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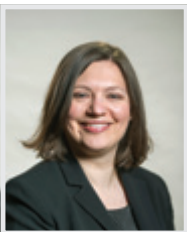
## ACADIA COMMUNITY ASSOCIATION

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## 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



## 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



## ACADIA REAL ESTATE UPDATE

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
August 2017	\$455,000	\$442,000
July 2017	\$494,900	\$455,000
June 2017	\$449,000	\$440,000
May 2017	\$460,000	\$450,000
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

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

	No. New Properties	No. Properties Sold
August 2017	10	7
July 2017	8	11
June 2017	16	9
May 2017	12	13
April 2017	10	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

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

## COMMUNITY NEWSLETTER AD SALES

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## RESIDENT PERSPECTIVES



## Fostering Potential and Well-Being

Any number of social issues can leave children and youth unable to live at home. Enter Mark and Nancy, foster parents who have cared for more than 65 children in their home over the past 15 years. Children in their care have stayed for a few days, up to a few years, depending on the circumstances, with Nancy and Mark providing each child with support until they are able to return home, are adopted, go live with family, or an alternative permanency plan is in place.

These experiences have proved rewarding not just for Nancy and Mark but for their whole family. “Each of these children have become a member of our family,” says Nancy. To this day they have a number of their foster children come back to visit as adults.

Over the years, Nancy’s philosophy and reasons for wanting to help have remained the same: “Mark and I believe it takes a village to raise a child and we just want to do our part.” Time and again, Nancy has seen that the more individuals who support a child and contribute healthy experiences, the more these children have thrived, preparing them to make a positive impact on the next generation. Even though the youth and children in her care have come and gone, Nancy feels that the connections formed last a lifetime. “I have often said that when a child leaves, they leave a bit of themselves with us, and take a bit of us with them.” Now that seems like a fair trade.

The third week of October each year is Foster Family Appreciation Week: a week dedicated to celebrating the commitment of individuals, like Mark and Nancy, who open their hearts and homes to children in need.

*Tenchoe Dorjee works with community to share the positive impact of Foster Care in supporting vulnerable children and youth in Calgary and area.*



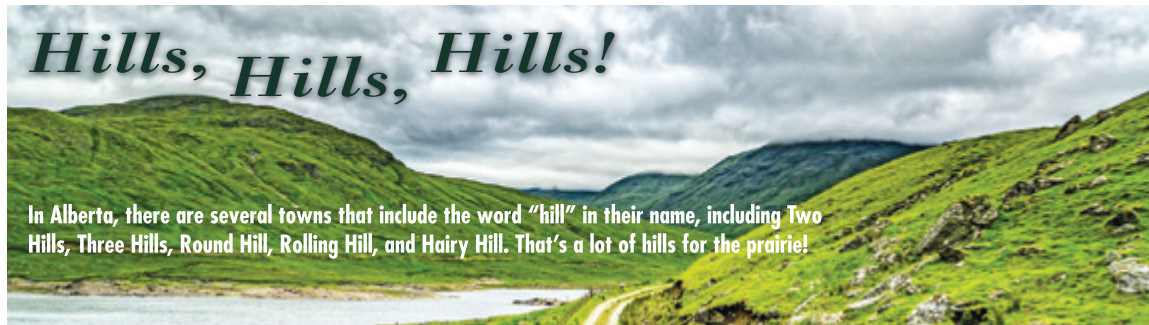


## Cookies, cookies, cookies! We love cookies!

- If it's October then it must be yummy chocolaty Girl Guide mint cookie time! Please support our girls by buying a box when they come to your door or if you see them at a retail location. Your generous support makes our activities possible.
- Looking to join in on all the fun, games, friendships and new experiences that Girl Guides has to offer!
- **REGISTRATION FOR YOUTH & ADULTS IS ON GOING - Don't wait, go to [www.girlguides.ca](http://www.girlguides.ca) and join today!**
- The Sparks are spending time getting to know each other. They are enjoying the changing seasons with neighbourhood walks, going to District Swim and busy with crafts, songs and activities to match the fall colours.
- The Brownies are dancing around the toadstool! October will be busy with outdoor explorations, cookie selling, working on badges and Halloween activities.

- The Guides are set for action! Badge work, cookie selling, active living, service projects and camping are on the agenda.
- Pathfinders, Rangers and Trex units started off September with camping and campfires. In October, they will be attending Nite Trek camp, working on service projects and selling cookies.
- Guiding is a great place for women to connect with other women and to share their talents and knowledge with the youth of our community. We are looking for women aged 18yrs and older who would like to experience mentorship and friendship by volunteering a small amount of their time to becoming leaders. No previous experienced required!
- Guiding is a great place to grow lasting friendships and experience new opportunities no matter what your age. Why not give us a try!

*Girl Greatness Starts Here*



## Hills, Hills, Hills!

In Alberta, there are several towns that include the word "hill" in their name, including Two Hills, Three Hills, Round Hill, Rolling Hill, and Hairy Hill. That's a lot of hills for the prairie!



