

SEPTEMBER 2023

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TALK OF THE TOWNE



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UNTIL SEPTEMBER 30

\$100,000
OR A 2023 CORVETTE



GRAND PRIZE DRAW:
OCTOBER 6, 2023 AT 8PM

HOW TO ENTER:
FILL OUT OUR SURVEY AT GUEST SERVICES FOR A CHANCE
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MONTHLY QUALIFIER DRAWINGS:
THURSDAY, AUGUST 31, 2023 - 7PM
SATURDAY, SEPTEMBER 30, 2023 - 7PM



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OR BRING TO
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DID YOU KNOW?

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- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.
- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
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- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.



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INDOOR 2023/2024 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at www.gofoothills.ca

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New Patients Welcome



McKenzie Towne Community Association (MTCA)

Executive Committee

President	Shelley Wark-Martyn
Vice-President	Kimberly Stewart
Secretary	Janice Taylor
Treasurer	Patrick Giroux
Director	Jane Stevens

Check us out at our new website, <https://mckenziatownecommunityassociation.ca>.

Send us an email at feedback@mckenziatownecommunityassociation.ca.

McKenzie Towne Community Association meets the fourth Wednesday of the month. Check out the website for location at www.mckenziatownecommunityassociation.ca.

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

YYC Food Trucks

YYC Food Trucks are coming back! Thursdays from 4:00 to 7:00 pm, they will be located at Promenade Park, 90 Promenade Way SE. Part of the funds for purchases are donated back to the McKenzie Towne Community Association.



McKenzie Towne Community Association is Looking for Board Members

The McKenzie Towne Community Association (MTCA) is a volunteer-based organization that exists in your community – we are your neighbours, we bring together residents, and we act as a voice for our community.

MTCA is a voice for the community on important City of Calgary decisions that impact our community, such as planning and development issues. We have a liaison with all levels of government, local schools, McKenzie Towne Council, and our local policing community resource officer.

We are not the Homeowners Association, otherwise known as the McKenzie Towne Council (MTC), who oversee the community amenities and collect an annual fee.

We are planning a Winterfest Event in December; if you are interested in becoming a member of the Board or planning committee, let us know by emailing feedback@mckenziatownecommunityassociation.ca.

Communities are stronger when we all participate!



SCAN HERE TO VIEW ADDITIONAL MCKENZIE TOWNE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





AGM Notice

The McKenzie Towne Community Association will be holding our Annual General Meeting on Wednesday, September 27 starting at 6:30 pm. We are looking for community members to serve on the board. If you have questions email feedback@mckenietownecommunityassociation.ca.



THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, Alouette-1 was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.



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McKenzie Towne Council is a **not-for-profit Residents' Association** collecting **annual dues** (an encumbrance title) which maintains and manages common amenities and features in the community. This includes the **McKenzie Towne Hall** which provides **rental space, programming, daycare, and events.**

For more information please visit www.mtcouncil.com or call 403-781-6612 Ext 0.

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



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AUTUMN PROGRAMS

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New and Returning Programs for Residents
and Non-Residents of McKenzie Towne!

Child and Adult Programs Available

Visit www.mtcouncil.com to register





South Health Campus Wellness Centre

Better Health for Free

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

Questions? Call 403-956-3939.

Upcoming Free Programs in September and October 2023

Tasty Low-Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet?

Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and teach

you how to prepare healthy, lower sodium foods that taste great. Register for one or both classes.

When: Meal Ideas: September 12 from noon to 1:00 pm
Dips and Sauces: October 10 from noon to 1:00 pm

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

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

Easy and Healthy Mediterranean Cooking

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

When: September 26 from noon to 1:30 pm

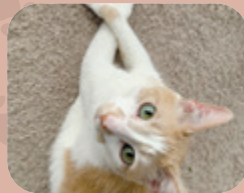
Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

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

Cats, Canines, & Critters of Calgary



Biscuit, Deer Run



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

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	7			2			4	6
	6					8	9	
2			8		3	7	1	5
	8	4		9	7			
7	1						5	9
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	5	8					6	
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Upcoming 2023 Events



FALL *Wine* FEST

SEPTEMBER 22, 2023
7:00PM TO 10:00PM



PUMPKIN CARVING

October 13, 2023
6:30PM to 8:00PM



MONSTER WASH DANCE

OCTOBER 27, 2023
6:30PM TO 8:00PM



GRAND SOUTH CHRISTMAS MARKET

November 18, 2023
10:00AM to 3:00PM



Santa Claus is coming to Towne

December 2, 2023
10:00AM to 2:00PM

Brunch with Santa
Pictures with Santa
Crafts with Mrs. Claus



Learn more at www.mtcouncil.com

BUSINESS CLASSIFIEDS

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MCKENZIE TOWNE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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HURTING? We're here for you. Renewing Hope (mental health): Mondays starting September 11; Divorce Care: Wednesdays, September 13; Grief Support: Thursdays, September 14; Marriage 911: Sundays, September 17; Celebrate Recovery: Tuesdays year-round; all at FAC Deerfoot Campus (12345 40 St SE). To learn more and to register, call 403-252-7572 or visit faccalgary.com.

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting September 28 at FAC Deerfoot Campus (12345 40 St SE) and FAC Southwest Campus Office & Ministry Centre in Bridlewood. Dinner included. To learn more and to register, call 403-252-7572 or visit faccalgary.com.

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A Shopper's Guide to Premiumization

by the Better Business Bureau

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

Tips for Navigating Premiumization as a Shopper

Do Your Homework. Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

Understand What Makes a Product Premium. Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

Comparison Shop. To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

Watch for "Greenwashing." Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.



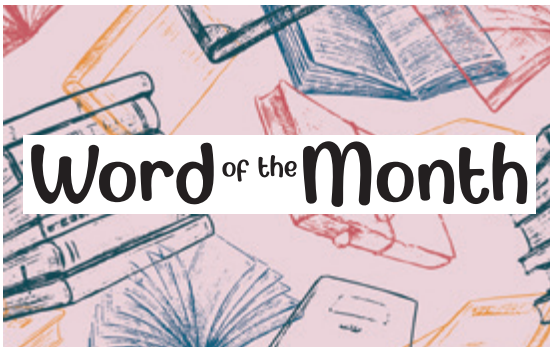
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- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



Metanoia: noun
(met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

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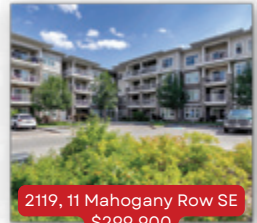
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