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CONTENTS

- 7 REAL ESTATE UPDATE
- 8 BLACKFOOT DISTRICT GUIDES
- 10 SCHOOL SHOUT-OUTS: MAPLERIDGE
COOPERATIVE PRESCHOOL
- 11 TAKE ON WELLNESS: AHS HOSPICE
- 13 CALGARY WILDLIFE: THE COUGAR
- 15 5 SUMMER TRAVEL SAFETY TIPS
- 18 MLA BRANDY PAYNE'S REPORT



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IMPORTANT NUMBERS

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Alberta Health Care	403-310-0000
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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



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
April 2017	\$482,450	\$469,500
March 2017	\$439,900	\$423,400
February 2017	\$484,450	\$475,250
January 2017	\$424,900	\$413,000
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

Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	11	6
March 2017	11	6
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

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

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Almost summer! Blackfoot District units are busy as bees with activities both inside and out as many units wrap up their Guiding year.

Sparks units are wrapping things up with campfires, neighborhood walks and will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

Brownie units are prepping for camp, year-end BBQs, and walks in Fish Creek Park. Some girls will advance to new adventures with the Guides in the fall.

Guide units attended Guide Camp Skills event at Camp Jubilee, are prepping for tent camp and travel. Third year Guides are finishing work on their Lady Baden Powell Award and some will be advancing to Pathfinders.

Pathfinder and Ranger units went to 4 Cats studio, to a backpacking weekend, tent camp, and some units are travelling.

The communities within Blackfoot District are:

- Acadia
- Elboya
- Meadowlark Park
- Britannia
- Erlton
- Mission
- Bel-Aire
- Fairview
- Parkhill
- Beltline
- Haysboro
- Ramsay
- Canyon Meadows
- Highfield
- Rideau
- Chinook Park
- Inglewood
- Roxboro
- Connaught
- Kelvin Grove
- Southwood
- Downtown East Village
- Kingsland
- Stanley Park

- Downtown West
- Manchester
- Victoria Park
- Eagle Ridge
- Mapleridge
- Willowpark
- Elbow Park
- Mayfair
- Windsor Park



If you live in one of these communities we can find a unit near you!

Registration for September is now open for everyone!

For more registration information and to find a unit near you go to www.girlguides.ca.

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Mapleridge Cooperative Preschool

Mrs. Killam, we want to thank you! Thank you for founding Mapleridge Cooperative Preschool in 1983, because you saw a need in our community. Thank you for following your heart and becoming a teacher that first year. Thank you for making the commitment and taking on the reins for the entire school only four years later. Thank you for each song, craft and memory that lead parents to bring their little one to be taught by you! It is an amazing legacy to say you taught multiple generations in the same family! Thank you for seeing the potential each child has in September, and helping them grow and achieve it by May. Thank you for 34 years of dedication, training and love!

Congratulations on your retirement Mrs. Killam. We wish you all the best as you start a new path and begin your travels across Canada.

Visit our Facebook page for more information about Mrs. Killam's retirement party on June 4th.



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



Just Say Hi!

Welcoming new neighbours or introducing yourself to those you haven't met yet is a great way to establish neighbourly relationships. People who know each other are more likely to look out for one another and help build and maintain a safe community.

Do you know the first name of at least 5 different neighbours? Would you be able to tell police the addresses of the houses around you in the event you witnessed suspicious activity? Could you ask a neighbour to borrow a cup of sugar or an egg for a cake you are baking? What about asking a neighbour to check in on the perimeter of your home while you're away? We sure hope you answered yes to a few of these questions! But, if not, take the plunge and just say hi! One of the easiest ways to increase safety in your community is to get to know your neighbours because people tend to look out for those that they know!

Don't forget, after introducing yourself, make the effort to wave, greet and chat with your neighbours regularly. This encourages friendly chit-chat and can make neighbours feel connected.



To help you get started pick up a **My Neighbour Card!**

For more information or engagement ideas visit our website at calgarycommunities.com.



Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.



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YOUR CITY OF CALGARY



Enjoy a “Neighbour” with a neighbour and your community could win a BBQ party!

Spend some time with your neighbours this summer and your community association could win a BBQ party for 50 people, sponsored by Village Brewery!

