

SEPTEMBER 2024

DELIVERED MONTHLY TO 5,375 HOUSEHOLDS



hello ACADIA

THE OFFICIAL ACADIA COMMUNITY NEWSLETTER



**AGM
PAGE 12**

**COMMUNITY MOVIE NIGHT
PAGE 14**



Dr. Lucas Curran
General Dentist

We are participating in the new Canadian Dental Care Plan!

CALL TODAY AND BOOK YOUR FREE TEETH WHITENING OR ELECTRIC TOOTH BRUSH INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS AND CLEANING



WILLOWSIDE
dental

• OPEN ON ALTERNATE SATURDAYS • EMERGENCIES WELCOME • WE DIRECT BILL YOUR INSURANCE
580 Acadia Dr SE | 403.455.3220 | www.willowsidedentist.ca | Wheelchair accessible



WILLOWSIDE *dental*

We are participating in the new **Canadian Dental Care Plan!**
WELCOMING NEW PATIENTS



Dr. Lucas Curran
General Dentist



- **Open on alternate Saturdays**
- **Emergencies welcome**
- **We direct bill your insurance**

403.455.3220

www.willowsidedentist.ca

580 Acadia Dr SE

Second level

Entrance located on west facing side of building

 **Wheelchair accessible**

CALL TODAY AND BOOK YOUR FREE TEETH WHITENING OR ELECTRIC TOOTH BRUSH INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING. WE BILL IN ACCORDANCE WITH THE ADA FEE GUIDE.



**MR. MIKE'S
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RESIDENTIAL + COMMERCIAL
PLUMBING + DRAIN CLEANING
WATERLINE REPLACEMENT
TRENCHLESS PIPE BURSTING
DRAIN JETTING + SEWER REPAIR
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FULL EXCAVATION SERVICES



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Need a no-dig sewer with
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WWW.MIKESPLUMBING.CA/JOIN-OUR-TEAM




**MR. MIKE'S
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COUPON MUST BE PRESENTED AT THE TIME OF REPAIR.
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**MR. MIKE'S
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WITH ANY REPAIR**
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**MR. MIKE'S
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OFF HOT WATER TANK INSTALL
VALID WITH ANY REPAIR.
COUPON MUST BE PRESENTED AT THE TIME OF REPAIR.
CANNOT BE COMBINED WITH ANY OTHER OFFER. SUBJECT TO APPROVAL.



**MR. MIKE'S
PLUMBING
+ HEATING** **\$60**
OFF FURNACE REPAIR
VALID WITH ANY REPAIR.
COUPON MUST BE PRESENTED AT THE TIME OF REPAIR.
CANNOT BE COMBINED WITH ANY OTHER OFFER. SUBJECT TO APPROVAL.

**NEW
ARRIVAL**



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HEATING
+ COOLING**
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**MY CALGARY
MECHANIC
+ TIRE**

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FLUID CHECKS AND CHANGES
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BATTERY TESTING & REPLACEMENT

ENGINE DIAGNOSTICS
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EMERGENCY REPAIRS
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CUSTOM SERVICES
FLEET SERVICES

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\$95
DIAGNOSTICS FOR FIRST HOUR
CALL FOR DETAILS. OFFERS CANNOT BE COMBINED WITHOUT
MANAGEMENT APPROVAL. ALL OFFERS ARE SUBJECT TO MANAGEMENT
APPROVAL. WE RESERVE THE RIGHT TO DECLINE OFFERS.



5%
OFF ALL TIRE PURCHASES
CALL FOR DETAILS. OFFERS CANNOT BE COMBINED WITHOUT
MANAGEMENT APPROVAL. ALL OFFERS ARE SUBJECT TO MANAGEMENT
APPROVAL. WE RESERVE THE RIGHT TO DECLINE OFFERS.



**\$10 Off
Oil Change
+
\$10 Off Wipers**
CALL FOR DETAILS. OFFERS CANNOT BE COMBINED WITHOUT
MANAGEMENT APPROVAL. ALL OFFERS ARE SUBJECT TO MANAGEMENT
APPROVAL. WE RESERVE THE RIGHT TO DECLINE OFFERS.



**FREE
COURTESY
CAR WITH
PICK-UP AND
DROP OFF**
CALL FOR DETAILS. OFFERS CANNOT BE COMBINED WITHOUT
MANAGEMENT APPROVAL. ALL OFFERS ARE SUBJECT TO MANAGEMENT
APPROVAL. WE RESERVE THE RIGHT TO DECLINE OFFERS.



Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**



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**SCAN HERE TO VIEW ADDITIONAL
ACADIA CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Acadia Community Association Contacts

☎ 403-255-1252
 ✉ info@acadiaca.com
 📱 @acacalgary
 🌐 www.acadia.community
 📍 240 - 90 Avenue SE Calgary, AB T2J 6P6

Executives

| | | |
|----------------|----------------|------------------------|
| Keith Simmons | President | president@acadiaca.com |
| Minh Badau | Vice President | vp@acadiaca.com |
| Ashley Chapman | Secretary | secretary@acadiaca.com |
| Adam Klimczak | Treasurer | treasurer@acadiaca.com |

Directors

| | | |
|-----------------|----------------|---------------------|
| Brent Harding | Board Director | brent@acadiaca.com |
| Greg MacQuarrie | Board Director | greg@acadiaca.com |
| Shanon Crews | Board Director | shanon@acadiaca.com |
| Chris Kalyin | Board Director | chris@acadiaca.com |
| Jack Moddle | Board Director | jack@acadiaca.com |
| Dana McCarty | Board Director | dana@acadiaca.com |
| Marina Munro | Board Director | marina@acadiaca.com |

Coordinators

| | | |
|---------------|-------------------------------------|--------------------------|
| Good Food Box | Leslie Pinto | goodfoodbox@acadiaca.com |
| Newsletter | Benny Keys | helloacadia@acadiaca.com |
| Soccer | Trudy Corcoran | soccer@acadiaca.com |
| Social Media | Brayden Darichuk Carmen Darichuk | |

Committees

| | | |
|--------------------------|--------------|-----------------------------|
| Membership | Vacant | membership@acadiaca.com |
| Volunteers | Erica Lyn | volunteer@acadiaca.com |
| Communications | Vacant | communications@acadiaca.com |
| Events | Minh Badau | events@acadiaca.com |
| Playgrounds | Dana Mccarty | playgrounds@acadiaca.com |
| Traffic Safety | Chris Kalyin | traffic@acadiaca.com |
| Governance | Vacant | governance@acadiaca.com |
| Grants/Fundraising | Shanon Crews | grants@acadiaca.com |
| Planning/ Development | Jack Moddle | planning@acadiaca.com |
| Community Engagement | Joe Henschel | community@acadiaca.com |

Acadia Recreation Complex Management and Staff

| | | |
|--|---------------------|---|
| General Manager | Jorge Da Silva | 403-255-1252 ext. 224 gm@acadiarec.com |
| Curling Coordinator /Special Events | Tannis Brown | 403-255-1252 ext. 222 tannis@acadiarec.com |
| Curling Operations | Craig Recksiedler | 403-255-1252 ext. 226 craig@acadiarec.com |
| Arena Coordinator | Madeline Vatcher | 403-255-1252 ext. 223 maddy@acadiarec.com |
| Building Operations | Ross Scott | 403-255-1252 ext. 233 ross@acadiarec.com |

Acadia Community Contacts

| | | |
|--|------------------|---|
| MLA Calgary -Acadia | Diana Batten | 403-640-1363 calgary.acadia@assembly.ab.ca |
| MP, Calgary Midnapore | Stephanie Kusie | 403-225-3480 stephanie.kusie@parl.gc.ca |
| Councillor Ward 11 | Kourtney Penner | ward11@calgary.ca |
| School Board Trustee (Calgary Public School Board) Ward 11 and 13 | Nancy Close | 403-817-7918 neclose@cbe.ab.ca |
| School Board Trustee (Calgary Catholic School Board) Ward 11 and 12 | Cathie Williams | cathie.williams@cssd.ab.ca |
| CPS Community Resource Officer | Pavel Adaikin | padaikin@calgarypolice.ca |
| Acadia Community Garden | | 587-777-0527 info@growingacadia.ca |
| Acadia Community Social Worker | Viviana Reinberg | 403-476-7280 viviana.reinberg@calgary.ca |
| Girl Guides of Canada - Calgary Area | | 403-283-8348 ggcinfo@calgarygirlguides.com |
| Scouts Canada - Chinook Council | | 403-283-4993 253rdsouthheritagegroup@gmail.com |



COME MEET AND CONNECT WITH YOUR
NEIGHBOURS AND ACA REPRESENTATIVES
AT OUR

Social Nights

OCCURS EVERY SECOND MONTH

STARTING WITH THE FIRST OF THE SEASON ON
FRIDAY
SEPTEMBER 13, 2024
5:30PM - 7:30PM
THE ARC SOCIAL LOUNGE
240 90 AVE SE

REFRESHMENTS, SNACKS, BOARD GAMES AND CONNECTION
FAMILY-FRIENDLY, MINORS WELCOME!