## Make an Informed Choice

On October 16, Calgaryans will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit [calgarylibrary.ca/election](http://calgarylibrary.ca/election) to read candidates' answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

## Forest Lawn Library Nature Playground

Calgary Public Library's first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary's kids learn and develop foundational skills through play. It's a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddle Towne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

## Free Access to Newspapers and Magazines

Did you know your Calgary Public Library card gives you free access to thousands of newspapers and magazines? Read more than 7,000 publications from 120 countries in their image-rich original layout at [calgarylibrary.ca/resource/www-pressreader/](http://calgarylibrary.ca/resource/www-pressreader/) or by using the **PressReader** app when visiting any of our Library locations.

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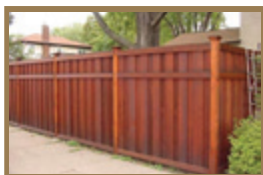


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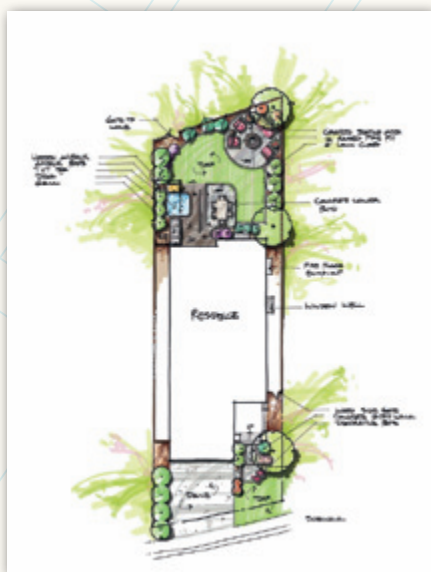


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## DOLLARS & SENSE



# Are You an “Efficient” Investor?

By Kevin O'Hagan, PFP, FMA, CIWM

Generally speaking, if you're efficient at a particular task, you'll get good results without wasting effort. As you've already learned from your life experiences, it's usually far better to be efficient at something than to be inefficient — and that's certainly true with investing. So, what can you do to become a more efficient investor? Here are a few ideas:

### Invest systematically

If you put a few dollars in an investment, such as a stock, that you heard was “hot,” and then a few months later put some more money in another vehicle that strikes your fancy, and you continue this pattern indefinitely, you may not be maximizing your resources. By taking this type of haphazard approach, you could end up owning a bunch of investments without rhyme or reason — a motley assortment that may not help you reach your goals.

Instead of following this route, consider a systematic approach, sometimes known as dollar cost averaging. To do so, you'll first want to identify some investments that are appropriate for your objectives, risk tolerance and time horizon. Then, automatically move the same amount of money each month from your chequing or savings account into the investments you've chosen. When the price of your investments falls, your contribution will buy more shares, and when the price rises, you'll buy fewer shares — in other words, you'll be fulfilling the “buy low” part of the classic investment formula.

Over time, this technique should result in a lower average cost per investment. Keep in mind, though, that dollar cost averaging does not ensure a profit or protect

against loss — and you'll need to have the financial resources available to continue investing, even in “down” markets.

### Reinvest dividends

Among your investments, you may own stocks that can pay dividends. You can take these dividends as cash, but if you don't need the money to meet everyday expenses, you may be better off by reinvesting the dividends. This is an efficient way to increase your shares — and boosting your share ownership in quality investments can be a key way to help build wealth. (Be aware that companies can increase, decrease or discontinue dividends at any time.)

### Look for tax-efficient techniques

Another type of efficiency associated with investing is tax efficiency, which refers to your ability to defer taxes as long as possible. Tax-deferred accounts, such as a TFSA can help you put off the tax bill until retirement, when you may be in a lower tax bracket.

### Consolidate investment accounts

If you have one RRSP with one financial services provider, another with a second, and a separate investment account with a third, you may end up paying more in expenses, fees and commissions than is necessary — and since these costs can eat into your investments' “real” rate of return, this scattershot ownership method may be inefficient. You may be better off by consolidating all your investment accounts with one provider.

Seek to become an efficient investor. You may be pleased with the results.

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Dr. Johnston provides chiropractic care, dry cupping and acupuncture. I also have a personal interest in the diagnosis and treatment of shoulder injuries, nerve entrapment and concussions. I love the outdoors, hiking, and fly fishing spending my free time in the mountains.



