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dialogue)))



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Date | April 14

Time | 5 - 7 p.m.

Location | TBD – please visit our website

Find more information at cbe.ab.ca/dialogue



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To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to AC@great-news.ca



Acadia

Elected Officials



**Councillor Gian-Carlo Carra
Ward 9 Office**
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-5330
Fax: 403-268-8091
Email: ward09@calgary.ca
Web: www.calgary.ca/ward9



**MLA Brandy Payne
Calgary-Acadia**
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Calgary, AB Canada T2H 0Y8
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CONTENTS

Blackfoot Guides 7

Trico Centre 8

Real Estate
Update 10

Estate Planning
Strategies 17



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Cash Flow Management	April 6 at 7pm
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Do You Pay Too Much Tax?	May 12 at noon
Transitioning Through Divorce	May 17 at noon
Do You Need a Financial Plan? (two session workshop)	May 18 and 25 at noon

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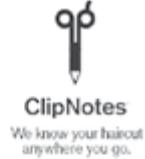
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Great Clips
IT'S GONNA BE GREAT

It's Cookie Time!

Spring is here and that means those yummy sandwich cookies are here. Our Sparks, Brownies, Guides, Pathfinders, Trex and Rangers will be selling them the first weeks in April so look for us in your neighbourhood or at a local retail location. They are only \$5.00 a box and support our many activities.

The Spark units are eagerly looking forward to spring. The change in the season will see them keep busy with a sleep-over at the zoo, a visit to the library, potting plants and looking for ways to be outside and celebrate Earth Day.

The Brownie units will be selling cookies, hold Easter celebrations and be hopping around doing clean-up in their communities for Earth day.

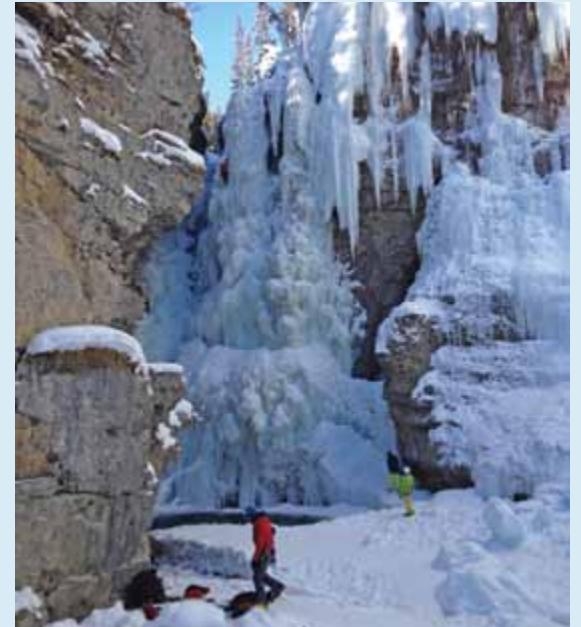
The Guide units made birthday boxes for the Calgary Interfaith Food Bank, will be learning basic first aid and many third year Guides are finishing up work on their Lady Baden Powell Award by preparing for tent camping and organizing service projects.

The Pathfinder, Ranger and Trex units attended Alberta Girls Parliament in Edmonton, are going to the opera, having an archery outing, prepping for backpacking and camping.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

If you have any questions regarding Guiding or registration please call **Calgary Area Girl Guides at 403-283-8348 or email at ggcinfo@calgarygirlguides.com**

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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for

non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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South West Communities Resource Centre



Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

POSITIVE DISCIPLINE IN EVERYDAY PARENTING – REGISTER NOW

Tuesday mornings, 10:00 am – 12:00 pm for 8 weeks, April 12 – May 31, 2016. Program offered free of charge and includes program materials, child minding, coffee, and snacks.

Children have the right to protection from physical punishment and to positive discipline that respects their dignity. In this wonderfully affirming program, parents of children 0 – 18 years will learn the four principles of positive discipline: setting goals; creating a positive home climate; understanding how children think and feel; and problem solving in challenging situations. Parents will practice their skills in hands-on exercises and learn to apply these principles across a wide range of situations. The result will be a positive relationship with your child that will last a lifetime.

To register, please call Marylou Breig at 403-238-9222 ext. 225 or Aynsley Walsh at 403-238-9222 ext. 224.

PARENT TALK – REGISTER NOW

Thursday mornings, 10:00 – 11:30, April 14 to June 16 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 11 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

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Last 12 Months Acadia

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$409,000.00	\$393,000.00
January 2016	\$409,900.00	\$403,000.00
December 2015	\$389,000.00	\$380,000.00
November 2015	\$399,900.00	\$376,000.00
October 2015	\$419,000.00	\$416,000.00
September 2015	\$434,900.00	\$422,000.00
August 2015	\$449,900.00	\$440,000.00
July 2015	\$414,450.00	\$413,000.00
June 2015	\$424,900.00	\$418,100.00
May 2015	\$428,950.00	\$427,375.00
April 2015	\$427,444.00	\$426,500.00
March 2015	\$444,444.00	\$439,000.00
Total	123	101

Last 12 Months Acadia

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	6	7
January 2016	10	3
December 2015	3	5
November 2015	5	5
October 2015	10	7
September 2015	8	7
August 2015	6	5
July 2015	8	6
June 2015	6	15
May 2015	15	10
April 2015	10	16
March 2015	12	9
Total	108	100

To view the specific SOLD Listings that comprise the above
MLS averages please visit acadia.great-news.ca

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IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding “hidden” lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping, peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