OFFICIAL

PLUMBING & HEATING

Plumbing Services
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Drain Cleaning
Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



SOUTHSIDE DENTURE CENTRE

- New Denture Clinic
- New Federal Benefits
- New Management
- Newly — Renovated



Jody L. Nelson, DD.
Denture Specialist
32 Yrs' Experience

- No pressure, personalized care
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F17, 8330 Macleod Tr. SE
Heritage Plaza by London Drugs
Beside Domino's Pizza

403-452-5272



MESSAGE FROM THE BOARD

We are halfway through the summer and there is still some more sun-soaking fun to be had!

New ARC Social Lounge Drop-In Community Time

The Acadia Community Association is pleased to announce that the ARC Social Lounge is now open year-round for free day time drop-in use! From Monday to Friday, 9:00 am to 4:00 pm, the Social Lounge will be open to all to use for remote workspace, studying, reading, and meeting with friends. Our space features free wi-fi, books, board games, some toys for the littles, and pay-what-you-can coffee and tea.

New Consistent ARC Social Lounge and Frankie's Concession Hours

We are also very excited to announce that the ARC Social Lounge and Frankie's Concession will now be open with consistent hours.

Beginning September 3, the ARC Social Lounge will operate Mondays to Fridays 4:00 pm to midnight; Saturdays noon to midnight; and Sundays 10:00 am to 10:00 pm.

Frankie's Concession will operate Mondays to Fridays 4:00 to 9:00 pm; and Saturdays and Sundays 8:00 am to 6:00 pm.

We look forward to serving you with delicious food and drink while you enjoy our facilities!

Movie in the Park – September 6

Acadia's Movie in the Park event will be held at Addison Park Playground (8539 Addison Dr SE). The event starts at 6:00 pm featuring fun and games and a concession before the movie begins showing at dusk (8:45 pm). Acadia voted and this year's feature is *The Mitchells vs. The Machines*.

We have partnered with Justyna Jakimowicz Real Estate to offer everyone a chance to win an outdoor movie night prize pack valued at \$120! Check out our social media account @acacalgary on both Facebook and Instagram for details on how to enter!

Thanks to Olde Fair Gourmet Popcorn who will be on-site to sell their delicious popcorn, with a portion of all sales being donated to the ACA so we can continue to offer events and programming to bring our community together.

Check out the other Movie in the Park events happening close by this month! Fairview Community Association on September 13 showing *Migration* and Willow Ridge Community Association on September 20 showing *Trolls Band Together*.

ACA Social Night – September 13

Come join us in the ARC Social Lounge from 5:30 to 7:30 pm to meet your ACA board members and enjoy refreshments on us, board games, and conversation. We want to hear from you and get to know what issues are important to you. All ages are welcome in the Lounge!

Annual General Meeting – September 26

It's time for our AGM, where members can hear how the ACA board and the ARC did this past year and to elect your executives and board of directors. We're also excited to share with you what we have in store for the next three to five years as there are some exciting initiatives planned.

The AGM will be held in the ARC's Rose Hall. Registration opens at 6:30 pm as well as the opportunity to visit with our committee booths to hear what each committee has been up to. The formal portion of the meeting begins at 7:00 pm. Snacks and refreshments will be served after the formal meeting wraps up, and we welcome you to stay to continue networking and visiting each committee's info booth to learn more about the ACA's initiatives and how you can get involved. We hope to see you there!

Youth Drop-in Program

We are starting the youth drop-in program back up again this September. Drop-in is available for youth ages 10 to 17 at the ARC to hang out with friends and make new ones during an evening packed with games, music, snacks, and more! Check out our social media (@acacalgary) and website (acadiaca.com) for dates and times. If you have ideas for theme nights or activities, or general format suggestions, please let us know by emailing community@acadiaca.com.

Are You Following Us on Social Media?

Keep up with us @acacalgary on our Facebook and Instagram social media platforms for the latest updates on all things happening with the ACA.

Your Acadia Community Association

ACA Volunteer Callout - We Want You!

