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dialogue)))



Learn About the Future Use of Learning Space at Area V Schools

Join us as we present the proposed changes for the future use of learning space at some Area V schools. Come review this proposal, which was developed from feedback gathered in 2016.

date | January 18, 2017
time | 5:00 – 8:00 p.m.
location | Nickle School
2500 Lake Bonavista Drive S.E.



Calgary Board
of Education

To learn more about what we've heard so far, visit
cbe.ab.ca/dialogue

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All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication.

Contact news@great-news.ca

FLC SENIORS CLUB – TAI CHI 55+: Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



Guides
Canada

BLACKFOOT DISTRICT

Ho! Ho! Ho! And mistletoe!

It's that very festive time of year and Girl Guide chocolate mint cookies are perfect for the season! There are units still selling cookies so keep an eye out at local retail locations for our yummy mint cookies.

November was a busy time for all our units with enrolments, cookie selling and Remembrance Day activities. In December all our units will be busy celebrating the festive season and wishing everyone 'Peace on Earth'.

SPARK units went to the library, will be clay painting, attending Zoolights, having a holiday PJ party and making "Socks of Hope" for the DI Centre.

BROWNIE units are camping, learning basic first aid, visiting the fire hall and attending Zoolights.

GUIDE units are attending Zoolights, working on different service projects such as visiting a seniors home & making craft kits for various agencies and learning first aid.

PATHFINDER & RANGER units are busy gift wrapping for the Cerebral Palsy Association, attending Calgary Area Ranger camp, fusing glass sun-catchers, holding a bottle drive and volunteering at Zoolights.

Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try! Registration is ongoing and January is a great time of year to join a unit and have some fun.

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

Girl Greatness Starts Here!

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PARENT AND TOT SKATE

Every Tuesday and Friday, from 9:30 – 10:30am, Parent and Tot Skate at the Acadia Recreation Centre. Bring the little ones and enjoy this time together set aside by the ARC.



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.

December 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, swim, 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.)

Wellness Access Program/Helping Others

- December can be a strenuous time on the budget. The Trico Cares program offers **fee assistance** for memberships and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.) See www.tricocentre.ca for details.
- For the fifth year, Trico Centre invites you to help those less fortunate in Calgary by dropping off items for Inn from the Cold. List of needed items available at Trico Centre and on our website. Drop off items until Thursday, December 15.

Register for Winter Programs

- Winter program registration begins November 15 and 15th for members and November 16 for general public. Swimming, skating, sports, creative, dance, gymnastics, adult fitness, winter break day camps.

Student Holiday Passes

- Students, want to stay active over the holiday break? Trico Centre offers student holiday passes: Post-Secondary Students (18-24yrs), valid between November 7 and December 31, \$56; Youth Students (12-17 yrs) valid between November 14 and December 31, \$32; High School Student January Exam Stress Release Pass, January 1-31 just \$22.
- Gift of Health – give the gift of health this season. Gift a friend or loved one with a 10-Visist Pass or a Trico Centre Membership. See Guest Services for details.



Adults, Older Adults

- Adult fitness in December: Candlelight Christmas Yoga: Treat yourself to a relaxing yoga class before the celebration begins – December 23, 10:30am – 12pm, Ride on New Year's Eve: Get a jump start on your New Year's goals with this invigorating spin class, December 31, 12 – 1:30pm.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. 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.
- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in January – registration is open now.

Families, Children & Youth

- Family Skate with Santa – come join Santa for a seasonal craft session, leisure skate to festive music, hot chocolate, and cookies. Saturday, December 17, skate from 10am-12:30pm, other activities 12:15-2pm. Member family \$15, non-member family \$20.
- Holiday Drop-In Day Camps. Join camp for a full or half day, whatever works for you and your family. Pre-register due to limited spaces. 6-12 yrs, December 19-23, 26-30, and January 2-6. See Program Guide or www.tricocentre.ca for details.
- Winter Break Swim Lessons. Trico Centre is offering Winter Break swim lessons from December 19-23 and 27-30. See Program Guide or www.tricocentre.ca for details.

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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Sabrina	19	587-578-3815	Yes
Georgia	24	403-660-3831	Yes
Jenn	26	587-899-3095	Yes
Rosalind	26	587-889-8087	Yes
Collen	27	403-276-4663	Yes
Grace	36	403-680-9153	No

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

During the month of November at Mapleridge Cooperative Preschool the students were immersed in learning about colors, shapes and the exciting world of dinosaurs! The children also received a keepsake t-shirt and their class photos.

Everyone at Mapleridge Cooperative Preschool is looking forward to the holiday season and the excitement that this joyful time brings. With careful guidance, our little elves are busy creating wonderful crafts to decorate their homes and thoughtful Christmas gifts for their parents! HO! HO! HO!

