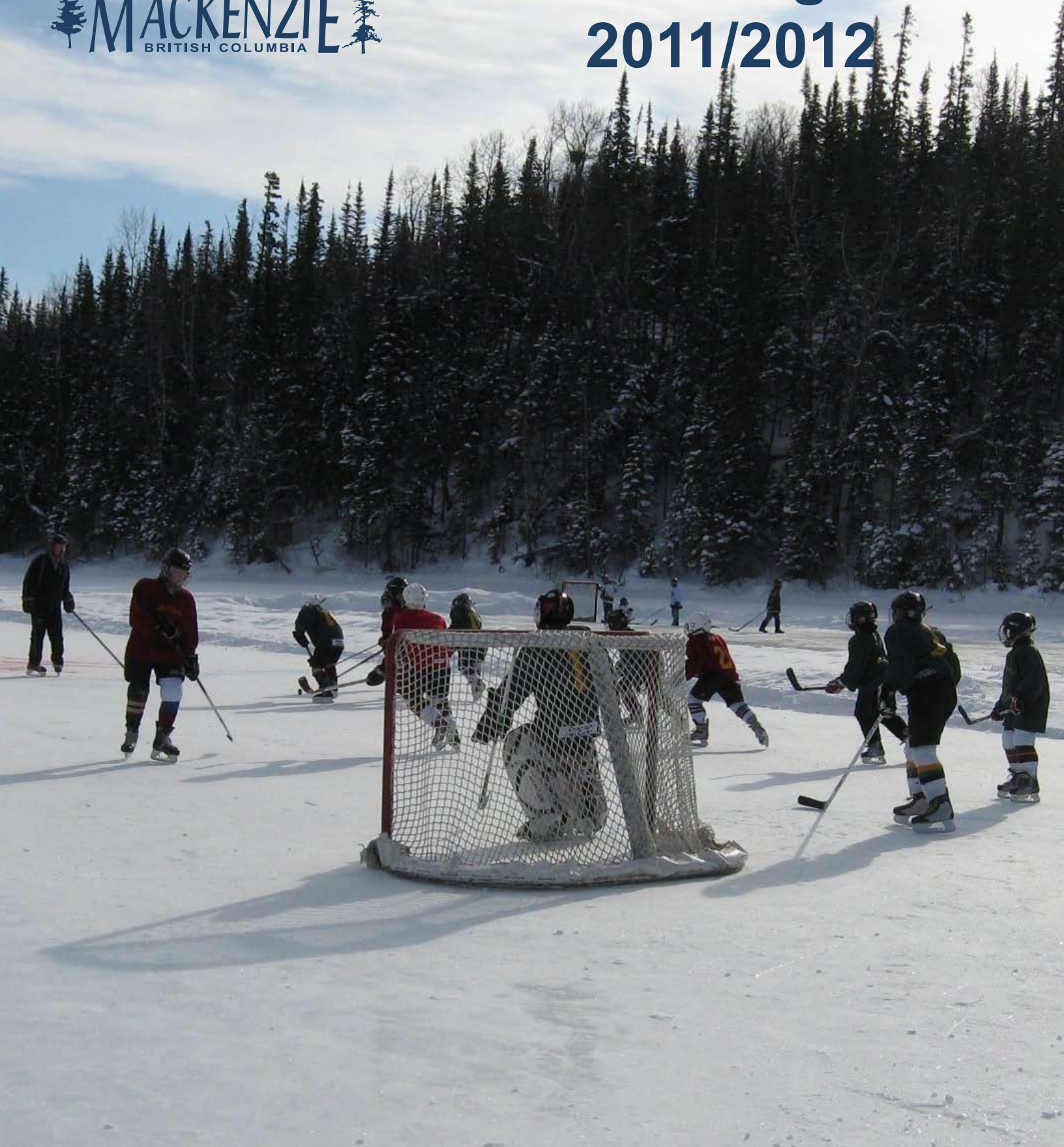




Active Living Guide 2011/2012



Visit our website
www.district.mackenzie.bc.ca

Mackenzie Recreation Centre
250-997-5283

MESSAGE FROM THE MAYOR

Once again welcome to the Active Living Guide for Mackenzie. This guide is a must-have in order to discover what Mackenzie has to offer in the realm of recreation and leisure. There are a large number of leisure programs supporting sports, children's events, the outdoors, and the arts & culture within the pages of the guide. I am sure you will find one or more activities that you and your family will enjoy. If you find that something is not offered, and you feel it would be of benefit to the users, please contact our staff and they will work with you to provide the service if possible to do so.

As we are designated an "Active Living Community" we strive to promote activities in recreation and leisure that support this concept. As our community continues to grow, so does our need for recreation and leisure as they play a very important role in our overall health and well-being. We urge you and your family, and yes, those who come to visit, to take advantage of the programs being offered. The District offers both indoor and outdoor activities that will provide you with fun and entertainment.

We welcome all new members of our community and hope that you will join us in enjoying what Mackenzie has to offer in this and other areas. All new ideas are welcome.

Come out and join us this September during our Leisure Fair to celebrate active living in our community. Choose the style of recreation or leisure in which you and your family would like to participate over the coming year and help us continue to be one of the healthiest communities ever.

Remember - the focus is on fun and relaxation!

Stephanie Killam, Mayor



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WELCOME

Mackenzie Recreation Centre Complex

Location: 400 Skeena Dr
 Phone: 250-997-5283
 Fax: 250-997-5792
 Email: recoffice@district.mackenzie.bc.ca
 Website: www.district.mackenzie.bc.ca

Recreation Centre Facility Hours as of September 19, 2011

Monday to Friday 6:00am-10:00pm
 Saturday & Sunday 8:00am-9:00pm

Recreation Centre Office Hours as of September 12, 2011

Monday to Friday 6:15am-10:00am
 12:00pm-9:15pm
 Saturday & Sunday 10:00am-5:30pm

Registration for Leisure Services Programs

Register for Swimming Lessons, Play Gym, and CanSkate Learn-to-Skate on Saturday, September 10th at the Leisure Fair. Register in person during the Leisure Fair and receive 10% off all registered programs, as well as multi-activity passes & tickets. Offer is valid from 10:00am-2:00pm on Saturday, September 10th only.

Register After the Leisure Fair

Registration is taken any time on a first-come first-serve basis during regular office hours at the Recreation Centre. Payment must be made at the time of registration. Pay by cash, cheque, debit, Visa or Mastercard.

Facility Rates

	Drop In Rates
Family (Up to 5)	\$7.25
Adult (18 & Older)	\$3.60
Youth/Senior	\$1.80
Child (1-6 years)	\$0.90
Under 1 year	Free

Multi-Activity Tickets		
	Book of 12	Book of 25
Adult	\$39.92	\$79.83
Youth/Senior	\$19.96	\$39.92

Get the most out of your visit. Time your workouts so you can attend a fitness class, use the weight room, go public skating, and then relax in the hot tub, pool or sauna. All covered under one admission price.

Multi-Activity Passes				
	1 Month	3 Months	6 Months	1 Year
Family	\$87.09	\$181.44	\$326.59	\$616.90
Adult	\$43.55	\$90.72	\$163.30	\$308.45
Youth/Senior	\$21.77	\$45.36	\$81.65	\$154.22

All prices include applicable taxes.

Refund Policy

- * Full refund when class is cancelled
- * Full refund prior to commencement of course or withdrawn during course, less 20% handling fee (minimum \$3.00 - maximum \$15.00)
- * Full refund is given if put towards a credit to be used toward any program we offer (must be used by the end of the current calendar year)

GENERAL INFORMATION

*The District of Mackenzie is a registered
ACTIVE COMMUNITY*

Healthy living, healthy eating and healthy activity are all components that make a successful Active Community. Mackenzie is on the right path and reaching further towards providing activities and programs that encourage all citizens to be part of our active community. Through bringing softball, sports week, and many more initiatives, we strive to encourage everyone of all ages to get active.



