

OCTOBER 2023

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your HAYSBORO HORN

THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER



Cover Photo by Anita Alexander

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1204 - 89 Ave SW, Calgary, AB T2V 0W4

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		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

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.



KANTO SHO KARATE



Register now for fall classes @ Your Community Dojo

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Haysboro Community Centre
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SCAN HERE TO VIEW ADDITIONAL HAYSBORO CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Casino Volunteer Call

The Haysboro Community Association is looking for volunteers to help with one of its biggest fundraising initiatives. On February 22 and 23, 2024, we will be volunteering at the Elbow River Casino on 2 Street and 18 Avenue SE, and we are required to provide over 40 people to help cover various volunteer roles. The casino is one of our community association's most profitable fundraisers and we rely heavily on our members to help fill the shifts.

In the past, casino proceeds have gone to support many of the things that make Haysboro a great community. In consideration of our full community - from our newest to our longest-standing residents - casino proceeds allow us to offer a wide range of programs, from our preschool to our ice rinks, our tennis courts to our senior resource group. In addition, the casino provides a great chance to get to know your neighbours!

If you are interested in volunteering or learning more about what volunteering entails, please contact our Casino Coordinator. They can be reached at casino@haysboro.org or at 403-808-1385.



A graphic for a casino volunteer call. It features a green background with a yellow diamond shape containing four playing cards (Ace of Spades, Ace of Clubs, Ace of Hearts, Ace of Diamonds) and a roulette wheel. The text is white and yellow.

***CASINO COORDINATOR*
& VOLUNTEERS NEEDED!**

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

**February 22 & 23, 2024
at the Elbow River Casino
info@haysboro.org**



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.



An advertisement for Apple Dental. It features a photo of a smiling couple embracing. The text is white and green.

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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.

Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



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

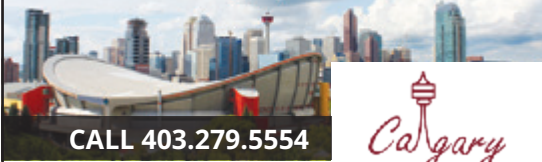


Wanted Snow Shovellers!

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
with your name, age, and address



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City of Calgary's Natural Playground (located next to the HCA)

Thank you for helping keep the natural
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Together we can keep it looking great!

- Report maintenance issues to 311. A picture is best!
- Pick up rocks & return to stream beds
- Sweep the paths of pebbles
- Dig large weeds in the rock and mulch beds
- Bin any garbage



FRIENDS *of* Fish Creek



Show Your Love for Fish Creek This October!

The Friends of Fish Creek invite you to take part in our 4th Annual 'I Love Fish Creek' online fundraiser! The Friends is a registered charity based in Fish Creek Provincial Park and we rely on donations, memberships, program fees, sponsorships, and fundraising efforts to support our work in this park. The 'I Love Fish Creek' fundraiser will take place from October 1 to 31, and we invite you to show your support for Fish Creek by participating in this unique campaign. We have a variety of exciting ways for you to get involved this month including a silent auction and 50/50 raffle!

Pick up your I Love Fish Creek 50/50 raffle tickets for a chance to win as much as \$10,000! You can feel comfortable making a wager knowing that your contribution will be used right here in Fish Creek Provincial Park. Check out our online silent auction to bid on a wide variety of items like gift certificates, health and beauty products, household goods and services, and much more! You can also donate any amount and receive a valuable tax receipt. Even a modest contribution would go a long way in helping us to reach our goal of \$20,000. Please support Fish Creek Provincial Park through this fundraiser and help ensure that future generations can enjoy this park as much as we do today, and long into the future.

Whether you show your support by donating, bidding on silent auction items, or purchasing raffle tickets, you can be sure that your contribution will be used effectively and efficiently right here in Fish Creek Provincial Park. For more information, please visit <https://friendsoffishcreek.org/programs/love>.

Volunteers Needed – Park Restoration and Willow Harvesting

Would you like to volunteer to support Fish Creek Provincial Park this month? The Friends need volunteers to help with our restoration and conservation projects. Work with the Friends as we gather live willow cuttings to be planted at restoration sites in the park. We are also looking for volunteers to take part in riparian

restoration projects, which will involve constructing restoration site fencing, planting vegetation in the newly fenced area, and watering newly planted vegetation. To sign up or for more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Fish Creek Ambassadors Needed – Bow Valley Ranch Visitor Centre

Do you enjoy speaking with people and sharing your knowledge about Fish Creek Provincial Park? The Friends need volunteers to help with the Fish Creek Ambassador program at the Bow Valley Ranch. This is an indoor administrative volunteer role, volunteers work in pairs, each shift is about 3.5 hours, and all training will be provided. Fish Creek Ambassadors assist park visitors and collect information that will allow us to better understand how the Visitor Centre is being used and how often. Please consider volunteering as a Fish Creek Ambassador to help support the Fish Creek Provincial Park, community members, and even visitors from afar. For more information about the Fish Creek Ambassador program, please contact Kumiko Kamiike, Visitor Services Coordinator, at kumiko@friendsoffishcreek.org.

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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
kantosh@telus.net

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



2023 HAYSBORO WINTER MARKET

Calling All Vendors!

