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SCAN HERE TO VIEW ADDITIONAL MCKENZIE LAKE CONTENT

**News, Events,
& More**



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Statistics**



**Real Estate
Statistics**



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McKenzie Lake Community Association



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COMMUNITY CONTACTS

Before and After School/Kindergarten Programs	bas@mckenzielakecommunity.com
Calgary Police Liaison Officer	Cst. Craig Kam CKam@calgarypolice.ca
Pathways Snow Removal	pathways@mckenzielakecommunity.com

Rental Information for the Community Centre:

Gym (275 capacity)
Duquette Room (Boardroom comfortably seats 25)
Call 403-257-1823 for prices and availability

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Neighbourhood Happenings

Event	Date/Time
Schools Out Party	Saturday, June 15, 2024, 1:00 to 4:00 pm
Summit Church Stampede Breakfast	Sunday July 7, 2024, 9:00 to 11:00 am
Summer Sunset Sips and Social	Friday, July 12, 26 and August 5, 29, 2024, 6:00 to 9:00 pm
McKenzie Frenzie	Saturday, September 7, 2024, 11:00 am to 11:00 pm
Halloween Howler	Saturday, October 26, 2024, 4:00 to 6:00 pm 6:30 to 8:30 pm
Christmas Kids Party	Saturday, December 7, 2024, 4:00 to 6:00 pm 6:30 to 8:30 pm



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Hello McKenzie Lake Residents!

The entire team at McKenzie Lake Community Centre has been working very hard to bring fresh ideas and exciting events to your Community! I will get into that but first I will update you on our kid and drop-in programs.

The Before and After School program is currently full as is our new Kindergarten Program. MLCA will continue to accept registration and we are happy to add your child to the waitlist. Should a spot become available, we will contact you directly. To be added to our BAS and Kindergarten waitlists, please contact Nadine, Facility Manager at 403-257-1823 or email bas@mckenzielakecommunity.com

Summer Camps are running from June 19 to August 23, 2024 and are also full this year! We strive to make our summer camp programs enjoyable for kids of all ages and we thank you for your continued support every year!

Drop-In Programs:

Pickleball remains a popular drop-in event. Our current program will conclude on June 20 and will resume in September, 2024. The fee is \$50 for ten drop-ins. Visit the office to purchase a pickleball card for fall 2024. Your card will be stamped each time you play and once 10 stamps are accumulated, your 11th visit is free! We will ask that you pre-pay with a debit card and remember, pickleball cards never expire! MLCA welcomes pickleballers of all skill levels on Tuesdays and Wednesdays only from 9:30 am to 12:30 pm. We encourage inclusive participation and everyone is always welcome!

McKenzie Tots is a fun way for parents and tots in our community to meet and socialize every Thursday from 10:00 am to 12:00 pm over a tea or coffee. We supply a gymnasium full of toys and room for the kids to run! The drop-in fee is \$5 and we also encourage payment by debit in the office on these days. Please note this program will conclude on June 20 to make room for our summer programming and resume in September 2024.

And now for the announcement of some fun events we have planned for kids and adults coming to your community centre this year! Please refer to the "Neighbourhood Happenings" listings for dates and times.

We are getting excited about hosting a School's Out Party for the kids in June. Join us at the community centre to celebrate the end of the school year and beginning of summer!

Summit Church is hosting their fabulous Stampede Breakfast on July 7! So dust off those cowboy boots and hat and mosey on down to the community centre for a traditional Stampede Breakfast and tons of fun!

MLCA is happy to work with Summit Church to bring you a new summer event series called "Sunset Sips and Social". Stroll, bike or ride over to the McKenzie Lake rink for Neighbourly Mixers on select Fridays all summer long. Sip and chill to street beats while you enjoy some sunset heat. Partake in neighbourly chuckles and cheers from 6:00 to 9:00 pm. A cash bar and music will be provided and don't forget to bring your lawn chair!