“Get active and keep fit” has taken on a whole new look in the community. Many more trails for bikers and hikers have been developed, as well as programs inspiring all interests to enjoy the benefits of physical activity. By offering a variety of activities, programs and hours of operation our goal is to encourage all citizens to take advantage of our clean air, natural surroundings and facilities that provide unique opportunities at our doorstep.

Affordable family activities, achieving personal fitness goals, and promoting our natural amenities throughout the community. Here at the Rec Centre, we continue to promote and offer a variety of opportunities for all citizens.

Ways to Get More Physical Activity Into Your Day

1. **Be active in as many ways as you can.** Every movement is an opportunity to improve your health and well-being.
2. **Find 30 minutes every day.** Any increase in physical activity will benefit your health, but experts agree that adults should aim to build up at least 30 minutes of moderately intense physical activity on most days.
3. **Break it up.** If 30 minutes all at once seems like a tall order, start with 10 minutes at least three times a day. Then gradually build up the time and frequency until 30 minutes feels easier.
4. **Find strength in numbers.** Being active can be a family thing, social thing, or something you enjoy on your own. Being active with others may give you that extra boost you need to get up and get active!
5. **Keep it interesting.** Go on bush walks and visit parks with friends or family. Take part in, or help to organize, community events in your area. Go for a picnic in the country or go fly a kite on the beach. The possibilities are endless.
6. **Set yourself a goal.** Set realistic goals and write them down. Keep track of your progress. Doing this with a friend or family member helps you keep on track.
7. **Warm up as a first step.** To avoid injuries, include warm-up time at the beginning of your activity program. Start slowly and gradually pick up the pace.
8. **Be prepared.** Wear loose, comfortable lightweight clothing and comfy shoes with good cushioning. Make sure you drink water throughout your activity.
9. **Cool down as a final step.** As you complete your program, cool down your muscles by slowing the pace before stopping. Don't forget to re-hydrate yourself after the session is complete.
10. **Consult an expert.** If you're just starting your activity program, it's a good idea to first check with your doctor or health practitioner. Moderate activities such as walking usually pose little health risk.

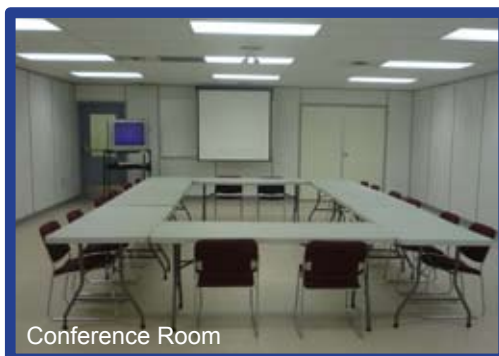
Source: ActNowBC

GENERAL INFORMATION

The Recreation Centre has a variety of rooms available for meetings, seminars, courses, workshops and social functions. Contact the front office for hourly and daily rental rates.

Conference Room

The Conference Room is located at the top of the arena lobby stairs. It comfortably accommodates 60 people and also offers wheelchair accessibility. Features include a white board, pull-down screen and Internet connection.



Conference Room

Multi-Purpose Room

This room provides 1100 square feet that can accommodate up to 100 people. The room has a wall of mirrors and comes with a complete sound system, cordless microphone and audio-visual equipment.

Event Catering

Whether it's coffee break arrangements for your meetings, lunch buffet or a banquet dinner, Denis Grimard and staff are there to help make your function at the Recreation Centre a success. Contact Denis Grimard at 250-997-6060. Stop by Mr. Munchy's in the Recreation Centre and enjoy breakfast, lunch or dinner.

Amenities

Outdoor Rink

Free skating fun for everyone, meet your friends for a game of hockey or enjoy a family adventure. The outdoor rink is provided for skating and shinny opportunities.

Indoor Play Centre

Take the kids to the Play Centre and let them blow off some energy. The Play Centre is designed for children 8 years of age and younger. Parents must directly supervise their children and follow the below-noted rules. The hours of operation are 8:00am-7:00pm.

- * Remove shoes and boots before entering play equipment and place in shoe rack provided.
- * Food, drink and gum are not allowed in play equipment area.
- * An adult must directly supervise children under 6 years old. The adult must be inside the playroom.
- * Children over the age of 8 will be asked to leave the play equipment.
- * Please report accidents and incidents to the front desk.



GENERAL INFORMATION

Recreation Centre Weight Room

The Weight Room in the Recreation Centre features a full complement of cardio-conditioning and strength-training equipment. Our cardio area features Lifefitness treadmills, cross trainers, upright bike, and stair climbers. The Hammer Strength and Lifefitness strength machines offer a circuit to exercise every muscle group. These machines are easy to use, whether you're just starting out or are into an advanced routine. A selection of free-weight equipment offers even more strength training options.

Weight Room Rules & Etiquette

- * Gym bags must be stored in a locker
- * Gym attire required (closed toe indoor shoes)
- * 15 years and over permitted
- * 12-14 years must be accompanied by an adult and have completed a fitness program with Barb Heine
- * Food and glass containers are not permitted
- * During peak times (or while others are waiting) please limit your time on the cardio equipment to 20 minutes
- * Wipe down each piece of equipment after use for the next person
- * Return free weights to the rack when finished

Youth Weight Training and Fitness Conditioning

It is very important to have a safe and proper training program so as to avoid injuries and to ensure that your program meets your goals. The youth weight training and conditioning program will provide you with an individualized fitness program specific to your age and fitness goals. This program is for 12-14 year olds. Call the Recreation Centre for more information.

Benefits of Physical Activity

For Adults

Physical activity appears to reduce the risk of 25 chronic conditions, in particular coronary heart disease, stroke, hypertension, breast cancer, colon cancer, Type 2 diabetes and osteoporosis.

Source: *Public Health Agency of Canada*



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"REACHING FITNESS GOALS FOR YOUR OWN PHYSIQUE"

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- > ONE ON ONE TRAINING (BEGINNER & ADVANCED)
- > SPORT SPECIFIC & OUTDOOR TRAINING
- > CARDIO & FLEXIBILITY WORKOUTS
- > REHAB & EXERCISE THERAPY
- > CONSULTATIONS & MONITORING

RAEDON MORASH, BPE
REGISTERED KINESIOLOGIST
250-997-1695

Email: unique_physique@hotmail.com

MY POTENTIAL HAS NO LIMITS,
ANYTHING IS WITHIN REACH!



ONE ON ONE FITNESS

-  WEIGHT LOSS PROGRAMS
-  LAST CHANCE WORKOUTS
-  MEAL PLANS
-  OUTDOOR BOOTCAMP
-  STRENGTH & TONING
-  INJURY REHABILITATION
-  SPORT SPECIFIC CONDITIONING
-  ERGONOMICS & JOB COACHING



BFIT4U

Contact
Barb Heine
Kinesiologist

250-997-6810 bfit4u@telus.net

Fitness Classes

Instructor: Barb Heine, Bachelor of Physical Activity Studies

Barb has a strong personal commitment and passion for exercise. Her love of sport began early and included competitive volleyball and basketball, and eventually evolved into a love of being in the gym and doing weight training.

Days: Tuesday & Thursday

Time: Tue - 6:30pm-7:30pm Thur- 6:00pm-7:00pm

Date: Begins September 13

Place: Multi-Purpose Room

Tuesday: Ultimate Cardio KickBox Circuit - Sweat your way through a kickboxing workout followed by an intense circuit combining intervals of kickboxing cardio drills and muscle conditioning drills.

Thursday: Kickboxing - This is a fun and intense workout that incorporates basic kickboxing skills choreographed to energizing music.

