

OCTOBER 2024

DELIVERED MONTHLY TO 4,100 HOUSEHOLDS

# your **HAYSBORO** **HORN**

THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER



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NEEDED  
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## DISCREET & CONVENIENT TEETH STRAIGHTENING



*"Your Oral Health  
Is Our Priority"*



### COMFORTABLE:

Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



### PREDICTABLE RESULTS:

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.



### INVISIBLE APPEARANCE:

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



### 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:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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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	Andrew Forsyth	<a href="mailto:president@haysboro.org">president@haysboro.org</a> , <a href="mailto:andrewf@haysboro.org">andrewf@haysboro.org</a>
Vice President	Robert Reynolds	<a href="mailto:robertr@haysboro.org">robertr@haysboro.org</a>
Treasurer	Jean-Sébastien Jetté	<a href="mailto:jsjette@haysboro.org">jsjette@haysboro.org</a>
Secretary	Arden Turnbull	<a href="mailto:ardent@haysboro.org">ardent@haysboro.org</a>
Past President	Vacant	

### DIRECTORS

Director, Communications	Warren Monteiro	<a href="mailto:warrenm@haysboro.org">warrenm@haysboro.org</a>
Director, Planning	Karen Arndt	<a href="mailto:planning@haysboro.org">planning@haysboro.org</a> <a href="mailto:karena@haysboro.org">karena@haysboro.org</a>
Director-at-Large	Betty Bourque	<a href="mailto:bettyb@haysboro.org">bettyb@haysboro.org</a>
Director-at-Large	Colin McClelland	<a href="mailto:colinm@haysboro.org">colinm@haysboro.org</a>
Director-at-Large	Jane Kinzer	<a href="mailto:janek@haysboro.org">janek@haysboro.org</a>
Director-at-Large	Jennifer Baldwin	<a href="mailto:jenniferb@haysboro.org">jenniferb@haysboro.org</a>
Director-at-Large	Verna Baldwin	
Director-Events and Programs	Micheal Garath	<a href="mailto:mikeg@haysboro.org">mikeg@haysboro.org</a>
Horn Editor	Donna Mack	<a href="mailto:editor@haysboro.org">editor@haysboro.org</a>
Social Media	Vacant	<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	Juliana 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
Business Advertising	Great News Media	<a href="mailto:sales@greatnewsmedia.ca">sales@greatnewsmedia.ca</a> , 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.



## PRESIDENT'S MESSAGE

Hello Haysboro,

This past September, I hope you were able to attend the Haysboro Happening at the hall. It was a great opportunity for community and association members to connect and learn more about the HCA. We hope to have more similar events soon.

The Board of Directors, after summer vacations, found a new groove in September to take on a few items. ENMAX continued work on the solar panels; we dusted off the HCA business plan which is scheduled for an update; finished off the building condition assessment; and our planning committee was busy engaging members with the hope to establish a forum to discuss planning development in the community.

Many thanks to our board members and volunteers. Your commitment to community-building continues to make Haysboro a great place to live.

Happy October. My family and I look forward to seeing some of you on Halloween!

Andrew

HCA President





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### SCAN HERE TO VIEW ADDITIONAL HAYSBORO CONTENT

News, Events,  
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Statistics



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Statistics



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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

www.renbukaikarate.com/

#### Tango for the Soul

soledaddebilbao@gmail.com

#### South Calgary Ladies Bridge

Karen Chapple

chapplekaren@hotmail.com

#### Safer Cycling Calgary

Cycling instruction

www.safercyclingcalgary.ca

#### Therapeutic Yoga

Dawn Ross

dawn@bitbybitbodyworks.com

#### Zumba

Bobby and Mihwe Cliffe

atizumba.com

Are you looking for a place to host your programs? We would love to have you! With our four different rooms (Main Hall, Social Room, Board Room, and Studio), we have something for every event. Please reach out for more information.



Want to be added to the HCA Babysitter list?

Email [rentals@haysboro.org](mailto:rentals@haysboro.org) your name, contact information, and age.

List will only be available by email to HCA members by request. Personal information will not be published

**HAYSBORO**  
Community Association



All Residents Welcome

## HCA BOARD MEETING

### 2024 meetings

September	October	November	December
18	23	20	18

Attend in-person  
or by video call <https://meet.google.com/hcs-aktq-ucm>  
or by phone +1 226-314-9563 and enter the PIN: 853 554 613#

**HAYSBORO**  
Community Association





## 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)

Contact Julianna and  
Diane in the office

403-253-1563 or  
info@haysboro.org



*See you  
soon!*



## DOES YOUR FAMILY NEED BEFORE AND AFTERSCHOOL CARE??

The HCA is researching  
opening an afterschool  
program at the hall. But we  
need data! If you have school  
aged children, please visit our  
website and fill out the survey.

More Information

403-253-1563

www.haysboro.org

info@haysboro.org



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Haysboro's Karate Club - Register Now for the Fall

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60+ years of experience.  
We provide training that  
develops self-control and  
confidence. The Dojo is  
a safe, fun community  
for all ages 5+.