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If you've heard me speak you've heard my 'Great Neighbourhoods' platform, the five-point plan that guides the work I do at City Hall and in our communities every day:

- **Transforming Planning** to increase vibrancy in our neighbourhoods
- **Transforming Local Governance** enabling citizens to play meaningful roles in the evolutions of their neighbourhoods
- **Transforming City Hall** to make The City more responsive to neighbourhood needs
- **Taking Control of our Future** by establishing a Big City Charter

Building a City That Pays for Itself

With the change in our City's economy, my efforts have been more heavily weighted towards lessening the blow for our citizens by working to build a city that pays for itself. I have long advocated that connecting revenue with expenses and transforming taxation are essential. Here's an update on some of what I am working on, and what I have supported within the last six months:

- **Supporting and voting for the Off-Site building levy.** This important vote affects future and current Calgarians, as taxpayers will now recoup 100% of the cost to build new communities - no longer subsidizing developers.
- **Supporting the 2016 budget adjustments.** This lowered taxes and provided more funding for infrastructure projects, putting people to work and stimulating our local economy.
- **Diversifying our economy and supporting established and new businesses.** I am working to remove provincial and municipal red tape, encouraging an environment that will create jobs through commercial and residential development, and within the service sector. I am doing this through Notice of Motions regarding the Airport Vicinity Protection Area, commercial and residential development along the LRT Red Line and Green Line, and introducing zoning

changes to increase opportunities for businesses that deliver, or choose to deliver, child care services.

- **Reviewing the property tax assessment process.** I've heard primarily from flood-affected homeowners on the Elbow River about their repeated successful appeals to the Assessment Review Board since the 2013 flood. I am working to ensure that the assessment process is fair and uses the best methods to meet provincial law, while reflecting the realities faced by property owners.

Through your calls, emails, tweets, and attendance at community events, your voices are being heard, and I promise to keep acting on them. Please continue to connect with me and share your ideas on how we can emerge from this downturn even stronger.

Yours truly,

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Estate Planning Strategies – protecting your legacy

Suzanne Smith-Demers – Consultant

When your time comes – and may it be many years from now – you will want your legacy to be passed on exactly as you wish. That's why estate planning is so important. Here are some key terms you should be aware of:

A Will designates how your estate should be distributed. If you die without a will (intestate), provincial legislation will determine how your estate is distributed.

A Living Will provides direction for your care in the event of your incapacity.

An Enduring Power of Attorney provides direction for how your property will be managed if you are no longer able to manage it yourself.

An Executor is the person named in your will to settle your estate according to your wishes.

A Guardian should be named in your will to take care of any minor children.

Liquid Assets are important to pay for taxes, debts and the costs of settling your estate. Life insurance is often used to provide sufficient liquid assets when they are most needed.

Probate is the process by which your will is validated by a court with fees paid to the provincial government. Avoiding probate through the use of beneficiary designations and joint ownership must be done with due care.

A Trust specifies a trustee to manage the assets for the benefit of the beneficiary(ies). A trust set up in your will is known as a testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax and government support advantages to beneficiaries with disabilities.

Your personal estate planning strategies depend on your financial situation. Your professional advisor and lawyer can help ensure your legacy is left as you wish.

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Calgary, AB, Canada T2H 0Y8
Phone: (403) 640-1363; Fax: (403) 640-2970
calgary.acadia@assembly.ab.ca

Hello friends and neighbours!

Have you ever wondered what services are available at your local MLA's office?

Our office prides itself on being a friendly and welcoming environment committed to supporting the residents of Calgary-Acadia.

Our office is staffed with two constituency assistants, Lynn MacWilliam and Carla Lloyd. Their primary job is to support the people of Calgary-Acadia and to support my work. Some of the amazing things they do for us on a daily basis are:

- Assisting constituents who have questions or are having difficulties with governmental services;
- Meeting with constituents to address concerns and feedback and passing them on to the appropriate ministry in government;
- Attending Community Association meetings on my behalf when I'm unable to attend;
- Representing me at public events, town halls and open houses that relate to constituent concerns, when I'm unable to attend;
- Providing information about government programs and services;
- Managing my schedule;
- Communicating new government initiatives to interested individuals and business;
- Organizing Community Outreach events like our bi-monthly Open House (next one on Saturday, May 28 from 1:30-3:30pm, and special events like our Annual Stampede Breakfast (scheduled for July 9);
- Sharing ideas.

They are also responsible for all aspects of office management including supply ordering, working within the office budget to ensure effective financial management and cleaning!

Did You Know

Did you know that MLAs are Commissioners of Oath and Notaries Public? If you need those services there is no charge but you must make an appointment in advance due to my full schedule. Please call the office to book your appointment – we encourage you to have

the documents you need notarized with you when you call, as certain documents cannot be notarized by our office.

In-Definite Arts

We are pleased to be working in partnership with In-Definite Arts. In-Definite Arts is an innovative visual arts centre that serves adults with developmental disabilities. They provide a supportive studio environment for artistic development as well as professional opportunities to exhibit and sell artwork. We are honoured to have beautiful works of their art throughout our office. Visit their website at www.indefinitearts.com and plan a visit to their gallery on Fairview Drive SE. We are fortunate to have this gem in Calgary-Acadia.

As always, my staff and I are here to help and love to hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by:

Email: Calgary.Acadia@assembly.ab.ca,

Phone: 403-640-1363

Visit: #10, 8318 Fairmount Dr. SE

Office Hours: Monday 10-3 Tuesday - Friday 10-4

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