Healthy Eating

Healthy eating builds a healthy body and is important for maintaining a healthy body weight. Eating well doesn't mean giving up the food you love; it means choosing food wisely. Try some of the following suggestions when making food choices:

- * Select a variety of foods from all food groups such as fruit, vegetables, dairy and grains;
- * Emphasize cereals, breads, other grain products, vegetables and fruit;
- * Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat;
- * Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating; and
- * Check the Nutrition Facts table on food labels to compare products more easily; determine the nutritional value of foods; better manage special diets; and increase or decrease your intake of a particular nutrient.

Source: Health Canada



Yogi Time Yoga

Paula Walbauer, RYT 500
Registered Yoga Teacher

Specializing in classes for adults and children
Telephone: 250-997-6608
Email: teepeew@telus.net
Find me on Facebook @ Yogi Time Yoga

Teaching and sharing my passion for yoga
with adults and children!

Body by Vi
CHALLENGE



TRANSFORM YOUR BODY IN 90 DAYS

Improve Your Health
Get Better Nutrition
Have More Energy
Build Lean Muscle
Lose Weight Without Being Hungry









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Contact Barb Heine 997-6810
www.barbheine.bodybyvi.com



AQUATICS

8-level program for children 4 months to 6 years of age

Name	Age	Description
RCSP Starfish 	4-12 months	<ul style="list-style-type: none"> * Orientation to water for babies and the parent/caregiver. * To enter this level, babies must be able to hold their head up. * The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.
RCSP Duck 	12-24 months	<ul style="list-style-type: none"> * Orientation to water for toddlers and their parent/caregiver. * Age is the only condition for entering this level. * Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.
RCSP Sea Turtle 	24-36 months	<ul style="list-style-type: none"> * Orientation to water for toddlers and their parent/caregiver. * Age is the only condition for entering this level. * Swimmers learn, through fun games and songs, how to combine skills, kick with a buoyant object and how to perform basic floats, glides and kicks.
RCSP Sea Otter 	3-6 years	<ul style="list-style-type: none"> * Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. * Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.
RCSP Salamander 	3-6 years	<ul style="list-style-type: none"> * Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills. * Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present.
RCSP Sunfish 	3-6 years	<ul style="list-style-type: none"> * Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). * Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near water.
RCSP Crocodile 	3-6 years	<ul style="list-style-type: none"> * Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. * Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PDF) in deep water.
RCSP Whale 	3-6 years	<ul style="list-style-type: none"> * Through fun activities, swimmers perform a front and back swim for 10 metres. * Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds and return to safety, throwing assists and sitting dives.

10-level program for children 5 to 12 years of age

Level	Description
RCSK 1	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
RCSK 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.
RCSK 3	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.
RCSK 4	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
RCSK 5	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. Introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
RCSK 6	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1 ½ mins. Endurance is built through dolphin kick and a 75m swim.
RCSK 7	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.
RCSK 8	This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treaded water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.
RCSK 9	This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3mins). They also work on head-first surface dives and learn about wise choices, peer influences and self rescue from ice. Endurance is built through a 400m swim.
RCSK 10	This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and side stroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.

AQUATICS

Looking for an exciting career as a lifeguard/instructor?

We can help you set your sights on a great career. The Mackenzie Recreation Center is looking for qualified, energetic and motivated people to work as lifeguards at our pool. Earn great pay, learn important life skills and have fun while working. To learn more about an exciting career as a lifeguard, talk to the Leisure Services Manager at 250 997-5283.



Bronze Medallion: 20 hour course

Prerequisites: Bronze Star or 13 yr



Bronze Cross: 20 hour course

Prerequisites: Bronze Medallion completed, 13 yrs of age

Standard First Aid, CPR-C certification included: 14-16 hour course

Prerequisites: recommended 12 yr

↓
←
Lifeguarding Stream



National Lifeguard Service Award, (NLS)

Length: 40 hour course
Prerequisites: Bronze Corss, 16 yr,
Standard First Aid (must be current within
one year)

↓
→
Instructor Stream



Assisted Water Safety Instructor (AWSI) Course

Minimum age: 15 years old by the last day of the course
Prerequisites: Red Cross Swim Kids 10
Course Length: 30 hours + 8 hours teaching experience

Water Safety Instructor (WSI) Course

Minimum age: 16 years old by the last day of the course
Prerequisites: Assistant Water Safety Instructor
Course Length: 25 hours + 12 hours teaching experience



Swim Lessons Assessment

Not sure what level would best meet your swimming needs? We can provide an assessment and help you to meet your best potential in our swim lesson program. Call us and we'll set up an evaluation of your swimming skills that will get you into the right Red Cross lessons.

Private Red Cross Swim Lessons

We offer a private instructor to provide one-on-one instructional time for all levels of the Red Cross Learn to Swim Program. Times are available on Tuesday/Thursday Friday evenings or Saturday/Sunday. Great for those wishing

to strengthen skills or for schedules that don't fit the regular scheduled lessons. Drop by the Recreation Centre and inquire. We'll be happy to set up a class for you.

Cost: \$13.25 per student, second student with same ability can be included for \$6.62 in the same class.

AquaAdults

Stay fit and healthy through swimming

We offer Red Cross adult swim programs that can be customized to suit your needs. Just looking for stroke improvement or wanting to learn the basics of swimming? We'll design a program that works to help you achieve your personal goals.

Friday Swim Program

Swim lesson once per week, every Friday. Check out our lesson set running only once per week, for the busy family who can't make two-day programs. Classes offered will run for 10 consecutive weeks and follow the same structure as regular Red Cross programs.

Aqua Fitness

Water exercise exerts less impact on the joints and is suitable for swimmers and non-swimmers, men and women. Join us as our certified Aquafitness Instructors energize you to increase muscle tone, strength and endurance as well as a great cardio workout.

Classes will start September 19th.

Free Birthday swim for all 7 yr olds

Are you turning 7 years of age? Here is our birthday gift to you - a ½ hour free swim with a qualified instructor. We'll evaluate your swimming ability, and provide you with the safety awareness to enjoy our pool during each of your future visits.

- * All 7-yr olds who can comfortably demonstrate their swimming ability are welcome to enjoy the pool during all of our everyone welcome swims.
- * Participants who need supervision or time to strengthen their swimming skills will be encouraged to join our swim lesson programs or continue to use the pool with the supervision of an adult or guardian.
- * Call during the month of your birthday to arrange your FREE class.

CHILDREN'S PROGRAMS

Turbo Tots

Our Activity Leaders have lots in store for your 2-5 yr old to keep them active while you take the opportunity to use the Recreation Facility. Use the weight room, swimming pool or, better yet, participate in the Aquafit program. Turbo tots will provide supervision for your children while you stay healthy and active.

Days:	Monday, Wednesday, Friday commencing September 20th, 2011 Please note: No class on statutory holidays
Time:	8:45am – 9:45am (parents attending Aquafitness may drop off child at 8:35am and pick them up at 10:00am)
Location:	Multi-Purpose Room
Fee:	\$5.00 drop-in fee or \$0.90 if parent uses weight room, pool or aquafit class

Leisure Services Play Gym

Play Gym is offered in conjunction with Morfee School. Parents and their young children enjoy this non-structured playtime in the Morfee School Gymnasium. Our Grade 7 volunteers will set up a variety of equipment, including toys and mats. Parents provide the supervision. This program is appropriate for children 9 months to 5 years.

Day:	Wednesday Begins September 21, 2011 - until April 2012
Time:	9:00am - 10:00am
Location:	Morfee School Gymnasium
Registration:	Pre-register only. Register at the Recreation Centre
Fee:	\$6.00 per child per season or \$12.00 per family

Kids Yoga

Instructor: Paula Walbauer, Registered Yoga Teacher

Paula is a yoga enthusiast who enjoys sharing her knowledge and love of yoga with her students. Yoga has brought her a new awareness to both her body and mind and has expanded her practice of bringing those principles into her daily life.

