

NOVEMBER 2016

DELIVERED MONTHLY TO 5,400 HOUSEHOLDS

your

ACADIA

BRINGING ACADIA RESIDENTS TOGETHER





DIVA | SALONspa

\$20 OFF ANY HAIR SERVICE

Southcentre Mall | 403.233.0666
Seton | 403.233.0603
divasalonspa.com

Present this voucher at the time of purchase. The offer is valid with any new talent or stylist level at the Southcentre and Seton location and cannot be combined with any other offer. The offer has no cash value. Offer expires November 30, 2016



DIVA | SALONspa

\$10 OFF ANY SPA SERVICE

Southcentre Mall | 403.233.0666
Seton | 403.233.0603
divasalonspa.com

Present this voucher at the time of purchase, the offer is valid at the Southcentre and Seton location and cannot be combined with any other offer. The offer has no cash value. Offer expires November 30, 2016

AVEDA
THE ART AND SCIENCE OF PURE PLANT ESSENCES

WILLOWSIDE DENTAL

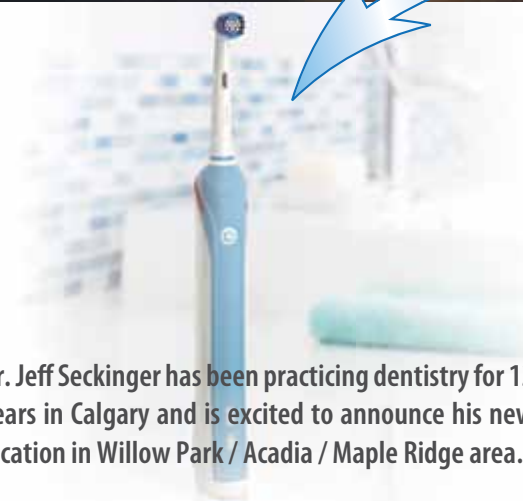
Dr. Jeff Seckinger & Associates

GENERAL DENTISTS

Opening October! Now Accepting Calls for Appointments



Electric Toothbrush and Teeth Whitening included with dental cleaning!



- Open Evenings & Saturdays
- Emergencies Welcome
- White Fillings • Braces • Invisalign™
- Same Day Service for Toothaches

Dr. Jeff Seckinger has been practicing dentistry for 13 years in Calgary and is excited to announce his new location in Willow Park / Acadia / Maple Ridge area.

WE DIRECT BILL YOUR INSURANCE

403-455-3220
willowsidedental@outlook.com

580 Acadia Dr. SE
Right beside the 7-11

OPEN EVENINGS AND WEEKENDS FOR YOUR CONVENIENCE!

Cooking for one is a lot of work.

Now I can easily order balanced meals with free delivery!



Get delicious, frozen meals, soups and desserts delivered directly to your home.

Made for Seniors

Request your **FREE Menu Catalogue Today!**
1-844-431-2800
HeartToHomeMeals.ca



Free Delivery*. No Obligation. Delicious Choices.

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

*some conditions may apply.



ROOFING-SIDING | EAVESTROUGHING SOFFIT-FASCIA



WCB-Licensed-Insured
Insurance Claims
FREE ESTIMATES



403-861-7067 Constantin
403-831-1331 Vlad
nikoroofing.com
nikoroofing@yahoo.ca

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



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
 #10, 8318 Fairmount Drive SE
 Calgary, AB Canada T2H 0Y8
 Phone: (403) 640-1363
 Fax: (403) 640-2970
 Email: calgary.acadia@assembly.ab.ca

NEWSLETTER AD SALES



Great News Publishing Ltd.
 403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

Real Estate Update	6
Your Community Business of the Month	7
Blackfoot Guides	8
SWCRC	10
Trico Centre	13



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING ACADIA FOR 18 YEARS!