Of course MLCA is once again hosting the McKenzie Frenzie on September 7, 2024. The day starts at 11:00 am with all sorts of activities for the whole family and will wrap up at 11:00 pm with our Saturday Nite Rink Social featuring live music, with food and drinks for purchase.

The Kids Halloween Howler is scheduled for October 26, as well as our Christmas Kids Party on December 7, 2024. Both parties will have two back-to-back times in order to allow for many kids in the community to participate.

There are many more events in the planning stages and I encourage you to watch for the *Gazette* each month for additions to our events list. You are also encouraged to visit our website and all other social media outlets for up-to-the-minute news on Neighbourhood Happenings. These events take a small village of volunteers to make them happen. So please, if you have free time and want to help bring these and other exciting community events to life, reach out to me or the good folks at the office. I promise you, we are a fun bunch to work with!

See you at the community centre!

Jody Turner

Communications/Marketing Director

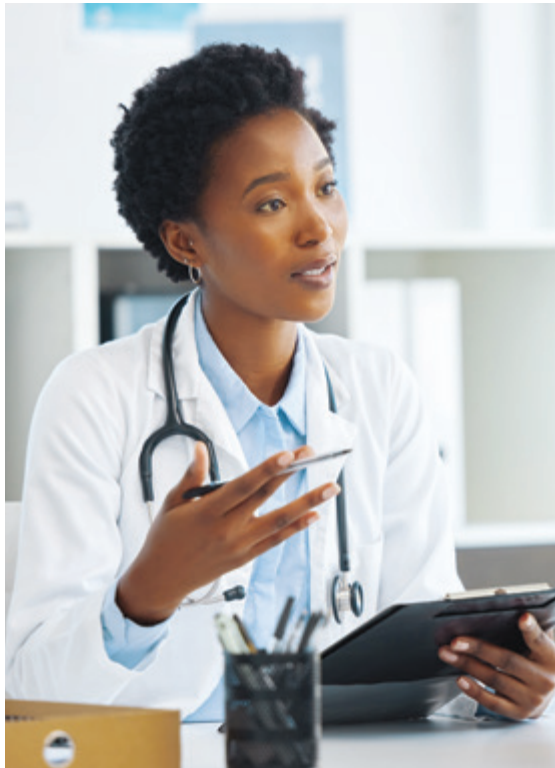
MLCA

MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

Making The Most of Your Doctor's Appointment

by Alberta Health Services



Working closely with your doctor is one of the most important things you can do to help you get – and stay – as healthy as you can.

Have you ever caught yourself saying the following things ...

“Doctors are so busy. I don’t want to bother them.”

“The doctor’s the expert, not me. I just listen.”

“I’m afraid of saying something that isn’t right.”

“I’m actually a little scared of my doctor. He intimidates me.”

Partnering with your doctor shouldn’t have to be a struggle. Doctors are experts on medical care, but you are the expert on yourself. And, together, you can find a solution that best fits your values, beliefs, and lifestyle.

Things To Do Before Visiting Your Doctor

- Be prepared. Write down what you want to say, how you feel, and any symptoms you are having.
- You can also write down the three most important questions you have; what means the most to you.
- Don’t be afraid to say what you think.
- Bring someone with you, especially if you have trouble remembering or would like some support.
- Always asks questions to ensure you understand. Some examples of questions you can ask when talking with your doctor about treatments and tests are:

1. What is the name of the test, medicine, surgery, or other treatment?
2. Why is it needed?
3. What are the risks?
4. What are potential side effects?
5. Are there alternatives?
6. How much does it cost?
7. What will happen if I decide not to have treatment?
8. How do I prepare for each test or treatment?
9. Is the cost of the medicine covered by my provincial health plan or private health insurance?
10. How do I take this medicine?
11. How will this medicine react with other medicines I am taking?

After Your Doctor's Visit

It’s a good idea to make notes following your doctor’s visit. Those can include:

- What your health professional thinks the problem might be.
- What you might expect to happen next.
- What you can do to manage your problem at home.

Follow the instructions your doctor gave you, including filling a prescription, scheduling tests, or making another appointment. Call your doctor if you still have questions or if there is anything you do not understand.