Days:	Monday & Thursday
Time:	5:00pm-5:30pm
Date:	October 3 - November 28
Place:	Multi-Purpose Room

Yoga is a healthy, safe and enjoyable activity that will bring joy and benefits of exercise to children. A great interactive program that promotes bending and stretching their bodies into easy, natural and fun-filled yoga poses. This program will enhance development of body awareness including improved posture, increase flexibility, muscle tone, strength and balance. A wonderful way to learn relaxation and concentration skills.

Benefits of Physical Activity for Children/Youth

Physical activity is essential for healthy growth and development. Regular physical activity in childhood develops cardiovascular fitness, strength, flexibility and bone density.

Source: *Public Health Agency of Canada*

CHILDREN'S PROGRAMS

CanSkate Learn-To-Skate 3-5 yrs.

Mackenzie Leisure Services provides a fully-qualified instructor to provide fun, interactive progressions to help your child get started and enjoy skating. Whether the goal is hockey or figure skating, this program will provide a great introduction. All skaters are required to wear helmets for safety.

Note: The initial registration fee includes a one-time \$30.00 annual Skate Canada fee. This fee also includes insurance, standard skating program, and professional Skate Canada registered coach. Please see Mackenzie Figure Skating Club for any further questions.

Day: Tuesday & Thursday
 Location: Mackenzie Recreation Center Arena
 Dates: TBA
 Fee: \$45.00 for 10 lessons plus one-time \$30.00 Skate Canada fee

Children's Birthday Parties

Take the worry out of the Party. Let us provide a unique and memorable experience for your child's next birthday. We offer a variety of packages that include decorations, grab bags for all guests, and food. All you bring are the guests, gifts and cake. Brochures are available at the Recreation Office.

2 hr Pool Party

Your very own attendant will provide ½ hour organized pool games, with a ½ hour free play time in the pool. Following your great swim, we'll have a special area decorated just for the birthday child, deliver the food for all the guests and keep the party active. This package is ideal for guests aged 7-12 yrs old.

2.5 hr Theme Party

Choose from a variety of themes to specialize the day for your child. Enjoy 1 ½ hours of themed craft, games, and play time all under the supervision of our activity leader. We'll deliver the food, organize the gift opening and help with the cake. The 2 ½ hours will fly by and wrap up with a goodie bag for each guest. Children 3-8 yrs old will love the party.

2 hr Pre-Teen Party

Not sure what to do for a party? Well, join us for a dance revolution or guitar hero party. We'll play these interactive games on the big screen, serve the food and supervise the gift opening. Special requests can be accommodated if possible. Great party for children 9-12 yrs old.



TEEN/ADULT PROGRAMS

Adult Shinny

Starting September 26th and continuing until March 2012, the Recreation Center offers Adult Shinny Hockey. Please note that no Adult Shinny Hockey will take place during the holiday season and on Pro D Days.

Monday-Friday 12:00pm-1:00pm
Cost: Drop-in Fee

Youth Shinny

Every Pro D Day and during the school holiday seasons we provide Youth Shinny Hockey for all ages. Bring your own equipment and note *Helmets are mandatory*.

Cost: Drop-in Fee

Recreational Volleyball

Join your friends for a game of Volleyball each week on Thursday nights at MSS Gym. Our Activity Leaders will set up the gym for all enthusiasts who enjoy the sport of Volleyball.

Day: Thursday October 18th - November 29th
Time: 7:00pm-9:00pm
Location: MSS Gym
Cost: Recreational drop-in rates, or Recreation Pass

Pleasure Craft Operator Card

It is now the law!! We offer the Coast Guard accredited test from the Lifesaving Society. Take home the study guide and write the exam when you are ready. Proctor examiners are available. Drop by the Recreation Office for your home study guide.

Cost: \$40.20 (includes home study guide, exam and HST)



Indoor Walking Club

Starting September 20th our walking club will meet three times per week at the Recreation Centre and enjoy a social activity while enjoying the comfort of indoor walking in the facility. Many different routes can be modified for each individual's needs. Join in and get moving.

Day: Tuesday/Wednesday/Thursday
Time: 10:30am-11:30am
Cost: Free

Benefits of Physical Activity

For Seniors

Weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity maintains strength and flexibility, balance and coordination, and can help reduce the risk of falls.

Source: *Public Health Agency of Canada*

SPECIAL EVENTS

Leisure Fair 2011

This is the place to register for all your fall/winter sports programs. There are also community clubs and organizations with information for new and returning members. Get 10% off Recreation Centre tickets, passes and programs during the Leisure Fair only.

Date: Saturday September 10th
 Time: 10:00am-2:00pm
 Location: Curling Rink

Little Goblins Hallowe'en Party

Come in costume before trick and treating. There will be crafts, stories, and games suitable for 2 to 5 year olds. Parents must stay with their spooks, goblins, or fairy princesses. Treat bags provided.

Day: Monday
 Date: October 31, 2011
 Time: 2:00pm-3:00pm
 Location: Multi-purpose Room
 Cost: Free

Hallowe'en Fireworks Display

Members of the Mackenzie Volunteer Fire Department awe the crowd in this annual display. Hot chocolate and hot dogs will be available for sale.

Day: Monday
 Date: October 31, 2011
 Time: 7:00pm
 Location: Recreation Centre upper parking lot "Weather Permitting"

**Christmas Celebration**

Come celebrate the start of the holiday season at the Recreation Centre. There will be free swimming, skating, Christmas carnival games, crafting booths, and much more. Enjoy free beverages and treats. Fun for the whole family.

Date: Friday, December 9
 Time: 6:00pm-8:30pm
 Location: Recreation Centre
 Cost: Free

House Decorating Contest

Get in the holiday spirit and help beautify the town this Christmas season. The District of Mackenzie offers cash prizes in one business decorating category and two residential decorating categories -theme display and light display.

SPECIAL EVENTS

Polar Bear Swim

Chills and thrills! Check out the ice cream contest, swim amongst the icebergs, and enjoy many other chilly adventures to bring in the New Year. The whole family is invited to enjoy.

Date:	Saturday, December 31	Location:	Recreation Centre Pool
Time:	12:00pm - 2:00pm	Cost:	Drop-in fee

Cabin Fever Carnival

Winter may seem endless but in Mackenzie embrace the season and get the most fun through our annual Cabin Fever Carnival Event. The event will take place from February 24-26, 2012 and includes the popular Family Fishing event along with new activities.



Easter Egg Hunt

Our annual event will take place on Saturday April 7, 2012. Children up to the age of 11 have the chance to search for eggs in the Curling Rink and Arena. This is a fun event and the Easter Bunny also makes a special appearance.



Youth International Night

In partnership with the Mackenzie Mall Merchants Association, Youth International Night is an annual event that is geared toward youth aged 13-18 years who attend Mackenzie Secondary School. The evening is specifically designed with a variety of activities, food and fun. This free event is a huge success and is certainly enjoyed by all in attendance.

Move For Health

Move for Health Day is an international event created in 2002 by the World Health Organization to celebrate and promote physical activity. Every year we host an Amazing Walk where participants collect lunch items at different locations along a 15-minute walk and then finish at the Spirit Square where they share their lunch with everyone else. Come early and bring your family so you don't miss out on this exciting event.



CLUBS & ORGANIZATIONS

Arena Sports

Mackenzie Minor Hockey



Minor Hockey provides programs in divisions from Tykes (age 4) to Midget (age 18) and a Female Division (ages 11-17). Skill development, fair play, and fun are emphasized in our program. All our divisions host and have opportunities to attend tournaments. Our Rep Divisions (Pee Wee, Bantam, and Midget) play in the Cariboo League and can go on to regional and provincial championships. Register at Leisure Fair 2011, September 10th. We will also host an equipment swap at the Leisure Fair. Please bring any items you wish to swap that morning.

Contact: Travis Stewart, President 250-997-7405
 Angela Zavaglia, Registrar 250-997-5592
 Email: mmhockey@telus.net

Web: www.mackenzieminorhockey.jigsy.com



Hamburger & 45's Hockey

This is a fun, non-contact league for players 35 years of age and older. The league plays Tuesday and Friday nights. There are opportunities to attend 2-3 tournaments during the season. Register at Leisure Fair 2011.