Assiniboine.com
Christmas Lights Installation
 Ask about Snow Removal, Plowing, Sanding



CALL NOW  - WCB - Licensed - Insured - Bonded
403.301.3300

ASSINIBOINE LIGHTS & LANDSCAPES

news@great-news.ca

Editorial Content DEADLINE 1st

of each month for the next month's issue

TUESDAY EVENING SPECIAL
1 HOUR BOWLING
\$30/LANE 8-9 PM



16 Lanes | 5 Pin Bowling

GLOW BOWL
 Friday - Saturday - Sunday

7640 Fairmount Drive SE
 Call for reservations **403-255-0101**
 Licensed Facility



Acadia Community Association
 240-90 Ave SE | Calgary, AB T2J 6P6
 Phone: 403.255.1252 | Fax: 403.252.8593
 acadiarec@telus.net

Last 12 Months Acadia
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
November 2015	\$399,900.00	\$376,000.00

Last 12 Months Acadia
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	9	6
September 2016	7	5
August 2016	5	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
November 2015	5	5

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

COMMUNITY NEWSLETTER AD SALES

GREAT NEWS PUBLISHING  Great News Publishing Ltd.
 403.720.0762 | 403.263.3044
 sales@great-news.ca
 www.great-news.ca

your COMMUNITY BUSINESS OF THE MONTH

Calgary Climbing Centre (CCC)
 Acadia Community

Climb with us!
 More than twenty years ago we opened our doors out of a desire to share an unparalleled experience with both new and veteran climbers.

Indoor Climbing is a great date-night option, family outing, social alternative to the weight gym, or simply an opportunity to take a breath when you find yourself caught up in the hustle and bustle of a big city.

The Calgary Climbing Centre (CCC) exists as a meeting place for climbers of all backgrounds to come together and share in this lifestyle, whether for the first time or for the thousandth. With three locations across the city, we welcome climbers of every level and discipline.

All of our facilities are equipped with auto-belays and bouldering. An auto-belay is a machine that takes the climber up and down the 30+ foot walls and bouldering is climbing on a shorter wall, with cushion-engineered flooring underfoot to soften your landing.

Chinook was the first location owned and opened by the CCC. Located near Chinook mall, it's a great place to hang out on and off the wall and offers a wide variety of terrain and climbing options.

Stronghold has been located in the heart of Calgary for over 20 years. With 40-foot walls, auto-belays and bouldering, this is a great place to escape your office on your lunch breaks or come to train right after work.

Hanger is our newest location, with awe-inspiring features to climb on and lots of space for our community to hang out. Located near the airport, the Hanger also hosts our ClimbPark, which is great for kids and kids-at-heart to come experience.

Want to learn to belay? Take the first step in your climbing career with our First Step Beginner Lesson. This lesson covers gym lingo, rope management, harnesses

and sets you up to start climbing. We also run this program privately and as a family option.

The CCC is a great place to bring your family; we're open weekdays, weekends and almost ALL holidays. Programs like our Nanos and Junior Climbing Club are designed for climbers ages 6 and up and can spark a life-long passion for movement and adventure. A great option to get your weekend morning moving is our Kids' Climb; it's perfect for first-time climbers. It runs 10 am to 12 pm on weekend mornings (Saturday at Chinook, Sunday at Stronghold) and includes your gear rental and a staff belayer.

If you are interested in exploring and challenging yourself, while having fun all at the same time, come try climbing with us. We welcome you to join in on the fun.



Climbing, Together.

3 Calgary Locations:
HANGER: 106-588 Aero Drive NE - T2E 7Y4
 (587) 230-0189
STRONGHOLD: 140 15th Ave NW - T2M 0G6
 (403) 276-6484
CHINOOK: 6 - 7130 Fisher Rd. SE - T2H-0W3
 (403) 252-6778

www.calgaryclimbing.com

Lest We Forget

November is a time when we reflect on the sacrifices our men and women in service made and continue to make fighting for the rights and freedoms of all people. We must never forget.

We would like to thank everyone who supported Guiding by buying a box of our yummy mint chocolate cookies. Cookies help support our many activities throughout the year.

All the units in Blackfoot District came together for a super swim night at Acadia Pool. It was a wild and wet evening of fun and games.

