

NOVEMBER 2023

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hello ACADIA

THE OFFICIAL ACADIA COMMUNITY NEWSLETTER

**NOVEMBER
SOCIAL NIGHT!**

PAGE 3

**SOCER COORDINATOR
NEEDED**

PAGE 9



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

Social Nights

OCCURS EVERY SECOND MONTH

NEXT ONE IS ON
THURSDAY
NOVEMBER 9, 2023

5:30PM - 7:30PM

THE ARC SOCIAL LOUNGE
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REFRESHMENTS, SNACKS, BOARD GAMES, FOOSBALL AND
CONNECTION

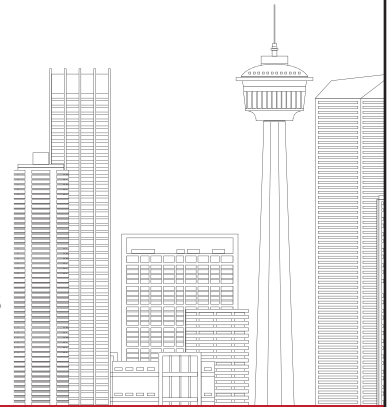


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**News, Events,
& More**



**Crime
Statistics**



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Statistics**



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

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Acadia Community Contacts

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School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
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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



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Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



Acadia Community Association Contacts

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
Minh Badau	Board Director	minh@acadiaca.com
Shanon Crews	Board Director	shanon@acadiaca.com
Chris Kaly	Board Director	chris@acadiaca.com
Jack Moddle	Board Director	jack@acadiaca.com
Erin Tsambouris	Board Director	erin@acadiaca.com
Dana McCarty	Board Director	dana@acadiaca.com
Marina Munro	Board Director	marina@acadiaca.com

Coordinators

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Planning/Development	Jack Moddle	planning@acadiaca.com
Community Engagement	Vacant	



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FEDERATION OF
CALGARY COMMUNITIES

November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

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WE ARE LOOKING FOR A **SOCCER PROGRAM COORDINATOR** TO JOIN OUR TEAM!

KEY RESPONSIBILITIES:

- Oversee entire program and its success
- Manage player registrations, create & roster teams
- Assign volunteers to open positions
- Schedule coaches' clinic & photo day
- Budget and track program related expenses
- Manage league equipment & uniform orders and field permit renewals
- Primary contact for program sponsors
- Manage general communication regarding program with registered families
- Maintain procedures & policies documentation

HELPFUL SKILLS:

- excellent organization & administrative skills
- superior communication skills (written & verbal)
- good time management skills

ACA COORDINATOR ROLES:

- time commitment as needed from November to June
- provide monthly updates to the ACA Board of Directors
- 2-year term commitment encouraged

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

MESSAGE FROM THE BOARD

Hello Acadians!

AGM Recap

The ACA AGM took place at the end of September, and we would like to thank everyone who was able to join us and participated in voting and moving forward our program. This year's reports were presented by the Vice President, Treasurer, and ARC General Manager. Some highlights from those reports were the increased opportunities for community engagement through the numerous events that were hosted this year, the switch to a new financial service provider, and the ARC social lounge license being changed meaning the lounge is now open to the public.

We are excited to announce that the ACA branding campaign is officially complete! A vote was taken to choose which design members preferred most to represent our community. Thank you to everyone who sent in submissions. The new logo and branding will be revealed shortly and will be fully applied in the new year. In the meantime, check out our website for more information about this new branding!

In addition, we would like to welcome all our executives and directors into their new positions! Congratulations to Keith Simmons who is our new Acadia Community Association President and to Ashley Chapman who was voted as Secretary for an additional term. Minh Badau was appointed as Vice President and Adam Klimczak was formally appointed as Treasurer by membership. 2023 was an exciting year for the ACA and we saw several new board directors join us. Shanon Crews, Jack Moddle and Chris Kalyn were formally voted in as board directors by membership. Additionally, Dana McCarty, Marina Munro, and Erin Tsambouris were nominated and voted in to complete our roster of Board Directors. We are so excited for the 2023/2024 year and what this group will be able to accomplish for the ACA and community.

Visit www.acadia.community/board to learn more about your new board executives and directors, and www.acadia.community/agm for a high-level recap of our AGM.

SouthYeast Brewfest Recap

Brewfest was once again a big hit! Thanks to all of you who came out to connect over some great craft beer and good music. We love to see the community get together over celebratory occasions like these. A huge

thank you to our live band Crooked Path Bluegrass Band who brought the tunes to keep the event high-spirited. To all our participating breweries, Annex Ales, Brewster's, New Level Brewing, OT Brewing Company, Stonyslope Brewing, this event would have been nothing without you, thank you!

ACA Social Night – November 9

Don't miss out on this time to connect with your fellow residents and community members at the ARC Social Lounge. We'll be there from 5:30 to 7:30 pm sharing drinks, snacks, and some games. This event occurs every second month and the next one will be in January 2024. It's a casual hangout where kids are always welcome!

Grassroots Soccer Program

We're so excited to announce that we are kicking off a grassroots soccer program for the community of Acadia in the Spring of 2024! Considering this, we are looking for a volunteer Soccer Program Coordinator to organize and manage this endeavour. The Community Association is aiming to provide quality and affordable activity for our youth between the ages of three and 12 years. If you are enthusiastic about bringing high-quality youth programming to your community, contact us today at volunteer@acadiaca.com for more information and to apply!

Committee Chairs Needed

We are seeking individuals to provide leadership for the following committees: Community Engagement, Membership, and Projects. These Committee Chairs will ensure their respective committee fulfils its mandate and any other related matters as delegated by the Board. If you are interested and/or passionate about any of these topics, please contact volunteer@acadiaca.com for more information and to apply!

Kids' Christmas Party – December 10

Join in the festivities of the holiday season by attending our Kids' Christmas Party! Bring your little ones for crafts, games, delicious Christmas-themed snacks, cookie decorating, fun performances and a visit with Santa. What's more, we'll have 10-minute mini holiday photo sessions with Sweet P Photography for the low cost of \$60 per session. Mark your calendars for Sunday December 10 from 1:00 to 5:00 pm. For tickets and more information, visit www.acadia.community/christmasparty.

Christmas Lights Contest – December 22

Nominate your house or a neighbour for our first ever 'Holiday Light Show Contest'! We invite you to participate in this fun community competition for some neat prizes! There are five award categories which include most lights (Griswold Award), best theme (Santa's Favourite Theme Award), best traditional display (Classic Christmas Award), best inflatable characters (Best Inflatable Use Award), and Judge's Favourite Award. Submit your light display entry by December 17 to be included on judging day happening on December 22. Entries must be located within the community of Acadia. Happy Decorating!

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 25. 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 and Instagram social media platforms for the latest updates on all things happening with the ACA.

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REASONS TO BECOME A MEMBER OF



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
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OR EMAIL MEMBERSHIP@ACADIACA.COM

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



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What's Up at the ARC November 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/ membership or in-person at the ARC.

Family: \$25 | Individual: \$15

Non-Acadia Residents: \$25

ACA Social Night

Thursday, November 9 | 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. All ages are welcome!

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.

ARC Social Lounge

The ARC Lounge is no longer a Member's Only Lounge. We are thrilled to welcome long-time patrons and new ones, so invite your family and friends to come along! We are also pleased to announce that the ARC Social Lounge is now offering a new Frankie's menu. Look out for our daily drink and food specials throughout the week on our website acadiarec.com. Please ask any of our wonderful bartenders for ordering or pre-ordering procedures. See you there!

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 | \$22 per hour for non-members | \$7 per person per session, after rental rates.

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

Squash/Racquetball Courts

Drop-In Prices: \$15 per hour for a court for ACA members | \$22 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 | \$88 for non-members
All prices include GST. Call us at 403-255-1252 or book courts online at acadiarec.com.

Curling

The ARC is one of the largest curling pads in Calgary! We are proud to host 19 curling leagues. For any Funspiels or Corporate Bonspiels, or if you are interested in joining a curling league this winter, please contact Tannis at tannis@acadiarec.com or 403-255-1252.

