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## our community scene



by Bri - Taken in Acadia / Willow Park



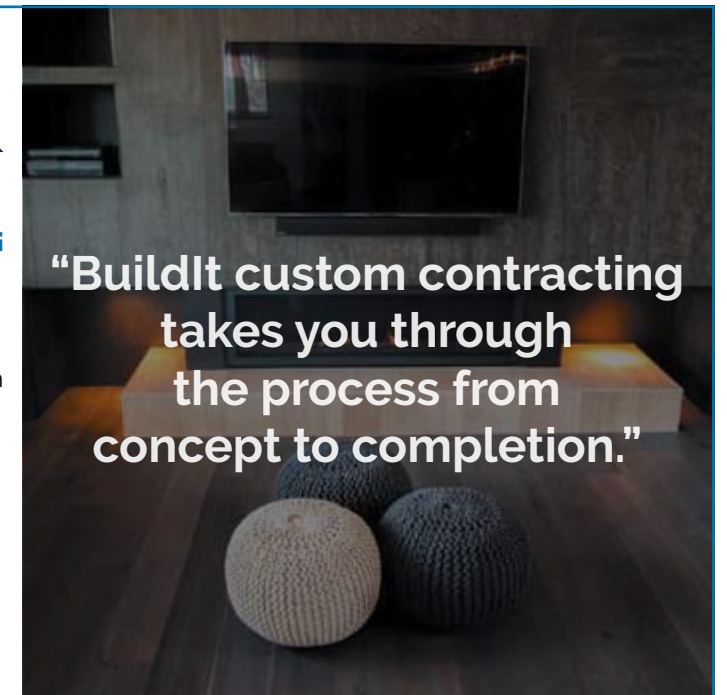
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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
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
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## Last 12 Months Acadia MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
April 2016	\$427,350	\$420,500

## Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
April 2016	11	10

To view more detailed information that comprise the above MLS averages please visit [acadia.great-news.ca](http://acadia.great-news.ca)

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Guides  
Canada

# BLACKFOOT DISTRICT



## Spring is in the air! It's time to register for fall 2017!

**Girls returning to the same unit—registration opens Tuesday April 4, 2017**

**Girls advancing (moving up) to a new unit—registration opens Tuesday May 2, 2017**

**New girls wishing to join any level of Guiding—registration opens Friday June 2, 2017**

For more registration information and to find a unit near you go to [www.girlguides.ca](http://www.girlguides.ca).

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of yoag/art, built projects for Earth Day, will be potting flowers for Mother's Day and sleeping-over at Heritage Park. They will have some girls "advance" to the next level of Guiding which means they will move up and be joining their Guiding sisters in Brownies in the fall for new friendships and challenges.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters at RONA, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advancing to Guides and new adventures in the fall.

The Guide units helped green our world by holding litter clean-ups for Earth Day, will try their hand at archery and are prepping for tent camping. Third year Guides continue work on their Lady Baden Powel Award and some will be advancing to Pathfinders.


The Pathfinder & Ranger units attended Alberta Girls Parliament in Edmonton, tried their hand at archery and

will be tent camping and backpacking. Some units are busy prepping for travel this summer to places like Stettler, Drumheller and Pax Lodge in England.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

Check out our website at [www.calgarygirlguides.com](http://www.calgarygirlguides.com) or go to [www.girlguides.ca](http://www.girlguides.ca) to register for fall 2017!

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## IN & AROUND SCHOOLS

### Mapleridge Cooperative Preschool

The children at Mapleridge Cooperative Preschool have been enjoying fun-filled spring activities and are making special gifts for Mother's Day. This month all our classes will be traveling to the Inglewood Bird Sanctuary to walk the trails of this amazing wildlife reserve.

All classes come to an end this month on May 25<sup>th</sup> and May 26<sup>th</sup>. We are busy planning the graduation ceremonies; our graduations are on May 29<sup>th</sup> and May 30<sup>th</sup>. Congratulations to all our children! The MCP year-end party will be held at Lake Bonavista on June 2<sup>nd</sup> and we are looking forward to enjoying our picnic at the beach. Thank you again to our lake sponsors!

We still have a few spots available for the three and four-year-old classes that have so much to offer your child. Our program focuses on play centered learning lead by the highly qualified Mrs. Marshall. We are able to offer reasonable rates by operating as a cooperative, non-profit preschool. A subsidy is available if you need it. Please call for a tour and to register today!

Finally, we would like to invite current and former students and their families to recognize Mrs. Eloise Killam and her 34 years of service to Mapleridge Preschool and community. MCP will be having a retirement celebration in June. Please email [info@mapleridgepreschool.com](mailto:info@mapleridgepreschool.com) for more information, to donate or help organize this very important celebration on a woman that has influenced so many lives.