Spark units have been enjoying the good weather by going on nature walks and learning about animals. They have held enrolments, sold cookies, went on scavenger hunts and are making poppies for Remembrance Day.

Brownie units are working on their program, going to camp and doing outside activities. Some held Halloween parties, enrolments and will have a visit from a Girl Guide music trainer.

Guide units went to camp, sold cookies and will be having a fabulous bridging Laser Quest outing. Some girls will be volunteering at Remembrance Day ceremonies at the Jubilee Auditorium,

Pathfinder & Ranger units went to a Stampeders football game, had a campfire in Fish Creek Park, volunteered with the CIBC Run for the Cure, hosted Halloween parties & went to Nite Trek camp.

Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please call 403-283-8348

Girl Greatness Starts Here!



Holiday **GLOW**

Give the Gift of Style.

CHATTERS
HAIR|BEAUTY|SALON
www.chatters.ca

15% OFF
Entire Retail Purchase

*With this coupon. Exp. Dec. 31/16
Not valid with other offers.
Valid at Chatters Deerfoot Meadows only.

Chatters Deerfoot Meadows **403.253.5511**
#852, 8180 11th Street SE (across from Ikea)

CHRISTMAS CRAFT FAIRS

- 4th Annual St. William Christmas Craft Market:** 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3rd 10am – 3pm.
- St Gerard's Bazaar: Annual Bazaar and Garage Sale.** Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.
- Auburn Bay Christmas Craft and Marketplace** Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit www.auburnbay-connect.com.
- Annual Bow Cliff Christmas Craft Fair and Bake Sale** Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW
- Bonavista Christmas Craft Fair** Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info www.lakebonavistacommunity.com.
- Arbour Lake Christmas Craft Fair** Nov. 5, 2016 at 11:00am-3:00pm Arbour Lake Residents Hall
- St. Andrew's Presbyterian Church Christmas Bazaar:** Saturday, November 5th, 10am-2pm.

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

October was a dazzling showcase of autumn colours at Mapleridge Cooperative Preschool. We started the month with class field trips to the Calgary Corn Maze and Kayben Farms. All the children were wowed by the barnyard animals, giggled as they jumped on the giant bouncy pillow and had a great time on their autumn adventure.

The month ended with a spook-tacular Halloween Party! The wonderful costumes, yummy treats, fun, games and crafts made it a great success. Thank you to everyone who helped out.

This month at MCP, the four-year-olds will enter the amazing world of dinosaurs, while the three-year-olds will be exploring colours and shapes. And the 4yr old classes will have an exciting visit from Mad Science with their program on Dinosaurs.

Each November, the students at MCP receive customized school t-shirts that they printed their names on. Students proudly wear it to school and special field trips. Both Mrs. Killam and Mrs. Marshall look great in their t-shirts too!



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



Let's make sure that no one in our communities go hungry this holiday season.

The holiday season is just around the corner and this year the South West Communities Resource Centre (SWCRC) will be helping local families in 28 communities make it through the stressful time of November and December 2016. Our community resource workers often see local families who require food hampers and help others with resources for basic needs; unfortunately the demand for these services are expected to grow in the weeks to come. We understand that the neighbourhoods in South West Calgary are diverse and there are many who continue to thrive, while others are struggling to pay bills, put food on their tables and meet their basic needs. We need the help of **Neighbours Helping Neighbours**.

This holiday season the SWCRC will focus on the "Celebration of Food" – something that ties families together no matter what your culture is or your family's belief. Food is an extension of all cultures that brings people together and gives us something to share. It encourages conversations. Sadly many families will not have the gift of great food on their plates this year. Budgets for food are the first to slip and food hampers don't provide choice. This year we are asking for YOUR help in providing opportunities for vulnerable families to *purchase their own groceries*.

