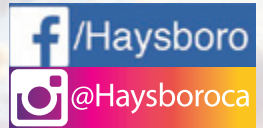


JULY 2024

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THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER



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Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.

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#### SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.

#### REMOVABLE:



Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



#### IMPROVED ORAL HEALTH:

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## HAYSBORO COMMUNITY ASSOCIATION BOARD MEETINGS

Third Wednesday of every month, from 7:00 to 9:00 pm at Haysboro Community Hall.  
All residents welcome to attend.

### COMMUNITY ASSOCIATION CONTACTS

President	Andrew Forsyth	<a href="mailto:andrewf@haysboro.org">andrewf@haysboro.org</a>
Past President	Stephanie Thomas	<a href="mailto:stephaniet@haysboro.org">stephaniet@haysboro.org</a>
Treasurer	Jean-Sébastien Jetté	<a href="mailto:jsjette@haysboro.org">jsjette@haysboro.org</a>
Secretary	Isabelle Piche	<a href="mailto:isabellep@haysboro.org">isabellep@haysboro.org</a>
Director, Communications	Warren Monteiro	<a href="mailto:warrenm@haysboro.org">warrenm@haysboro.org</a>
Director, Planning	Arden Turnbull	<a href="mailto:ardent@haysboro.org">ardent@haysboro.org</a>
Horn Editor	Donna Mack	<a href="mailto:editor@haysboro.org">editor@haysboro.org</a>
Social Media		<a href="mailto:social@haysboro.org">social@haysboro.org</a>
Lawn and Snow Coordinator	Morgan Turigan	<a href="mailto:hcalawnsnow@haysboro.org">hcalawnsnow@haysboro.org</a>
Casino		<a href="mailto:casino@haysboro.org">casino@haysboro.org</a>
Haysboro Preschool	Julie Christianson	<a href="mailto:preschool@haysboro.org">preschool@haysboro.org</a>
HCA Administration	Diane Ward	<a href="mailto:info@haysboro.org">info@haysboro.org</a> , 403-253-1563
Hall Rentals	Julianna Enciu	<a href="mailto:rentals@haysboro.org">rentals@haysboro.org</a>

### COMMUNITY CONTACTS

Ward 11 Councillor	Kourtney Penner	<a href="mailto:ward11@calgary.ca">ward11@calgary.ca</a> , 403-268-2430
MLA Calgary Acadia	Diana Batten	<a href="mailto:calgary.acadia@assembly.ab.ca">calgary.acadia@assembly.ab.ca</a> , 403-640-1363
Police Liaison District 6	CST Jake Tyerman	<a href="mailto:pol4473@calgarypolice.ca">pol4473@calgarypolice.ca</a> , 403-428-6600
Southwest Communities Resource Centre		403-238-9222
Southland Youth Justice	Kathy Hutchings	<a href="http://calgaryyouthjustice.com">calgaryyouthjustice.com</a> , 403-244-8201
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**OUR MISSION STATEMENT:** The HCA, as a volunteer run organization, thoughtfully and constructively shapes our neighbourhood. We are innovative. We provide social and recreational programming; encourage and develop unique projects; and foster open dialogue with residents and stakeholders.

**OUR VISION STATEMENT:** A friendly, safe, and vibrant community of active and engaged residents.



### SCAN HERE TO VIEW ADDITIONAL HAYSBORO CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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

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## PRESIDENT'S MESSAGE

Happy summer everyone,

Up to the time of writing, the board was busy preparing for the Annual General Meeting on June 26. By now, at the time of issue, we have a new board of directors consisting of new and previous members. More details will be provided in the August issue. We also have a new President! Stephanie Thomas has stepped back from the role for this year. In her own words, "Since our daughter's arrival in February, our hearts are abundantly fuller, but so is the calendar." We hope to see Stephanie back again when the right time comes.

After spending over a year on the board myself, I now appreciate how much the association relies on its members to step up when they can and step back when they need to. Board membership is a revolving door of new and past members, and this works to maintain vitality. For those that have the capacity and an interest in seeing new amenities or programs in our community, please step up! The board is not a mould to fit into. Instead, it is sculpted by its members, adapting to their interests, passions, and skills.

Earlier this spring, The City reached out to the HCA to commence engagement on an exciting new project. The Heritage Communities Local Area Plan identified the need for mobility improvements along Haddon Rd and 89 Avenue, and the City has announced its plans to implement these projects. See <https://www.calgary.ca/planning/transportation/pathway-bikeway-plan.html> for more details and watch out for City engagement events over the summer.

