

DECEMBER 2023

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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	Stephanie Thomas	stephaniet@haysboro.org
Vice-President	Andrew Forsyth	andrewf@haysboro.org
Treasurer	Jean-Sébastien Jetté	jsjette@haysboro.org
Secretary	Isabelle Piche	isabellep@haysboro.org
Seniors Resource Group	Denise Palmer	waynepalmer@shaw.ca
Director, Communications	Warren Monteiro	warrenm@haysboro.org
Director, Planning	Arden Turnbull	ardent@haysboro.org
Horn Editor	Donna Mack	editor@haysboro.org
Social Media		social@haysboro.org
Lawn and Snow Coordinator	Morgan Turigan	hcalawnsnow@haysboro.org
Casino		casino@haysboro.org
Haysboro Preschool	Julie Christianson	preschool@haysboro.org
HCA Administration	Diane Ward	info@haysboro.org, 403-253-1563
Hall Rentals		rentals@haysboro.org
Director, Facilities	Mathew Cooper	

### COMMUNITY CONTACTS

Ward 11 Councillor	Kourtney Penner	ward11@calgary.ca, 403-268-2430
MLA Calgary Acadia	Diana Batten	calgary.acadia@assembly.ab.ca, 403-640-1363
Police Liaison District 6	CST Jake Tyerman	pol4473@calgarypolice.ca, 403-428-6600
Southwest Communities Resource Centre		403-238-9222
Southland Youth Justice	Kathy Hutchings	calgaryyouthjustice.com, 403-244-8201
Business Advertising	Great News Media	sales@greatnewsmedia.ca, 403-720-0762

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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.

**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



## PRESIDENT'S MESSAGE

The holidays are here! I haven't felt this festive for many years. Perhaps that is because this year it seems my family has more to celebrate. I hope you and your loved ones also find lots of moments to come together and share memories!

Popular winter activities are back in full force. I'd like to thank the community members who stepped forward to volunteer to keep the ice surface intact. Well done!

We've also had another wonderful Winter Market at the hall. I appreciate these opportunities to showcase our creative and entrepreneurial folks in our community. Thank you as well to all the hardworking volunteers who made the event a success.

The Haysboro Community Association is back in action January 17 if you would like to check us out at our next meeting!

Until then, best wishes over the beautiful month of December.

Sincerely,  
*Stephanie Thomas*  
President, Haysboro Community Association

## 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.



OFFICE HOURS

### HCA Administration

**Tuesdays & Thursdays**  
**10:00 AM-3:00 PM**  
**or by appointment**  
(The building is closed to the public at all other times)

See you soon! Office phone: 403-253-1563 to leave a message

rentals@haysboro.org for rental inquiries

info@haysboro.org for HCA information



## Wanted Snow Shovellers!

HCA is looking for shovellers for our community snow care program. If interested in a part-time job that helps out your neighbours, please email [hcalawnsnow@haysboro.org](mailto:hcalawnsnow@haysboro.org) with your name, age, and address



# Cold Weather Preparations

by Alberta Health Services

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

## It's Important to Remember a Few Things During Extreme Cold Warnings:

### Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

### Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.



## What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

## If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

## Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit [www.alberta.ca/homelessness](http://www.alberta.ca/homelessness).

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.

*Season's Greetings*

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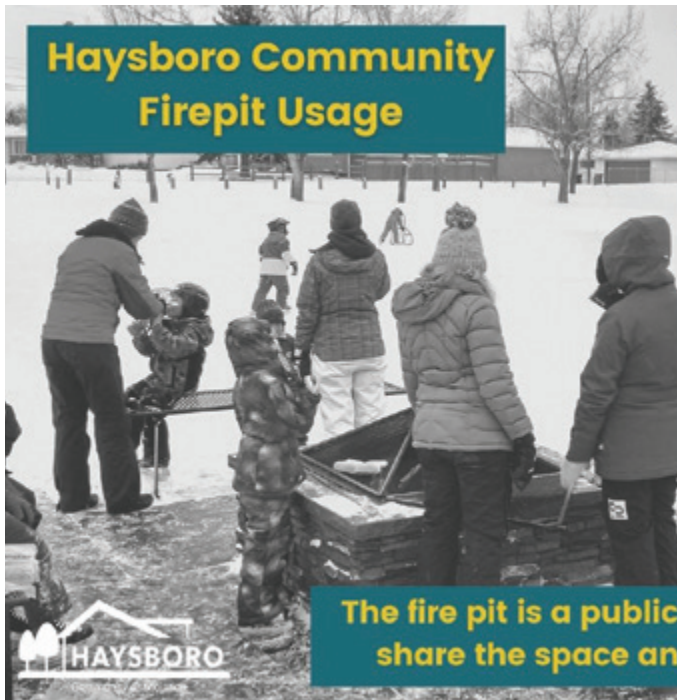
<p>60+ years of experience. We provide training that develops self-control and confidence. The Dojo is a safe, fun community for all ages 5+.</p>	<ul style="list-style-type: none"> <li>• Classes: Children, Youth, &amp; Adult</li> <li>• Families Can Train Together</li> <li>• Excellent Teacher to Student Ratio</li> <li>• Traditional Inclusive Karate</li> </ul>
<p><b>Haysboro Community Centre</b> The Dojo and all Black Belt instructors registered in Japan</p>	<p>Try your first class for free; come check us out! <b>Focus   Self-Esteem   Fitness   Well-Being</b></p>