Contact: Steve Rooke 250-997-3073
 Lonny Wiebe 250-997-5154

Chicks with Sticks

Recreational Hockey for women. Improve your fitness level, meet new friends and have fun. Can't skate? We don't care - all skill levels welcome! Practices Sunday 4:15pm and Wednesday 8:45 pm. Full equipment is required, but come talk to us. We might be able to help! See you at the Leisure Fair 2011.



Contact: Christy Wright 250-997-6757

CLUBS & ORGANIZATIONS

The Mackenzie Figure Skating Club



Mackenzie
Figure Skating Club

The Mackenzie Figure Skating club provides fun, skill development and competitive opportunities for skaters at all levels. Skaters need a coach's recommendation to move to a new level. Our club program coaches are Cherri Carlson and Janet O'Neill. For Preschool skating classes, please register with the recreation office.



CanSkate A (Stages 1 – 4)

This is our school-age learn-to-skate program with a focus on fun, participation, and skill development. Group lessons, given by our certified professional coach, are designed for skaters to learn the basics such as forward and backward skating, stopping, turning, edges and crosscuts. The Skate Canada CanSkate Program is a national program that includes skill badges to progress through and earn at a pace that is suited to each individual. Classes will be 45 mins, 5:00pm to 5:45 pm, Tuesdays and Thursdays. (Add the CanSkate Plus Session if more ice skating time is desired.)

CanSkate B (Stages 5 – 7)

Skaters will progress through the upper CanSkate skill badges, Stage 5 – 7, that include fun group activities, more advanced turns, stops, spins, jumps and forward and backward skating. Classes are twice a week, Monday and Thursdays, including group instruction and supervised practice time. These skaters have the option to join CanSkate Plus for a third training day each week.

CanSkate Plus (Stage 3 – 7)

Skaters working on Stage 3 and higher who would like to skate more than just two days per week will benefit from this bonus session. It includes group instruction and supervised practice time (during which private lessons are available). Private lessons can be booked with our club coaches but are not included in the registration fees.

Junior StarSkate (Preliminary)

This program is for skaters at the Preliminary StarSkate test level. The skaters will be provided with a balance of group instruction time and practice time. They will learn more figure skating skills and how to structure their own practice time. There will be opportunities for competing and/or testing during the skating season. Private lessons (not included with registration fees) are available to be booked with our club coaches.

Senior StarSkate (Junior Bronze to Gold)

The Senior sessions are designed for those skaters who can practice well on their own and wish to be involved in the StarSkate/Competitive Test streams and/or competitions. Emphasis will be placed on fitness, skill improvement, mental focus, sportsmanship and club spirit. Group stroking lessons are included in the registration fee. Private, semi-private and/or small group lessons are recommended for this level.

To register for the above programs please contact:

Jessica MacDonald 250-997-4242

Jodi-Lynn Sharp 250-997-5249



CLUBS & ORGANIZATIONS

Mackenzie Thunderbirds Speed Skating Club

Mackenzie Thunderbirds will be starting its 13th season in September. The club would like to invite anyone who is interested in the sport of speed skating to join up. If you are not sure if this is the sport for you, we offer a free two-week trial period once the season is underway. Speed skating is an activity the whole family can enjoy together. Anyone over the age of three is welcome to attend.

Speed skating is primarily an individual sport, with skaters trying to beat their competitors or the clock in a series of races over specified distances.

Speed skates have long blades, which give better balance and greater stability. They are more efficient because the blades are flat ground and cut into the ice less than hockey or figure skates. With less friction, skaters can glide further with each push and skate with less effort. The skates are designed for speed. Several of Mackenzie's skaters can easily top 30-35 km/hr skating short track, and even faster on a 400-metre outdoor oval.

The club is coached by two certified NCCP Level 1 coaches, and by mature skaters and parents, and has a well-developed core of volunteers. Membership fees are reasonable. The specialized skates are supplied by the club at a low rental fee, and the minimal other equipment necessary (helmet, gloves, kneepads, soccer-type shin pads and neck guard).

Please visit us at the Leisure Fair for more information or to register.

Contact:	Darin Hancock	250-997-4714
	Kevin Neary	250-997-8176

Winter Sports**Northern Edge Snowboard Club**

Length of Program – 2011 programs will be in a camp format and run from one to four days in length. Evening sessions will also be held at Little Mac.

Details of Programs - Athletes must be able to ride surface lifts, turn both ways and stop. The snowboard programs are based on Canada Snowboard's long-term Athlete Development Plan for Snowboarding in Canada. Our snow sessions will be held at Little Mac and Powder King. Dry land training sessions will be held at the Mackenzie Recreation Centre.

Age(s):	Between 8 and 16.
Dates:	December to March
Location:	Little Mac Ski Hill and Powder King

Contact Info: Bill Laing 250-997-6301 or e-mail @ Bill.Laing@telus.net

CLUBS & ORGANIZATIONS

Mackenzie Nordiques Cross-Country Ski Club

Mackenzie is blessed with an abundance of snow, which provides us with world-class skiing conditions. The Mackenzie Nordiques maintain a network of over 30-km of groomed trails complete with race courses that meet World Cup standards and has three warm-up cabins. New for the 2011-2012 season will be a stand-alone building for Jackrabbits and waxing facility for club members. If you are a regular user of our trails we encourage you to purchase a membership. Non-members are subject to a daily drop-in fee and miss out on lots of fun and activities. ***Members will be notified of all club activities, which include: moonlight skis, waxing and ski clinics, as well as monthly meetings.***



BC Rabbit Program

Children receive instruction and cross-country ski techniques provided by our certified coaches. The club currently has three NCCP Level I coaches and three NCCP Level II coaches.

Adult Programs

Adult lessons and waxing clinics are examples of programs which the club sponsors.

Events

We host one race each year, "The Finlay Blizzard Challenge," featuring both ski techniques over a two-day fun-packed weekend, which includes meals, prizes, and fun events. Purchase your membership at Leisure Fair 2011 on September 10th and you will automatically be entered into a draw to win back your membership!

Contact Hans Beurskens 250-997-6292

Rocky Mountain Riders Snowmobile Club

Join our group of avid sledders in Mackenzie. The Rocky Mountain Riders actively promote snowmobiling and snowmobile safety in Mackenzie. The club also represents and advocates the interests of all snowmobilers in the community on such issues as land management. Club members help to maintain local trails and backcountry cabins in popular sledding areas.

The club hosts numerous events throughout the winter which include family fun rides and poker rallies which help to raise money for many worthy causes.

Spring/Summer Sports

Lacrosse

Lacrosse is Canada's Official Summer Sport and known as the fastest game on two legs. Some former Mackenzie Minor Lacrosse players have gone as far as the National Lacrosse League! Divisions range from Tyke to Midget. Mackenzie Minor Lacrosse is a member of the British Columbia Lacrosse Association's "Great White North Commission" and plays competitively every year, with the season beginning in April and running to the end of June.

Contact: Karl Peet 250-997-6070



CLUBS & ORGANIZATIONS

Rainbow Swim Club

Swimming is the largest aquatic component within BCSSA. Season begins at the beginning of May and finishes after provincials late August. Our club attends weekend swim meets in the Cariboo hosting towns. These take place approximately every two weeks (beginning at the end of May), and leading up to the provincials.

Competitions include:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Relays



This team offers fun, fitness and an opportunity for a lifelong enjoyment of the sport of swimming. It has a membership of swimmers ranging from pups right up to Div 8. Success is seen by all swimmers as individual improvement.

Cariboo Region:

Fort Nelson Fins, Dawson Creek Seals, Fort St. John Stingrays, Mackenzie Rainbows, Prince George Pisces, Quesnel Aquatics Club.