Watch closely for changes in your health and be sure to contact your doctor if you have any problems or symptoms that concern you. Follow-up care is a key part of your treatment and safety.

Update the medical records that you keep at home, including new test results and medicine changes.

How Can You Partner with Your Doctor?

Here are some tips for being a good partner with your doctor:

- Build a relationship with your doctor – Let your doctor know that you want to be a partner in your health care. Tell the doctor what your expectations are.
- Be an active participant in each appointment – Listen carefully to what your doctor says. If you do not understand a diagnosis or treatment, ask questions. And tell the doctor if you think that following the prescribed treatment will be hard for you.
- Have a family member or friend with you during your appointment, if possible – He or she can take notes, ask questions to clarify information, and help you remember what your doctor says.
- Bring your medicines to your appointment – If you take prescription or over-the-counter medicines, including natural health products, bring all of them with you to any appointment with a doctor. If you cannot bring the medicines, bring a list of the medicines that you take.
- Ask for instructions – Before you leave the doctor's office, make sure you know what you are supposed to do to care for yourself. Ask for written information, links to videos and websites, and any other instructions.
- Be sure to make and go to all appointments – Call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.
- Prepare your child for tests and examinations – Let your child know why he or she is seeing a doctor and what will be done during the visit. Your child's age and developmental level will determine how best to prepare him or her. And ask your older child if he or she would like to speak to the doctor alone. Teens may be more willing to talk about topics such as sexuality, mental health, and drugs or alcohol if they know they can have time on their own with their doctors.

A strong partnership between you and your doctor is key to getting great care. A primary care physician such as a family doctor should know your medical history and understand what is important to you. They may be the resource you need most when you face a major health care decision.



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- Supply & install new drain system & pop-up stopper

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How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.



South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2024 Spring/Summer Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming Free Programs

Easy and Healthy Mediterranean Cooking

When: May 8, Noon to 1:30 pm.

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary).

Note: Space is limited.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Discover great flavours and how to eat Mediterranean! 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. This practical cooking class includes recipes and helpful tips. Led by registered dietitians, join us in-person for this cooking demonstration.

Registration:
www.redcap.link/EasyHealthyMediterraneanCooking.

Cooking When Fatigued

When: May 15, Noon to 1:30 pm.

Online.

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

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. Led by a registered dietitian and an occupational therapist, this unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen. Join us from the comfort of your home virtually for this cooking demonstration.

Registration: www.redcap.link/CookingWhenFatigued.

Tasty, Low Salt Cooking (Meal Ideas)

When: May 30, Noon to 1:00 pm.

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary).

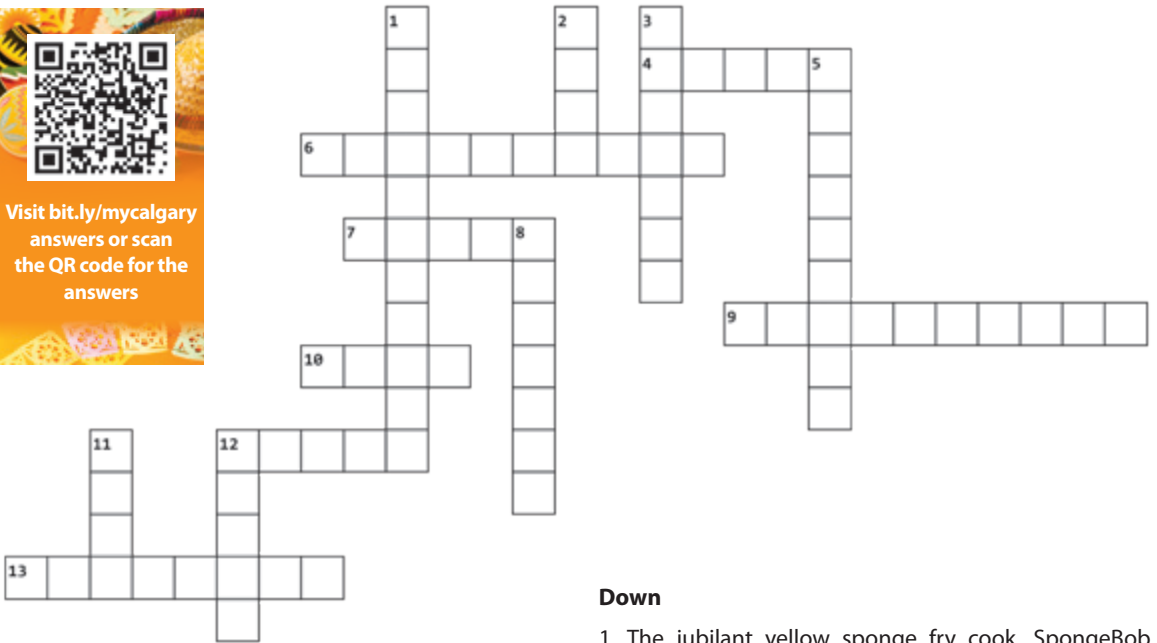
Note: Space is limited.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Enjoy flavourful meal ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical cooking demonstration led by registered dietitians, includes recipes and helpful tips. This class is part one of a two-part series; register for part two focusing on tasty dips and sauces (take one or both classes).