For more information about Mapleridge Preschool please contact us at 403-278-9594, [info@mapleridgepreschool.com](mailto:info@mapleridgepreschool.com), or visit the website at [www.mapleridgepreschool.com](http://www.mapleridgepreschool.com).

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## AHS: Oral Health



### It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).



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# Calgary Immigrant Educational Society

It should come as no surprise that immigrants and refugees arriving in Calgary face numerous challenges to settlement. While newcomers routinely say that learning English is the biggest hurdle to their family's integration into Canada, a close second is finding employment – 90% of Calgary's newcomer population is under the age of 44, which represents a tremendous future workforce for the city. They are also educated - at least 38% have a Bachelor's degree or higher, compared to just 34.8% of established Calgarians. And while their immigration status doesn't mean that they are any less qualified, newcomers often come up against barriers to employment in Canada.

Former professionals, such as engineers and accountants, often require years of additional schooling to obtain accreditation in Canada. Those that don't have professional qualifications often face even greater challenges as they learn to integrate with Canadian work culture – Canadian work experience is often a prerequisite for employment in Canada, but employment is required to obtain that same work experience. To address these challenges, CIES offers a series of employment training programs designed to bring newcomers into the workplace faster, including industry-specific courses in accounting, clerical, and computer skills. We also offer programs that build on existing skill sets and prepare clients to succeed in business.

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

The second program we offer is Entrepreneurship Development Training. This innovative new program encourages and removes the barriers to entrepreneurial success for immigrants and low-income Calgarians. Through a series of workshops, clients receive financial literacy in the Canadian banking system, including credit, savings products, and home ownership. Building on this foundation, students learn the principles of successful entrepreneurship, including business selection, plan writing, risk management, human resources issues, and taxation. The program completed its first intake of students in March; they will graduate in June.

It is in our best interests as Canadians to provide newcomers with the support they need to successfully settle and begin to provide for their own families in Canada. Settlement agencies across the country are continually tailoring their programs to offer newcomers the education and social skills they need to achieve independence for their families. As a Canadian citizen, take some time to reflect on the sacrifices made by your own family as they emigrated to Canada, and then ask yourself how you can help others do the same.

*The Calgary Immigrant Educational Society (CIES) provides immigrants and low income Canadians with various levels of language, employment, computer, and settlement programs. They assist over 1400 students a day, 7 days per week, in-class and online.*



## IN & AROUND CALGARY

### EMS

**National Paramedic Services Week is May 28 – June 3, 2017.**

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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# Tasty Tomatoes

Barbara Shorrock

Calgary gardeners love their tomatoes, and can get pretty competitive over size and yield and all sorts of other categories. With our short growing season here in the Chinook belt (on average May 25-Sept 15), not to mention cold nights, days that may be warm to sizzling, moisture from drought to drowning, wind and Oh yes, hail, a bumper tomato crop is no sure thing. So, why bother? You can buy tomatoes of all sizes and shapes in the grocery store every day of the year. They come from greenhouses and fields as near as Medicine Hat and as far as California and Mexico. Plant breeders have focused for years on developing a fruit with thick skin, symmetrical shape, disease resistance and toughness to travel from field to store shelf. But in all this hybridization, the one thing that has been neglected is FLAVOUR. Do tomatoes today taste like they used to taste when you were a kid? Not likely.

What is flavour? It is a combination of about 25 volatile chemicals that make up the mouth taste and nose smell, including acids and the #1 chemical – sugar. Let's compare flavour to a classical musical symphony. If you pull out a single instrument, you may not notice. But pull out another, and then another, and at some point you will definitely know that something is missing. This is what has happened in commercial production, and now there are scientists working on identifying the genome sequences of hundreds of tomatoes, trying to figure out how to selectively put back the pieces that will improve flavour, without messing up all the lovely thick skin and great travel-ability. This is no small feat, but the researchers, producers and customers are all eagerly awaiting success.

If you have a garden, or even space for large pots, and a sunny location, you too can enjoy the sumptuous

taste of a real tomato. There are varieties in the seed catalogues that are amazing; just reading about them is an adventure. What you must remember, though, is our short season, so choose varieties that will mature in less than 70 days. (Gardeners with greenhouses already know this doesn't apply to them as the steady heat in the greenhouse makes for a different growing environment). Cherry tomatoes in particular, are well suited to a Calgary garden, as they ripen earlier than larger ones. There are some medium and large ones that will also ripen here, in a good year, before frost necessitates a move indoors. Many gardeners rely upon Heirloom types for flavour, as they are originals that have not been hybridized. Lois Hole's book *Tomato Favorites* is an excellent source of information. Here are some she recommends both for their taste and for early maturity:

Tumbler – 49 days (everybody seems to love this one, which is designed to grow in a tall pot and tumble over the rim, producing fruit all the way to the ground.)