Indoor Sports**Mackenzie Badminton Club**

The Mackenzie Badminton Club plays at the MSS gym on Wednesday and Sunday nights. If you are looking for some exercise this fall, we have room in the club for you. If you are a new player who has never played before, or an old pro, we have room for you. New members and drop-ins are welcome to come out to smash the birdie. Some of the club members do travel out of town for tournaments throughout the year. Ages 11 and over are welcome. Sign up for badminton at Leisure Fair 2011, September 10th.

Contact:	Kevin Vriesendorp	250-997-4354
Day:	Sundays and Wednesdays	Begins September 11th
Time:	7:00 PM – 9:00 PM	
Location:	Mackenzie Secondary School Gymnasium	
Fee:	\$25 for the season or \$2 drop-in fee	

Mackenzie Sabres Youth Wrestling Camp

Boys and girls in Grades 2 to 7 are invited to explore the action-packed, fun-filled sport of wrestling. Children will learn basic moves and gain understanding of the sport with instruction by a nationally certified coach. Participants will compete in a meet against other athletes of similar age and skill in December. Clean, non-marking, indoor running shoes are required. Due to mat space and for safe supervision of participants, only 20 applicants will be accepted. The season runs from October to December. Practices will be held in the MSS Mezz (above the gym) on Wednesdays from 3:15pm to 4:30pm. Cost: \$35 (includes T-shirt)

Contact:	Ken Barwise	250-997-6894
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CLUBS & ORGANIZATIONS

Children/Youth

StrongStart BC

StrongStart BC is an Early Learning Program for children aged 0-5 years old accompanied by a parent or caregiver. (An emphasis will be on 3-5 years but designed to accommodate families with children aged 0-5.) It is a free drop-in centre facilitated by a qualified Early Childhood Educator. Educators will lead learning activities including: stories, music, art, circle/group time, play activities and healthy snacks to help children get ready for kindergarten. All activities are age and stage appropriate and will reflect the needs of the individual child. Parents and caregivers are likely to discover new ways to support their children's learning at home, and may also make valuable connections with others attending the centre.



The centre will be open Monday, September 12, 2011

Days: Monday to Friday
 Time: 8:45am-11:45am
 Location: Morfee Elementary School
 Instructor: Jessica McDonald, ECE jesmcdonald@sd57.bc.ca



Ready, Set, Learn

Promote your three-to five-year old's early literacy and prepare him/her for school by attending Ready, Set, Learn for one hour a week. The province's Ready, Set, Learn initiative recognizes that families need good information about how to support their young child's early learning, as well as development of positive connections with the school system and local community agencies.

The Ministry of Education funds Boards of Education to offer Ready, Set, Learn events in local schools. Families and their children who attend will engage in play-based early learning activities while finding out about the early learning programs and services offered by the local school district and/or school. You will also be provided with additional community resources to help influence school readiness.

Each Ready, Set, Learn class in Mackenzie includes a story that is shared and sent home with your child for the week, a themed craft, song and healthy snack.

Date: January to Spring Break (mid March) 2012
 Times: Afternoon & evening classes TBA
 Location: Morfee Elementary School
 Instructors: TBA
 Contact: Lori Dennill, Morfee Elementary, 250-997-6340

CLUBS & ORGANIZATIONS

Kids 'n Mind Educational Services**Kinder Academy Society**

Class size is limited to 15 students/year. A minimum of 10 students is required to run this half-day Kindergarten program. The deadline for 2012/2013 registrations is July 1st, 2012. Please register early with a deposit of \$25 to secure a seat. There is a monthly cost for this program. It covers the rental of a classroom space, custodial and photocopying services. The majority of funding for the program is covered through Independent Schools of BC.

**Distributed Learning**

Anchor Academy is a Christian organization that offers fully-funded curriculum and teacher support for students enrolled in their Kindergarten to Grade 12 Distributed Learning Program. A BC Certified Teacher is assigned to your child (or family) to create an education plan that will meet Ministry of Education requirements. When enrolling for this program (by phone or on-line at www.ark.net) please specify if you would like Tanya Kallis (a local teacher in Mackenzie) to oversee your child's education plan. The Anchor Academy Handbook for 2011/2012 will be available at Leisure Fair or by calling 250-997-7597.

Tutoring

Individual or small-group tutoring sessions are available by appointment (with a BC Certified Teacher). Hourly appointments will cost \$15 for individual sessions or \$10 (per student) for small group sessions.

Music and Movement Classes

Do you have a 0-7 year-old child who would be interested in an international music and movement program? Visit the Kids 'n Mind table, at the Leisure Fair, to complete a short survey concerning potential classes beginning in 2012!

Contact: Tanya Kallis 250-997-7597

**Girl Guides of Canada
South Williston District**

Girls aged 5 and up are invited to join Guiding this year. Register for Sparks (ages 5 and 6), Brownies (ages 7 and 8), Guides (ages 9 –11), Pathfinders (ages 12 – 14) or Rangers (15 - 17+). In each program level, girls learn a variety of age-appropriate skills related to: camping, outdoor activities, service to the community, personal development, and global awareness. Adult help is always needed for many areas such as: phoning, crafts, demonstrating work-related skills, group leaders, etc. Guiders will be available at Leisure Fair 2011 September 10th to answer any questions. Bring along any uniforms to sell second-hand.

Contact: Commissioner Lori Dennill 250-997-5304

CLUBS & ORGANIZATIONS

Candy Stripers

Candy Stripers are for youth between 13 and 17 years of age, who are thinking about a career in the medical field. Volunteering at our local hospital gives the youth an opportunity to work alongside nursing staff and help with patient care. The volunteer hours go towards their graduation diploma and they can qualify to apply for bursaries to help with their education.

Candy Stripers is for both boys and girls between the age of 13 and 17 who are full time students in grades 8 through 12. See you at the Leisure Fair and sign up.

Contact: Terry-Lynne 250-997-5579 terry-lynn@live.com



Air Cadet Emblem
Emblème des Cadets de l'Air

Royal Canadian Air Cadets 787 Banshee Squadron

Young people ages 12-18 learn skills that will benefit them for life. Air Cadets learn leadership and become involved in the community. Drill, air studies, physical fitness and learning about the Canadian Armed Forces are aspects of Cadet training. They can experience flying in gliders, survival camps, trips, and Provincial and National Camps. Cadets participate in the Remembrance Day Ceremonies, mess dinner and annual inspection. Uniforms are loaned to all cadets.

Location: Morfee Elementary
Contact: Captain Rick Drought 250-997-8807

Scouting

Bring on the adventure! Boys and girls can join Scouting, a program that helps to promote wholesome personal development in youth and gives them an opportunity to learn through activities and adventure. Beavers are for children ages 5 to 7, Cubs – 8 to 10, Scouts – 11 to 14, Ventures – 15 to 17 and Rovers 18 to 26. Check out Scouts Canada website at www.scouts.ca for more information regarding this worthwhile program. Scouting is looking for leaders willing to become involved in the lives of the youth of Mackenzie.

Contact: Diane Smith, Group Commissioner 250 997-4455

Youth Outdoor Soccer

For all youth of school age, when the snow clears and the rains stop, come out and enjoy soccer in the sun. Registration for outdoor soccer begins in April and when the fields are dry after the snow is gone, we will get outside for a very active but inexpensive sport. Depending on the numbers of registrations, we will attempt to get to Prince George for their tournament in June. Any parents willing to assist and coach are encouraged to come out as well. A security check will have to be done for all parent volunteers.

Contact: Rick Drought 250-997-8807
Shelly Barwise 250-997-6894

CLUBS & ORGANIZATIONS

Arts & Culture

Mackenzie Community Arts Council and Arts Centre

Every child is an artist. The problem is how to remain an artist once we grow up. ~ Pablo Picasso

Mackenzie Community Arts Council

As a link between artists, art, culture and the community, the Mackenzie Community Arts Council strives to promote the arts. As an active organization we encourage people to appreciate, understand, participate in and celebrate the arts. We encourage locals to express their inner artist and, in turn, build a strong creative community. As Mackenzie rebuilds we are working towards reviving the Arts Centre by offering a variety of classes where people can learn and enhance their skills in a number of disciplines, from beginner to advanced levels.