Community volunteers are an essential part of the Acadia Community Association. As a volunteer, you will make a tremendous impact on your community while gaining new skills and building new connections. There are a variety of ways for you to get involved. Please see below for what our current volunteer needs are and reach out to us if you can envision yourself in those positions, making a difference in the community you live in!

To learn more about these roles and to apply please contact volunteer@acadiaca.com or visit www.acadia.community/volunteer.

Communications Committee Chair: We need someone to take on the communications committee chair role to oversee support for ACA communications, including the acadiaca.com website, *Hello Acadia* newsletter submissions, and our social media accounts. If you have experience in general digital communications and would like to learn more about this great opportunity, please get in touch today!

Membership Committee Chair: Our membership is the reason that we exist! This important committee is in need of a chair to oversee membership registrations and records, connect with businesses to bring value to membership, engage with membership to understand what is important to them, and execute innovative ideas to grow our membership. If you have a passion for connecting with your neighbours and bringing value to the community and would like to learn more about this exciting opportunity, please get in touch today!

Event Committee Members: Every fun event you've attended or heard about relies on key people to bring the plan together and execute it seamlessly.

The following event planning committees are looking for long-term members who have a passion for bringing high-quality events to Acadia and would be interested in taking these events on every year: Stampede, Easter Egg Hunt, Winter Carnival, and Holiday Party.

If any of the above major events interest you, reach out today to learn more about the commitment and responsibilities. We hope you will consider joining us and bring your creative touch to these awesome events!



WE ARE LOOKING FOR A **COMMUNICATIONS COMMITTEE CHAIR**

KEY RESPONSIBILITIES:

- Strategically plan marketing efforts and oversee the creation of materials for the ACA's website, newsletter, and social media channels.
- Motivate, support, and assist committee members with their roles as needed.
- Oversee the logistics of the committee's operations and work.
- Report to the Board on the committee's work and recommendations.

HELPFUL SKILLS:

- Exemplary written and interpersonal skills.
- Excellent organizational abilities and attention to detail.
- Knowledge of social media best practices.
- Branding, copywriting, creative, graphic design, marketing, and/or social media experience.

EMAIL VOLUNTEER@ACADIACA.COM FOR MORE
INFORMATION AND TO APPLY!

Fall Artisan Market

McDougall United Church
(8516 Athabasca Street SE)
October 5th, 10AM - 4PM



FREE ADMISSION

(non-perishable food donations to Acadia Pantry appreciated)

- Door prizes
- Concession is available
- We are looking for vendors
- Sponsorship opportunities are available



What's Up at the ARC September 2024



HOME | Acadia Community
OF THE | Association

Acadia Community Association

ACA Memberships

Memberships are available online at www.acadia.community/membership or in-person at the ARC. Family: \$25+GST | Individual: \$15+GST | Non-Acadia Residents: \$25+GST

ACA Social Night

Friday, September 13 | 5:30 to 7:30 pm
Come out for a meet and greet, refreshments, and good conversations with ACA board members. All ages welcome!

AGM

Thursday, September 26 | Doors open for registration at 6:30 pm
Attendees must be ACA members in good standing 30 days prior to AGM to be eligible to vote.

Youth Drop-In Nights

Ages 10 to 17 can drop in for free to play games, have snacks, and meet new friends.

Check out our social media (@acacalgary) and website (www.acadiaca.com) to see what dates and times are available.

ARC Social Lounge Daytime Community Drop-In

Mondays to Fridays | 9:00 am to 4:00 pm
Use the lounge to work remotely, read, study or meet. This space is free and open to everybody. Pay-what-you-can coffee or tea available daily.

Facility Rentals

Rose Hall Banquet Room, Conference Rooms, Meeting Rooms, Curling Arena, and Lounge

ACA members receive 15% off room bookings. For rental inquiries and more information, contact Tannis at tannis@acadiarec.com, call at 403-255-1252, ext. 222, or visit acadiarec.com.

ARC Social Lounge

Now open year-round for free day time drop-in community use. Monday to Friday 9:00 am to 4:00 pm. Pay-what-you-can coffee and tea, free wi-fi, books, kids' toys, and board games.

New Lounge hours starting September 3: Monday to Friday, 4:00 pm to Midnight | Saturday, Noon to Midnight | Sunday, 10:00 am to 10:00 pm

Frankie's Concession

New hours starting September 3!
Monday to Friday, 4:00 to 9:00 pm | Saturday and Sunday, 8:00 am to 6:00 pm

Courts

Pickleball/ Squash/ Racquetball Courts

Come out and try these sports, no experience necessary!