Early Girl – 52 days

Champion – 62 days

Big Beef – 73 days

Celebrity – 72 days

If starting seeds indoors with lights and all the associated paraphernalia isn't your thing, just choose your seedlings from the local nurseries with care, keeping FLAVOUR as your first criteria. When reading the labels, sometimes the name will give a clue, such as Ultra Sweet (52 days). By the way, some yellow and orange varieties can be just as tasty as red, if you close your eyes. I tried little yellow pear-shaped cherry tomatoes one year, but although they were super cute in a salad or on an appetizer tray, they were so mild tasting I won't do it again. It is flavour first in my kitchen.



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Hello friends and neighbours!

With spring-time in the air, we set our eyes on fresh ideas and expanding projects. As your Government, we are here to support new, innovative ways to make life better for Albertans. Job creation and a healthy economy are important to us all and we know that this is on the forefront of everyone's minds.

We know that Albertans have great entrepreneurial spirit, and – with the right supports – fresh ideas and technologies can become successful business. Whether you currently own a small business, or have an idea to create a business – there are supports available.

Check out the website - [www.smallbusiness.alberta.ca](http://www.smallbusiness.alberta.ca) – it's a one stop shop for finding means to start, grow, and fund a small business. On this website, you can filter the programs available based on business phase, audience and resource type. Please feel free to contact my office if you have any questions!

Other resources include:

- Alberta Women Entrepreneurs (AWE) provides tools and resources to women across the province to help them build their businesses. They can be reached at: [info@awebusiness.com](mailto:info@awebusiness.com), by telephone at 1-800-713-3558, or on their website [www.awebusiness.com](http://www.awebusiness.com).
- Business Link, a partnership with Ministry of Economic Development and Trade. Specialized senior business advisors will provide information, answer questions, direct you to various resources and connect you directly with the experts who can help. They can be reached at 1-844-422-7705 or via email at [BusinessAdvisor@businesslink.ca](mailto:BusinessAdvisor@businesslink.ca).
- Technology Futures programs, and the latest news is available at: [www.albertatechfutures.ca](http://www.albertatechfutures.ca). This program helps high school students achieve breakthroughs in entrepreneurship, research and innovation.
- Tax credits for creating jobs and diversifying our economy are up and running and information is available at [www.alberta.ca/financing-business.aspx](http://www.alberta.ca/financing-business.aspx). Here you will find material on the Investor Tax Credit, Capital Investment Tax Credit, government financing for businesses, grants for charitable and nonprofit organization, Export Support Fund, Community Environment Action Grant, Growing Forward 2, and the Status of Women Grant Program.

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



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#### Indigenous Policy Framework

Over the last several years there has been a significant focus on the Truth and Reconciliation Commission (TRC) and how the recommendations coming out of this challenging and important work impact us all. Many people mistakenly believe this to be an Aboriginal issue when, in fact, it is a Canadian issue, a Calgarian issue and a community-building issue.

Understanding that we all have a responsibility to heal our relationship with our indigenous brothers and sisters, your City Council has taken meaningful and lasting steps forward in a shared process of truth and reconciliation. These steps include: the publication of the White Goose Flying Report (2016) that looks at the local adaptation for the TRC's 18 calls to action, the renaming of the Langevin Bridge to Reconciliation Bridge in January 2017, the permanent raising of the Treaty 7 flag in March 2017 and, most recently, the Indigenous Policy Framework presented at the Standing Policy Committee on Community and Protective Services in April 2017.

The Indigenous Policy Framework is intended to establish the necessary policies and practices for the City of Calgary to move forward by understanding our shared history and how, as a municipality, we can be an active partner in the process of reconciliation. This incredible document is, in all honesty, one of the best reports I have ever seen come out of the City of Calgary and the first of its kind in Canada. It is something that I encourage all Calgarians to take the time to thoughtfully read.

The Indigenous Policy Framework is, in essence, Calgary's creation story. Using the incredible expertise of our traditional knowledge keepers from the Treaty 7 First Nations, it describes how, since the beginning of time, this land has been a shared land. It has welcomed people from different backgrounds to live and prosper here and build communities that celebrate our diversity and thrive because of it.

This is the story of Treaty 7 people and we are all Treaty 7 people.

In honouring the creation story of our city we begin to recognize its contemporary significance and how it dovetails with the idea of great neighbourhoods. Great neighbourhoods are built on diverse people coming together, sharing the land and building community. This is still everything we are still working toward today.

In June we will be hosting the official renaming ceremony for the Langevin Bridge. I encourage all of you to come out and celebrate this historic moment.

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