Registration: www.redcap.link/TastyLowSaltCooking.

May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.

McKenzie Lake Residents Association



🏠 16199 McKenzie Lake Way SE,
Calgary AB T2Z 1L7

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🌐 www.mlra.ca

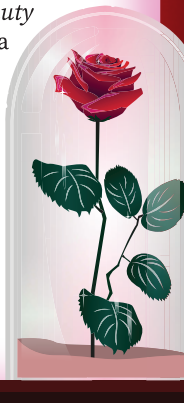
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Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, “Beauty” is a human but what exactly is the “beast”? This character is a chimera! A chimera is a single organism with more than one genotype... essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



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Office Staff	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

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 2024/25 were invoiced in March and are due April 1.

Members with outstanding fees are not permitted to use the facility and will be denied access.

Please remember MLRA fees are mandatory.

You can view your invoice(s) by logging into your account at mlra.perfectmid.com. Use the email we have on file for you.

If you are having trouble accessing your account, do not sign up for a new account. Contact the office at office@mlra.ca for assistance.

Additional information and payment instructions can be found online at mlra.ca.

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 winter 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.

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MLRA

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AND EVENTS



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Yoga
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Mother's
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Centerpiece
Workshop

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Zumba

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Father's Day
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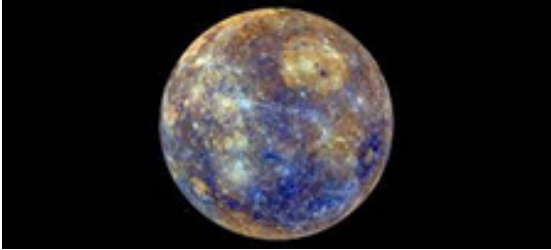
 McKenzie Lake Programs

 www.mlra.ca

 403-257-1657

Stargazing with Pat J: Why Humans Will Never Ever Set Foot on Mercury or Venus

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada



Mercury

- Closest planet to the Sun.
- If our Sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mercury on the 0.8-yard line.
- Smallest planet, only slightly larger than Earth's Moon.
- Very faint; visible only after sunset or before sunrise.
- Rotates on its axis in 59 days. It takes 88 days to orbit the Sun.
- Sunlight takes three minutes to get there.
- No moons or rings.
- Rocky, heavily cratered surface.
- Only two probes have ever been sent there; neither landed.
- A blistering 430-degree Celsius during the day. A bone chilling - 170-degree Celsius at night.
- Any water or atmosphere it once possessed has long since boiled away.



