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Jenn	26	587-899-3095	Yes
Collen	27	403-276-4663	Yes
Rosalind	27	587-889-8087	Yes
Glenda Rose	35	587-433-0130	No
Grace	36	403-680-9153	No

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Calgary HEALTH LINK 24/7	811
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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	
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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
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Last 12 Months Acadia MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$484,450.00	\$475,250.00
January 2017	\$424,900.00	\$413,000.00
December 2016	\$441,950.00	\$427,750.00
November 2016	\$439,800.00	\$430,000.00
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

Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	7	6
January 2017	5	5
December 2016	1	2
November 2016	9	9
October 2016	8	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

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

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Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

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It's Cookie Time!!

Spring is here and that means those yummy sandwich cookies are here. Our Sparks, Brownies, Guides, Pathfinders and Rangers will be selling them the first weeks in April so look for us in your neighborhood 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 sleep-overs, a visit to the animal clinic, participating in Sparkfest, 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, went curling and many 3rd year Guides are finishing up work on their Lady Baden Powell Award by preparing for tent camping and organizing service projects.

The Pathfinder & Ranger units attended Alberta Girls Parliament in Edmonton, went downhill skiing, made

doodle bags and are prepping for backpacking and camping.

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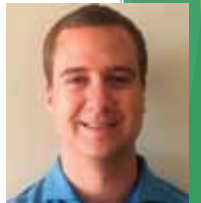
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Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta 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, and 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.



White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
 - Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
- The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities:

from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



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IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

We hope everyone had a wonderful spring break! This month our classes will explore all that spring has to offer, even some wiggly insects! The students will enjoy creating all kinds of spring crafts. Easter egg decorating and a fun Easter day will be enjoyed by all, too. At the end of the month, the Dads will be coming to school to spend an exciting evening with their child and making Mother's Day gifts.

Ask Charles

I just spent \$50,000 to finish my basement with high-end finishings. Now, I'm listing my house for sale, and my real estate representative says she can't include the basement square footage in the total size. Why not?

You developed your basement and it's beautiful. You're sure any potential buyer would agree that it looks great, and is definitely livable space. But, your real estate professional is correct, the square footage of your basement cannot be included in the size of your home for listing purposes.

In Alberta, real estate professionals are required to follow the Residential Measurement Standard (RMS) when listing a residential property for sale. The RMS contains nine principles that enable real estate professionals, as well as buyers and sellers, to determine and compare the size of residential properties. The RMS sets out the specific parts of a residential property that can be included in its size for listing purposes.

Above grade levels are the levels of a residence that are entirely above grade. Below grade levels are the floor levels of a residence that are partly or fully below grade. If any portion of a level is below grade, the entire level is considered below grade. Below grade spaces include lower levels and basements. The RMS size of a property is, essentially, the sum of its above grade levels. Below grade levels are not included in the RMS area.

Without the RMS in place, there would be little consistency in how real estate professionals, and their sellers, measure and describe their property. Some may want to include their basement (unfinished or not), some may include an enclosed sunroom, while others may include the space created by a bow or bay window.

The RMS provides a consistent means of measuring, and describing, residential property size in Alberta.

Sellers, and their real estate representatives, are welcome to include additional measurement information in their listings, but the primary size listed in the listing must be the size according to the RMS.

Sellers need to remember that size isn't the only factor that will affect a property's list or selling price. Other factors include location, condition, quality of finishing, layout, and even type of ownership. You may not be able to include the square footage of your basement in the total square footage of your home, but the features of your home will set it apart from other properties. Size matters, but it's not the only thing that matters.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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**Councillor, Ward 9
Gian-Carlo Carra**
c/o Office of the Councillors
PO Box 2100, Stn 'M', Mail Code #8001A
Calgary, AB T2P 2M5

I spend a lot of time in this column relating the strategy and tactics of the Great Neighbourhoods mission I'm on at City Hall. Central to the idea that "great neighbourhoods make a great city" is the act of a forward-looking community/city-generated master planning exercise for every Ward 9 community that:

1. Balances growth and change that preserves the things we love most about our neighbourhoods;
2. Creates a lot of certainty of outcome while allowing for flexibility to adapt to changing circumstances; and
3. Establishes the threshold of completeness for our communities to ensure:
 1. Our schools are always full of children
 2. Our main street businesses have enough shoppers to provide us with our daily services, and
 2. Sufficient housing options for all of our neighbours at every wage and stage of life.

Every single one of Ward 9's communities has indicated a desire for a new community plan. The City of Calgary's Transportation Department has been incredibly receptive to this broad community desire. They have organized their approach to delivering the largest public works project in Calgary's history, the Green Line, around the city-shaping work of transit-oriented local area planning.

