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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

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.

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. |



BRAIN GAMES SUDOKU

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Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

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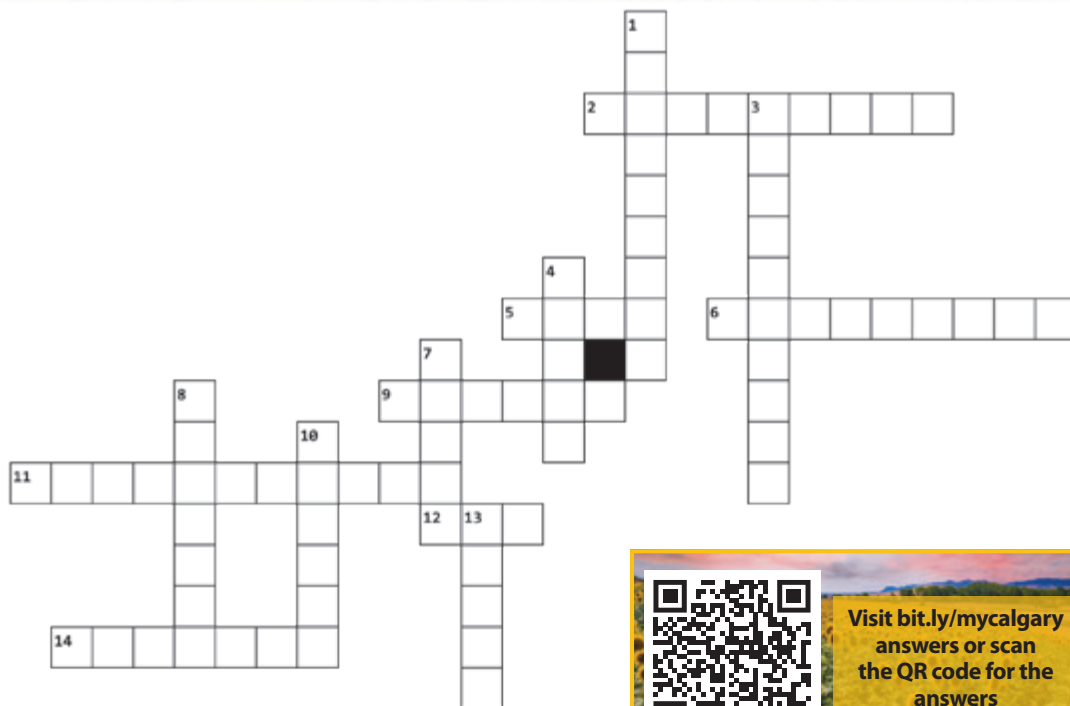
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SCAN ME



September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.



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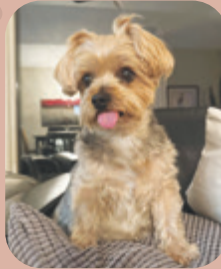
Cats, Canines, & Critters of Calgary



Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



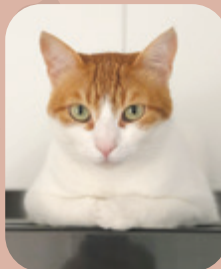
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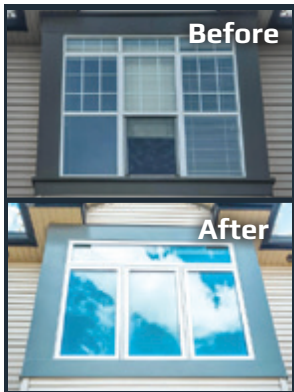
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September - December

FALL 2025 PROGRAM GUIDE

Explore our exciting lineup of Fall Programs! With classes for children and youth, as well as adults, there is fall fun for everyone!

Discover programs like Yoga, Pickleball, Tennis, Karate, Dance, Sportball, Engineering for Kids, & more.

Registration is now open, register online!



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Starting Fall SMART

by Recovery Alberta – Community Health Promotion Services

Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

- Specific – What exactly would you like to do? What is your aim?