Drop-In Prices: \$21 per hour/court for ACA Members | \$26.25 per hour/court non-members. Purchase punch cards (buy four hours, get an hour free) at our Front Desk during regular office hours.

Rental Rates: \$84 for ACA members | \$105 for non-members. Call us at 403-255-1252 or book courts online at acadiarec.com.

Wallyball Courts

\$31.50 per hour/court for ACA Members | \$36.75 per hour/court for non-members. Purchase punch cards (buy four hours, get an hour free) at our Front Desk during regular office hours. \$126 for ACA members | \$147 for non-members.

Drop-in Information

Drop-in AM Session | Monday to Friday | 9:00 am to 12:00 pm.

Drop-in PM Session | Monday to Tuesday | Beginner and Intermediate.

Drop-in PM Session | Thursday to Friday | Intermediate and Advanced.

All prices include GST.

Call us at 403-255-1252 or book courts online at acadiarec.com.

Curling

We are looking for beginners to advanced curlers to join curling leagues.

Please email tannis@acadiarec.com or call the office at 403-255-1252.

Arena and Skate

Parent and Tot

Tuesdays and Fridays, 9:30 to 10:30 am

Sticks and Pucks

Mondays to Thursdays, 12:00 to 1:00 pm

Public Skate

Sundays, 11:45 am to 12:45 pm

Wednesdays, 3:30 to 4:30 pm

Fridays, 1:45 to 2:45 pm

Events at the ARC

Blood Services

Thursday, September 12 | 9:00 am to 2:00 pm

Saturday, September 21 | 9:00 am to 2:00 pm

Please book online at blood.ca or call 1-888-2-Donate.

Sports Card Show

Saturday, September 14 | 10:00 am to 4:00 pm

Sunday, September 15 | 10:00 am to 3:00 pm

Partner Programs

Childcare Provider Coming Soon!

Seeds of Success Early Learning Program. ACA members receive free registration.

Sadaf Fridos | 403-7964657 | info@seedsofsuccess.kids



Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!

Acadia: A Good Food Box Depot!

Thanks to community support for the Good Food Box Program, individuals and families in Acadia can now purchase boxes of fresh fruits and vegetables at an affordable price—approximately \$1 per pound of produce—and have those boxes delivered to the ARC for pick up.

All boxes contain the maximum amount of produce to ensure clients get the most value for the price. Clients can choose from three different box sizes (see below), and the program is available to everyone regardless of income level.

| Box Size | Price | Weight |
|----------|-------|---------------------------------------|
| Small | \$30 | 15 to 20lbs* of fruits and vegetables |
| Medium | \$35 | 25 to 30lbs* of fruits and vegetables |
| Large | \$40 | 35 to 40lbs* of fruits and vegetables |

**Please note that weights are approximate.*

If you are interested in purchasing a Good Food Box for pick up at the ARC, please complete a request form at www.acadia.community/goodfoodbox or email goodfoodbox@acadiaca.com. Payment by e-transfer or cash is required at the time of ordering.

For upcoming 2024 order and pick up dates for the Good Food Box Program in Acadia, please refer to the chart below.

Upcoming Good Food Box Order and Pick Up Dates

| Order Deadline - Friday | Pick Up Date - Wednesday From 11:00 am to 2:00 pm or 4:00 to 6:00 pm |
|-------------------------|--|
| September 13 | September 25 |
| October 11 | October 23 |
| November 8 | November 20 |
| November 29 | December 11 |

PLUMBER

PLUMBOB Father and Son

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- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



ACADIA
COMMUNITY
ASSOCIATION

Annual General Meeting

20 24

- Review ACA Annual Report & financial statements
- Meet and elect Executives and a Board of Directors
- Hear about initiatives for your community
- Learn about ACA committees
- Network and enjoy refreshments with your neighbours

Thursday
September 26

7:00pm - 9:00pm

ARC - Rose Hall
240 90 Ave SE

REASONS TO BECOME A MEMBER OF THE



ACADIA
COMMUNITY
ASSOCIATION



VOTE

Have a say and influence on issues that are most important to you. Have a passion for a new playground, public art, or more programming? Joining the ACA is how you get involved in shaping the community where you live!

COMMUNITY HAPPENINGS

Keep up to date with all the happenings in the community, including new infrastructure developments, planning, traffic, events, programs, townhall meetings, ward news, and City news.



MEMBERS ONLY PERKS

ACA members get discounts on various local area food and retail outlets. In addition, members get access to the ARC Social Lounge and 15% off room and ice bookings at the ARC for private events!