Lake Bonavista Curling Club

Sundays 5:00 to 7:00 pm

We are looking for curlers. For more details, please contact Doug Brown at 403-560-7094 or Tannis at Tannis@acadiarec.com or 403-255-1252 ext. 222.

Arena and Skate

Closed for the season.

Other Happenings

Sports Card Show

Saturday, November 11 | 10:00 am to 4:00 pm

Sunday, November 12 | 10:00 am to 3:00 pm

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

Keeping It Country Line Dance Club

Wednesdays | 5:45 to 9:00 pm

Contact Geraldine for more information on this dance program at 403-256-4150.

Acadia Annual Christmas Market

Saturday, November 18 | 10:00 am to 3:00 pm

Free Admission and Free Parking Vendors Welcome!
For more information, please contact tannis@acadiarec.com or call the front office at 403-255-1252.

Fairview Studios Annual Pottery Market

Sunday, November 19 | 10:00 am to 4:00 pm

Free Admission/ Free Parking
Pottery by 40 different designers!!!
For more information, please contact Daaven@fairviewstudios.com.

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

World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.



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ACADIA COMMUNITY
ASSOCIATION

KIDS' CHRISTMAS PARTY



Come join in all the festivities of the holiday season!

SUNDAY
DECEMBER 10
AT THE ARC
01:00PM -05:00PM

Free for ACA Members
\$5 per child for non-members

ADMISSION INCLUDES: A VISIT WITH
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For tickets and more information:

WWW.ACADIA.COMMUNITY/CHRISTMASPARTY

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.

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.*

**Effective August 1, 2023, prices have increased 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
November 24	From 11:00 am to 2:00 pm or 4:00 to 6:00 pm
	December 6

For upcoming Order Deadlines and Pick Up Dates for 2024, please refer to the ACA's website: www.acadia.community/goodfoodbox. Information will be updated as soon as it becomes available.



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Acadia Community Association

Casino FUNDRAISER

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December 17 & 18, 2023
Deerfoot Inn & Casino

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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | info@nancybergeron.ca

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



Acadia Community Association

First Annual

Holiday Light Show Contest

Nominate your house or a neighbour by emailing your name, address and phone number to events@acadiaca.com by **December 17th!**

Entries must be located within the community of Acadia
Winners will be announced Dec 22nd & prizes distributed Dec 23rd!



- **Griswold Award:** because you can never have too many lights! Channel your inner Chevy Chase from "Christmas Vacation".
- **Santa's Favourite Theme:** Best display that has an organized appearance or theme.
- **Classic Christmas:** Best traditional display.
- **Best Inflatables Use:** Best use of holiday lawn inflatable characters.
- **Judge's Favourite:** Display that judges enjoyed the most.

Administrative Assistant

The Sierras of Heritage is within the southeast community of Acadia, Calgary. The condominium building is 23 years old and consists of 192 residential units for Owners 55+ years of age. The facility has a pool and hot tub for residents to use. The Condominium Corporation has a contract with a property management company to take care of the operational responsibilities. The complex is seeking an Administrative Assistant with the skills to deal with both the resident requirements and office duties. We welcome applicants who are looking for a unique opportunity to join our community and work in partnership with our Owners and the Board of Directors.

Scope of Work

Job Description

The Administrative Assistant is the front line for resident requests. We are seeking a skilled, self-motivated, organized individual to perform a variety of duties. Personal attributes including but not limited to excellent written and verbal communication skills, good knowledge of Microsoft Office applications, and ethical work practices are key requirements.

Responsibilities (including but not limited to)

1. Consult regularly with the Board.
2. Provide monthly reports to the Board.
3. Perform administrative duties along with the property manager, such as communication with residents, preparation of documents (Notices, letters to residents, lawyers, etc.)
4. A liaison for residents and occasionally contractors
5. Set up New Residents with the proper documentation and Move/In date.
6. Set Up Move In/Out Dates for residents leaving.

7. Book Guest Suites and collect payment. Send payments to Management company.
8. Set up rental of secondary storage lockers and monthly payment scheduling.
9. Collect and distribute documentation from residents as required.
10. Update and maintain documentation for office and Board of Directors use.
11. Set up Annual General Meeting (AGM).
12. Send in payroll documents to Management Company.
13. In charge of sign-up sheets for various activities.