**IT'S ALMOST SKATING SEASON! OUR AMAZING RINKS ARE MAINTAINED BY A SMALL GROUP OF DEDICATED VOLUNTEERS. PLEASE HELP THEM OUT BY SHOVELLING THE RINKS OF SNOW BEFORE SKATING. IF INTERESTED IN BECOMING A RINK VOLUNTEER PLEASE MESSAGE [INFO@HAYSBORO.ORG](mailto:INFO@HAYSBORO.ORG)**



## Haysboro Community Firepit Usage



The HCA Firepit is open for community member use.

Please follow these rules to keep everyone safe!

1. Fire must stay low and inside fire pit.
2. Keep the grate and cradle in place. Only move the grate to add wood.
3. No gas or accelerants allowed.
4. Bring your own wood. Do not burn any garbage or food.
5. Put out fire before you leave. Bring your own water to extinguish. Sand kept in the fire shed is for emergencies only.

**The fire pit is a public area. Please share the space and be safe!**



## HCA HALL INDEPENDENT PROGRAM CONTACTS

### **137th Guides, Blackfoot District**

137guidescalgary@gmail.com

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

#### **Allstar Enviro Safety**

Arliss Levine

arliss.levine@gmail.com

#### **Cadenza Music**

Maron Wedajo

info@cadenzamusicstudio.ca

#### **Chinook Country Dance Studio**

Country line dancing

cclinedancers@telus.net

#### **Cross & Thistle Scottish Dance**

Sharon Barker

crossandthistle@hotmail.com

#### **Dance Calgary Kids**

Julianna Enciu

dancecalgarykids.ca

#### **Verba Dance**

Jump Fit and Solo Latin Dance

403-671-4815

#### **Fresh Rollers**

www.freshrollers.com

yycfreshrollers@gmail.com

#### **Karate**

Glen and Tannis Smith

http://renbukaikarate.com/

#### **Tango for the Soul**

soledaddebilbao@gmail.com

#### **South Calgary Ladies Bridge**

Karen Chapple

chapplekaren@hotmail.com

#### **Safer Cycling Calgary**

Cycling instruction

https://www.safercyclingcalgary.ca

#### **Therapeutic Yoga**

Dawn Ross

dawn@bitbybitbodyworks.com

#### **Zumba**

Bobby and Mihwe Cliffe

atizumba.com



**Free Drop-In Parent & Tot Time**

Come meet other parents and caregivers while the kids play with the room of toys! A great tool for making lasting connections in the neighbourhood.

**Mondays 9-11AM  
HCA Main Hall**

*All Welcome!  
Free coffee!*

**HAYSBORO**  
Community Association

info@haysboro.org for more information

The poster features a light blue background with orange floral patterns. It includes an illustration of a man in a green shirt and a child in an orange shirt playing with toys on the floor. The Haysboro Community Association logo is at the bottom left.

## Senior's Resources Group December Message

A big thank you to Diane and all her helpers for organizing the holiday luncheon for seniors which was held on November 30.

We have no news to report at this time, we just want to wish everyone a very happy holiday season and all the best in 2024.



**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.

The advertisement features a blue background with a cartoon illustration of a baby and a woman's face. On the right side, there are colorful toy blocks in yellow, red, blue, and green.

HAYSBORO COMMUNITY ASSOCIATION

**COMMUNITY SOCIAL AFTERNOONS**

Drop-In Thursdays 1:00-3:00 PM

EVERYONE IS INVITED

**BOARD GAMES, CARD GAMES, CRIBBAGE, MAHJONG**

*Games to Play, Coffee to Drink, Snacks to Share*

HAYSBORO COMMUNITY PRESCHOOL BOTTLE DROP

**JANUARY 13, 2024**

**9AM-NOON**

DROP YOUR BOTTLES AT THE HCA

PARKING LOT

THANK YOU FOR SUPPORTING OUR PRESCHOOL!