FREE EVENTS

Most of our events are free or at a very reduced rate for members. The ACA hosts some great events each year, such as the Winter Carnival, Stampede Breakfast, Neighbour Day, and more!



BE PART OF A COMMUNITY

Research shows that being part of a community and its association is vital to making sure your community is a great place to live, work, and play.

ANNUAL MEMBERSHIPS ARE \$15-
\$25

FIND OUT MORE AND PURCHASE AT
[HTTPS://ACADIA.COMMUNITY/MEMBERSHIP](https://acadia.community/membership)
OR EMAIL MEMBERSHIP@ACADIACA.COM

Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

To have your pet featured, email news@mycalgary.com



ACADIA
COMMUNITY
ASSOCIATION

Movie in the Park

Friday September 6th
Addison Park Playground
8523 Addison Dr SE
Event starts at 6pm



FREE ADMISSION · MOVIE STARTS AT DUSK
FAMILY FUN ACTIVITIES · CONCESSION ON SITE (\$\$)



a month of
*Movies
in the Park*

Acadia Community Association
Friday Sept 6th • Addison Park Playground

8532 Addison Dr SE

THE MITCHELLS VS THE MACHINES



Fairview Community Association
Friday Sept 13th • Flavelle Park

45 Flavelle Rd SE

MIGRATION



WillowRidge Community Association
Friday Sept 20th • WillowRidge Community Hall

680 Acadia Dr SE

TROLLS BAND TOGETHER



FREE ADMISSION!

CHECK EACH ASSOCIATION'S WEBSITE FOR FULL EVENT DETAILS & TIMES

The **ARC**
Social Lounge

NOW OPEN FOR
**Daytime Community
Drop-In**

MONDAY - FRIDAY | 9AM - 4PM

- * Free open community space to study, read, meet and connect
 - * Pay-what-you-can coffee and tea
 - * Free wi-fi, board games, kids' toys & books for community use
 - * Outside food and drinks welcome
 - * All ages are welcome. Minors must be attended by an adult.
-

240 90 Ave SE



www.acadiaca.com

Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Your ACA membership comes with special and exclusive offers from our

I ♥ Acadia Business Partners

Acadia Recreation Complex

- 15% off banquet hall, meeting rooms, curling arena and lounge bookings
- Discount rates for pickleball and squash/racquetball bookings

Energize Health - South Location

- Receive a FREE 30 min massage when you attend an initial physio or chiropractic appointment

Ami Tea & Sub

- Buy One - Get One 30% off!
- Discount applies to all Ami Tea locations in Calgary

Alberta Tennis Centre

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www.acadia.community/membership

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Email volunteer@acadiaca.com to express your interest in supporting events such as:

WINTER CARNIVAL
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Calgary's Food History

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The leaves are turning, the nights are colder, and it's time to harvest the garden. Whether you're jarring, pickling, or having a family dinner, our stunning natural landscape is a breadbasket.

After the last Ice Age 11,000 years ago, Indigenous peoples thrived on buffalo. Herds traversed down the escarpment to reach the Bow River along the path today called Edmonton Trail. Nearby, the confluence of Mohkinstsis, meaning "elbow", and the Bow River was a fine place to camp during the seasonal round. Europeans and Métis then arrived to trade manufactured goods for beaver pelts, Canada's main export for a century.

Southern Alberta was investigated for its agricultural suitability by Captain John Palliser (the Palliser Hotel, Square, and neighbourhood are named in his honour). His expedition travelled from 1857 to 1859, determining parts of the Palliser Triangle area as suitable for livestock and a smaller, fertile part for settlement. More land opened to agriculture thanks to government scientists' introduction of Marquis wheat, a crop that matures before the fall frost. Farmers' irrigation infrastructure helped too. You can visit Calgary's very own canal, which begins at Western Headworks below Max Bell Arena and empties into Chestermere Lake.

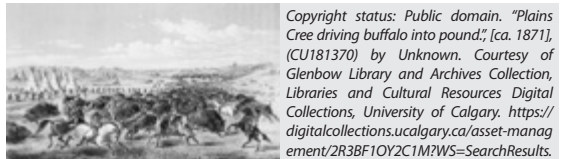
In 1914, under the Vacant Lots Garden Club, the City purchased land for community gardens and beautification. The Club was supported by Annie Gale, the first woman city councillor in the British Empire. These plots became Victory Gardens during WWII to support the war effort. You can still visit the last of these gardens in Bridgeland-Riverside, at the Vacant Lot Gardens municipal historic site.