- Measurable – How will you know if you are moving towards your goal? What will you see?
- Achievable – Can you act to reach your goal? Is it something you can do?
- Relevant – Does this goal have meaning for you?
- Time – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

- Attitude (e.g. Being positive, hopeful, and grateful or seeing the good)
- Physical Health (e.g. Being active, eating healthy food, sleeping, and drinking water)
- Relationships (e.g. Spending more time with family and friends)
- Public Service (e.g. Volunteering, helping your community)

Taking the time to write, type, or vocalize our goals, will set the stage for us to reach them! Another important piece is to celebrate our successes along the way. Focus on all that you have done rather than on things you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

Let's Keep Our Kids Safe as They Head Back to School

by The City of Calgary



As we gear up for the school year, we are asking people who drive to prioritize the safety of our students, and remember these safety tips:

- The kids are counting on us. Slow down and look out for them, especially in playground zones and around schools. It takes less than a minute to travel through most playground zones and speeding typically only “saves” a driver ten seconds. Be safe and slow down.
- Watch the crosswalks. Stopping or parking too close to a crosswalk creates dangerous conditions for pedestrians. People crossing the street cannot see past a car that is parked too close and approaching drivers cannot see pedestrians. Stopping too close to a crosswalk, even for just a minute, is too long. Be safe and watch out—please do not block crosswalks.
- Double parking creates unsafe conditions. Double parking is when a vehicle stops or parks in the roadway alongside another already parked car. Double parked vehicles not only obstruct the flow of traffic but can block the view of other drivers, making it difficult to see pedestrians or other vehicles. Encouraging passengers to get out of the car when double parked puts them in harm’s way. When you choose to double park, even just for a minute, our kids are at risk of getting hurt. Be safe, park smart!

When driving, please choose safety over convenience—the kids are counting on us.

Learn more at calgary.ca/besafe.

GAMES & PUZZLES

Guess the School Tool!

1. In the early 1960s, the first one of these was created to assist with number manipulation.
2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
3. A semi-circular measurement tool that deals with angles.
4. An organizer typically characterized by its circular or D-shaped retainers.
5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
6. Alphabetical reference books that are always being updated, named after the Latin word for “the act of speaking”.



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Devin Elkin

— WARD 14 —

Rooted in Community



Hello Ward 14!

By the time this edition of the Great News community newsletter hits your mailbox, we will hopefully have recovered from all those mini donuts we consumed, the pain and suffering from those cowboy boots that get dusted off once a year, and worked off all those community Stampede events. I want to issue a special thank you to all the volunteers that helped make this annual right of passage here in Calgary a success. It was one to remember. Now we are three months away from the 2025 civic election on October 20th. Please mark your calendars.

I want to take a moment and thank everyone who expressed their appreciation for putting my name forward to be your next Ward 14 Councillor. As the last 10 years have taught me, your support and appreciation are what makes serving the residents of Ward 14 so enjoyable and together we will take the next step, ensuring Ward 14's continued profile as the city's best ward.

Over the next few months, I hope to connect with those of you who don't know me or what I have been doing for the Ward over the past decade as community assistant. I will be hosting several "chat with the candidate" pop up events throughout the ward, so watch for these dates on your community socials or on my website at www.devinelkin.com. These are designed for those that are not overly comfortable with people coming to their doors but are still interested in knowing what's what. I will be available for a few hours in each location and will have a white 10x10 tent set up. I am looking forward to having some great conversations with you all.

I hope you all survived Stampede and have some great plans for the rest of the summer.

Please take the time to visit www.devinelkin.com where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you all for loving where you live and caring about Ward 14's future.

Devin Elkin

Rooted in Community

Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

Apologize When You're Wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad, but you were really getting on my nerves."

Give Your Child Choices and Respect Their Wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding



the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

Read Books and Stories Together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.

Celebrating Calgary 150 - Oil Capital

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The Leduc oil well discovery launched Calgary onto the world's stage.

Calgary's first skyscraper was the 11-storey Barron Building (ca.1951). The Guinness family built Elveden Centre (ca.1958), Calgary's first to 20 storeys.

Calgary's most iconic building is Husky Tower, built for Canada's centennial. CPR's station was demolished for an office complex with tourist attraction, a freestanding observation tower, the tallest building in Canada outside Toronto.

The Ukrainian Catholic Church (ca.1955) stands out for its Byzantine style. In Inglewood, the Standard Church of America served the Black community. The Shaarey Tzedec Synagogue arrived in Mission in 1959.