*Francesca Serafini*

**Season's Greetings & A Happy 2024!**

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# 8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

## YOUR CITY OF CALGARY

# Reduce Your Waste During the Gift-Giving Season

by the City of Calgary



Repurpose, reuse, and get creative to reduce your waste this holiday season. Here are some ideas for gift giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift in the form of a donation to a favourite charity.
- Give the gift of time. Lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts – try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, a T-shirt, or simply avoid wrapping completely.

Find more tips at [calgary.ca/recyclerright](http://calgary.ca/recyclerright).

### Safely Dispose of Household Batteries



Don't put any kind of battery in your blue, green, or black carts. Batteries contain metals like lead, lithium, cadmium, and mercury that can be dangerous to human health and the environment. If they end up in any of your carts, batteries can get crushed

and cause fires at the recycling, composting, and landfill facilities. Household batteries include non-rechargeable alkaline batteries (AA and AAA) and rechargeable batteries found in cellphones, laptops, and cordless power tools.

Safely dispose of batteries by taking them to a participating retailer for free recycling. For more information visit [calgary.ca/battery](http://calgary.ca/battery).



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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:

- Ice Rink Crew
- Hall Sign Changer(once/month or so)
- Garden Tour Organizer
- Committees for any other events you would like to support

## OPEN HCA BOARD POSITIONS:

- Events & Programs
- Membership
- Facilities



*Wishing you a Wonderful Holiday Season!*

FROM THE HAYSBORO COMMUNITY ASSOCIATION BOARD & TEAM AT THE HALL:  
DIANE, JULIANNA, LAURA, JERRY, MORGAN, ALLISON, PAULA, AND LAURA

THE HCA HALL OFFICE WILL BE CLOSED  
DECEMBER 21, 2023  
TO JANUARY 7, 2024

## CASINO VOLUNTEERS NEEDED

Haysboro! We're looking volunteers for our next Casino this upcoming February. This is our biggest fundraising event of the year. Please contact us if interested or sign up as a volunteer on the website!

**February 22 & 23, 2024**  
at the Elbow River Casino  
[info@haysboro.org](mailto:info@haysboro.org)

## Haysboro Winter Break Workshop

### Musical Theatre Workshop

January 2-5, 2024  
10:00 am-2:00 pm

Sing and act through the winter break with DanceCalgaryKids!

HCA Members \$250 + GST  
Non-Members \$280 + GST

Bring lunch and water!

**INFORMATION AND REGISTRATION AT [WWW.HAYSBORO.ORG](http://WWW.HAYSBORO.ORG)**

## Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



## Save Glenmore Reservoir Parklands: Stop the Towers

*Submitted by Lesley Farrar*

Great cities are almost synonymous with their great parks: Vancouver/Stanley Park, Toronto/High Park, Montreal/Mount Royal, New York/Central Park, San Francisco/Golden Gate Park, London/Hyde Park, and the list goes on.

Do you know what these parks in cities where rents are exorbitant and land values are sky-high all have in common? They have preserved their parkland aesthetic and integrity by having either roadways or waterways that buffer these parks from urbanization encroachment. Effectively, these cities have used these perimeters to preserve and protect parklands and the precious nature of their environments.

Calgary has a few great parks (Nose Hill and Fish Creek are notable examples) but I would argue that Glenmore Reservoir Parklands (combining North and South Glenmore parks, Weaselhead, and Heritage Park) represent Calgary's unique gem. With mountain views, tennis courts, splash pads, spacious public event sites, and quieter picnic tables all integrated with scenic bike paths surrounding our lake-like reservoir, we Calgarians love this park. Summer and winter (do we have any other seasons?) the Glenmore Reservoir Parklands are well-loved and well-used.

Imagine the effect on the Reservoir Parklands if Rio Can undertakes construction of the proposed towers. With a 15-year build out plan, we can anticipate a lengthy and high-volume impact from the numerous pile drivers, back hoes, dump trucks, and cranes required to excavate, prepare, and build the development. Upon completion, this development puts 4,000+ people on the doorstep of sensitive Reservoir Parklands. While we want to encourage folks to use parklands, this will create areas of extreme congestion and overutilization. No environmental impact or hydrogeological studies have been completed in conjunction with this proposal on the doorstep of Calgary's 'Great Park' and drinking water.



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\*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.

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**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](http://www.communitymediation.ca), 403-269-2707.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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*continued on next page*

# BUSINESS CLASSIFIEDS

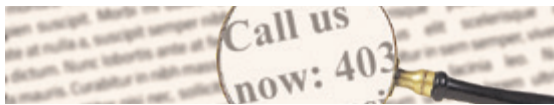
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