

OCTOBER 2023

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LETTER FROM THE OFFICE

Hello McKenzie Lake Residents!

"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book." - John Sinor

We are officially into beautiful autumn – fresh cool air, and a brilliant array of colourful leaves! Everything is humming along in the community.

Thanks to everyone who attended the McKenzie Frenzie, and especially to all the volunteers, the Board of Directors, and Nadine Jack, the Facility Manager who made it happen! We are proud to host this fun-filled day for the community!

With all the programs starting up again, September was a very busy month here. We thank all the families who chose to have their children attend our programs, including the introduction of before and after care for kindergarten!

Pickleball is available Monday, Tuesday, and Wednesday from 9:30 am to 12:30 pm with a \$5 drop-in fee. Please try to bring exact change.

The popular McKenzie Tots is held on Thursdays from 10:00 am to noon. There is a \$5 drop-in fee. Please try to bring exact change.

The office will be closed Monday, October 9 for Thanksgiving.

www.mckenzielakecommunity.com

Office: 403-257-1823

Laureen Husband

Facility Administrator



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**News, Events,
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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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McKenzie Lake Community Association



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

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🌐 www.mckenzielakecommunity.com

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At Large	Brandy Bugg-Boruck
At Large	Karen Gilmore Thomson

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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South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2023 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming Free Programs in October and November 2023

Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt 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. Register for one or both classes.

When: Dips and Sauces: October 10 from noon to 1:00 pm, Meal Ideas: November 21 from noon to 1:00 pm

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

Registration: <https://redcap.link/TastyLowSaltCooking>

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue or mobility issues related to neurological conditions or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: October 18 from noon to 1:30 pm

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

Registration: <https://redcap.link/CookingWhenFatigued>

Easy and Healthy Mediterranean Cooking

The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

When: November 16 from noon to 1:30 pm

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

Registration: <https://redcap.link/EasyHealthyMediterraneanCooking>

Food and Nutrition for Cancer Treatment and Recovery

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with other survivors. Plan to attend both sessions.

When: October 26 and November 2 from 10:00 am to noon

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

Registration: <https://wel.gametime.net/cne/public/list>

FRIENDS *of* Fish Creek



Show Your Love for Fish Creek This October!

The Friends of Fish Creek invite you to take part in our 4th Annual 'I Love Fish Creek' online fundraiser! The Friends is a registered charity based in Fish Creek Provincial Park and we rely on donations, memberships, program fees, sponsorships, and fundraising efforts to support our work in this park. The 'I Love Fish Creek' fundraiser will take place from October 1 to 31, and we invite you to show your support for Fish Creek by participating in this unique campaign. We have a variety of exciting ways for you to get involved this month including a silent auction and 50/50 raffle!

Pick up your I Love Fish Creek 50/50 raffle tickets for a chance to win as much as \$10,000! You can feel comfortable making a wager knowing that your contribution will be used right here in Fish Creek Provincial Park. Check out our online silent auction to bid on a wide variety of items like gift certificates, health and beauty products, household goods and services, and much more! You can also donate any amount and receive a valuable tax receipt. Even a modest contribution would go a long way in helping us to reach our goal of \$20,000. Please support Fish Creek Provincial Park through this fundraiser and help ensure that future generations can enjoy this park as much as we do today, and long into the future.

Whether you show your support by donating, bidding on silent auction items, or purchasing raffle tickets, you can be sure that your contribution will be used effectively and efficiently right here in Fish Creek Provincial Park. For more information, please visit <https://friendsoffishcreek.org/programs/love>.

Volunteers Needed – Park Restoration and Willow Harvesting

Would you like to volunteer to support Fish Creek Provincial Park this month? The Friends need volunteers to help with our restoration and conservation projects. Work with the Friends as we gather live willow cuttings to be planted at restoration sites in the park. We are

also looking for volunteers to take part in riparian restoration projects, which will involve constructing restoration site fencing, planting vegetation in the newly fenced area, and watering newly planted vegetation. To sign up or for more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Fish Creek Ambassadors Needed – Bow Valley Ranch Visitor Centre

Do you enjoy speaking with people and sharing your knowledge about Fish Creek Provincial Park? The Friends need volunteers to help with the Fish Creek Ambassador program at the Bow Valley Ranch. This is an indoor administrative volunteer role, volunteers work in pairs, each shift is about 3.5 hours, and all training will be provided. Fish Creek Ambassadors assist park visitors and collect information that will allow us to better understand how the Visitor Centre is being used and how often. Please consider volunteering as a Fish Creek Ambassador to help support the Fish Creek Provincial Park, community members, and even visitors from afar. For more information about the Fish Creek Ambassador program, please contact Kumiko Kamiike, Visitor Services Coordinator, at kumiko@friendsoffishcreek.org.



Board of Directors

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Léo Lejeune	

Management and other contacts

Brad Buxton	General Manager manager@mlra.ca
Bryce Morris	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

TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep "tunnel" around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a "memory" so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

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

Fees for the 2023/24 season were invoiced this past March and were due May 1. Normally fees are due April 1, but we extended the date to May 1 this year due to notices going out later than usual. If you haven't already done so, please pay your fees as soon as possible. We are now denying access to members with outstanding fees. You can access your invoice via PerfectMind, which is a web-based system we are currently using for our member database. You should have already received a few emails from us with instructions on how to access your account. If you are having troubles accessing your account, please email the office at office@mlra.ca.

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 the 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

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 fall lineup coming up! Visit our website at www.mlra.ca for a full list of programs. You can also contact programs@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.

Fall Programs



MLRA

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Councillor, Ward 14
Peter Demong

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🌐 www.calgary.ca/ward14

Hi Ward 14!

Things are starting to get busy in October. Apart from the leaves, the pumpkins, Halloween, and Thanksgiving, City Council will also be getting ready for budget adjustments and tackling many other topics. Reach out to me to tell me what you think. As usual, I will talk about an interesting map available through maps.calgary.ca for this month's column. There will also be tips on preparing for emergencies and fire safety in the kitchen. I will round it out with another edition of how to navigate the City of Calgary website.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,



Councillor Peter Demong

GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.

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HANDYMAN – 403-257-5999: Large and small repairs and renovations. Develop your basement, re-do your bathroom, or finish your garage. Also booking decks and fences. Call Darcy.

HAIR CARE BY SYBIL: Home-based salon in McKenzie Lake. Fall is here! Are you needing a new look? Treatment from the summer? I can also help with haircuts, foils, colour or low lights. Text or call Hair Care by Sybil at 403-973-0487.

FENCES AND SHEDS: Homestead Fencing, established in 1999, builds all types of residential, acreage/farm, and commercial fences. We can custom-build sheds and shelters to your specific requirements. If you're looking for great quality at a great price, give us a call for your free quote! Tyler: 403-852-5394, tyler@homesteadfencing.ca, or visit us at www.homesteadfencing.ca.

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May	23	15	21	\$600,000	\$652,000
April	23	20	17	\$599,900	\$650,000
March	23	19	17	\$554,500	\$565,000
February	23	14	11	\$599,900	\$608,000
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	12	9	\$569,000	\$569,000
September	22	17	10	\$562,450	\$551,000

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

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