Required Skills/Qualifications

Experience in one or more of the following.

1. Strong written and verbal communication skills.
2. Must complete a criminal background check.
3. Must be bondable.
4. Proven work ethic - punctual, reliable, organized, self-motivated, self-directed, works well independently, ability to integrate constructive feedback.

Physical Requirements

1. Must be able to work unsupervised.
2. Must be patient.

Experience: Experience in customer service and Microsoft Office.

Job Type: Part-time position.

Salary Range: \$22 per hour.

Schedule: Monday to Friday, 11:00am to 3:00pm

Start Date: Immediate

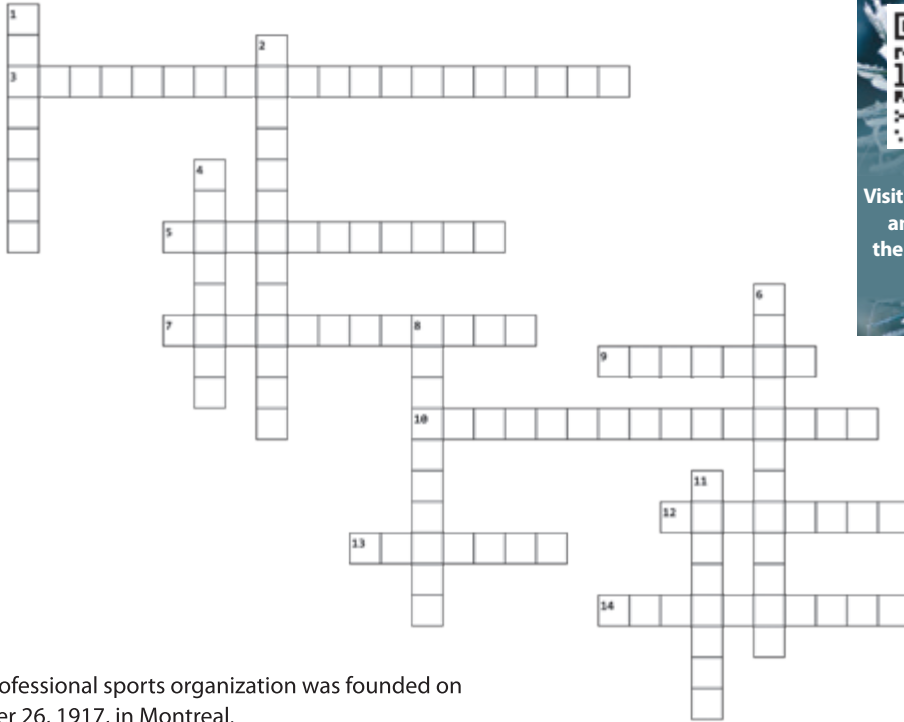
Please email resume to sierrasofheritage@shaw.ca.

A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!



November Crossword



Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.

What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.



WE ARE LOOKING FOR A
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COMMITTEE CHAIR**
TO JOIN OUR TEAM!

KEY RESPONSIBILITIES:

- Strategically develop and execute an overarching schedule of programming that will benefit a diverse group of participants and bring value to residents
- Oversee logistics of the committee's operations and work
- Support committee members with their roles as needed
- Proactively seek programming opportunities and connect with service providers
- Report to the ACA Board on the committee's work and recommendations

HELPFUL SKILLS:

- excellent organizational abilities & attention to detail
- exemplary written and interpersonal communication skills

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

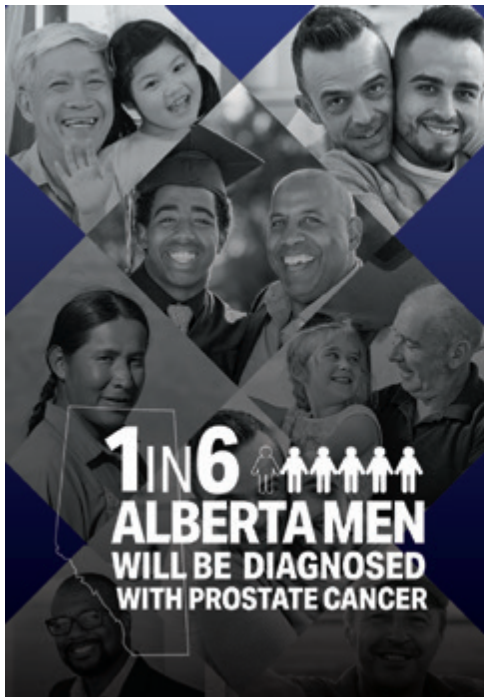
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ACA Volunteer Callout - We Want You!

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.

Kids' Christmas Party – Sunday, December 10

We are seeking individuals to join our events planning committee to help execute this well-loved event. Volunteers are needed in the areas of decorating cookies and making crafts, facilitating games, assisting with Santa's visit, and with general set-up/tear-down. Any area of contribution is very much appreciated!

Casino Fundraiser – December 17 and 18

The casino fundraiser event is our biggest fundraiser and critical to the ACA to support the initiatives we have planned for the community of Acadia. We're looking for volunteers that can help fill some positions on December 17 and 18 at the Deerfoot Inn & Casino. You will be trained to work all shifts at the casino and meals and snacks are included. Positions available include but are not limited to chip runners, cashiers, and managers. For additional information on the shifts available, please contact fundraising@acadiaca.com or volunteer@acadiaca.com or sign up at www.acadia.community/volunteer.

Soccer Program Coordinator

We are seeking a highly organized individual with management skills to run our grassroots soccer program for U4 to U12 kids. Your primary responsibility will be to oversee the entire program and its success. A time commitment of November to June is required and a two year commitment is recommended. For more information visit www.acadia.community/soccer or apply to volunteer@acadiaca.com.

Committee Chairs

The ACA is looking for several people who are passionate and creative to spearhead committees in the areas of Community Engagement, Membership, Projects, and Events. If you are determined to bring about change in your community and would like to participate in the execution, reach out to us, we've got a spot for you on the committee!

The specific needs of our events Committee are to have a chair for each event. Upcoming events that require a committee include, Kids' Christmas Party, Winter Carnival, and many more to come in the new year! The success of these events and our programming relies heavily on our amazing community volunteers. We hope you will consider joining us!



We are searching for

Volunteers

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

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

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

An illustration of diverse hands raised in a circle, representing community and volunteerism.

WINTER CARNIVAL

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



**Acadia
Community
Association**

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 your bike with streamers & balloons & join the ride.

NEIGHBOUR DAY

Bringing Acadians together for a fun block 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 selfless and amazing people who make what the ACA plans possible.

MOVIE IN THE PARK

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

PUMPKIN PARADE

After Halloween, bring your carved pumpkins for everyone to enjoy. We will dispose of them afterward. Musical artist featured each night. Food trucks & hot cocoa on site.

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.

SOUTHEAST BREWFEST

Back by popular demand! 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!



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		3	1		6			
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✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Dear Constituents,

The month of November gives us all time to reflect, remember, and pay tribute to our brave sons and daughters that have fought and, in some cases, paid the ultimate sacrifice for our country.

Prime Minister Wilfred Laurier once said, "Canada is free, and freedom is its nationality."

We know this freedom is only the case today because of these brave Canadians. Their sacrifices allow us to worship where we want, love who we want, and live in peace.

Lest we forget.

The Fall Session is now well underway, and I've been busy standing up for our riding of Calgary Midnapore in Parliament. Every week, I read countless emails and letters from constituents who are concerned with the current path our country is on after eight years of Justin Trudeau – I agree.

My Conservative colleagues and I, led by our leader Pierre Poilievre, are determined to turn the hurt many Canadians are feeling into hope. A hope that they can live in a country where hard work pays, and they can live and retire with dignity. Our commonsense team is fighting for this every day in our nation's capital, and we will continue to pressure this government to bring home lower prices, powerful paycheques, homes workers can afford, safe streets, and freedom for Canadians.

As always, I will continue to be a strong voice for our riding in Ottawa and stand up for what families and individuals in Calgary Midnapore expect me to.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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and the end
of the year is
right around
the corner!*

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