Interested in learning more or booking an appointment contact the clinic at **403-255-8161**. Follow Dr. Johnston on facebook or check out the website at [www.chinookchiro.com](http://www.chinookchiro.com)



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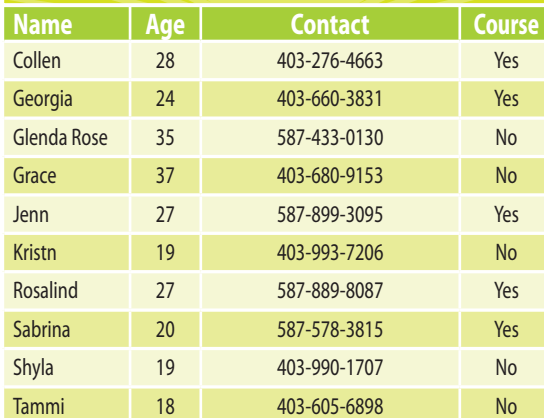
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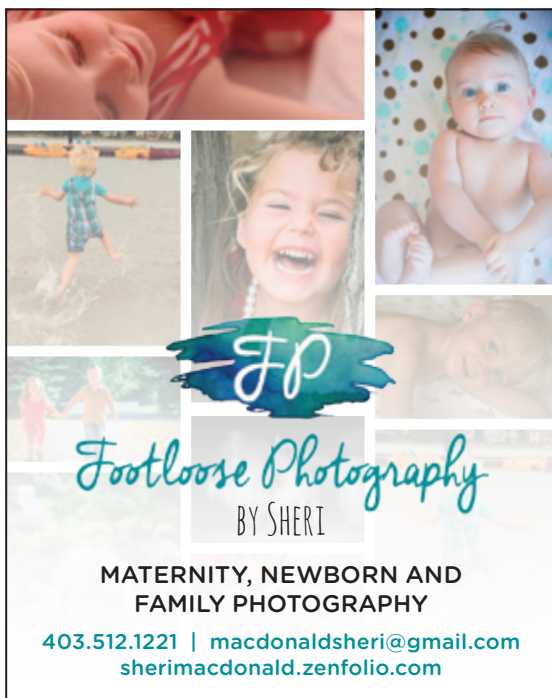
Much to the bewilderment of historians and scholars, in the margins of several medieval manuscripts are depictions of knights in combat with ...snails. No one knows whether the snails are supposed to be symbolic or if the images are a blizzarre brand of medieval humour.



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**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](http://mybabysitter.ca).



**Peace by Piece Christmas Marketplace –  
Cormack Hall, 903 75 Ave S.W., Nov. 4**

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info [facebook.com/peacebypiecemarketplace](https://facebook.com/peacebypiecemarketplace).

**A Night of Chicago Jazz featuring Ramsey Lewis – Jack  
Singer Concert Hall, Nov.17**

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info [artscommons.ca](http://artscommons.ca).

**Moscow Ballet's Great Russian Nutcracker – Jack Singer**  
**Concert Hall, Nov. 18**

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info: [artscomons.ca](http://artscomons.ca).

**Murder Mystery Dinner Theatre: Clue: Murder is NOT a Game! – Fort Calgary, Nov. 17**

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info [fortcalgary.com](http://fortcalgary.com).

## Professional Bull Riders at the Agrium Western Event Centre, Stampede Park – Nov. 24 & 25

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info [pbrcanada.com](http://pbrcanada.com).

**HIGHER STATES: GLENBOW MUSEUM,  
OCT. 7, 2017 – JAN. 7, 2018**

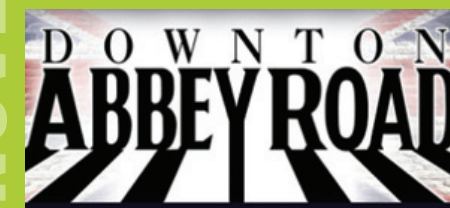
Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info [glenbow.org](http://glenbow.org).



**DOWNTON ABBEY ROAD – JUBILATIONS  
DINNER THEATRE,**

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. [More info jubiliations.ca.](#)



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## Missed the Eclipse?

If you missed the solar eclipse in August, not to worry! The next full solar eclipse is scheduled to cross North America on April 8th, 2024, and will cross from near Mazatlan, Mexico to Niagara Falls. This eclipse will also be partially visible from Calgary.

Dear Great News Publishing,


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*Owner of Buds and Blooms*

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\*Actual customer experience.



Calgary Humane Society  
Connecting Lives

## Halloween Hazards! Keeping Your Pet Safe

### Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy some sweet treats!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

- 1. Keep candy out of reach of pets!** Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
- 2. Set up a safe space!** Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
- 3. Leave Fido at home.** Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
- 4. Put a sign on the door asking trick or treaters to knock.** Many pets may react to the doorbell more than knocking.
- 5. Be cautious with your costume, especially if your pet is easily frightened.** Consider setting your pet up in a safe space before getting changed into your festive duds.
- 6. Be careful with Fido's costume.** Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
- 7. Do not allow your cats to roam.** A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
- 8. Looking for more tools to help a stressed out pet at Halloween?** Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

## Every family has a story...

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# 5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDS), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.

Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are experiencing the worst

headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

1. Turn off your electronics! Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
2. Drink some water! Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
3. Smell some peppermint. Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
4. Ice versus heat. Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
5. And now the best kept secret of all, when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.

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