Calgary is also famous for ginger beef. In 1975, Louise Tang and Lily Wong of Hong Kong opened Silver Inn Restaurant. They included a beef centered menu item among other Beijing-style Chinese dishes to introduce the cuisine and cater to the palates of Calgarians.

Today, Calgarians enjoy cuisines from all over the world. You can participate too by volunteering at your local community garden or visiting farmers' markets. You

can also join Light Cellar's foraging community to find nature's goods yourself. We are blessed to be stewards of this bountiful land.

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[https://commons.wikimedia.org/wiki/File:Silver_Inn_Restaurant_\(02\)_9520722503.jpg](https://commons.wikimedia.org/wiki/File:Silver_Inn_Restaurant_(02)_9520722503.jpg) Silver Inn Restaurant, 2013, Calgary. Photo by Mike W., via Creative Commons Attribution-Share Alike 2.0 Generic license.



"Mrs. Annie Gale and her son Bill, Calgary, Alberta.," 1914, (CU1198772) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F51CF?WS=SearchResults>.



Vacant Lot Garden Municipal Historic Site, Bridgeland-Riverside, June 2024. Photo courtesy of Anthony Imbrogno.



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Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!



| | | |
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Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.



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ACADIA COMMUNITY ASSOCIATION

2024 EVENTS

WINTER CARNIVAL

Fun carnival games, s'mores around the fire, horse-drawn wagon rides.

Feb
10

ACA SOCIAL NIGHTS

Meet & greet with ACA board members and coordinators over drinks and board games in the ARC Social Lounge. Occurs every second month.

EASTER EGG HUNT

Kids can hunt for eggs filled with fun treats at one of Acadia's many parks.

Mar
30

COMMUNITY CLEANUP

Get started on your spring cleaning and get rid of your unwanted items for free.

May
11

BIKE PARADE

Decorate your bike with streamers & balloons & join the ride.

Jun
1

NEIGHBOUR DAY

Bringing Acadians together for a fun block party!

Jun
15

STAMPEDE BREAKFAST

Pancake breakfast with live music, line dance lessons and petting zoo.

Jul
6

PARADE OF GARAGE SALES

Shop for unique treasures as the entire community opens shop!

Jun
22/23

MOVIE IN THE PARK

Enjoy a fun family movie under the stars in one of Acadia's greenspaces!

Sept
6

FALL FESTIVAL

Food trucks, kids' business fair, glitter tattoos & fall-themed activities. Local Acadian businesses on site to showcase their offerings.

Cancelled

SOUTHEAST BREWFEST

The most anticipated ACA event of the year! Local craft breweries serve up their offerings for you to taste

Sept
15

ANNUAL GENERAL MEETING

The ACA Board and ARC staff will update the community on their activities, accomplishments & goals.

Sept

KIDS' HOLIDAY PARTY

Visit with Santa, decorate cookies, make crafts & eat fun holiday themed treats.

Dec
7

HOLIDAY LIGHTS CONTEST

Light up Acadia this holiday season. Prizes in various categories to be won!

Dec

City of Calgary Home and Small Business Webinars

by the City of Calgary

Register today for an upcoming home and small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.

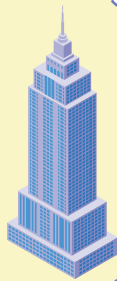


If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite, and discuss programs like the Secondary Suite Incentive Program.

For more information, visit calgary.ca/webinars.

JOKE OF THE MONTH

Can a kangaroo jump higher than the Empire State Building?
Of course. The Empire State Building can't jump!



WORD OF THE MONTH

Thaumaturgy: noun (thaw-muh-tur-jee)

The workings of magic or miracles.
They used thaumaturgy to ensure the people felt at peace.