Before taking some time off with their families, our three and four-year-old classes will each enjoy a Christmas party. This last preschool event of 2016 will be a fun-filled event with crafts, songs, and Christmas cheer. Santa will make a surprise visit to the party with a special gift for each child.

Mapleridge Cooperative Preschool would like to wish you all a fun, happy and safe holiday season. We look forward to seeing everyone again in the New Year!

If you would like some more information about MCP please contact us at 403-278-9594, info@mapleridge-preschool.com, or visit our school website at www.mapleridgepreschool.com.



Accountant Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
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dohertysb@shaw.ca

accountingservicescalgary.net

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Last 12 Months Acadia

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$439,400.00	\$427,500.00
October 2016	\$494,200.00	\$490,000.00
September 2016	\$489,900.00	\$477,500.00
August 2016	\$449,900.00	\$432,000.00
July 2016	\$439,450.00	\$429,250.00
June 2016	\$423,500.00	\$424,250.00
May 2016	\$409,900.00	\$415,000.00
April 2016	\$427,350.00	\$420,500.00
March 2016	\$454,900.00	\$447,000.00
February 2016	\$409,000.00	\$393,000.00
January 2016	\$409,900.00	\$403,000.00
December 2015	\$389,000.00	\$380,000.00

Last 12 Months Acadia

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	11	8
October 2016	9	6
September 2016	6	5
August 2016	4	6
July 2016	5	8
June 2016	7	6
May 2016	7	7
April 2016	11	10
March 2016	8	5
February 2016	6	7
January 2016	8	3
December 2015	3	5

To view more detailed information that comprise the above MLS averages please visit acadia.great-news.ca

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3 ways to stay on budget this holiday season

'Tis the season for lavishing your loved ones with good tidings and gifts — tidings may be free but gifts come at a cost. Keeping a cap on holiday bills may be easier than you think. Follow these simple tips to help you stay on track with your holiday budget:

1. Get on the nice list. Sign up for retailer emails. Many of your favourite brands share deals and discounts via email, especially during the holiday season. Sign up to get the inside scoop on promotions and first dibs on discounts.
2. Budget your spending and bag a deal. Many retailers offer online exclusive products and sales. Shop online during your lunch break or even from your mobile phone on your commute home to snap up holiday sales as they happen. Have a clear budget and keep it handy for quick reference to make sure you don't blow it on an impulse buy.
3. Look for free shipping. Many of your go-to holiday shopping destinations offer free shipping within Canada when you make purchases over a certain amount. If you

plan on sending gifts to loved ones in a different city, take advantage of free shipping to save yourself time and money.

4. Don't pay for return shipping. The turkey has been carved and the gifts unwrapped. Once the tissue paper has settled, there is time for you and your loved ones to reflect on your holiday gifts. If you purchased a sweater for your dad and it doesn't fit or the game you bought for your nephew wasn't exactly what he wanted, send the gift back. PayPal's newly launched Return Shipping on Us service will foot the bill for return shipping costs on eligible items, saving you up to \$30 per claim. Register here: www.paypal.ca/returns.

Don't let the holidays take control of your wallet. Become a bargain hunter, shop at your convenience, and hit the shops ahead of the crowds to take advantage of deals this season.

www.newscanada.com

Christmas at McDougall UNITED CHURCH

Advent: Sundays at 10 a.m. Nov. 27 - Dec. 18. All are welcome to join us as we explore famous Christmas stories.

Blue Christmas: Dec. 4, 7 p.m. - for those grieving the loss of a loved one, or finding it difficult this Christmas season.

Christmas Eve 4 p.m. Dress Up Christmas - for families with young children.

7 p.m. A Christmas Carol - we reflect on the Spirit of Christmas in a contemporary service with music by the choir, lots of carols and candlelight.

9 p.m. Candlelight Communion - for those seeking a quieter, more traditional space on Christmas Eve.

McDougall United Church:
8516 Athabasca St. S.E.




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The Southwest Communities Resource Centre is accepting grocery gift cards for local families who are requiring a little extra support over the holidays.

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Wishing you and your family all the best over the holiday season

From the staff and volunteers at SWCRC.



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The Moody Blues

By Elisabeth Fayt

For some, the holidays are a time of happiness. For others, they can be a trigger for moodiness and despair. Whether you are happy or not this time of year, moods affect all of us at one time or another, so let's learn how to combat them!

I used to be moody. It wouldn't take much for someone to push my buttons. I was never nasty or outwardly argumentative, but I could easily sink into quietness while I seethingly pondered how someone could be so insensitive!

This is so common. It's called touchiness or oversensitivity, and is a form of self-pity that causes much unnecessary pain.

