

JANUARY 2023

DELIVERED MONTHLY TO 5,475 HOUSEHOLDS



# hello ACADIA

THE OFFICIAL ACADIA COMMUNITY NEWSLETTER

NEW YEAR  
NEW LOOK  
NEW BOARD  
NEW EVENTS



START THE NEW YEAR WITH A BRIGHTER SMILE  
CALL TODAY AND BOOK YOUR FREE TEETH WHITENING INCLUDED  
WITH YOUR COMPLETE EXAM, X-RAYS AND CLEANING



WILLOWSIDE  
dental

• OPEN EVENINGS & SATURDAYS • EMERGENCIES WELCOME • WE DIRECT BILL YOUR INSURANCE  
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# WILLOWSIDE *dental*

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Start the New Year with a brighter smile



**Dr. Lucas Curran**  
General Dentist



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- We direct bill your insurance

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[www.willowsidedentist.ca](http://www.willowsidedentist.ca)

**580 Acadia Dr SE**

On second level

Entrance located on west facing side of building



Wheelchair accessible

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



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anita@anitamortgage.ca

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info@officialplumbingheating.ca

official-plumbing-heating.ca



Dr. Marius Caragea  
General Dentist



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## What's Up at the ARC January 2023



HOME  
OF THE

Acadia Community Association  
Bow View Ringette Association  
Wolverines Hockey Club  
Isha Yama Judo Club  
Acadia Curling Rink - 10 Sheets

### Acadia Community Association

#### ACA Memberships

Memberships are available online at [acadia.community/](http://acadia.community/) membership or in-person at the ARC.

Family: \$25 | Individual: \$15 | Non-Acadia Residents: \$25

#### ACA Social Night

**Wednesday, January 11, 5:30 to 7:30 pm**

Come for a meet and greet, refreshments, and board games with members of the ACA board in the ARC Social Lounge.

### Facilities

#### Rentals

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

ACA members receive 10% off room bookings! For rental inquiries and more information, contact Tannis at [tannis@acadiarec.com](mailto:tannis@acadiarec.com) or 403-255-1252 ext. 222.

#### ARC Social Lounge

We are pleased to announce that the ARC Social Lounge is now offering a new Frankie's Menu. Please ask any of our wonderful bartenders for ordering or pre-ordering procedures.

### Courts

#### Pickleball

Come out and try pickleball! No experience necessary. You just need a minimum of 2 people to play and a maximum of 12 people. 2 courts, paddles and balls supplied. To book a court, please visit [acadiarec.com](http://acadiarec.com).

**Rental Rates:** \$15 per hour for ACA members | \$20 per hour for non-members

**Drop-In:** Monday to Thursday | 9:00 am to 12:00 pm  
\$5 a person per session

### Squash/Racquetball Courts

**Drop-In Prices:** \$15 per hour for a court for ACA members | \$20 per hour for a court for non-members

Purchase punch cards (buy 4 hours, get an extra hour free) at our front desk during regular office hours.

**Rental Rates:** \$60 for ACA members | \$80 for non-members

All prices include GST. Call us at 403-255-1252 or book courts online at [acadiarec.com](http://acadiarec.com).

### Curling

#### ARC Curling Practice Ice Punch Card

You can now purchase a practice punch card! 10 practices for \$70. Please contact Tannis at [tannis@acadiarec.com](mailto:tannis@acadiarec.com) or 403-255-1252.

### Arena and Skate

#### Hockey Arena Ice

For rental inquiries and more information, contact Maddy at [maddy@acadiarec.com](mailto:maddy@acadiarec.com) or 403-255-1252 ext. 223.

#### Sticks & Pucks

Monday and Thursday (and holidays) | 12:00 to 1:00 pm

Practice your shots and dangling skills! Two to three nets set up on the ice. Maximum 20 participants. Must wear helmets with face shield and gloves.

\$5 per session. Book online at [acadiarec.com](http://acadiarec.com).

#### Parent & Tot Skate, Public Skate

Tuesday and Friday | 9:30 am (and holidays) – Free Parent & Tot Skate

Sunday | 12:00 to 12:45 pm - Free Public Skate

All participants must wear helmets.

### Other Happenings

#### Keepin' It Country Line Dance Club

Wednesdays - Dance Program | 6:00 to 9:00 pm.

Contact Geraldine for more information at 403-256-4150.

#### Sports Card Show

**Saturday, January 14 | 10:00 am to 4:00 pm**

**Sunday, January 15 | 10:00 am to 3:00 pm**

Contact Julie for more information at 403-990-6312 after 6:00 pm, please.

#### Blood Services

**Saturday, January 28 | 9:00 am to 2:00 pm**

Book now at [blood.ca](http://blood.ca) or phone 1-888-2-Donate.

