

JANUARY 2017

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A photograph of a parent lifting a young child into the air. The child is wearing a blue snow suit, a grey knit hat with a pom-pom, and a colorful scarf. The parent is wearing a black jacket and a grey and black striped knit hat. They are in a snowy outdoor setting with bare trees in the background.

**PARENT AND TOT
SKATE AT ARC**
MORE DETAILS INSIDE



Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca



Brought to you by



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CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to news@great-news.ca.

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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Editorial Submissions

news@great-news.ca

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

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T2C 2K2

Check out our website:
www.great-news.ca

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PUBLISHING

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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ACADIA COMMUNITY ASSOCIATION

240-90 Ave SE | Calgary, AB T2J 6P6
 Phone: 403-255-1252 | Fax: 403-252-8593
 acadiarec@telus.net

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

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 2 - 430 Acadia Dr. SE, Calgary, AB

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



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.



Name	Age	Contact	Course
Kristn	18	403-993-7206	No
Shyla	18	403-990-1707	No
Sabrina	20	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
Glenda Rose	34	587-433-0130	No
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.

TUESDAY EVENING SPECIAL

1 HOUR BOWLING

\$30/LANE 8-9 PM

16 Lanes | 5 Pin Bowling

GLOW BOWL

Friday - Saturday - Sunday

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



Guides
Canada

BLACKFOOT DISTRICT



Happy New Year One And All

2017 marks the 105th anniversary of Girl Guides in Alberta and you might want your daughter to try something new. Think about joining this long standing program aimed at promoting self development and friendship in women. Guiding is a great place to learn new skills, experience new adventures and build lasting friendships.

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1 or (5&6 year olds)
Brownies	Grades 2 & 3 or (7&8 year olds)
Guides	Grades 4, 5 & 6 or (9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9 or (12 to 15 year olds)
Rangers	Grades 10, 11 & 12 or (15 to 17 year olds)
Leaders	(18 years and over)

The Spark units will be visiting the fire hall, sledding, learning about our feathered friends and making a bird feeder.

The Brownie units will be skating, learning some camp skills at Brownie Academy at Camp Jubilee and working on badges.

The Guide units will be having sleep-overs, visiting 4 Cats studio and snowshoeing.

The Pathfinder units will be going to camp, volunteering at Brownie Academy and attending a Hitmen hockey game.

The Ranger units will be snowshoeing, winter camping and volunteering at Brownie Academy.

Upcoming District activities include roller skating at Lloyd's in early February.

Registration is on going. 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 contact Calgary Area Girl Guides at gginfo@calgarygirlguides.com or call 403-283-8348

Girl Greatness Starts Here!



divine
intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for an attractive, slim, smart, 5'5"+, genuine, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870



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.

January at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

- The Trico Cares program offers fee assistance for passes 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.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.



- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.

Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Pre-Natal Aquafit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

Children & Youth

From "just learning to walk" to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

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

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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
December 2016	\$441,950	\$427,750
November 2016	\$439,800	\$430,000
October 2016	\$494,200	\$490,000
September 2016	\$489,900	\$477,500
August 2016	\$449,900	\$432,000
July 2016	\$439,450	\$429,250
June 2016	\$423,500	\$424,250
May 2016	\$409,900	\$415,000
April 2016	\$427,350	\$420,500
March 2016	\$454,900	\$447,000
February 2016	\$409,000	\$393,000
January 2016	\$409,900	\$403,000

Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	2	2
November 2016	9	9
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

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

COMMUNITY NEWSLETTER AD SALES

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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

The SouthWest Communities Resource Centre (SWCRC) is a thriving and vital non-profit community resource centre serving families in south west Calgary since 2003. Located in the Oakridge Coop Plaza, the SWCRC focuses on positive ways to raise children, help people build healthy relationships, manage stress, obtain information and resources, and respond to the emerging needs of all members of our communities.

In 2017 the SWCRC, along with our partnering agencies will be offering **new programs and services** and would be pleased to tell you more about the following:

- Family Literacy Program – For immigrants with children 3 – 5 (helps children prepare for school)
- Living Life to the Fullest – For people coping with anxiety, stress and life's challenges (8 sessions)
- Becoming a Canadian Citizen: Understanding new rules and regulations.
- Permanent Resident Card Renewal
- Parent Talk – Learn more parenting strategies on Thursday mornings.
- Free Computer Classes (4 sessions)
- Employment Workshops for Youth (3 sessions) for age 15 – 24
- Chat N'Play - an informal social time on Monday afternoons for parents and young children.

Contact our office at 403 238-9222 or email info@swcrc.ca for more information on dates and how to register.

Let the SouthWest Communities Resource Centre be your support and help you and your family take steps in 2017 for a happier, healthier, and more meaningful life.



OPTIMUM

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.optimumwellnesscentres.com

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

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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.

OPEN HOUSE JAN 25, 5:30 - 7:30pm

REGISTRATION 6:30-8:00 pm
JAN 31, Alumni & KCA Members
Feb 1, General Public

Let's connect at the
Kingsland Community
Preschool

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PLAY BASED

3 & 4 YR OLD
PROGRAMS



403.258.1308

www.KingslandCommunityPreschool.com

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

FEB. 9 – 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandshow.ca



FEB. 25 – 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.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."