Venus

- Second planet from the Sun.
- Using the above CFL field comparison, Venus is on the 1.4-yard line.
- Slightly smaller than Earth.
- Second only to our Moon in brightness.
- Rotates on its axis in 243 days. It takes 225 days to orbit the Sun, making its year shorter than its day.
- Takes sunlight six minutes to get there.
- No moons or rings.
- Unlike every other planet, Venus spins clockwise. Scientists believe this is because Venus is actually upside down; meaning the Sun rises in the west and sets in the east.
- While it has an atmosphere, it is a poisonous concoction of carbon dioxide and sulphuric acid which has produced a runaway greenhouse effect. With an average temperature of 460-degree Celsius, Venus is hotter than Mercury, despite being further from the Sun.
- Russia has landed several probes on the surface, but none survived more than two hours; having been crushed flat by an atmospheric pressure of 1,350 pounds per square inch, then melted by the scorching temperatures.

Happy Mother's Day!
Or Maybe Not...

This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!





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Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



Solving the Puzzle of the Jigsaw

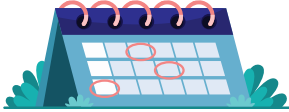


Did you know that the first jigsaw puzzle is believed to have been made in 1760 by a man named John Spilsbury using a marquetry saw! He was a cartographer and engraver based in London who was interested in teaching people about maps, which led to the creation of this fun educational tool.

GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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

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Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks

In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.
- Access support for diabetes, high blood pressure, high



cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit albertapcns.ca to learn more.

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Do you know a young person who is thinking about suicide?

Suicide support group for youth and their caregivers

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops



centre for
suicide prevention

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced



- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



Alcohol In Moderation

by Alberta Health Services



Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain), cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symptoms which are found by searching Alcohol Poisoning on MyHealthAlberta.ca.

What Are the Health Risks Associated with Drinking Alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.

- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

What Can You Do?

Less is best! Research shows that drinking any amount of alcohol can have risks. Canadian health experts say your risk of harm from alcohol is:

- **Low** if you have two standard drinks or less per week.
- **Moderate** if you have between three and six drinks per week.
- **High** if you have seven or more drinks per week.

Having more than two drinks in one sitting increases your risk of harm to yourself and others. Keep in mind that age, sex, weight, and health history can cause alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)

Try to drink less by paying attention to how much you drink by setting a weekly target and make sure you do not have more than two standard drinks per day. If you

choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.
- Drink slowly. Don't have more than two standard drinks in one sitting.
- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
- Don't take over the counter or prescription medicines that interact with alcohol.
- Limit how much you drink.

Who Should Not Drink Alcohol at All?

Although most people can have a drink now and then, some people should not drink at all.

Don't drink alcohol if:

- You're pregnant or trying to get pregnant. Alcohol can harm the developing baby (fetus). Alcohol can pass into the baby's blood. It can damage and affect the growth of the baby's cells. During pregnancy, not drinking alcohol is the only safe option.
- You breastfeed your child. If you choose to drink, breastfeed just before you drink alcohol. And wait to breastfeed at least two hours after you have a drink to reduce the amount of alcohol the baby may get in the milk.
- You're taking over the counter or prescription medicines that interact with alcohol.
- You have health problems made worse by drinking, such as liver problems, heart failure, uncontrolled high blood pressure, or certain blood disorders.
- You have a mental health problem and are using alcohol to try to make yourself feel better.
- You have problems controlling how much you drink, or you had alcohol problems in the past.
- You're at work.
- You plan to drive or operate tools or machinery.
- You plan to play sports or take part in physical activities.
- You're taking care of someone or supervising others.
- You need to make important decisions.

Talk to your doctor about whether drinking alcohol is a good choice for you. And if it is, ask how much is okay.

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December	23	2	7	\$475,000	\$518,000
November	23	11	12	\$574,950	\$588,250
October	23	11	9	\$624,000	\$580,000
September	23	11	14	\$659,950	\$658,250
August	23	20	15	\$540,000	\$544,000
July	23	14	15	\$540,000	\$570,000
June	23	22	20	\$587,000	\$619,312
May	23	14	21	\$600,000	\$652,000
April	23	20	17	\$599,900	\$650,000

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



Welcome, May!

by Carolyn, Calgary's Home Gardener Helper

As May ushers in the warmth and vibrancy of spring, Calgary gardeners are busy preparing their outdoor spaces for the season ahead. However, with the potential for water rationing, hailstorms, temperature fluctuations, and strong winds, it's essential to plan thoughtfully to ensure a vibrant and resilient garden.