For six weeks in November and December 2016 we are asking neighbours to **help by purchasing a Grocery Gift card** for us to give to local families who can use your support. Your donation of \$50.00 will put fresh produce on the table for a family of four. A donation of \$100.00 will provide the dairy and breads with the fresh produce, and 250.00 will allow a family in South West Calgary celebrate a feast with all the trimmings. We ask that you provide a receipt with the card and you will be provided a charitable donation receipt. We are also happy to accept financial contributions which will support many of these families in 2017. Visit us online at www.swcrc.ca, call the office at 403 238-9222 or drop by our office in the Oakridge Co-Op Plaza.

Thanks for helping to make south west Calgary the best place to live for all residents.



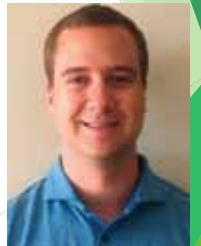
Searching for a Chiropractor?

Come Visit Dr. Colin Johnston at Heritage and Macleod Right beside the Co-op (8860 MacLeod Tr. SE)

The Clinic provides Chiropractic care, massage therapy, acupuncture and the Ideal Protein weight loss program.

Dr. Johnston provides Chiropractic care, Instrument assisted soft tissue therapy, Dry cupping and acupuncture. I also have a personal interest in the diagnosis and treatment of shoulder injuries, nerve entrapment and chronic nerve pain.

If people are interested in learning more or booking an appointment they can contact the clinic at 1(403) 255-1350, follow Dr. Johnston on Facebook or check out the optimum website at www.optimumwellescentres.com.



Cash Crunch Loan Now Available Get Back on Track, and Back to Your Life.

When times are tough, a high interest payday loan shouldn't be your only option.

If you're facing unexpected budgeting challenges, talk to us to find out if the Cash Crunch Loan is right for you.

Cash Crunch Loan*

First Small-Loan Alternative In Alberta

Amount: \$500 - \$1,500

Term: 6-18 months (monthly repayments; no penalty for early pay outs)

Interest Rate: 19% Annual Percentage Rate

A division of ConneqFirst Credit Union

MAKING MONEY MAKE A DIFFERENCE

APPLY TODAY.

403.520.8122 | FirstCalgary.com/CashCrunch

*Terms and conditions apply.



MUSIC LESSONS
 ELLEN SULLIVAN – VOICE
 SCOTT MOFFAT – DRUMS, GUITAR,
 BASS, UKELELE
587-333-6735
 SUNBURSTHOUSEOFMUSIC.COM
 SUNBURSTHOUSEOFMUSIC@GMAIL.COM
FREE TRIAL LESSON

Accountant
Stanley Doherty, CPA, CMA
 #8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
 Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
accountingservicescalgary.net
 Personal and Corporate Taxes
 Financial Statements • GST • Payroll • Reviews
 Audits • Consulting • Business Startup Assistance
 English 403-257-1582 • Español 403-457-4829

**Mayfair
 Taxi**
 Download our APP TODAY!
 @ www.mayfirtaxi.com
403 255-6555 / 403 221-8294

Reliable Tile & Marble
 Calgary, Alberta, Since 1988
CAREY DEBAKKER
 Quality Workmanship **403-813-5278**
 All work guaranteed **Free Estimates!**
From kitchens to bathrooms we tile it all!

**IN & AROUND
 CALGARY**

Calgary Southeast Events

Canadian Pacific Remembrance Day Service
 More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.


Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

Free Swim at Bob Bahan Aquatic and Fitness Centre Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

Christmas in Inglewood - Nov 18, Nov 20
 Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.



SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM
 "An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."
 Enform IRP 9 (Revised)
safetysync.com
403.668.6402
 A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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.

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
 • Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults
 • Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
 • 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.
 • November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults
 • Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
 • 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
 All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out 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 lots of cool activities including leisure skate, youth shinny, and stick & puck.

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.



Smile and Calgary Smiles with U
*Accepting New Patients
 Direct billing to Insurance
 Near Costco South
 Maximize your Dental Plan by Year End*
15 Heritage Gate SE
403.263.1124
www.cusmile.ca

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Acadia. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving Acadia/Fairview area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca

AIRWAYS VENTILATION LTD: Furnace replacements, direct vent wall heaters or unit heaters for the garage and hot water replacements. We also install low-maintenance, high-efficient, water-conservative humidifiers. Other comfort options we can provide are electronic air cleaners, attic ventilation fans, bath fans and range hoods. Call Don 403-829-0730.

ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

E.G.K. RENOVATIONS: Renovations / developments, drywalling, taping, texturing, tile work, painting, t-bar ceilings, carpentry, flooring, window and door replacements, plumbing and electrical, all handyman services and more! Serving Calgary and area for over 30 years! WCB and BBB accredited. Licensed and insured. Contact Erich at 403-606-2493.

VIBRATION THERAPY TREATMENT FOR SUFFERERS OF: osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one-month free trial of gentle Vibration Therapy and Exercise Protocols. Clinical Vibration studies show measured results for sufferers of these conditions. www.spicewellnesscalgary.ca, 403-698-6892.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, bi-weekly, monthly and one time. Excellent references. Insured and bonded. For a free on-site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

ROOFING, 5 YEAR WARRANTY: Express reroofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835-1393. Paul 403-714-3644.

QUALITY DAYHOME IN OGDEN: Experienced midwife, caregiver and mother, with childcare First Aid/CPR certificate, has spots available for ages 11 months - four years old. Spacious play area, high fenced backyard. Lots of fun, arts and crafts, serves nutritious meal and two snacks. I also offer hemming and alterations. Call Chery: 403-875-8997 Email: chery.roy@hotmail.com.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portbellotile.ca or contact 403-619-9962.



Name	Age	Contact	Course
Kristn	18	403-993-7206	No
Shyla	18	403-990-1707	No
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

Calling All BABYSITTERS 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.

Calling All Neighbours!

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



MLA CALGARY - ACADIA BRANDY PAYNE

#10, 8318 Fairmount Drive SE
Calgary, AB, Canada T2H 0Y8
Phone: (403) 640-1363; Fax: (403) 640-2970
calgary.acadia@assembly.ab.ca

Hi Friends and Neighbours,

In November, we remember the lives and experiences of our veterans in service - to commemorate them in taking a standing against injustice. I would like to personally thank these individuals and their families for all you have contributed to Canada's strength - your actions and voices are heard this Remembrance Day and throughout the year.

In Alberta, we value our veterans, our families, and are communities' involvement in shaping our province's core beliefs.

Because this is your Alberta and it needs your voice.

One way to have your voice heard is through Alberta's agencies, boards and commissions, and now there is a centralized approach for recruitment and appointment.

This will ensure fairness and transparency, and help end the perception that these appointments are solely rewarded political insiders. Also, did you know that these boards direct the spending of almost half of Alberta's budget? Therefore, it is important that they reflect the diverse experiences, situations, and expectations of the people of Alberta.

Information about the agencies, the work that they do, who is serving on the boards, any remuneration that may apply, and what opportunities are currently available, is now online at www.boards.alberta.ca.

If you're interested in a specific agency and there are no current opportunities - no problem. Just fill out the online form, select agencies of interest and you will receive an email when there is an opening. We want everyone to know about the important work that boards do and encourage Albertans, regardless of gender, ethnicity, or where they live in the province, to consider serving in this way.

To address the concerns of many Albertans - job loss and instability due to the global oil market - the Government of Alberta is working very hard to support persons into a new career, or to start up their own business.

My staff and I would be happy to direct you to the variety of resources, courses, grants, and funding to help you and your family stay resilient during these tough economic times. If you would like assistance in accessing these supports, 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.

If you missed our open house in October, we are hosting one more in November that you won't want to miss. It will be held Saturday November 26, 2016 from 2:00pm -4:00pm in our office, we hope to see you there!

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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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.

NOVEMBER MOON CALENDAR

Published by:



Proudly serving Acadia for 18 years!

ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 415,000 HOUSEHOLDS
ACROSS 149 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

PLUMBER

PLUMBOB For All Your Plumbing Needs

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490

www.curbmasterfx.com

SNOW REMOVAL

Family Owned & Operated ❄️ **403.240.2526** ❄️ **Monthly Contracts start at \$99.00**



COUNCILLOR, WARD 9 GIAN-CARLO CARRA

c/o Office of the Councillors
PO Box 2100, Stn 'M', Mail Code #8001A
Calgary, AB T2P 2M5

Hello Ward 9,

Your Team Ward 9 has been working on many projects. Some stem from my Great Neighbourhoods platform, while the majority come directly from you.

Some of these projects, like the Green Line Area Redevelopment Plans, the Developed Areas Guidebook, the Zoo flood mitigation project, 12 Street SE bridge construction, Memorial Drive and Edmonton Trail N road improvements, 17 Avenue SE transitway, Blackfoot Trail and Southland traffic upgrade, and the Glenmore Interchange construction, can and do create major inconveniences for community members. I know that it can be frustrating at times with the seemingly indefinite workshops, public sessions, and construction activity. The consolation though, is that their completion will do exactly what we have worked so hard together to do – to make our Great Neighbourhoods even better.

Director and General Manager Meetings

One of the tools that your Team Ward 9 has implemented to manage and mitigate these projects is publishing my upcoming monthly meetings with city managers, directors, and general managers. For November and early December, they are:

- General Manager of Parks – Nov. 1
- Calgary Police Chief – Nov. 10
- General Manager of Planning & Development – Nov. 10
- General Manager of Transportation – Nov. 18
- Director of Community Planning – Nov. 18
- Director of Roads – Dec. 6

I invite you to submit your agenda item propositions to my office at ward09@calgary.ca.

Mid-Cycle Budget Adjustments

During the week of November 21, The City's focus will turn to reviewing the budget during the **Mid-Cycle Budget Adjustments**. At this week-long meeting, City Council will be discussing:

- Taxes & Fees
- Business
- Community

- Service Savings & Efficiencies
- Infrastructure

Your voice matters in this conversation, and I ask you to submit your priorities to my office so I can address these issues at the Council table.

The Road Ahead - Snow Removal

As you know, winter is officially here. Our office started meeting a few months ago to discuss improvements to the snow removal process that were identified by residents last year. I am happy to report that these improvements will be implemented. Your Team Ward 9 asks that should you see gaps in operations during snow removal that you call 311, go to 311 Online or download the mobile app, get a service request number and call our office to follow up, if you don't see an adequate response to those concerns.

As always, your Team Ward 9 remains accessible to you, and encourages you to reach out if you have any questions.

Yours truly,
Gian-Carlo

FP
Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

RBC Dominion Securities Inc.

LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-30701-900-011

JACKSON & JACKSON
CUSTOMER SATISFACTION GUARANTEED

We specialize in
Bathroom & Basement Renovations

- Flooring
- Tile
- Doors
- Cabinets & Counters

FREE ESTIMATES
403.256.9282
NO JOB TOO SMALL

THE PROPHETS OF MUSIC

presents **DECEMBER 3rd, 2016**

Prophets of Music presents:
Jocelyn Alice //
Chris Stills //
Mocking Shadows //
+
Special Guests //
for an evening of exceptional music at the Palace Theatre (Flames Central).
Tickets available soon prophetsofmusic.org //

Prophets of Music is dedicated to supporting emerging Canadian artists in the creation of exceptional original music. We provide resources, mentorship and education in music fundamentals, artistic development, performance, production, business essentials, brand development, and promotion.

For information on our programs and community outreach initiatives visit:
prophetsofmusic.org



Easy is a beautiful thing.

Grocery. Bakery.
Deli. Café.

BRING YOUR OWN BOARD
We'll fill it deliciously
with all your favourites!



CUSTOMIZED BASKETS
Built to any budget, and brimming
with exclusive European delights.



PARTY PLATTERS
Filled with meat, cheese, fruit,
antipasti, veggies, panino or pastries.

italiancentre.ca EDMONTON Little Italy | Southside | West End CALGARY Willow Park

ACADEMY DENTURE CLINIC

www.academydenture.com

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



Southcentre Mall

Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon