# \*hello ACADIA

THE OFFICIAL ACADIA COMMUNITY NEWSLETTER



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# Companior Program

Volunteer Companions are carefully matched with individuals living with advanced illness and their families to provide companionship and practical support.

Living with Advanced Illness



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#### What's Up at the ARC July 2023





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

#### **Acadia Community Association**

#### **ACA Memberships**

Memberships are available online at acadia.community/ membership or in-person at the ARC.

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

#### Stampede Breakfast

#### Sunday, July 9 | 9:00 am to 1:00 pm

Join us at the ARC for a pancake breakfast to kick off Stampede! There will be various fun activities and entertainment for all ages. Member admission is free, and it is \$5 for non-members.

#### **Craft and Wine Night with Chalk Couture** Thursday, July 20 | 6:30 to 8:30 pm

Calling all crafters and DIY enthusiasts to participate in a fun night of drinks and art in the ARC Social Lounge. \$35 per person. All supplies included.

Register at www.acadia.community/community-programs.

#### **Facility Rentals**

#### Rose Hall Banquet Room, 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 or 403-255-1252 ext. 222.

#### 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/ pickleball-courts.

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

Morning Drop-In: Monday to Thursday | 9:00 am to 12:00 pm

#### **Evening Drop-In:**

Monday and Tuesday, Beginner and Intermediate | 6:00 to 8:00 pm

Thursday and Friday, Intermediate and Advanced | 6:00 to 8:00 pm

\$5 per 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.

#### Curlina

Closed for the season.

#### Arena and Skate

Closed for the season.

#### Other Happenings

#### **Blood Services**

Saturday, July 22 | 9:00 am to 2:00 pm Saturday, July 29 | 9:00 am to 2:00 pm Book now at blood.ca or phone 1-888-2-Donate.

#### **Summer Camps**

#### **Fitset Ninia**

July 3 to August 25, 2023 Monday to Friday | 8:30 am to 4:00 pm For more information, please visit Fitsetninja.com.

#### Juvenescene Kids' Day Camp

June 28 to September 1, 2023 Monday to Friday | 7:00 am to 6:00 pm Contact camps@ juvenescene.ca.

> Check out our new website at acadiarec.com. Online bookings and requests now available.

# PLUMBOB Father and Son

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Call Bob: 403-461-3490



# **Acadia Community Association Contacts**

**©** 403-255-1252

™ info@acadiaca.com

② ② @acacalgary ⊕ www.acadia.community ② 240 - 90 Avenue SE Calgary, AB T2J 6P6

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Vacant	President	president@acadiaca.com
Keith Simmons	Vice President	vp@acadiaca.com
Ashley Chapman	Secretary	secretary@acadiaca.com
Adam Klimczak	Treasurer	treasurer@acadiaca.com
Directors		
Brent Harding	<b>Board Director</b>	brent@acadiaca.com
Greg MacQuarrie	<b>Board Director</b>	greg@acadiaca.com
Minh Badau	<b>Board Director</b>	minh@acadiaca.com
Shanon Crews	<b>Board Director</b>	shanon@acadiaca.com
Chris Kalyn	<b>Board Director</b>	chris@acadiaca.com
Coordinators		
Good Food Box	Helen Tubrett	goodfoodbox@acadiaca.com
Newsletter	Benny Keys	helloacadia@acadiaca.com
Social Media	Brayden Darichuk	

Committees		
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Volunteers	Erica Lyn	volunteer@acadiaca.com
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Governance	Vacant	governance@acadiaca.com
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	403-283-8348   ggcinfo@calgarygirlguides.com
	403-283-4993   253rdsouthheritagegroup@gmail.com
	Tannis Brown Craig Recksiedler Madeline Vatcher Ross Scott  Tyler Shandro Stephanie Kusie Kourtney Penner Nancy Close Cathie Williams Pavel Adaikin Melissa Paquette

#### **MESSAGE FROM THE BOARD**

Summer is in full swing, and we hope you are soaking up the sunshine and warm days! We continue to have lots of initiatives and events to bring you as the year progresses!

#### Stampede Breakfast on Sunday, July 9

The ACA Stampede celebrations are back this year! Our Stampede Breakfast will be held at the ARC on Sunday, July 9. Join us from 9:00 am to 1:00 pm for a boot scootin' time! There will be food, live performances, carnival games, a petting zoo, and overall fun and entertainment for the whole family. ACA member admission is free, and it is \$5 for non-members. There is still time to volunteer for this fun event! Please contact volunteer@acadiaca.com for more information.

Craft and Wine Night with Chalk Couture on July 20 Join the team at Chalk Couture for this fun night of drinks and art on July 20 in the ARC Social Lounge from 6:30 to 8:30 pm. All supplies will be included to let you create something fun to take home. The cost for this event is \$35 per person. Register at www.acadia.community/community-programs.

#### First Annual Bike Parade

Next month, our Bike Parade will be held on Saturday, August 19. Come and decorate your bicycles, partake in some fun activities, and join us as we parade up Fairmount Drive. We will showcase the bike repair stations we had installed in the neighbourhood, as well as highlight some key heritage sites throughout Acadia. We are still looking for volunteers to help us at each heritage site. Please see page 8 for additional information.

#### **Celebrating our Amazing Volunteers**

On August 26, we're inviting all current ACA volunteers and their families to our Volunteer Appreciation BBQ to celebrate the amazing people who make what we do as a community association possible! Emails and Facebook event invitations will be sent out shortly with more details to those on our volunteer contact list.

#### Thanks for an Epic Neighbour Day!

On June 17, Acadia joined communities across Calgary to celebrate the people who make up our communities! Thank you for coming to the block party and being a part of this community, we love you all! Many thanks to the residents of 86 Ave SE for hosting the event on their block, the local Acadia business vendors, performers,

and our generous sponsors. We were also able to raise money for the Canadian Mental Health Association - Calgary Region with our VP Keith Simmons agreeing to shave off his beard! None of us had ever seen his bare face before, so this was such a huge deal and so much fun! It really takes a community to run an event like this, and once again, Acadians showed up in a big way!

#### **Acadia Community Parade of Garage Sales**

We were so glad to be able to bring back the Parade of Garage Sales to Acadia this year. Thanks to all the participants of this year's sale. We hope that you found treasures big and small, and that you also got to build relationships with the wonderful people that make up your community. We look forward to bringing this event back to you next year. We could not have had such a success without the sponsorship of Don Wong with 2% Realty. Thank you for your contribution!

#### **ACA Rebrand - Logo Design Contest**

Phase 2 of the ACA's rebranding campaign is coming to a close on July 15. Send in your logo designs for a chance to have your submission used for the new ACA logo! Visit www.acadia.community/rebrand for full details and information on how to submit your entry.

## Welcome to Our Newest Board Member and Coordinators

Our teams continue to grow as we connect with more amazing Acadians who want to give back to the community where they live and play. We are delighted to welcome Chris Kalyn, our newest board member. Visit www.acadia.community/the-board to get to know Chris!

Our volunteer team has also added two new members. Brayden Darichuk is our new Social Media Coordinator and Benny Keys is our new Newsletter Coordinator. Thank you for stepping up to serve our community!

#### **New ACA Member Benefits**

Did you know that your ACA membership provides you discounts to local Acadia retailers and amenities? Check out the full list of benefits at www.acadia.community/membership and grab your membership today!

#### We Need Your Help!

We're always looking for people to join our team as the success of our events and our ability to deliver on community projects and initiatives are dependent on our volunteers. There are a variety of opportunities to get involved. Check out the summary of volunteer roles on page 13. If you are available to help with any of these, please email us at volunteer@acadiaca.com.

#### Are You Following Us on Social Media?

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

Your Acadia Community Association

# The Acadia Community Association is rebranding and wants your input!

#### **SCAN ME**



Do you have an idea for what the ACA logo should look like? Submit your design to us! Contest closes July 15th and winners will be announced at the September AGM.

www.acadia.community/rebrand

## SCAN HERE TO VIEW ADDITIONAL ACADIA CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



# 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 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 OR EMAIL MEMBERSHIP@ACADIACA.COM





# SATURDAY AUGUST

# FIRST ANNUAL

# BIKE PARADE



MORE INFO

www.acadia.community/events





Acadia Community Association

# STAMPEDE pancare freaklast

Please join us for a boot scootin' time!

SUNDAY | JULY 9 | 9AM - 1PM

At the Acadia Rec Complex 240 90 Ave SE

> FREE for ACA Members \$5 for non-members

Keepin' it Country Line Dancers,

Stardale Women's Group, live music,
Western games, petting zoo



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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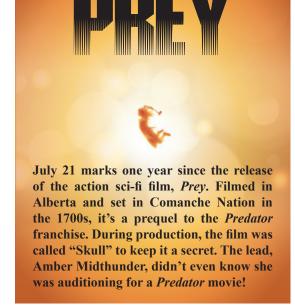


Jody L, Nelson, DD. Denture Specialist 32 Yrs' Experience



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

work and recommendations



#### **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.

The Good Food Box Program is for everyone regardless of income level. There are three boxes to choose from (see chart below). 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 amount of produce to ensure clients get the most value for the price.

<b>Box Size</b>	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 that weights are approximate.

\*Effective August 1, 2023, prices will increase by \$5 per box.

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 Helen Tubrett directly at goodfoodbox@acadiaca.com. Payment by e-transfer or cash is required at the time of ordering.

For upcoming 2023 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
Friday, August 11	Wednesday, August 23

There is no Good Food Box in July

**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.

#### WINTER CARNIVAL

Fun carnival games, s'mores around the fire, participate in the shift cook-off! Children can create fun winter—themed crafts



## **2023 EVENTS**

# ACA SOCIAL NIGHTS

Come meet & greet with the ACA board members over drinks 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.