Alberta's 50th anniversary, the post-war boom, and the centennial brought several institutions to Calgary.

Eric Harvie preserved Western Canadian heritage through the Glenbow Museum. The Southern Alberta Jubilee Auditorium was built, and a Brutalist-style planetarium opened. Confederation Park preserved a creek and coulee.

Stampede Corral (ca.1950) replaced Victoria Arena and McMahon Stadium was ready in 1960. Calgary's first mall was North Hill Centre (ca.1958).

Britannia became Calgary's first complete neighbourhood, with plaza, residences, and parks. Queen Elizabeth II toured it in 1959.

In 1953, an updated Calgary General Hospital opened. Foothills Hospital opened in 1966, Calgary's lead trauma centre and research/training hospital. It's associated with the University of Calgary, also founded in 1966.

Heritage Park (ca.1963) became a living museum of early modern prairie life and preserves heritage buildings.

Bearspaw Dam was built (ca.1953), named after a Treaty 7 signatory. The airport received a new passenger terminal (ca.1956) and began international flights.

Mewata Bridge was built to handle automobiles. McKnight Boulevard was named after a WWII flying ace, which connects John Laurie Boulevard, named for an Indigenous advocate.

Macleod Trail was moved from Ramsay to 2 Street SE. Bow Trail replaced Old Banff Coach Road, with Sarcee and Blackfoot Trails flanking the city's west and east sides. But the Sien Lok Society opposed razing Chinatown for a highway.

In 1961, the Trans-Canada Highway replaced Morley Trail and Banff-Windermere Parkway.

In 1973, Crowchild Trail was named after Tsuu T'ina chief David Crowchild. He said, "May this be a symbol of cutting all barriers between all peoples."

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"View of the Barron Building showing Uptown marquee, Calgary, Alberta," 1952-08, (CU1111123) by Calgary Herald, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EEZZ6?WS=SearchResults>.



"Expanding downtown skyline, Calgary, Alberta," 1961-01, (CU1111336) by Calgary Herald, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Published in the Calgary Herald, January 31, 1961. Tall building is Elveden House. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EKM7?WS=SearchResults>.



Husky Tower over 200 feet in height - 27 feet of concrete poured a day, City of Calgary Archives, item CaIA 2006-042sVII-0054.



Needle Installation on the Husky Tower, 10 November 1967, City of Calgary Archives, item CaIA 94-004-003.



"Opening day, Leduc #1 discovery well, Leduc, Alberta.", 1947-02-13, (CU1137357) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1F7K3LP?WS=SearchResults>.



"General Hospital, Calgary, Alberta.", 1955-07-28, (CU1131227) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1FH47LJ?WS=SearchResults>.



"House of Israel, Calgary, Alberta.", [ca. 1940-1945], (CU1216464) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1X4X4X4>.



"Bearsaw dam, Calgary, Alberta.", 1954-12, (CU1141494) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1FMZG3A?WS=SearchResults>.



"Airport, Calgary, Alberta.", [ca. 1940], (CU2230158) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3408237MF>.



Trans Canada Highway - Canmore, September 2006, Jack Borno, via Creative Commons Attribution-Share Alike 3.0 Unported license. [https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_\(1\).jpg](https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_(1).jpg).



Chima Akuchie

For Ward 14 Councillor

☎ 403-930-4391

✉ info@chima4ward14.ca

chima4ward14.ca

Dear Neighbour,

I'm excited to share this with you: I'm running for City Council in Ward 14.

This decision comes from a deep passion to serve and a belief that leadership means listening, understanding, and acting in the best interests of the people, not chasing power or succession.

I'm a graduate of SAIT in instrumentation engineering. I've served as VP External of the Athabasca University Students' Union and serve as Technology & Digital Safety Ambassador. I've had the privilege of serving as a student advocate at both the provincial level with the Council of Alberta University Students (CAUS) and at the federal level with the Canadian Alliance of Student Associations (CASA). Through these roles, I sat on policy and budgeting committees where I worked to ensure student voices were heard and their needs prioritized.

As Director of Volunteerism at the Calgary Legacy Community Association, I help organize events that build connection and community. I also volunteer with the Calgary Igbo Community Association at the Drop-In Centre, supporting unhoused individuals with essentials and encouragement.