That is all for this month. Enjoy the summer!

*Andrew*

President (2023-2024)

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THE HAYSBORO COMMUNITY ASSOCIATION NEEDS YOUR HELP!

# CALL FOR COMMUNITY VOLUNTEERS!

email [info@haysboro.org](mailto:info@haysboro.org)

### COMMUNITY VOLUNTEERS NEEDED:

- Garden Tour Organizer
- Jelly Bean Dance/Pub Night organizer
- Haunted Hall organizer
- Winter Market committee
- Committees for any other events you would like to support

### OPEN HCA BOARD POSITIONS:

- Events & Programs
- Membership
- Facilities



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## HCA BOARD MEETING

### 2024 meetings

<b>September</b> 18	<b>October</b> 23	<b>November</b> 20	<b>December</b> 18
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Attend in-person  
or by video call <https://meet.google.com/hcs-aktq-ucm>  
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Community Association

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## Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

**137th Guides, Blackfoot District**  
137guidescalgary@gmail.com

**118th St Andrew's Cub Scouts**

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arliss.levine@gmail.com

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### Cross & Thistle Scottish Dance

Sharon Barker  
crossandthistle@hotmail.com

### Dance Calgary Kids

Julianna Enciu  
dancecalgarykids.ca

### Verba Dance

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yycfreshrollers@gmail.com

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soledaddebilbao@gmail.com

### South Calgary Ladies Bridge

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chapplekaren@hotmail.com

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**Know the signs of STROKE**

**F** **Face**  
is it drooping?


**A** **Arms**  
can you raise both?

**S** **Speech**  
is it slurred or jumbled?

**T** **Time**  
to call 9-1-1

**Beat stroke**  
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Kids Up Front is an organization dedicated to ensuring that ALL kids have access to fun, enriching experiences ....such as sporting events, summer camps, & theatre. Haysboro Community Association is a partner agency. That means we help get free tickets and experiences into the hands of local families.

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Mondays 9-11am

An informal get together of local parents and kids.



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Racquet Club Membership Required

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<p><u>July 15 - 19</u> Swifties Camp Week 1 Ages 7 - 13 <a href="mailto:dancecalgary@gmail.com">dancecalgary@gmail.com</a></p>	<p><u>August 12-16</u> Art Pop Camp Ages 6 - 14 <a href="mailto:dancecalgary@gmail.com">dancecalgary@gmail.com</a></p>
<p><u>July 22-26</u> Swifties Camp Week 2 Ages 7 - 13 <a href="mailto:dancecalgary@gmail.com">dancecalgary@gmail.com</a></p>	<p><u>August 19-23</u> Robo-Rise (lego camp) <a href="http://candceducenter.ca">candceducenter.ca</a></p>

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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**HOME RENOVATING & ANYTHING TO THE DUMP:** Haysboro resident available to help with your home renovating needs. Experience in all areas of home repair including drywall, painting, flooring, decks, fences and yearly maintenance. For a free estimate call Ken at 403-708-8737. Garage clean outs, branches, appliances. Cheaper than a bin and 1 load. Call Ken; 403-708-8737.



**the Gutter Doctor** 403-714-0711  
[gutterdoctor.ca](http://gutterdoctor.ca)

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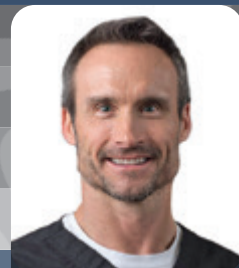
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## Treaty 7 Land Acknowledgment

We acknowledge that the Haysboro Community Association is on Treaty 7 land—the traditional and ancestral territory of the Blackfoot Confederacy: Kainai, Piikani, and Siksika, as well as the Tsuu T'ina Nation and Stoney Nakoda First Nation. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis Homeland. We acknowledge the many First Nations, Métis, and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.



### Haysboro Book Shelves

The HCA accepts gently used fiction paperbacks at the hall!  
Books are 25c or by donation to buy.  
Come by during office hours to shop or drop off your donations. YA accepted. Please put children's books in the little library at the park.





**NX Pharmacies**

## Haysboro community's local pharmacy

NX Pharmacy & Travel Clinic is located at Unit 100 8408 Elbow Drive SW and offers FREE medication delivery all over Calgary.



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Consultation

### NX Pharmacy & Travel Clinic Haysboro

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**172 Brabourne Road SW**

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**73 Bridlecrest Court SW**

3 bedrooms, 2.5 bathrooms & 1,788 sqft.  
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