Programs and Events

There are a number of programs and events held throughout the year, such as Kids' Fest, Festival of Bells and an assortment of children's and adult arts programs. New this year is our Friday Night Teen Drop-in Program – a free program for teens on Fridays from 7-9 PM.

Want to keep up with what is happening?

Join our Facebook page by searching for: Mackenzie Arts Centre (MCAC)

Gallery and Gift Shop

Each month we feature a new exhibit in our Gallery. Our Gift Shop features "Made in Mackenzie" Arts and Crafts.

Guilds

The Arts Centre houses a number of groups including: the Potters Guild, Mosaic Group, Mackenzie Performing Arts Society and Nimble Fingers. Everyone is welcome to become a member and even start a new guild or group.

Members

Becoming a member entitles you to join any of the guilds held at the Arts Centre, feature your work in the gift shop, attend meetings and elect officers, plus many other benefits.

Yearly Membership Fee: Single - \$15 Family - \$25

Upcoming Event:

The Festival of Bells Craft Fair will be held November 12th, 2011. Local and out-of-town artisans present their wares for the annual event held this year in the High School Gymnasium.

Contact: Sheena Witter - (Arts Centre Coordinator) 250-997-5818
arts01@telus.net

Arts Centre Address: 86 Centennial Drive (in the Ernie Bodin Community Centre)



CLUBS & ORGANIZATIONS

Mackenzie & District Museum Society

Mackenzie was incorporated in 1966. We have the first newspaper for Mackenzie as well as photos of the early years. The story doesn't start there. We are telling a story of the area and the peoples who have lived or, in a lot of cases, still live here. Come and visit the museum and see its new look – come and travel through the past and learn about your community's history.

One of the original board members, Chris Johansen, received an award from the BC Museum Association for his work in the museum. There have been many others who have also contributed.

We are looking to record verbal history of the area. If you, or someone you know, would like to participate in this program, please contact the museum. If you would like to help in telling the story or helping others learn, you are more than welcome.

Hours of Operation:	Sept - June	July & August
	Tues-Friday 10am-2pm	Tues-Saturday 9am-5pm

Contact:	Mackenzie & District Museum	250-997-3021
	www.mackenziemuseum.ca	museum@mackbc.com

Mackenzie Performing Arts Society

The Mackenzie Performing Arts Society (MPAS) is a non-profit society made up of a group of passionate volunteers who come together to bring quality performing arts to Mackenzie. The MPAS committee works very hard to ensure a diverse set of performances are brought to Mackenzie so everyone in the community gets a chance to enjoy something that suits their tastes.

Please plan on attending our Annual General Meeting which will be held in September. It is only through the volunteer efforts of the members of our community that these types of events are made possible. For the upcoming 2011/2012 season we welcome new members and volunteers.

If you would like more information or are interested in getting involved please contact:

Lisa Evans	250-997-4400	lisaevans2000@yahoo.ca
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Hobbies

Mackenzie and Area Community Radio Society (MARS)

As a non-profit community radio station, CHMM relies on many volunteers to assist in broadcasting local programming. If you've ever had a secret urge to be a radio announcer, write commercials, or be involved in producing commercials or features for radio, here is your golden opportunity! Support personnel willing to help with office duties are always welcome, too. Visit the CHMM table at Leisure Fair 2011 to find out more about how to become a volunteer in the exciting world of community radio, or contact Station Manager JD McKenzie at jd@chmm.ca. CHMM is owned and operated by the Mackenzie & Area Community Radio Society.



CLUBS & ORGANIZATIONS

Mackenzie Community Garden

100 Fraser Blvd. (located north side of Fire Hall)

The Mackenzie Community Garden consists of 66 large beds, 11 small beds and 7 raised beds. Membership Fees are \$20.00 for the large beds and \$10.00 for the smaller beds (raised beds are free). You are also invited to join us as a Friend of the Garden for a fee of \$5.00 which entitles you to participate in our meetings, any workshops we may host and receive our monthly newsletter. Please stop in and take a look. The gazebo and pergolas are for everyone to enjoy but please abide by our Friendly Garden Rules posted on the gate.



Contact Amber Hancock 250-997-3190
 Erik Olson 250-997-6719

Mackenzie Fish and Game Association

The Mackenzie Fish and Game Association is a society that manages a shooting range, consisting of a hand gun and .22 range, a shotgun clay shooting range, a centre fire rifle range, and an archery range. Joining the club supports the maintenance and running of the organization and provides membership to the BC Wildlife Federation (BCWF) including a magazine subscription, and insurance (third party liability) while hunting, fishing or shooting. We host an annual clay shooting event and varied shooting events for the community and support proper education and training for novice gun users. If you would like to join as a supporting member, or as an active organizer, we would welcome your membership. Memberships are available at the Recreation Centre.

Contact Brian Royan, President 250-997-4603



Mackenzie Nature Observatory

Mackenzie Nature Observatory is a group of individuals who enjoy nature. We like to encourage others to enjoy nature as well through our displays and nature walks. We are a member of the Canadian Migration Monitoring network and we operate a bird-banding station at Mugaha Marsh during fall migration (July 19 – September 23). We encourage volunteers to come out and assist with the project – it is a great way to learn about birds. We work with Environment Canada on this project. We have been a supporter of the Dina Creek Field trip for students and would like to see it continue. We have a fund specifically for fish enhancement work.

Contact: President: Ryan Bichon 250-997-4601
 Secretary-treasurer: Vi Lambie 250-997-6876
 Vice-President: Jeanne Wysoski 250-997-4512

Annual Membership Fee: \$25 per family, \$20 individual or \$15 junior

CLUBS & ORGANIZATIONS

Seniors

Mackenzie Autumn Lodge Society

Our Society was formed in November 1992 to work toward having seniors' housing in Mackenzie. Many years of dedicated work by the group, and with the continued assistance of Pat Bell, our MLA, have finally achieved success.

On April 8th, 2009 MLA Pat Bell came to Mackenzie and announced that there would be eight single-level modular units placed in Mackenzie. These units are for low-income seniors or those with disabilities who can live independently. In 2011, this dream became a reality – we now have eight units in a single complex that is situated on Centennial Drive within walking distance of the shopping mall. The grounds have been landscaped through the generous donation of time and money from members of the community including a number of secondary school students. Once again, the

community has come together to produce a work of art.

The independent-living units are the first step. We will continue to hold our yearly walk-a-thon, as well as other fund raisers, to reach Step 2 – housing for those requiring assisted living. When you see the ads for our walk-a-thon, please give generously.

For applications, or further information, visit our booth at the Leisure Fair this September in the curling rink. You may also join the Society for a yearly fee of \$10.00. There are a number of groups, including seniors, working on activities for Seniors. If you are interested in helping please let us know at our booth. All ideas and assistance are always welcome.

To those new members of our community – welcome.

President, Stephanie Killam

**Active Living****Taoist Tai Chi Society of Canada**

The Taoist Tai Chi Society is a registered non-profit organization dedicated to promoting the mental and physical health improving benefits of Tai Chi. All ages can practice this art. Ongoing practices year round. Beginner classes are offered.

Contact: Janet O'Neill 250-997-5069
Ann Simpson 250-997-6886

CLUBS & ORGANIZATIONS

Terry Fox Run

Year after year, thousands of communities come together for one day in September to walk, run, ride, or wheel celebrating Terry's unbreakable spirit and supporting cancer research. International turnouts of over six million people in 56 countries and 5,271 communities are living proof that Terry's dream burns brighter than ever.