# PARADE OF GARAGE SALES

Shop for unique treasures as the entire community opens shop!

#### **BIKE PARADE**

Decorate you hile g with streamers & balloons & join the ride.

#### **NEIGHBOUR DAY**

Bringing Acadians 11 together for a funblock party!

#### **COMMUNITY CLEANUP**

Acadians can get rid of their unwanted items for free

#### STAMPEDE BREAKFAST

Pancake breakfast with live music & line dance lessons.

# ANNUAL GENERAL MEETING

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

# VOLUNTEER APPRECIATION BBQ

Celebrating the selfles and a mazing people who make what the ACA plans possible

# MOVIE IN THE

Enjoy a fun family movie under the stars as we activate an Acadia greenspace!

#### **PUMPKIN PARADE**

After Halloween, bring your carved pumpkins to the Community Garden for everyone to enjoy. We will dispose of them afterward. Food trucks & hot cocoa included.

#### **FALL FESTIVAL**

Welcome fall with a fun festival. Food trucks, kids' business fair, glitter tattoos. Local Acadian businesses on site to showcase their offerings.

#### KIDS' CHRISTMAS PARTY

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

#### SOUTHYEAST BREWFEST

Back by popular demard CT Local craft breweries serve up their offerings for you to taste!

#### CHRISTMAS LIGHTS CONTEST

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

# 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 these roles and to apply please contact volunteer@acadiaca.com.

#### Stampede Breakfast - Sunday, July 9

We're kicking Stampede week off with a pancake breakfast on Sunday, July 9. We're currently in need of volunteers to help with the execution of this event. Whether it is set-up/tear-down, serving food, or assisting with games and supervision of children, all help is welcome. It's going to be a big one that we plan to host every year!

#### Bike Parade - Saturday, August 19

We're currently seeking volunteers who have some skills in bike tune-up and repair to lead a mini repair demonstration for our annual bike parade planned for next month. We are also in need of Acadians who have familiarity with the neighbourhood's heritage and history and are able to provide this historic information to bikers.

#### **ARC Social Lounge Renovations**

We are completing some minor renovations to the ARC Social Lounge this summer and are seeking volunteers with general construction and build experience to help us bring the vision together. Activities include painting, constructing a coffee bar, building display cabinetry, and constructing new tabletops. Please consider coming out to help us modernize our lounge.

#### **Communications Committee Chair**

We are in need of 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!

#### **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 find out more and discuss the specific board roles that are available.

#### **Events Committee**

We are always looking for passionate and creative volunteers to join our Events Committee. 2023 is going to be an exciting year for Acadia and the ACA. The Winter Carnival and Easter Egg Hunt were huge successes due to the volunteers that stepped up! We have a robust roster of events planned to bring value to our membership and Acadians. Upcoming events that require a committee include Stampede Breakfast, BrewFest, Movie in the Park, Bike Parade, Fall Fair, Kids' Christmas Party, and so much more! The success of these events heavily relies on our amazing community volunteers. We hope you will consider joining us!





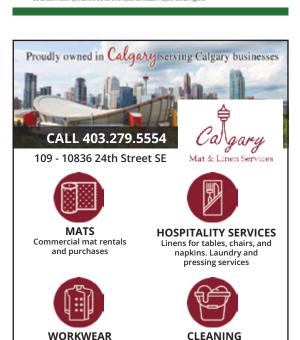
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■ 独立 10233 Elbow Dr SW, Suite #380, Calgary, AB, T2W 1E8 Phone: (403) 640-4000 | info@appledentalgroup.ca 国立品 www.appledentalgroup.ca

\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.



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**GRASS AND YARD WORK:** If you need your grass done fast and professionally and/or if you have some yard work to be done quickly, please text or call me at 587-433-9160. You won't be disappointed. Your Mapleridge neighbour, Antoine Maurais.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**RENOVATION/DEVELOPMENT IN ACADIA:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

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**SENIOR ASSISTANCE:** Tiffs Assist specializes in helping seniors stay in their own homes with greater ease! From cleaning and organizing to light yard work, shopping and more! Weekly/biweekly/monthly schedules available. Services are a flat hourly rate, with a minimum one hour charge. Contact Tiffany Thomson at 403-801-8036 or check out my website at tiffsassist.ca.







## Companion Services

Experience the benefits of personalized support, meaningful connections, and a vibrant lifestyle with Origin at Home™ Companions.

Book a free consultation and receive a complimentary Home Safety Assessment!

For more information, please call **403-919-7147** or email **originathome@origin.ca** 

www.OriginAtHome.ca



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Family and Cosmetic Dentistry
Implants, Crowns and Bridges, Root Canals
Evening Hours
Free On-Site Parking
Direct Billing According to the Provincial Fee Guide

Book at 403-454-0054 or fairmountdental.ca