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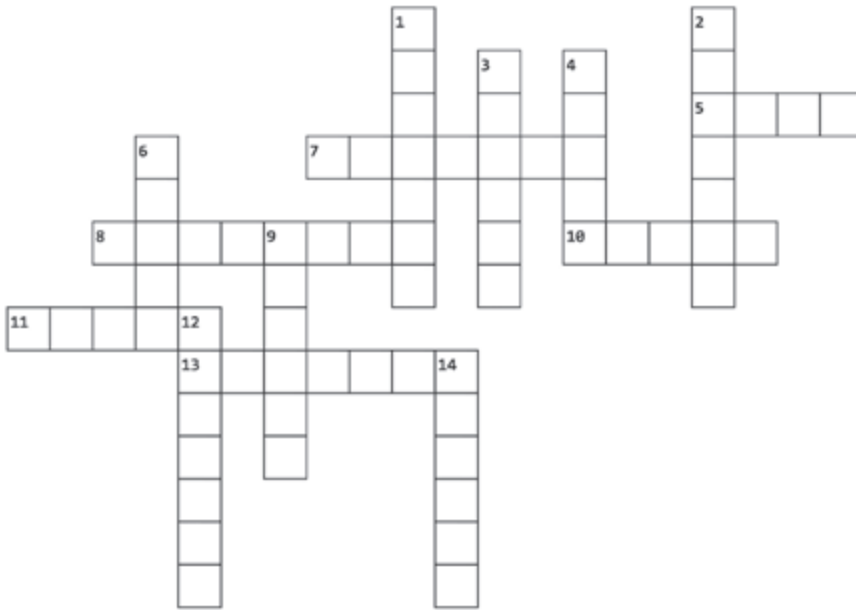
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September Crossword

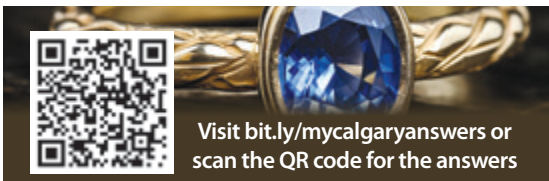


Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

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Dear Constituents,

As students, teachers, and parents prepare for the return to school, I want to wish everyone an excellent school year!

Later this month, I will be returning to Ottawa and once again standing up for the interests of Calgary Midnapore in Parliament. Alongside my leader Pierre Poilievre, I am ready to fight for our community and way of life in the House of Commons. I encourage all constituents to follow my work on social media: @StephanieKusie (X and Instagram), @StephanieKusiePolitician (Facebook), and @StephanieKusieMP (YouTube).

Final Call for Nominations!

My office will be accepting nominations for the King Charles III Coronation Medal until September 30, 2024. The medal will be awarded to 30,000 deserving Canadians including twenty from our community of Calgary Midnapore. To be eligible for the honour, a person must have made a significant contribution to the country, a province, territory, region, or community, or made an outstanding achievement abroad that brings credit to Canada, and been alive on May 6, 2023, the date of His Majesty’s Coronation.

Our community has countless leaders who often get overlooked for the important and hard work they do to make our city and country better – now’s the chance to ensure they are recognized! All nominations will be provided to an independent non-partisan selection committee to determine the appropriate Coronation Medal recipients.

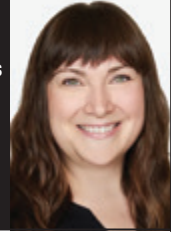
For more information and to nominate an individual please go to www.stephaniekusiemp.ca/coronation.

I wish you a great month ahead!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



Diana Batten
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Hello Calgary-Acadia!

Summer will be wrapping up by the time this newsletter finds its way to your mailbox. The Calgary Stampede formed the bookends around my first year in office and it was a great privilege to have that opportunity to meet so many of you at events across Calgary-Acadia.

Being in the community for the spring and summer allowed me the pleasure of attending a huge variety of community events. A few highlights:

- Enjoying delicious pierogies and spectacular dancing at the Calgary Ukrainian festival taking place at the Acadia Recreation Centre.
- Experiencing government through the questions asked by Calgary-Acadia grade 6 and 9 students, both at the Legislature and in their schools.
- Enjoying year-end celebrations, fiestas, concerts, and graduations at neighbourhood schools.
- Visiting with folks at the many Neighbour Day celebrations throughout the constituency.
- Celebrating volunteers at the community cleanups.
- Stampede Breakfasts and barbeques throughout the constituency!
- Hearing from you on your doorsteps.

My office was busy this spring and summer responding to the concerns of constituents. Most concerns over the last few months have come from folks who are worried about government overreach in municipal affairs, concerned about new rules that allow a grizzly bear hunt, struggling with affordability and rent increases, and who are uncertain about their ability to access healthcare. We are committed and will head back to the Legislature in October to continue fighting as Albertans struggle with high unemployment, lack of family doctors, and a skyrocketing cost of living.

As I prepare for the sitting of the next Legislature this fall, I want to hear from you. Please reach out by email, phone, or dropping by our office, to let me know what concerns you would like brought to the government.



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Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



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