Most people are unaware when they've slipped into a mood. Let's describe it. Someone criticizes you and you feel yourself getting defensive. That's a mood. Your least favorite person enters the room and you feel immediately irritated. You get the picture. Sometimes we shift through the day from mood to mood. It's so unhealthy.

The first step is to become aware. Our knee-jerk reaction is often to try and change the other person or rearrange things so that everything is the way we want it. Usually, this causes more trouble.

If something bothers you, it's a trigger. Immediately introspect: "Why does this bother me? What desire do I have that isn't being met?" If you're spiritually inclined, this is also the time to pray for help in overcoming the mood. You'll find amazing results if you're sincere.

Another nugget, try this affirmation: "Change no circumstance in my life, change me." Truly mean it. Put the behavior of the other person completely out of your mind and say to yourself: "How should I behave?" then put all your attention there.

Moods *can* be beaten. I have proven so in my own life.

Wishing you all a very happy holiday!







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~cont'd next page~



**COUNCILLOR, WARD 9
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c/o Office of the Councillors
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Calgary, AB T2P 2M5

Hello Neighbours,

I have always preferred the term 'neighbourhood' to 'community'. I believe that a neighbourhood is not only the physical space that we inhabit - it is also the relationship between the people that live there and the businesses and institutions that operate there. By fostering and growing great neighbourhoods we ultimately build a great city - a city that is more equitable, more economically resilient and diverse, and, overall, a city that is better equipped to handle the challenges that we face in this complex world.

The strategic plan that I wrote, and ultimately guides my work, is called *Great Neighbourhoods*. Point two of *Great Neighbourhoods* demands local governance transformation and clearly articulates the importance of this resident-business-institution triad. The goal of this point is to build on the incredible strength of Calgary's culture of volunteerism, neighbourhood activism, and local governance found in our community associations, and transform them into "next generation" organizations where the rich mix of residents, businesses and institutions that make our neighbourhoods what they are, can meet, and work together to make our neighbourhoods what we want them to be.

I am extremely pleased that this work is starting to be done through the Community Representation Framework (CRF) Task Force. Its mandate is to offer strategic advice on the development of a framework for inputs into decision-making that have traditionally been provided by organized community groups on matters related to community-building. The framework will clarify the role of organized community groups and maximize relevant and sustainable public benefit through all stages of a community's evolution to ensure complete communities. At the Organizational Meeting of Council held on October 24, Council amended the Terms of Reference for the CRF Task Force to include four Councillors, rather than two, along with 11 other representatives from stakeholder groups, demonstrating the weight and importance of this work. I am honoured and privileged to be one of those Councillors.

So why does this matter to you? This brings government closer to the people. It strengthens our neighbourhoods' ability to engage the City and build the spaces that we want to live in. This is not a 'one-size-fits-all' approach but something that understands and celebrates the uniqueness of each of our neighbourhoods. I am excited to sink my teeth into this work and help strengthen our great neighbourhoods.

On that note, I would like to wish all of you the best of the Holiday Season, from my family and the Team Ward 9 family.

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BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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Dear Friends and Neighbours,

Season's Greetings and Happy Holidays!

I would like to wish you all a wonderful holiday season with family and friends, spending time and celebrating with those you hold dear.

As is in the spirit of this season, Calgarians are known to have generous hearts during the holidays and throughout the year. If you are looking for a nearby location to drop off non-perishable food items, our office will be accepting donations until December 14th, 2016. The Food Bank's wish list items this year are; canned soup, fruit juice, macaroni and cheese, canned green veggies, canned tomatoes, canned fruit, rice, pasta, pasta sauce, canned fish or meat, peanut butter, baby formula, diapers, and baby food.

As we look back on 2016, I am happy to say that our Government has invested into 243 school projects to ensure that students have quality educational facilities that are close to their homes. If you would like to watch the progress of these various schools you can find the details at <https://projects.alberta.ca/>

It has been wonderful to speak to students at many different schools in Calgary-Acadia over the past couple months, and I look forward to more opportunities to talk with students about their goals. Hearing from the next generation of Albertans continues to inspire me. I am pleased that this government is committed to environmentally conscientious initiatives to help keep our local surroundings green and healthy for generations to come.

Thank you to my committed volunteers and supporters for joining me in door-knocking over the fall season, we received a lot of positive response from community members. Many of the questions we received were questions around supports for seniors, as well as information on job creation, and grants available to small businesses. If you require any information on these or other issues - please do not hesitate to contact my office.

I have been honoured to represent the interests of the residents of Calgary-Acadia, and always welcome your ideas for our Alberta.

My staff and I are here to help and 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 at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10:00AM-3:00PM and Tuesday - Friday 10:00AM-4:00PM.

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