How? It's simple. Post a photo on social media of you and a neighbour enjoying a Village Neighbour (Canadian Pale Ale) together, tag your community association, and include the hashtag #VillageNeighbourDay. The community with the most posts will win a BBQ party for 50 people.

Don't forget that Neighbour Day is coming up on Saturday, June 17 – the perfect time to get out and meet your neighbours over a delicious cold beer!

The winning community association will receive 10 flats of beer from Village Brewery, Fiasco Gelato, Spolumbo's sausages, and Italian Bakery buns for a 50-person BBQ party!

Photo submissions will be accepted on Twitter, Facebook, and Instagram from May 1 to midnight on Saturday, June 17.

Visit villagebrewery.com/blogs for more information.



Article by J.G. Turner
 Photo by Jamie Dutcher

The cougar, Alberta's biggest cat, can be found in wild areas along the full length of western North America, and Mexico, Central America and South America. Adult males can weigh up to 90 kg while females average 45 kg. Adults are well camouflaged with tawny to grey-brown fur and black tips on their tails and backs of their ears. Their heads are small and round and their eyes are brown with large pupils.

Fun Facts:

- Despite their wide distribution, cougars are seldom spotted by humans.
- Cougars are apex predators and are excellent hunters.
 - Cougars have a killing bite with sharp teeth to tear off chunks of meat and a rough tongue to clean traces of meat off their prey's bones.
 - Their hind legs are longer than their front ones to give better spring to pounce on their prey, their claws are razor sharp for bringing down their prey and climbing trees and their skeletons bend easily for jumping, stretching and twisting.
 - These cats have an excellent sense of smell and their large pupils help them see their prey in dim light.
 - Cougars are hunt-and-wait predators, meaning they watch their prey silently in trees or rocks and pounce when their prey is feeding.
 - Cougars hunt moose, elk, caribou and deer.
- Cougars are solitary animals unless they are with their young.
- When a female is ready to give birth, she finds a den in rock piles, caves or under a deep brush of fallen trees.
 - Cougars will occasionally use human built structures such as doghouses, sheds or hunting cabins for their dens.

Cubs develop their hunting skills by hunting at their mother's side and stay with their mother until they can hunt for themselves which is typically between 13 and 24 months.

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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Contact news@great-news.ca

ACOUSTIC MUSIC NEIGHBORHOOD JAM: Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

CALGARY PSYCHIC FAIR 2017: July 29th 4:15-7:30 at the Acadia Community Center. Call for details! 403-452-9610.

VOLUNTEERING....
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5 Summer Travel Safety Tips

Happy (almost) summer everyone!

We hope you have been having a great June so far! June is always a busy month at the shelter as preparation for our summer camp program kicks in to high gear. All month long we will be preparing to welcome hundreds of young campers to enjoy their summer with us! With summer vacations on the horizon our call centre has also been getting a lot of questions about how to best keep pets safe while travelling this summer, so this month we are bringing you our top 5 summer travel safety tips for your pet!

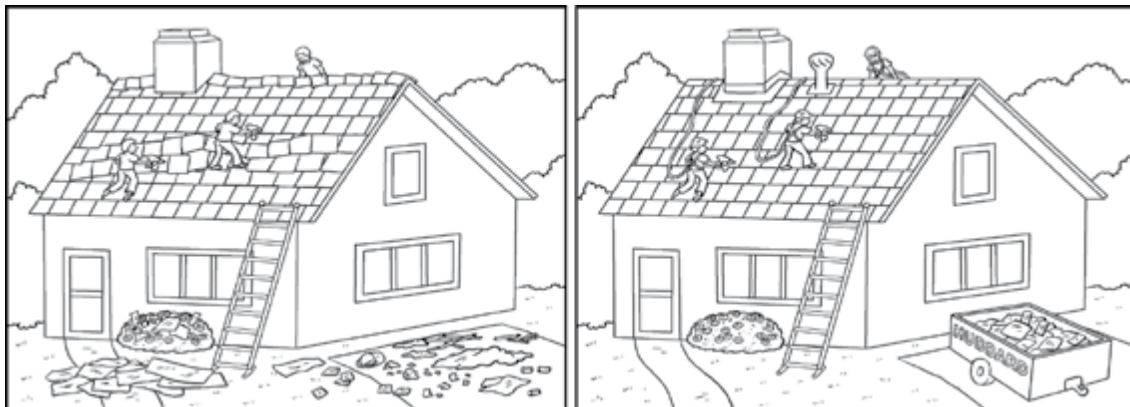
- 1. Make sure identification is up to date!** Nothing is more scary than having your pet go missing in a strange place, but having up to date identification greatly increases the chances your pet will get back to you safely! Double check your pet's collar tag and the registration on their tattoo or microchip to ensure your information is correct. If you will be using a different phone number while on vacation consider having a special collar tag made for the trip.
- 2. Update your pet's vaccines and preventative medications!** Pay a visit to your vet before vacation to find out what vaccines and preventative medications your pet should have. Just as with humans, vaccinations should be based on where your pet is visiting. Your vet is the best person to advise on what vaccines are most appropriate for your pet.
- 3. Bring fresh water for Fido!** Just like humans our pets can catch parasites, like giardia, from drinking out of streams or rivers. Bring fresh water to keep Fido happy and hydrated.
- 4. Bring plenty of your pet's regular food!** Sudden changes in food type can leave a pet with an upset tummy. We recommend bringing a few extra days' worth of kibble, just in case!