I would like to provide an update on how things are turning out for the Ward 9 communities spearheading this work, namely, Millican-Ogden, South Hill, Inglewood, Ramsay, and Crossroads. While our initial work was ground-breaking and increasingly positive, we've had a bit of a setback in the transition from the visions established by the Transportation Department, to the policy work of the Planning Department.

This next-generation of community plans is being rolled out in two steps:

1. The Developed Area Guidebook (DAG), a central repository of enabling policies and regulations; and
2. Local Area Plans, where the DAG's policies are applied to the unique circumstances of every neighbourhood.

The first group of Local Area Plans were scheduled to come to Council in May 2017. However, with thorough

agreement with community leaders, I've secured deferral of the plans for another 1.5 years to give us time to get them right.

To get things right two things are critical:

1. The DAG must be a much better guiding document; and
2. There must be better conversations with our communities to better identify and develop consensus regarding plan specifics.

I'm confident that when we successfully land this first generation of new community plans, we'll have the template, the skills, and the work plan to roll out great plans for every one of Ward 9, and Calgary's great neighbourhoods.

Please feel free to reach out to me or the Ward 9 Office to discuss this, or anything else on your mind.

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Hi friends and neighbours

The high cost of mandatory school fees are one of those things that I've heard from parents in every neighbourhood in Calgary-Acadia. The rising cost has been a stress on families every September for years. It can be a real scramble for a family to cobble together the funds to get their kids out the door and into their schools. This can have a real impact on family budgets, costing hundreds per child. That's why I campaigned on reducing school fees, and I am proud today to give you an update on fulfilling this promise.

In Bill 1, our government announced the first step in significantly reducing school fees for families. When your kids go back to school in September, your fees will be reduced by an average of 25% across Alberta.

In Calgary, for instance, parents with three kids attending a public school will save an average of \$300 in the 2017-18 school year. The downturn in the economy has taken its toll on many families and that's exactly why we are reducing school fees, starting with the instructional supply and material fees (ISM). As well, we are eliminating busing fees for the children that are travelling to their designated school.

I've heard from many of you how expensive these fees are. I am happy to share that your government is taking action to reduce them.

We know that this is just a start for reducing fees and making life affordable for Albertans, and we have more work to do with school fees and other issues.

As the economy recovers, Albertans expect their government to help them through the downturn to make life better. Reducing school fees will mean one less thing that families have to worry about. I am proud to stand up for quality education and to make sure it's affordable for all families.

A lot of people have talked to me about their ideas for practical things that will make life better for Albertans, and I am so happy that one of those things was tackling the high cost of mandatory school fees. Please send me your personal stories on what this will mean to your family.

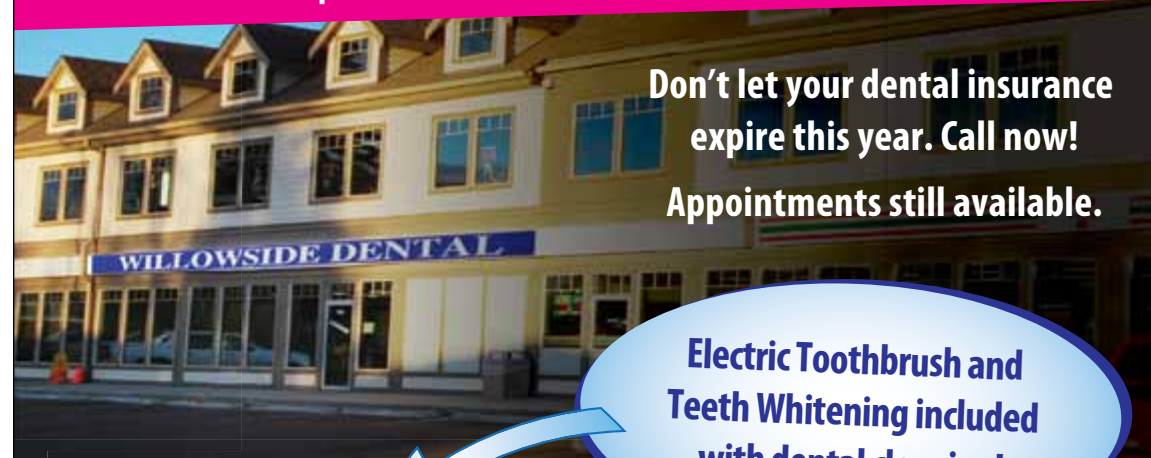
You can reach my office by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

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