Artisans - Bakers - Crafters - Makers

NOVEMBER 25, 2023

10:00AM-4:00PM

Register online at haysboro.org
Email market@haysboro.org



THE HAYSBORO COMMUNITY
ASSOCIATION NEEDS YOUR HELP!

CALL FOR
COMMUNITY
VOLUNTEERS!

email info@haysboro.org

COMMUNITY VOLUNTEERS NEEDED:

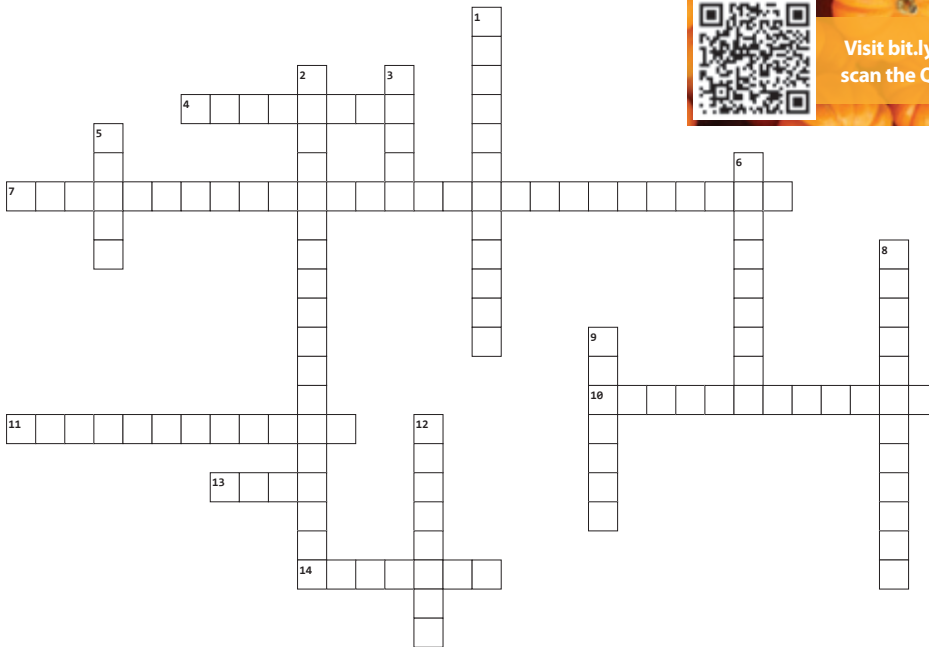
- Winter Market Committee- now!*
- Social Media Volunteer-now!*
- Haysboro Horn Editor- now!*
- Ice Rink Crew
- Hall Sign Changer(once/month or so)
- Casino Coordinator

OPEN HCA BOARD POSITIONS:

- Events & Programs
- Membership
- Facilities



October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

HAYSBORO COMMUNITY ASSOCIATION

COMMUNITY SOCIAL AFTERNOONS

Drop-In Thursdays 1:00-3:00 PM
4th Thursday is Senior's Social Club Meeting

EVERYONE IS INVITED

BOARD GAMES, CARD GAMES, CRIBBAGE, MAHJONG

Games to Play, Coffee to Drink, Snacks to Share

Haysboro
Community Preschool
www.haysboro.org/preschool

Spaces Still Available!

Classes for children aged 3 & 4
Government Subsidy included in tuition for ALL CHILDREN!



Register online today!



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.

Pardee's Puns

My wife claims I'm the cheapest person she's ever met. I'm not buying it.

Did you know that a raven has 17 rigid feathers called pinions, while a crow has only 16. The difference between a raven and a crow is just a matter of a pinion.

Bruce Miller

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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.

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.

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.

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LET GEORGE DO IT: Home repair and installation services. 30+ years serving Calgary communities. Providing plumbing and electrical repairs, new fixture and appliance installation, interior and exterior repair and painting. No job is too small! Contact George at 403-650-9182 or letgeorgedoit@shaw.ca.

continued on next page

BUSINESS CLASSIFIEDS

continued

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

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 I load. Call Ken; 403-708-8737.



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.

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YOUR CITY OF CALGARY

Changes to Green Cart Collection This Fall: What You Need to Know

from the City of Calgary

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



Coming to the Neighbourhood – The EDGE

A New After-School Drop-In Program for Jr. Highs

Nutritious Snack
Gaming Place

Homework Corner
Computer Centre

Reading Nook
Board Games



3:30 – 5:00, Wednesdays starting September 20th

A non-religious program offered at St. Andrew's Presbyterian Church
703 Heritage Drive SW (403.255.0001)
9 minutes' walk from Woodman Jr. Highschool.

For more information, go to www.standrewscalgary.ca/the-edge

SOUTH SIDE



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292 SETON PASSAGE SE

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- Marble quartz countertops
- Double master bedroom concept
- Convenient upper floor laundry
- Double balconies off the kitchen and bedroom



1114, 48 INVERNESS GATE SE

3 bedrooms, 2 bathrooms & 1,591 sq. ft.
Convenient ground floor unit

Sold for OVER list price!!!



10536 WANETA CRESCENT SE

3+1 bedrooms, 3 bathrooms & 1,290 sq. ft.
1/4 acre pie shaped lot

Sold for 98% of list price!!!

403.640.7711

Call For a **FREE** Home Evaluation

Not intended to solicit buyers or sellers currently under contract with a broker.

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REALTY