**Haysboro Community Centre**  
The Dojo and all Black Belt  
instructors registered in Japan

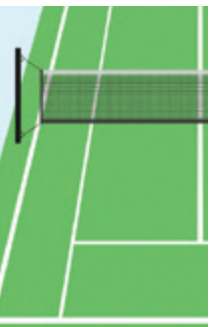
- Classes: Children, Youth, & Adult
- Families Can Train Together
- Excellent Teacher to  
Student Ratio
- Traditional Inclusive Karate

Try your first class for free; come check us out!

Focus | Self-Esteem | Fitness | Well-Being



**Game, Set, Match!**  
**Racquet Club 2024 season has**  
**come to a close.**  
**Thank you to all!**



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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 COMMUNITY ASSOCIATION



**COMMUNITY  
SOCIAL  
AFTERNOONS**

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

**EVERYONE  
IS INVITED**

**BOARD GAMES  
CARD GAMES  
CRIBBAGE  
MAHJONG  
VISIT**

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



HAYSBORO  
Community Association



## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



## Free Drop-In Parent & Tot Time

Come visit with other parents  
and caregivers while the kids  
play with the room of toys!

*All Welcome!  
Free coffee!*

 **HAYSBORO**  
Community Association

info@haysboro.org for  
more information

## KIDS UP FRONT CALGARY



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.

If you would like to join the HCA mailing list for Kids Up Front opportunities, please email [info@haysboro.org](mailto:info@haysboro.org)



## 2024 HAYSBORO WINTER MARKET

**Calling All Vendors!**

Artisans - Bakers - Crafters - Makers

NOVEMBER 30, 2024  
10:00AM-4:00PM

Register online at [haysboro.org](https://haysboro.org)  
Email [market@haysboro.org](mailto:market@haysboro.org)

 **HAYSBORO**  
Community Association

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

Thank you for helping keep the natural playground safe and clean for all!  
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



**THURSDAYS 4:15-5:00 PM**

Sept 12-October 31  
(8 classes for \$92)

Register online at [haysboro.org](https://haysboro.org)

**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



## **TODDLERS CAN DANCE**

**WEDNESDAYS 9:00-9:30 AM**

November 13 - December 18  
(6 classes for \$54)

Parented dance class for littles



Register online at [haysboro.org](https://haysboro.org)



**Haysboro  
Community Preschool**  
[www.haysboro.org/preschool](http://www.haysboro.org/preschool)

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Available in  
3 yr Old Class!

Classes for children aged 3 & 4  
Government Subsidy included in  
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Register online  
today!



# BEGINNER TAI CHI WITH JULIE

**WEDNESDAY AT NOON**

New 6 class session starts  
September 18



Suitable for all  
abilities!

Register online at  
[haysboro.org](http://haysboro.org)



## TRANSCEND-T2D-2 TRIAL

A study of Retatrutide vs.  
Ozempic in people living  
with Type 2 diabetes



This study has been approved by  
the University of Calgary Conjoint  
Health Research Ethics Board  
Ethics ID: REB24-0229

## Clinical Trial

Researching the effectiveness of a new  
diabetes treatment on improving blood sugar  
control.

## Seeking Participants

Adults, diagnosed with Type 2 diabetes,  
A1C level between 7.0 – 10.5%, and taking  
metformin +/- an SGLT2i ('gliflozin').

## Contact Research Nurse

Michelle Smith  
403-955-8117  
[mahunter@ucalgary.ca](mailto:mahunter@ucalgary.ca)  
<https://www.ucalgary.ca/diabetes-clinical-trials>

**HAYSBORO COMMUNITY  
PRESCHOOL BOTTLE DROP  
NOVEMBER 23, 2024  
9AM-NOON**

**DROP YOUR BOTTLES AT THE HCA**



**PARKING LOT**

**THANK YOU  
FOR YOUR  
CONTINUED  
SUPPORT!**



# SHIPWRECKED

Of course, it is nearly impossible to know the  
exact number of shipwrecks on the ocean  
floor. However, the current estimate is that  
there are about three million shipwrecks  
scattered down there. These wrecks include  
everything from sunken war ships to small,  
abandoned recreation boats.





## Magnificent Jewellery Outstanding Value



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- Item Price: **\$3,350**
- Recommended Insurance: \$13,560



### Classic Diamond Stud Earrings

- 4.03ct Total Weight - Lab Created Diamonds
- 14K White Gold
- Item Price: **\$3,600**
- Recommended Insurance: \$14,950

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**HAYSBORO MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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**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.

**CS HANDYMAN SERVICES:** Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

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

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. 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!

**Word of the  
Month**



**Flibbertigibbet:**  
**noun (flib-er-tee-jib-it)**

**An excessively  
talkative, flighty, or  
light-headed person.**

***She was sitting next to  
a flibbertigibbet on the  
train ride to work.***

# Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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## Tips For Using Your Green Cart This Fall

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit [calgary.ca/collection](http://calgary.ca/collection) to check your schedule and sign up for reminders.



BRAIN GAMES

SUDOKU

1			8					
		2				5	3	
							6	4
		3			5			
			1	6	4			
8	1						7	
5				7			4	2
6		8			2			3
	4					8		

SCAN THE QR CODE FOR THE SOLUTION

### Joke of the Month

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

### Cats, Canines, & Critters of Calgary

Buck, Montgomery

Dry Bones, McKenzie Lake

Harper Lee, Beddington

Hemi, Shawnessy

Jasper, Mahogany

Josie, Springbank Hill

Leo, Panorama Hills

Percy, Evanston

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

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