I founded VEROROSE INC., a support agency for people with disabilities, and work at a harm reduction centre, helping people with disabilities and mental health challenges rebuild their lives.

I'm running as an independent candidate with conservative values. I'm for the people, here to serve and willing to work with anyone who puts Ward 14 first. Our city should serve residents, not political interests.

As your neighbour, I share your concerns about blanket rezoning that ignores local realities, property tax hikes, infrastructure strain, and loss of neighbourhood character. If elected, I'll push to repeal those policies and protect what makes our ward a great place to live.

I believe in service, transparency, and trust. As a husband, father of three, and Knight of the Catholic Church, I bring compassion, accountability, and empathy to public service.

Every resident deserves safe streets, basic infrastructure, and leaders who listen. That's what I'll fight for.

This campaign is about all of us; our families, our businesses, and our shared future. I'm ready to work hard for Ward 14 and make our voices count.

Sincerely,
Chima Akuchie

McKenzie Lake Residents Association



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

📞 403-257-1657 ✉️ office@mlra.ca

🌐 www.mlra.ca

📷 mckenzielakeprograms

📘 McKenzie Lake Programs



The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



BOARD OF DIRECTORS

| | |
|---------------------|----------------|
| Rob Courchesne | President |
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| Charlene Koch | GM Liaison |
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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



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 <https://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.

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| July | 25 | 11 | 12 | \$612,450 | \$609,000 |
| June | 25 | 26 | 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 |
| September | 24 | 18 | 14 | \$595,000 | \$601,000 |
| August | 24 | 10 | 11 | \$899,900 | \$893,900 |

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

Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



Bringing Wildflowers to the Alley

by Paula McGarrigle

There are few things we can control in life, and these days the news cycle can feel overwhelming. But sometimes small things, like planting flowers, can make a difference.

I was inspired by Wildflower Alley in Belfast, a neighbourhood space once known for garbage dumping and vandalism. In 2015, about 40 neighbours came together to repaint fences, and add planters filled with flowers and herbs. Today, the alley has become a vibrant green hub that's sparked over 50 similar projects across Belfast.

After watching a feature on Wildflower Alley on *Gardeners' World*, I thought: Why not try something similar here?

One brisk April morning, I made a simple poster encouraging neighbours to put out some flowers for the summer. I printed 40 copies and walked around the block, dropping them into mailboxes. I also offered extra empty pots and a few seedlings I had grown from seed.

I felt a bit awkward ringing doorbells and interrupting people's day, but the idea sparked curiosity for some. People asked more about what had been done in Belfast and said they were interested.

After the May long weekend, flowers slowly started to appear. One neighbour, who always maintains a lovely plot behind their fence, led the way. Others followed, placing pots and planters around the alley.

Ironically, I was the last to get mine out. I picked up some discounted flowers with bright yellow and purple blooms and arranged them in a few favourite pots. I spent the morning tidying the alley and backyard. But just ten minutes after I placed them out... they were gone.

I was frustrated, but I didn't want to give up. I went back to the drawing board with a new plan. I brought out older, heavier pots that were hard to carry off. I filled them with compost, added some Bachelor Buttons from the front garden, threw in a few wildflower seeds, and reused an abandoned insect hotel. I also reinforced a couple of hanging baskets to make them harder to remove.

Today, we have ten homes participating and more than 20 flowerpots out in the alley. Every time I walk through and see the blooms, some big, some just beginning—I smile.

It's not changing the world, but it is a start. For me, it's a reminder that small acts, done together, can transform shared spaces.



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Celebrate Calgary Culture Days This September

by The City of Calgary

Calgary Culture Days showcases the people, places, and stories that make our city one of a kind. From September 1 to 30, experience this city-wide celebration of local arts, culture, heritage, and community spirit.

Events are taking place downtown and in neighbourhoods across the city—many of them free and family-friendly. Whether you're catching a live performance, exploring a pop-up exhibit, or taking part in a hands-on workshop, there's something to discover around every corner.

It's your chance to connect with Calgary's creative scene and celebrate the vibrant cultures that shape our city.

See what's happening near you at calgary.ca/culturedays.



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