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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.

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

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.

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.

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.

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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.

~cont'd next page~

BUSINESS CLASSIFIEDS

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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.

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.

WE CAN HELP U: We provide a reasonably-priced will, personal directive, enduring power of attorney for people of all ages. You are never too young to have a will or personal directive. We also provide land title transfer services, Corporate Registry. Call Liz 403-874-9893.

IN & AROUND CALGARY



Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.



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,

As we usher in the New Year, our thoughts are turning to the new Carbon Levy and ways we can save on our energy bills. I'm NOT going to tell you to put on a sweater, take transit and get rid of your car but there are so many small things that can be done around the home to reduce our personal environmental impact.

1. Purchase magnetic vent covers for heating vents. These covers block out air for floor, wall and ceiling metal vents. We all have those vents that heat areas that we don't use often. Available at hardware stores and online for less than \$20 and can be cut to size.
2. Deal with drafts at electrical outlets. Most of the drafts in our homes come in around electrical outlets. Electrical outlet insulation solutions are available in a number of forms depending on your level of handiness. Available in hardware stores and online for less than \$20.
3. Unplug your gadgets when you aren't using them. Unplug the tv or computer when you are away. Don't leave things charging overnight. Or purchase a power bar to plug in to, which you can easily switch off at night or when you're not using those devices.
4. Choose energy efficient bulbs for your lighting. Great advances have been made in the last 10 years so energy efficient lighting is reliable and cost effective. Many retailers in Calgary-Acadia have great affordable range of LED and CFL (compact fluorescent light) bulbs.
5. Buy local. We are so fortunate to have the Calgary Farmers Market located in Calgary-Acadia. Purchasing from local producers supports the economy and reduces the impact of shipping on the environment. And some of the carrots from the market are the best around, so sweet and yummy.

These are small, low cost changes, many of which I've adopted in my own home. While the Carbon Levy is not applied to electricity, small changes can add up to big results, and I would love to hear some of your energy-saving tips.

As always, 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 10-3 and Tuesday - Friday 10-4.

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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

Hello Ward 9!

I hope that you enjoyed the last couple weeks of 2016.

With the recession that we Calgarians have suffered through for the past two years, it's important that we reflect on what we have, maintain hope for what may be, and roll up our sleeves together and work towards making our neighbourhoods prosper—as we always do.

We have seen our quality of life shaken by the hit to our local economy. As your City Councillor, I have seen and heard about it from you at events, through email, social media, and in one-on-one meetings. Things are tough, but we are still optimistic.

In 2016, your Team Ward 9 supported increasing affordable housing stock for seniors, reformed the secondary suite process, increased the potential space for child care services, lowered property taxes, and removed the "Greenfield" development subsidy for new developments on the edges of our city - decreasing the tax burden on tax payers to the tune of \$6,000 to \$20,000 per residential unit built.

We have also supported moving up the time tables of, and building, infrastructure projects to get Calgarians back to work, and amended the sliding scale subsidy for our less fortunate neighbours to ensure that they do not get left behind as we all tighten our fiscal belts.

I am proud to report that just over 8 out of 10 (82%) Ward 9 residents still say the quality of life in Calgary is good, and that almost 9 out of 10 (88%) residents are proud of the neighbourhood they live. This is the very basis of our upcoming success, as it is this togetherness that will ultimately see us out of the current rut that we are in.

This year, your Team Ward 9 and I will continue to focus on infrastructure, transit and traffic (and congestion), crime, safety, sustainable community growth and planning, and supports for people living in poverty and affordable housing.

I continue to hear you, and work towards creating the environment that will help our friends, families and neighbours flourish.

As always, I encourage you to contact me to let me know what your priorities are. I also encourage you to sign up for our updates at calgary.ca/ward9connect to stay in the know.

See you soon and let's make this a great 2017.

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.

**Trivia
COFFEE**

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds



Happy New Year!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

1. Reliable recall – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.

2. Serene sitting – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.

3. Waiting patiently – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

4. Leave it – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

5. Trading up – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value

treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

December was a very exciting month for all the children at MCP. Our class Christmas parties were a big success, filled with songs, treats and a special visit from dear, old Santa Claus. This month, our children will learn about the wonder and beauty of winter! Please mark your calendars! Our wonderful teacher Mrs. Marshall brings over 8 years of teaching experience and is adored by the children and their parents. We also want to take a moment to thank Mrs. Killam for her 34 years of faithful service to Mapleridge Preschool. Mrs. Killam will be retiring at the end of this year and we wish her the best in her new adventure. For more information about school enrollment please contact us at 403-278-9594, send us an email at: info@mapleridgepreschool.com or visit our web site at www.mapleridgepreschool.com

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Hi, I'm Doctor Doig. After 20 years of practice, Dr. Chores and I have opened Doig Optometry in the Heritage Professional Centre. Our new Optometry Clinic is located in Suite 102, 8180 MacLeod Trail, and you can find us on the internet at www.doigoptometry.com



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