*Check out our new website at [acadiarec.com](http://acadiarec.com).  
Online bookings and requests now available.*



# Acadia Community Association Contacts

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

## Executives

Malcolm Jubinville	President	president@acadiaca.com
Keith Simmons	Vice President	vp@acadiaca.com
Ashley Chapman	Secretary	secretary@acadiaca.com
Vacant	Treasurer	treasurer@acadiaca.com

## Directors

Brent Harding	Board Director	brent@acadiaca.com
Greg MacQuarrie	Board Director	greg@acadiaca.com
Minh Badau	Board Director	minh@acadiaca.com
Sharla Stoffman	Board Director	sharla@acadiaca.com

## Coordinators

Good Food Box	Helen Tubrett	goodfoodbox@acadiaca.com
Newsletter	Vacant	helloacadia@acadiaca.com

## Committees

Membership	Ashley Chapman	membership@acadiaca.com
Volunteers	Vacant	volunteer@acadiaca.com
Communications	Brent Harding	communications@acadiaca.com
Events	Minh Badau	events@acadiaca.com
Playgrounds	Dana Mccarty	playgrounds@acadiaca.com
Roadways	Keith Simmons	roadways@acadiaca.com
Projects	Malcolm Jubinville	info@acadiaca.com
Governance	Sharla Stoffman	governance@acadiaca.com
Grants/Fundraising	Vacant	grants@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	Tyler Shandro	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	Melissa Paquette	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   gginfo@calgarygirlguides.com
Scouts Canada – Chinook Council		403-283-4993   253rdsouthheritagegroup@gmail.com
Community Development Facilitator, Elder Friendly Communities	Sandra Scott	403-651-5868   sandras@caryacalgary.ca

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

# Social Nights

OCCURS EVERY SECOND MONTH

STARTING WITH THE FIRST ONE ON

**WEDNESDAY  
JANUARY 11, 2023**

**5:30PM - 7:30PM**

THE ARC SOCIAL LOUNGE  
240 90 AVE SE

REFRESHMENTS, SNACKS, BOARD GAMES AND CONNECTION

## REASONS TO BECOME A MEMBER OF



**ACADIA  
COMMUNITY  
ASSOCIATION**



### VOTE

Have a say and influence on issues that are most important to you. Have a passion project you want to see executed in Acadia? 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 10% off room 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](mailto:MEMBERSHIP@ACADIACA.COM)**

THE  
ACADIA COMMUNITY ASSOCIATION

# Winter Carnival

IS BACK!

@ THE ARC  
SATURDAY FEBRUARY 11, 2023  
11AM - 3PM

GAMES - FOOD  
HOT COCOA  
BAKE SALE  
CRAFTS - PRIZES

STAY TUNED FOR FULL DETAILS  
AT

[HTTPS://ACADIA.COMMUNITY](https://acadia.community)  
AND @ACACALGARY ON





## MESSAGE FROM THE BOARD

Hello Neighbours and Happy New Year!

A new year is upon us. We hope that you had a safe and joyous holiday season.

As we return to our regularly scheduled lives, your community association has been working on plans for the coming year. Part of these plans include social events at the Acadia Recreation Complex. As mentioned in last month's newsletter, one of our guiding principles is to make meaningful connections with you – our residents and members.

### Introducing ACA Social Nights!

Our first ACA Social Night is scheduled for 5:30 pm on Wednesday, January 11. So, it's not too late to plan to join us in the ARC's Social Lounge. This first event will provide an opportunity to introduce our new board members, get to know community topics important to you, and obviously get to meet some more Acadians.

ACA will be hosting this event with some light refreshments and snacks. We hope that you will take time to drop by and we look forward to meeting you.

### Annual Winter Carnival

The next community event will be our annual Winter Carnival on Saturday, February 11 at the ARC, so mark your calendars! Last year's carnival was a great success and we continue to build the carnival based on feedback we've received. We are excited for some new partnerships for this year's event that will help enhance the experience for you!

### We Need Your Help!

The real success of our events is dependent on our wonderful community volunteers. We've seen amazing results when Acadians come together. If you are available to help in the planning, organizing, or execution, please email us at [volunteer@acadiaca.com](mailto:volunteer@acadiaca.com).

### We're Seeking a Treasurer

Finally, to provide a quick update on assignments for our new board. We are fortunate and grateful that Keith Simmons, elected in November as vice president, has agreed to take on the role of interim treasurer.

ACA continues to seek a full-time treasurer. If you are interested, please contact us at [volunteer@acadiaca.com](mailto:volunteer@acadiaca.com). Alternatively, you can view the details of this role and apply for it on our website at <https://Acadia.Community/volunteer>.