5. NEVER leave your pet in the car! The temperature inside a car can climb dangerously high very fast, even when parked in the shade. Pre-plan your journey to be pet friendly and bring a leash so a travel companion can take your pet for a walk if you need to stop for supplies.

Would you like more information on how to keep your pet safe this summer? Do you have questions about Fido's behaviour before you hit the open road? Interested in learning more about all the fun summer programs running at the shelter? We would love to hear from you! Visit www.calgaryhumane.ca or call 403-205-4455.

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Hi friends and neighbours

My office is often asked, 'What are you doing for seniors?' so I'm pleased to let you know some of the ways we are working to make life better for Alberta Seniors.

Affordable Housing

\$1.2 billion investment in affordable housing projects over five years include many seniors housing units across Alberta. Affordable housing for seniors has not kept up with the demands and we are taking action to address this across the province. The Provincial Affordable Housing Strategy will support development decisions both now and for the future. Thirty-three housing projects specifically for seniors are currently underway and these projects will upgrade or replace approximately 2,000 units and add over 1000 units of new ones. In addition, investment is being made to improve the condition and safety of current facilities.

Aging in Place

Last year more than 116,000 Albertans (of all ages) received home-care services and Budget 2017 is boosting funding for home and community care by \$200 million, supporting more Albertans to home care and remain independent. This funding will provide seniors with important services that support them to live and participate in their communities. Home-care clients pay no fees for publicly provided personal care or professional health-care services.

The Seniors Home Adaptation and Repair Program (SHARP), started in July 2016 to support independent living for Alberta's seniors. Seniors can use the equity in their homes to make the necessary repairs and adaptations that will allow them to stay in their own homes and communities. Low-interest home equity loans up to \$40,000 per household to seniors with household income of \$75,000 or less who have at least 25% home equity. These loans are for renovations such as roof and window replacements, electrical repairs, or accessibility changes.

Seniors Advocate

A new Seniors Advocate, Dr. Sheree Kwong See, was appointed in September for a term that will last until the end of 2019. In her role as seniors advocate she:

- Provides resolution support to senior Albertans and their families;
- Identifies trends and systemic issues affecting seniors; and
- Makes recommendations to the government on how to improve senior services and programs.

Other ways we are making a difference

- Banning door-to-door sales of energy products, seniors are being protected from misleading, high-pressure sales practices.
- Alberta Parks is removing barriers, to ensure parks are more accessible for seniors. Alberta Parks is working to identify all the facilities that are barrier-free and is making that information public. All parks facilities are now built for accessibility.
- The three-year \$3-million Taking Action Against Elder Abuse Co-ordinated Community Response (CCR) grant program supports the development or enhancement of community responses to elder abuse in all regions of Alberta through improved collaboration among service providers.
- Budget 2017 takes the next step in fulfilling this government's commitment to creating 2,000 new long-term care beds. It commits funds to build a new facility in Bridgeland and to upgrade and expand the Norwood Capital Care facility in Edmonton. Together these projects will create hundreds of new long-term care spaces. Both are fully publicly owned.

As always, my staff and I are here to help and to hear your feedback. You can reach us by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE.

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