

NOVEMBER 2025

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McKenzie Lake Community Association



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

☎ 403-257-1823 📠 403-257-4429

✉ facilities@mckenzielakecommunity.com

🌐 www.mckenzielakecommunity.com

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BOARD OF DIRECTORS

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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)
The Lighthouse Room (comfortably hosts 25 people)
Call 403-257-1823 for prices and availability

Neighbourhood Happenings

Event	Date/Time
Pickleball	Tuesdays and Wednesdays, 9:30 am to 12:30 pm
Mom and Tots	Thursdays, 10:00 am to 12:00 pm
MLCA Board Meetings	Third Tuesday of the month, 7:00 to 9:00 pm in the Lighthouse Room.

Volunteer!

We can't do it without you! Ongoing recruitment of volunteers is essential to the success of our special events. If you would like a say in future events and have time to get involved, we encourage you to contact our Facility Manager, Nadine Jack, at 403-257-1823 or manager@mckenzielakecommunity.com.



The first international soccer match was played between England and Scotland on November 30, 1872, on a cricket ground, no less! Tickets were sold for one shilling, and it is estimated that there were more than 2,500 spectators. The historic game ended scoreless, 0-0.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE \$13,879
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

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		Listed	Sold	Listed	Sold
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August	25	18	15	\$790,000	\$770,000
July	25	10	12	\$612,450	\$609,000
June	25	24	16	\$692,450	\$689,250
May	25	22	20	\$673,400	\$661,500
April	25	14	12	\$749,900	\$743,500
March	25	17	18	\$632,450	\$626,200
February	25	10	7	\$619,900	\$617,000
January	25	15	13	\$599,900	\$630,000
December	24	3	6	\$579,450	\$576,250
November	24	6	13	\$729,900	\$725,000
October	24	17	13	\$649,900	\$643,000

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

McKenzie Lake Residents Association



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

☎ 403-257-1657 ✉ office@mlra.ca

🌐 www.mlra.ca

📷 [mckenzielakeprograms](https://www.instagram.com/mckenzielakeprograms)

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Grant Vale	Secretary
Kristin Roy	
Brian Hodgson	

MANAGEMENT AND OTHER CONTACTS

Brad Buxton	General Manager manager@mlra.ca
Bryce Morris	Operations Manager operations@mlra.ca
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

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11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12113	Fluoride Treatment	\$36.05	\$36.05
02601	Panorex	\$106.61	\$106.61

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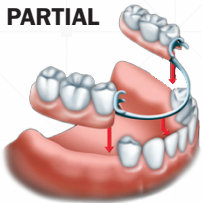


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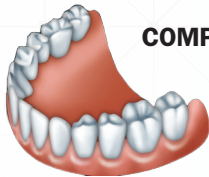
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Facility Status

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 supported improvements to our beach transition area. We replaced the original lumber—installed when the park was first developed—with large, precast paving stones. These stones offer significantly enhanced durability, functionality, and visual appeal. In addition, we improved accessibility by installing a new ramp leading down to the beach and introducing an accessible roll-out beach mat that extends to the water's edge. We hope you enjoy it!

Annual Membership Fees

The 2025 MLRA fees were due April 1, 2025. In early March, you should have received either an invoice package via email notification or a mailed copy of your invoice. If you haven't seen it in your inbox, please check your spam and junk filters.

This year, you will notice a change in your fee amount. In June 2024, a Special Meeting of the Members was held, where members voted in favour of a fee increase. The Board of Directors presented a financial report and recommended the adjustment to support the association's ongoing operations and future initiatives.

For more information on the Special Meeting, including agenda items and minutes, please visit our website at mlra.ca under the 'Residents Info' tab.

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.perfectmind.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. 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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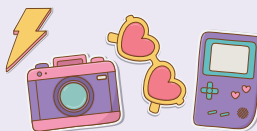
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