First and foremost, make sure you prioritize soil preparation. Begin by loosening compacted soil and incorporating organic matter such as compost to improve drainage and nutrient retention. This step not only promotes healthy plant growth but also enhances soil structure, allowing deeper water penetration and water holding capacity.



In light of potential water rationing, it's crucial to adopt water-saving techniques. Consider installing drip irrigation systems to deliver water directly to plant roots, minimizing evaporation and water waste. Mulching flower beds and garden/veggie areas can help retain soil moisture, reduce weed growth, and insulate plant roots from temperature fluctuations. Water lawn areas in the early hours or let your irrigation system do the work while you sleep.

When planning your landscape design, opt for low-maintenance drought-tolerant plants that can withstand Calgary's challenging climate. Hardy perennials such as yarrow, sedum, and blanket flowers,

along with native grasses and shrubs, require minimal upkeep once established and can thrive in Calgary's adverse ever-present conditions.

To protect your garden from hailstorms and wind damage, consider incorporating windbreaks such as fences, hedges, or strategically placed shrubs and trees. These barriers can help deflect strong winds and reduce the impact of hail; structures such as pergolas can safeguard your herbs and annuals pots.

Home gardeners should stay vigilant against pests and diseases, which can proliferate in warm and humid conditions. Regularly inspect plants for signs of infestation or disease, and promptly address any issues to prevent them from spreading throughout the garden. The Calgary Horticultural Society, as an affiliate member, allows you to access the experienced advice you need.

Embrace the beauty of diversity in your garden by incorporating a variety of colours, textures, and heights. Mix and match different plant species to create visual interest and provide habitat for pollinators and beneficial insects. Incorporate everlastings to add that pop of colour and be the subject of fun party talk!



With careful planning, thoughtful design, and strategic implementation, your garden can thrive despite the unpredictable nature of Calgary's climate. So, roll up your sleeves, dig in the dirt, and let's create a garden that's as resilient as it is beautiful.

Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!



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Park Cart Smart

by City of Calgary Waste and Recycling Services

When you set out your blue, green, and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

Parking in a cul-de-sac:

- All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.

Parking in an alley:

- Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection.

Learn more at calgary.ca/cartplacement.



Celebrate Neighbour Day 2024

by the City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay. Invite Mayor Gondek, your Councillor, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day, and you can lend a helping hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.



Yard Security: Keep Your Dog Safe

by the City of Calgary

Securing your yard to prevent your dog from escaping is crucial for both your pet's safety and the well-being of your community. Not only does it ensure that your furry friend stays out of harm's way, but it also minimizes the risk of accidents with neighbours.

Here are some measures to safeguard your yard:

- Inspect your yard perimeter for any existing gaps, holes, or weak spots in the fence or barriers. Reinforce these areas by repairing fences, filling in holes, or adding additional barriers like chicken wire or lattice. Ensure that gates are securely closed and consider installing locks or latches.
- Assess potential escape routes such as low-hanging branches or objects near the fence that could be used as leverage for climbing. Remove objects that could assist your dog in scaling the fence.
- Supervise your pet while they're outside and provide ample mental and physical stimulation to deter them from attempting to escape out of boredom or frustration.

Moreover, licensing your dog is not only a legal requirement but also aids in their safe return if they do manage to escape. Proper identification, including tags and microchipping, with current contact information significantly increases the chances of being reunited with your pet as well.

Securing your yard keeps your dog safe and contained and is part of responsible pet ownership. By taking proactive measures to prevent escapes, you're ensuring the well-being of your furry companion and fostering a safer environment for everyone.

Learn more at calgary.ca/petlicences.



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