The route is once around Centennial Drive. We'll again have our Dedication Board where participants in the run will be able to dedicate their run in memory or support of people in their lives who have been touched by cancer. Pledge forms will be available at the Recreation Centre, Lotto Booth, Pharmasave, and People's Drug Mart. Register at noon at the Recreation Centre.

Contact: Jean Wysoski 250-997-1920 jwysoski@telus.net
 Lois Gallant 250-997-6962
 Day: Sunday, September 18
 Time: 1:00pm
 Location: Recreation Centre

Mackenzie Public Library

Relax and enjoy a good book at Mackenzie Public Library. Library cards are free for permanent residents of Mackenzie. BC OneCards are available for visitors who can show a library card from another BC public library along with identification. A non-resident card is available for a non-refundable cash payment of \$30. Once you have your library card – don't leave home without it. You'll need it to borrow books here in Mackenzie. If you are elsewhere in BC, you can use it to borrow books there as well – it's all part of the provincial BC OneCard program. Ask for details at any public library in British Columbia.

No library card is necessary to use an Internet computer. Book in advance or just drop in. Users must be at least 13 years of age to sign up. Children must have a parent or guardian present for the entire session. Check out our website: www.mackenzie.bclibrary.ca

Photocopies and computer printouts are available at a nominal charge.

Hours of Operation

Tuesday to Thursday 10:00am – 8:00 pm
 Friday 10:00am – 4:00 pm
 Saturday 11:00 am – 4:00 pm
 Closed Sunday and Monday



Preschool Story Time

Sessions will be on Tuesday mornings. Come join the fun of stories, crafts and songs. Parents are encouraged to accompany their children.

After School Story Hour

This program is for school aged children 6 – 9 years and is usually held on Wednesdays 3:00pm to 4:00pm. Check with the Library during the first week of September for more information (250-997-6343).

OUTDOORS

Mountain Bike and Hiking Trail Network

Over the last couple of years there has been a lot of work done on the maintaining and developing of Mackenzie's trail system. There are many trail systems for all ages and experience levels, but just remember when using the trail systems to be aware of wildlife. For a safe and enjoyable experience, use protective equipment and please follow the posted safety and etiquette guidelines.



Little Mac Ski Hill and Bike Park

Located in the center of the community, Little Mac Ski Hill is a starting point for much of the new trail system. Enjoy a walk down to Morfee Lake, the old sea plane base or just through John Dahl Park. Little Mac Ski Hill also includes a Mountain Bike Skills Park complete with dirt jumps and terrain features for mountain bikers to practice their riding skills.

Mackenzie is home to a wonderland of snow and promoting downhill skiing and snowboarding at Little Mac will provide endless hours of family time for under \$8.00. Hours of operation encourage youth to walk to Little Mac and enjoy healthy outdoor activities while perfecting their skills in the terrain park or on the hill. Night lighting, a groomed ski hill and a newly constructed Ski Chalet, allow opportunities that are endless and create a friendly, warm environment to enjoy social time with family and friends.

Spirit Square

Mackenzie's Spirit Square is located in front of the Recreation Centre and is a gathering space for our community to use for special occasions, festivals, and events. The Spirit Square reflects the unique character, diversity, cultural and First Nations heritage and history of Mackenzie.



Morfee Lake Trail

Spend the afternoon exploring the newly-developed trail from the baseball diamonds on Morfee Lake Road all the way to Morfee Mountain Road. Discover scenic rest stops or be awed by the natural waterfalls. Bring a lunch and enjoy the unspoiled wilderness around you.



Gantahaz Lake Trail

Get back in touch with nature and enjoy a leisurely hike around Gantahaz Lake. The hike takes approximately one hour and twenty minutes. There are plenty of spots to stop along the way and have a picnic or just enjoy the view. Located in the parking area are picnic tables, fire pits and washroom. There are also accessible picnic tables and washroom available. Stay for the day and enjoy some fishing. Lake is restricted to 7.5kw motors only.

Please be advised that clean up and maintenance progress after the November 2010 windstorm on affected trails is ongoing. The Public should use caution.

Mugaha Marsh to Tutu Bay Trail

Enjoy a beautiful nature walk that takes you from Mugaha Marsh to Tutu Bay. The trail is an excellent way to spend a day in the fall admiring the autumn-colored leaves. Take a lunch as there is a picnic table, fire pit, and washroom at the end of the trail.

Parks & Playgrounds

Morfee Playground

The Morfee Elementary School Playground ensures a safe and accessible spot for your child to have fun. It provides a barrier-free, wheelchair-accessible playground that all of the children in Mackenzie can utilize. The new playground features a ramp with five wheelchair-accessible panels, a double slide, a single wave slide, a bridge, x-wave, track ride and much, much more.



John Dahl Regional Park

Centrally located behind the Recreation Centre this large, open space provides a great gathering area for large family get togethers and community events. Enjoy a stroll through the trails clearly marked for hikers and bikers.



Stuart Park

Stuart Park is located on the corner of Firth and Stuart. There is a great play structure with a spiral slide as well as two ride-on toys and swings to entertain the children.

Toddler Playground in Mac 1 Park

The Toddler Playground equipment at Mac 1 is especially designed for preschool children. Toddlers will enjoy the ship-themed play structure and motion toy. The park is located beside Mac 1 School Playground and the tennis courts behind Peach Tree Estates.

New Skate Board and BMX Park to Open Summer 2012

Local and visiting skate board and BMX bike enthusiasts will soon be performing their tricks on a brand new concrete park thanks to fundraising efforts spearheaded by the Mackenzie Rotary Club and a provincial government Towns for Tomorrow Grant. The new park will be located between Mackenzie Secondary School and the Recreation Centre on Skeena Drive and is expected to be completed by late next summer.

One of North America's leading skate board park design and construction companies will begin the design phase of the project this fall, consulting with local youth, boarders, riders, parents and other community members, through a series of hands on planning workshops. The result will lead to a unique one-of-a-kind park for Mackenzie. Construction is expected to start in May.

To ensure the \$400,000.00 budget target is met, Rotary is continuing with fundraising. Contact Lisa Tomich at 250-997-7424 to contribute or become involved.

Communities in Bloom

British Columbia Communities in Bloom Program is a program that inspires communities to enhance and sustain the visual appeal of neighbourhoods, public spaces, parks and streetscapes through the imaginative use of regionally-appropriate plants and landscaping with attention to environmental stewardship and to preserve heritage and cultural assets. Whether a community's specific goals are to increase tourism, generate new economic development or simply to build civic pride, the appearance presented to citizens and to others is a key factor in achieving those goals.



Mackenzie joined the Communities in Bloom Program in spring 2011 and since that time a few key projects were identified and worked on. The abandoned Esso site on the corner of Mackenzie Boulevard and Centennial Drive had long been an eyesore in the central part of town so this site was one of our first projects. Volunteers dug up along the outside of the wire fencing, brought in top soil and then planted the area surrounding the fence line to make it more appealing. Container plants and a picnic table now make this an inviting place. There are plans to hang wall murals on the fence, with this work taking place during the fall of 2011 and the spring of 2012 with the help from students from Morfee Elementary and Mackenzie Secondary.

The Mackenzie Communities in Bloom judges visited Mackenzie and did an assessment on the four sectors of our community (Local Government, Business and Institutions, Residential and Community Involvement). The criteria they were evaluating included:

- Tidiness
- Environmental Action
- Heritage Conservation
- Urban Forestry
- Landscape
- Floral Displays

In late September, Mackenzie will be advised of their "Bloom Rating" and will receive a comprehensive report from the judges who visited in July. This report reviews the particular features and projects in each of the criteria that the community has presented and offers constructive comments and suggestions on how we can improve our bloom rating and the visual appeal of our community.

Community Involvement is a major component of the overall success of this program, so homeowners and business owners alike are encouraged to enhance their properties and become more environmentally responsible.

Please contact Joan Atkinson, Linda Page, Amber Hancock or Shannon Talbot if you want more information or if you are interested in becoming a part of this exciting project.

