Thursdays from 10:00 am until noon. There is a \$5 drop-in fee. We have an abundance of toys for the children to play with, and a bouncy castle! There is coffee/tea or hot chocolate for the adults. Come on down!

Summer Camps: Thank you to everyone who has registered their children for our camps, with records numbers! We have a great team that has already started planning the weekly activities. See you soon!

"Springtime is the land awakening. The March winds are the morning yawn." - Lewis Grizzard.

Laureen Husband

Facility Administrator

Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at ahs.ca/recipes.

Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!

**SCAN HERE TO VIEW ADDITIONAL
MCKENZIE LAKE CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

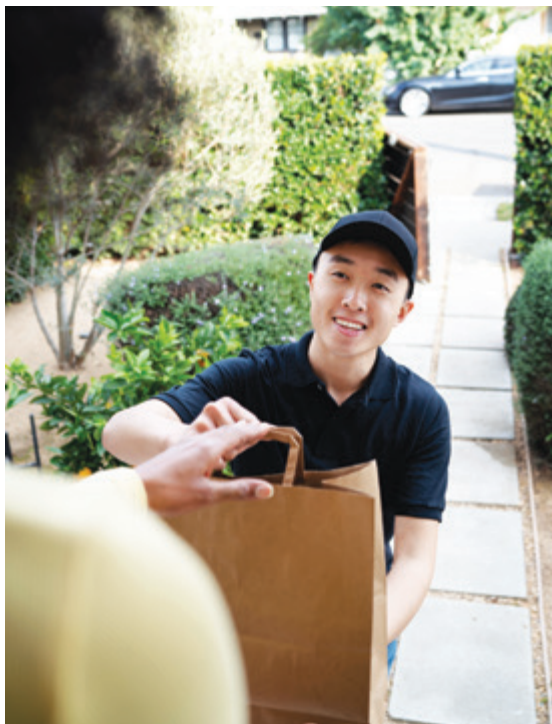
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



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

Membership fees for 2022/23 are past due.

Fees for 2023/24 will be invoiced in March via email. Check your spam and junk filters.

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
- 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 Ivrnet. This year, we have decided to make a change to a different web-based system called PerfectMind. PerfectMind was launched last month, and we will be invoicing fees on PerfectMind in March (due April 1). PerfectMind has similar functionality to Ivrnet but it 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 months 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 for a smooth transition. Email office@mlra.ca with this information.

Prior to importing the data from Ivrnet to PerfectMind, we went through all our existing accounts and cleaned up what we could. This means that we have deleted many profiles, many of which were inactive. We have also deleted many profiles of adult children listed on their parents' account. Once you have access to your PerfectMind account, you can verify who is listed on your profile. If your child has been deleted from your account in error, you can add them back to your account. To qualify for membership, members must reside in the household so your adult children will need to show government identification with the McKenzie Lake address on it for approval. If the address does not match, we will not issue a membership card.

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.



Board of Directors

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Grant Vale	
D'Arcy Duquette	
Lesley-ann Dickenson	
Rob Courchesne	
Léo Lejeune	

Management and other contacts

Brad Buxton	General Manager
	manager@mlra.ca
Mike Horder	Operations Manager
	operations@mlra.ca
Sandi Raganowski	Office Administrator
	office@mlra.ca

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

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.



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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Epilepsy
Association
of Calgary

PURPLE DAY

SUNDAY, MARCH 26, 2023



EPILEPSY AWARENESS MONTH

Purple: it's not just the colour of royalty – it also starts a conversation every March and inspires us to turn the city purple for Epilepsy Awareness Month!

In 2008, a girl named Cassidy Megan had a great idea, she wanted to get people talking about epilepsy. As someone living with the condition, she knew firsthand how the lack of understanding and communication makes those with seizures feel alone and isolated...and it suck!

March is Epilepsy Awareness Month in Canada and every March 26th marks Purple Day, when landmarks and buildings across Calgary, Southern Alberta, and Canada will be lit purple to celebrate. We hope you'll help us raise awareness by turning your outdoor and indoor LED lights to purple – join the McKenzie Lake Residents Association in lighting up our community purple! Don't forget to post and share your pics on social media or send them to: giving@epilepsycalgary.com

More than 30,000 people in Calgary and Southern Alberta are living with an epilepsy diagnosis. When someone has a seizure, a discharge of excessive electrical activity in the brain affects how a person feels, thinks, and behaves. The symptoms range from mild to debilitating and can last anywhere from seconds to minutes. Epilepsy Calgary offers programs, support services and advocacy to anyone affected by epilepsy - free of charge and with no waitlists – together, more Albertans are living well with epilepsy.

Thank you for your support!



#purpleday2023 | #postyourpurple | #epilepsyawareness |
#epilepsycalgary

New

MLRA PROGRAMS

Little Medical School

Tuesdays | Feb. 28 to Apr. 4
(6 weeks)

Inspired Young MDs (Ages 4-6) | 5:30 - 6:30PM

Inspired Young MDs (Ages 7-12) | 6:45 - 7:75PM

Engineering for Kids

Wednesdays | Mar. 1 to Mar. 22
(4 weeks)

Junior Edson Robotics and Coding (Ages 5-7) | 4:30 - 5:30PM

Apprentice Program (Ages 8-12) | 6:00 - 7:30PM

Registrations now open!
www.mlra.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.

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KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

SMALL ENGINE REPAIRS: Do you have a lawnmower, chainsaw, or other small engine power tools that are hard to start? Retired mechanic, McKenzie Lake resident, can: overhaul, tune-up, re-sharpen, and restore it to a good working condition at a reasonable price. No pick-ups and deliveries please. Call or text at 403-618-0047.

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Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	9	9	\$559,900	\$585,000
December	22	6	8	\$498,950	\$481,000
November	22	5	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

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



South Calgary Community

Clothing GIVEAWAY



Saturday, May 6, 2023

10:00 am to 1:00 pm

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All services provided by our General Dentists and Orthodontist
Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, & Dr. A. Vilaysane – General Dentists
Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist