

SEPTEMBER 2024

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SEPTEMBER 20, 2024 @ 1-4PM

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.....

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To attend, email rsvp@tricolivingwell.com
by September 10, 2024.



Trico LivingWell is the
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Alzheimer Calgary
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ENTERTAINMENT

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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	president@haysboro.org , andrewf@haysboro.org
Vice President	Robert Reynolds	robertr@haysboro.org
Treasurer	Jean-Sébastien Jetté	jsjette@haysboro.org
Secretary	Arden Turnbull	ardent@haysboro.org
Past President	Vacant	

DIRECTORS

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Director-at-Large	Jane Kinzer	janek@haysboro.org
Director-at-Large	Jennifer Baldwin	jenniferb@haysboro.org
Director-at-Large	Verna Baldwin	
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Casino		casino@haysboro.org
Haysboro Preschool	Julie Christianson	preschool@haysboro.org
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Hall Rentals	Juliana Enciu	rentals@haysboro.org

COMMUNITY CONTACTS

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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.



PRESIDENT'S MESSAGE

Hello Haysboro,

It is hard to believe that summer is nearly over, and we are entering the fall season. I welcome the cooler temperatures and look forward to our normal routine with kids at school and work back to a normal pace.

Our new board of directors has been busy through the summer, and it's been great to see their enthusiasm. To kick off the new year, our Events and Programming Committee has been spearheading the first "Haysboro Happening" at the hall grounds to take place on September 8. Our Planning Committee has grown and is increasingly engaged in developments in and around Haysboro including redevelopment of the old YMCA property; a third tower at London Towers; redevelopment of the old Bonzai waterpark property; and the Glenmore Landing development.

I am also happy to report that Enmax has kicked off the work to install solar panels at the hall, at no cost to the community association, that will present significant utility savings over the long term. We've also started work, with the City's support, on a building condition assessment for the hall that will identify lifecycle needs for the next five years.

Enjoy the rest of September!

Talk soon.

Andrew

HCA President



SCAN HERE TO VIEW ADDITIONAL HAYSBORO CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
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

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www.freshrollers.com

yycfreshrollers@gmail.com

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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

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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 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

What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



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Long-Term Inner City Resident

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A professional headshot of Bruce Miller, a man with grey hair and a mustache, wearing a dark suit and a light-colored shirt.

Do You Remember?

Do you remember the 21st night of September?
Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

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SCAN THE QR CODE
FOR THE SOLUTION



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.



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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



 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

KIDS UP FRONT CALGARY



Kids Up Front is an organization dedicated to ensuring that ALL kids have access to fun, enriching experiencessuch 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



2024 HAYSBORO WINTER MARKET

Calling All Vendors!

Artisans - Bakers - Crafters - Makers

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

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



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Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!

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Racquet Club

Racquet Club Membership Required

HCA Members

\$25/year (must live in Haysboro and have a Free HCA membership)

Associate Members

\$45/year (\$30 HCA membership plus \$15/year club membership)

Open May 1 - September 30

8:00AM - 10:00 PM

Keep Gates Locked

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Dispose of Garbage

Book Times & Register Here

HELP MAKE THIS A FUN & SAFE SPACE FOR ALL USERS

THE HAYSBORO COMMUNITY
ASSOCIATION NEEDS YOUR HELP!

**CALL FOR
COMMUNITY
VOLUNTEERS!**

email 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





Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**



Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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WORD OF THE MONTH

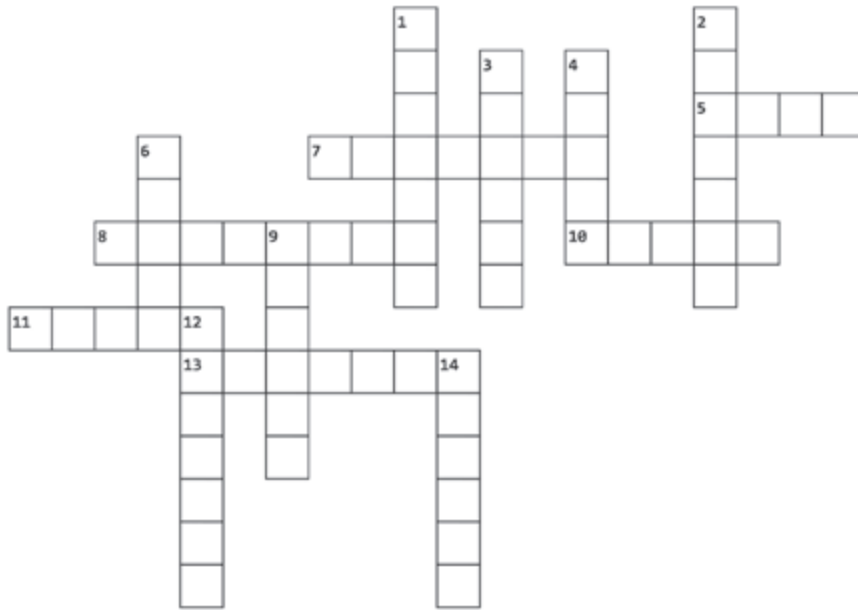


Thaumaturgy: noun
(thaw-muh-tur-jee)

The workings of magic
or miracles.

They used thaumaturgy
to ensure the people
felt at peace.

September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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

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World Coconut Day

September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil.

Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!



GAMES & PUZZLES

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



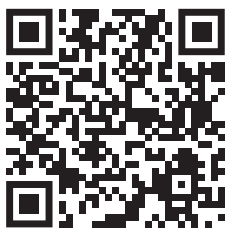
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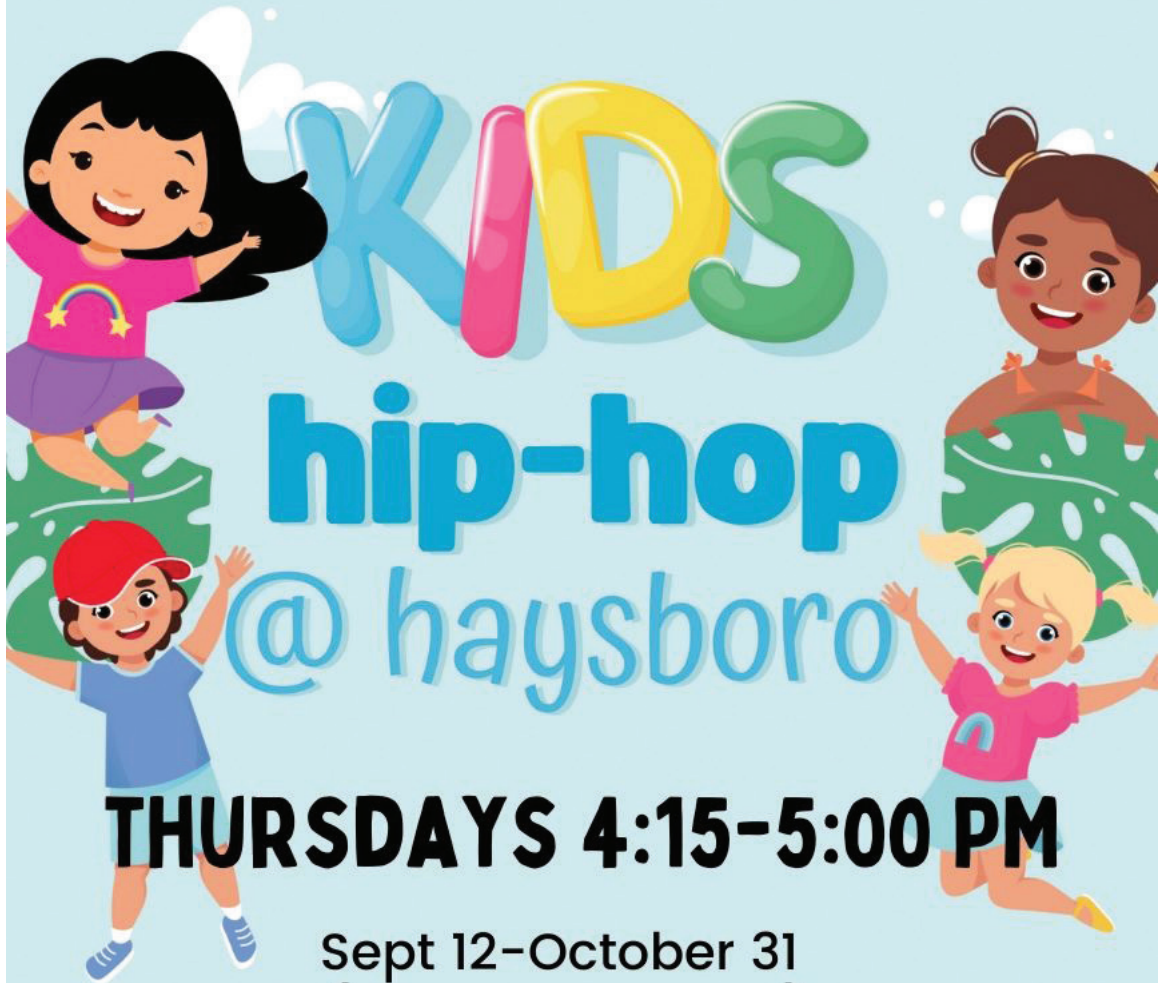
LEADERS IN COMMUNITY FOCUSED MARKETING

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

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(8 classes for \$92)

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BEGINNER TAI CHI WITH JULIE

WEDNESDAY AT NOON

New 6 class session starts
September 18

*suitable for all
abilities!*



Register online at
haysboro.org



Haysboro Community Preschool

www.haysboro.org/preschool

Spaces Still
Available in
3 yr Old Class!

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



Register online
today!



Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!



TODDLERS CAN DANCE

WEDNESDAYS 9:00-9:30 AM

Sept 11th-October 30th
(8 classes for \$72)

Parented dance class for littles



Register online at haysboro.org

Building Language Skills in Toddlers

by Alberta Health Services



Toddlers, or children from ages one to three years old, communicate in many ways. They make sounds, say words, use short sentences, or point to tell you what they need or want. Recognizing and encouraging all attempts toddlers make to communicate helps in building language skills. When you respond, toddlers realize that what they've done is important and are likely to do it again!

Teaching Your Toddler New Words

New words help toddlers talk about the things they see and do. Building their vocabulary can be achieved by talking about many kinds of words, including the names of things (e.g. spider, car), actions (e.g. painting, running), feelings (e.g. sad, happy), and words that describe things (e.g. soft, hot).

Here are some ways you can draw attention to new words and help toddlers build their vocabulary:

- Use daily routines to introduce new words, ideas, feelings, and concepts. Routines such as dressing, and mealtime are natural times to talk with your toddler. Use these routines to emphasize and repeat words that may be new for them. Talk with them about what's happening in the moment.
- Talk slower and sound out the new word.
- Talk about what you're doing as you're doing it. Hearing words combined with actions makes the new words easier to learn (e.g. "I'm mixing the cookie dough. The cookie dough is very sticky. Let's put them in the oven.

The oven is very hot. I'll be careful not to touch it.")

- Talk about what the toddler is doing. This will help them learn words that describe activities or things that interest them (e.g. "That's a nice red truck. It's driving really fast. It's going up the ramp and around the corner.")
- Toddlers say many words, but not always clearly. You can help them speak clearly by repeating back the words they say, using correct pronunciation. Exaggerate the missing or mispronounced sound. Listening to these correct models will gradually help the toddler to improve their speech.
- Use new words many times throughout the day. To learn new words, most children need to hear the words spoken many times before they start to say them (e.g. "Look, the wheels on the truck roll." "Roll the ball to Daddy." "I'm going to roll the cookie dough." "Let's roll a snowball.")
- Use short, simple sentences to help them learn to say a new word (e.g. "Let's buy pie.")
- Let them experience new things. Go on field trips to the zoo, museum, grocery store, and playground. Use educational videos, television, songs, and books to help them hear new words (e.g. "Put the sand in the bucket.")
- Link new words to things and experiences the toddler already knows (e.g. "The dinosaur is very big. It's huge! Remember the huge dinosaurs we saw in Drumheller? We also saw dinosaurs in the movie *The Land Before Time*.")

Get Down to Their Level

Kneel, bend down, sit on small chairs, or stretch out on the floor when talking to a toddler. Do whatever works to get down to their level to make it easier to imitate the actions and words of toddlers. It also lets them know that you are interested in what they're doing or saying. Make sure you're able to look into each other's eyes when you're speaking to one another.

Make It Fun!

Toddlers learn language by listening and copying what they hear around them. If you keep your sentences short, and talk that way often, toddlers will have an easier time learning to talk in sentences.

Use the rhythm and repetition of songs, finger plays, and books to build language skills. Rhythm and repetition of songs and finger plays help your toddler to learn and remember words and sentences. Choose songs and rhymes with a theme they like (e.g. animals, dinosaurs, trains). Visit your local library to find books and DVDs to give you new ideas.

Make books fun and accessible. Have them within your toddler's reach so they can choose a book to bring to you. Good books for toddlers have bright, realistic, and fun pictures, with only a few words on each page. Reading books together can be a fun time with your child and a great way to introduce new words and sentences. Your library has a wide variety of books suitable for toddlers.

Act Early!

From the moment they are born to five years of age is an important time for the development of speech, language, and hearing in children. Strong speech, language, and hearing skills are important for later learning and school success. Acting on concerns early is important.

Where to go get help? For more information about how speech-language pathologists and audiologists can help, contact:

- Your doctor, public health nurse, or other health provider.
- Your local health centre.
- Visit the Talk Box (<https://www.alberta.ca/creating-language-rich-environments>) - A parent guide to creating language rich environments.

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MLA, Calgary-Acadia

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Hello Calgary-Acadia!

Summer will be wrapping up by the time this newsletter finds its way to your mailbox. The Calgary Stampede formed the bookends around my first year in office and it was a great privilege to have that opportunity to meet so many of you at events across Calgary-Acadia.

Being in the community for the spring and summer allowed me the pleasure of attending a huge variety of community events. A few highlights:

- Enjoying delicious pierogies and spectacular dancing at the Calgary Ukrainian festival taking place at the Acadia Recreation Centre.
- Experiencing government through the questions asked by Calgary-Acadia grade 6 and 9 students, both at the Legislature and in their schools.
- Enjoying year-end celebrations, fiestas, concerts, and graduations at neighbourhood schools.
- Visiting with folks at the many Neighbour Day celebrations throughout the constituency.
- Celebrating volunteers at the community cleanups.
- Stampede Breakfasts and barbeques throughout the constituency!
- Hearing from you on your doorsteps.

My office was busy this spring and summer responding to the concerns of constituents. Most concerns over the last few months have come from folks who are worried about government overreach in municipal affairs, concerned about new rules that allow a grizzly bear hunt, struggling with affordability and rent increases, and who are uncertain about their ability to access healthcare. We are committed and will head back to the Legislature in October to continue fighting as Albertans struggle with high unemployment, lack of family doctors, and a skyrocketing cost of living.

As I prepare for the sitting of the next Legislature this fall, I want to hear from you. Please reach out by email, phone, or dropping by our office, to let me know what concerns you would like brought to the government.

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TAKE ON WELLNESS

Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.

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