Activities outlined here are just a few of the programs that the board has been discussing to interest and engage you, your family, and our neighbours here in Acadia. We hope you will join in. If you have ideas for or comments

on activities, events, and programming we sure hope you will take a moment to pass along your thoughts.

Please make sure you are following us on our Facebook, Instagram, and Twitter for the latest updates on all things happening. Our social media handle is @acacalgary.

We are looking forward to a fun and active year for you as a resident of Acadia.

*Your Acadia Community Association*

### To View Additional Acadia Content

INCLUDING

► *News and Events*

► *Real Estate Statistics*

► *Crime Statistics*

and More...

SCAN HERE



**9 PM**  
**ROUTINE**



CALGARY  
POLICE  
SERVICE

### ☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



**mybabysitterlist**

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.





**ACADIA**  
COMMUNITY  
ASSOCIATION

## WE ARE LOOKING FOR A **TREASURER** TO JOIN OUR TEAM!

### KEY RESPONSIBILITIES:

- responsible for accurate financial records of the association
- present regular account of revenues and expenditures to the board
- supports and ensures preparation of audited financial statements
- holds signing authority
- member of the executive team with additional responsibility for business admin affairs

### HELPFUL SKILLS:

- accounting/finance experience
- familiarity with accounting apps

### ACA BOARD ROLES:

- time commitment of approx. 10 hours per month
- 2-year term
- open to Acadia Residents only

*\*\*Board experience can be used towards annual professional development hours for many professions\*\**

EMAIL [VOLUNTEER@ACADIACA.COM](mailto:VOLUNTEER@ACADIACA.COM) FOR MORE INFO  
AND TO APPLY!



# Acadia: Now A Good Food Box Depot!

Thanks to community support for the Good Food Box Program (<https://www.ckpcalgary.ca/goodfoodbox>), the Acadia Community Association has successfully established the Acadia Recreation Complex as a monthly Good Food Box Depot. This means that 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 there \*provided that a minimum of five boxes are ordered each month.

Due to seasonal availability, there is no knowing in advance what combination of fruits and vegetables each Good Food Box will contain, but all boxes contain the maximum 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	\$25	15 to 20lbs* of fruits and vegetables
Medium	\$30	25 to 30lbs* of fruits and vegetables
Large	\$35	35 to 40lbs* of fruits and vegetables

\*Please note weights are approximate.

If you are interested in purchasing a Good Food Box for delivery and pick up at the ARC on Wednesday, February 8, please contact Helen Tubrett at [goodfoodbox@acadiaca.com](mailto:goodfoodbox@acadiaca.com) by 5:00 pm on Friday, January 27 to place your order. Payment by e-transfer is required at the time of ordering. If fewer than five orders are received by the deadline, clients will be notified, and money refunded.

## 2023 Upcoming Good Food Box Order and Delivery Dates

Order Date (Friday)	Delivery Date (Wednesday)
January 6	January 18
January 27	February 8
February 24	March 8
March 17	March 29
April 21	May 3
May 19	May 31
June 9	June 21

## YOUR CITY OF CALGARY

### Winter Cart Placement Tips

*from the City of Calgary*

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](https://calgary.ca/cartplacement).



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## Copycat Starbucks Gingerbread Loaf

*Submitted by Minh Badau*

While the holiday season is behind us, the gingerbread loaves don't have to be! Enjoy this loaf recipe any time you want a reminder of the magic of the season. I love making (and eating) these any time of the year. They make perfect little hostess gifts as well!

**Servings:** 3 loaves

**Prep Time:** 20 minutes

**Baking Time:** 55 minutes

### Ingredients

For Loaves

- 3 cups all purpose flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 4 teaspoons ground ginger
- 4 teaspoons ground cinnamon
- 2 teaspoons ground cloves
- 1 teaspoon ground nutmeg
- 1 cup butter, room temperature
- 2 cups sugar
- 2 eggs, room temperature
- 1 teaspoon pure vanilla extract
- 2 cups unsweetened applesauce
- 1 teaspoon orange extract

### For Frosting

- 8 ounces cream cheese, room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon orange extract
- 3 to 4 cups confectioners' sugar

### Loaf Directions

1. Preheat oven to 350F. Spray loaf pans with cooking spray and set aside.
2. In a medium bowl, mix flour, baking soda, salt, ginger, cinnamon, cloves, and nutmeg. Set aside.
3. Using a stand mixer with paddle attachment, cream together butter and sugar until fluffy.
4. Add vanilla, orange extract, and eggs. Mix until well incorporated.
5. Add applesauce and mix until fully incorporated.
6. Add the flour mixture a third at a time to the applesauce mixture, slowly blending until just incorporated each time. Do not over mix.
7. Divide batter evenly between three loaf pans and bake for 55 minutes until a toothpick inserted into center comes out clean. Allow loaves to cool completely before frosting.

