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

McKenzie Towne



Last 12 Months McKenzie Towne MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2022	\$400,000	\$410,000
November 2022	\$392,450	\$382,250
October 2022	\$399,900	\$385,000
September 2022	\$329,900	\$325,000
August 2022	\$382,900	\$380,000
July 2022	\$390,000	\$392,500
June 2022	\$420,000	\$424,900
May 2022	\$399,000	\$410,000
April 2022	\$432,400	\$452,250
March 2022	\$362,450	\$390,500
February 2022	\$379,450	\$425,350
January 2022	\$327,350	\$339,444

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

	No. New Properties	No. Properties Sold
December 2022	12	21
November 2022	24	34
October 2022	35	39
September 2022	47	37
August 2022	27	41
July 2022	48	49
June 2022	87	77
May 2022	77	69
April 2022	69	58
March 2022	85	78
February 2022	62	62
January 2022	39	40

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

McKenzie Towne Community Association (MTCA)

Executive Committee

President	Open
Vice President	Stacey Williams
Treasurer	Jeff Morgan
Secretary	Ashley Owens

Board

Communications	Michelle Hemmaway
Membership	Leanne Walker
Seniors' Liason	Hailee Turpin
Events/Programs	Open
Fundraising	Open

We have open positions on our board and need your help! Interested in joining? Reach out to us at feedback@mckenzietowneca.com.

Currently, the MTCA has 46 member households (approximately 0.7% of McKenzie Towne homes).

For more information and to become a member, please visit our website at <http://www.mckenzietowneca.com/memberships/>. Your \$10 membership is the funding we receive to run events and contests for our community. To all those that have become members for 2021: Thank you and you are appreciated! We are working on more membership perks to come your way.

Follow us on Facebook and Instagram!

@mckenzietowneca

Our meetings are fun and informative. Currently, they are being held online and a link will be given to anyone interested. We often have guest speakers in attendance such as representatives from the Calgary Police Service, Ward 12 office, the City of Calgary, and other organizations. The main focus of the MTCA is to bring our community together by being the liaison between these organizations and also by planning community events.

Please Note: We are the MTCA, not the MTC. The McKenzie Towne Council (MTC) is the board that is in control of our annual Home Owner Association (HOA) fees and they are in charge of maintaining the environment and physical amenities in McKenzie Towne.

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An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 12

The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50°C . I don't know about you, but Calgary isn't sounding so bad in comparison!



McKenzie Towne Council is a not-for-profit Residents' Association collecting annual dues (an encumbrance title) which maintains and manages common amenities and features in the community. This includes the McKenzie Towne Hall which provides rental space, programming, daycare, and events. For more information please visit www.mtcouncil.com or call 403-781-6612 Ext 0.

40 McKenzie Towne Blvd. SE
Calgary, Alberta, T2Z 4X5
Phone: 403-781-6612
Fax: 403-930-1551

Our office will be closed Monday, February 20th, 2023
for Family Day.



To View Additional McKenzie Towne Content

INCLUDING

- *News and Events*
 - *Real Estate Statistics*
 - *Crime Statistics*
- and more...

SCAN HERE



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Great News Media and the Community and/or Residents' Association do 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.

2023 EVENTS

FEB. 10 **FAMILY JELLY BEAN DANCE**

MAR. 8 **INVESTING SEMINAR**

MAR. 17 **ST. PATRICK'S PAINT & SIP**

APR. 1 **FAMILY EASTER EVENT**

MAY. 10 **MOTHER'S DAY CARD CRAFT**

JUL. 13 **STAMPEDE BREAKFAST**

TBD **COMMUNITY CLEAN-UP**



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Drop-In SCHEDULE

**Monday:**

- Pickleball (16+) - 12:00-2:00 PM
- Volleyball (16+) - 7:15-8:45 PM

Tuesday:

- Pickleball (16+) - 10:00 AM-12:00 PM
- Floor Hockey/B-Ball Parent & Youth (13-17) - 4:30-6:00 PM
- Badminton (13+) - 6:30-8:30 PM

Wednesday:

- Playgroup Parent & Toddler (0-5) - 9:30-11:30 AM
- Pickleball (16+) - 12:00-2:00 PM

Thursday:

- Pickleball (16+) - 10:00 AM-12:00 PM

Friday:

- Basketball (18+) - 5:30-7:30 PM

Saturday:

- Basketball Family* - 4:00-6:00 PM
- Floor Hockey (18+) - 6:30-8:30 PM

Sunday:

- Pickleball (16+) - 10:00 AM-12:30 PM
- Pickleball Family* - 12:30-2:00 PM
- Badminton Family* - 3:00-4:30 PM

*Family drop-ins are for parents and their children,
a parent must be present.

Go to www.mtcouncil.com for more details.





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

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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Tessa and Scott

Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!

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