### Frosting Directions

1. Using a stand mixer with paddle or whisk attachment, beat cream cheese, vanilla, and orange extract.
2. Add confectioners' sugar one cup at a time and beat on high until smooth and creamy. Add more sugar if needed to achieve a smooth and spreadable but slightly stiff consistency.
3. Spread a thick, even layer of frosting to top of loaves with an offset spatula. Sprinkle dried candied ginger pieces on top of loaves.



# 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. We need your help to keep our organization and programs running smoothly. We have 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 the following roles and to apply, please contact [volunteer@acadiaca.ca](mailto:volunteer@acadiaca.ca).

## Events Committee

We are looking for passionate and creative volunteers to join our Events Committee. 2023 is going to be an exciting year for Acadia and the ACA. We have a robust roster of events planned to bring value to our membership and Acadians. Some of these events include the upcoming Winter Carnival, Stampede Breakfast, Beerfest, Parade of Garage Sales, Movie in the Park, Bike Parade, Neighbour Day Block Party, Fall Fair, Kids' Christmas Party, and so much more! The success of these events heavily relies on our amazing community volunteers. We hope that you will consider joining us!

## Winter Carnival – Saturday, February 11

We have big plans for the Winter Carnival this year and there is no way we can pull it off without the help of wonderful volunteers! We are in need of volunteers to decorate the Rose Hall, run carnival games, serve food, guide kids at the crafts tables, oversee the various outdoor activities, work the bake sale, and apply glitter tattoos. There are lots of shifts available, so contact us today to inquire about these and how they might suit your schedule!

In addition to volunteers needed to facilitate the event's activities, we are also looking for people to provide entries into the chili cookoff, as well as to donate cookies and cakes for the bake sale. Get in touch with us to find out more details about this and how you can contribute.

## Treasurer

We are in need of a treasurer to join our board. The responsibilities of the role include maintaining accurate financial records for the ACA, ensuring a detailed account of revenues and expenditures is presented to the board, overseeing preparation of audited financial statements, overseeing preparation of the annual budget, supervising spending, and holding signing authority. This position is a two-year term, and general board duties are also required, such as attending monthly board meetings and voting on vision and direction of the ACA. If you are a detail-oriented person and want to build your professional skills while giving back to the community where you live, please reach out to us!

## Board of Directors

The ACA needs a variety of people with limitless creativity and determination to create a vision of building an inclusive, safe, and vibrant community for Acadians. If you are full of Acadia pride, are committed to change, development, and community engagement, we could use your help on the board! Contact us to discuss the specific board roles that are available and to find out more.

## Communications Committee

The ACA is seeking volunteer social media managers to help execute our annual communications strategy through management of posts on our Facebook, Instagram, Twitter, and Tik Tok accounts. Familiarity with these platforms and their different engagement styles is an asset.

## Grants/Fundraising Committee Chair

The ACA board is looking for an enthusiastic volunteer to lead our Fundraising Committee. This person would be responsible for the coordination of and writing of our grant applications, keeping up to date on grants and fundraising options available to the ACA, coordinating the casino fundraiser and other smaller fundraisers throughout the year with the Volunteer and Events Committees, and attend board meetings once a month. Fundraising is a crucial part of our operational health and longevity. Every dollar amount raised helps the Acadia Recreation Complex fund building upgrades, program equipment, social activities, and helps the Acadia Community Association bring more events, programming, and value to our members!

We are searching for  
**Volunteers**

Acadia Community Association is bringing some great events to the Acadia community in 2023!

Email [volunteer@acadiaca.com](mailto:volunteer@acadiaca.com) to express your interest in supporting events such as:

WINTER CARNIVAL  
STAMPEDE BREAKFAST  
BIKE PARADE | MOVIE IN THE PARK  
NEIGHBOUR DAY  
KIDS' CHRISTMAS PARTY  
AND MANY MORE!



## KIDS' CORNER

Thank you to Scarlett and Ivy for submitting their beautiful holiday reindeer colouring pages!



Amazing work Scarlett!



Beautiful job Ivy!

## SAFE & SOUND

### Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

# The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

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### Women's Squash

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\$75

### Juniors (Ages 9 to 17) – Wednesdays

#### Beginner/Intermediate Juniors

January 11, 18, 25, February 1 from 6:00 to 7:00 pm  
\$75

### Competitive Juniors

January 11, 18, 25, February 1 from 7:00 to 8:30 pm  
\$110

### Juniors (Ages 9 to 17) – Saturdays

#### Beginner/Intermediate Juniors

January 7, 14, 21, 28 from 10:00 to 11:00 am  
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### Competitive Juniors

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