EHAYSBORO

THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER





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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 Comprehensiv Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.



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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.

	All residents welcome	e to attend.			
COMMUNITY ASSOCIATION CO	ONTACTS				
President	Vacant	president@haysboro.org,			
Vice President	Collin McClelland	colinm@haysboro.org			
Treasurer	Jean-Sébastien Jetté	jsjette@haysboro.org			
Secretary	Arden Turnbull	ardent@haysboro.org			
DIRECTORS					
Director, Communications	Vacant				
Director, Planning	Karen Arndt	planning@haysboro.org			
		karena@haysboro.org			
Director, Sports and Recreation	Michelle Brodeur	michelleb@haysboro.org			
Director, Events and Programs	Alexia Minton	alexiam@haysboro.org			
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Director, Children's Programs	Jane Kinzer	janek@haysboro.org			
Director, Garden Committee	Jennifer Baldwin	garden@haysboro.org			
Director, Finance	Vacant				
Director, Volunteer Coordinator	Elladee Windsor	elladee.windsor@haysboro.or			
Director-at-Large	Betty Bourque	bettyb@haysboro.org			
Director-at-Large	Verna Baldwin	vernab@haysboro.org			
Director-at-Large	Janneta Zelezkina	janneta.zelezkina@haysboro.org			
Director-at-Large	Sylvia Giugovaz	sylviag@haysboro.org			
Horn Editor		editor@haysboro.org			
Social Media		socialmedia@haysboro.org			
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Casino	Sylvia Guigovaz	casino@haysboro.org			
Haysboro Preschool	Robin Clemis	preschool@haysboro.org			
HCA Administration	Diane Ward	info@haysboro.org, 403-253-1563			
HCA Administration	Laina Wong	lwong@haysboro.org			
Hall Rentals	Diana Pitman	rentals@haysboro.org			
COMMUNITY CONTACTS					
Ward 11 Councillor	Rob Ward	ward11@calgary.ca, 403-268-2430			
MLA Calgary Acadia	Diana Batten	calgary.acadia@assembly.ab.ca,			
		403-640-1363			
Police Liaison District 6	CST. Michael Colbert	pol4473@calgarypolice.ca, 403-428-6600			
Southwest Communities		403-238-9222			
Resource Centre					
Southland Youth Justice	Kathy Hutchings	calgaryyouthjustice.ca, 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.



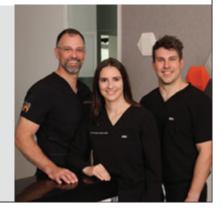


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HAYSBORO HALL HAPPENINGS

Celebrate the season at the Haysboro Community Holiday Luncheon! Join us on December 4 for a festive luncheon filled with delicious food, friendly faces, and plenty of holiday cheer! Doors open at 11:45 am, and lunch will be served at 12:15 pm. Everyone is welcome, so gather your friends and neighbours for an afternoon of great company and community spirit. Tickets are available on the website or at the office. If you need financial assistance, please reach out to our office; we're happy to help ensure everyone can join in the celebration.

Thank You to Everyone Who Attended the Haysboro Winter Market!

What a wonderful day it was—our hall was filled with holiday cheer, friendly faces, and the amazing sights and smells of the season. We had a fantastic turnout, and it was the perfect way to kick off the holidays together as a community. A heartfelt thank you to all the organizers, volunteers, and our incredible local vendors for helping make the market such a success. The used book sale was also a big hit—thank you to Cheryl Ego for making it happen each year. It was truly a fantastic day to gather, shop local, and celebrate our amazing Haysboro community!

Seniors Lunch and Learn

Kick off the new year at the HCA on January 22 from 11:30 am to 1:30 pm with our next Lunch and Learn. Enjoy a nourishing lunch (free or by donation) while Iris Spurrell from Carya shares valuable tips on 'Avoiding Frauds and Scams'. We're excited to continue this series monthly throughout 2026, so stay tuned for upcoming dates on our website. Reserve your spot at haysboro.org or by calling the office. Don't miss this opportunity to learn, connect, and enjoy a great meal with your community!



Happy Holidays from the Haysboro Community Association!

Wishing you a joyful holiday season filled with warmth, laughter, and cherished moments with friends and family. Thank you for being such an important part of our wonderful community—we can't wait to share another year of connection, fun, and memories with you in 2026!

Please note that our office will be closed from December 19, 2025, to January 5, 2026. We wish everyone a happy holiday season and all the best for a bright and healthy new year!

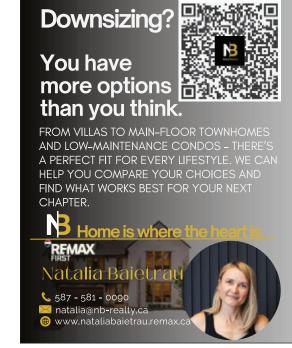
Our office hours are Tuesday and Thursday from 10:00 am to 3:00 pm.

For faster responses, email info@haysboro.org or rentals@haysboro.org.



















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THE HCA NEEDS YOU! CALL FOR VOLUNTEERS

If you have some time to share and want to get involved in community events, we'd love to hear from you.

Please send us an email with your availability and let us know what types of activities you'd like to be considered for.

email info@haysboro.org











A Financial Wellness Series for Older Adults



- January 22: Avoiding Frauds and Scams
- February 19: Topic TBA
- March 19: Topic TBA
- Where: HCA Social Lounge 1204 89 Ave SW
- (b) Time: Thursday 11:30am 1:30pm
- Cost: Free or by donation

Spots are limited — register at haysboro.org CIBC carya Foundation

A Holiday Message from the Editor

The holiday season is here—a wonderful time to celebrate our incredible Haysboro community! I feel so grateful to live here and to help provide programs, events, and activities that bring us all together.

Looking ahead to 2026, we have so much to be excited about: tot time returning in January, our monthly Lunch and Learn series, family-friendly events and activities, workshops, classes, markets, seasonal celebrations, and countless ways to connect, learn, and have fun. But none of this happens on its own—it truly takes a village. We rely on volunteers, neighbours, and community members like you to help make these events possible. If you've ever thought about lending a hand, there's no better time to get involved, meet new friends, and help our community thrive.

Thank you to everyone who contributes to making Haysboro a welcoming, vibrant, and caring place. Your energy, support, and participation make all the difference, and we can't wait to share another year of connection, laughter, and memorable moments with all of you.

From all of us at the Haysboro Community Association, happy holidays and best wishes for a joyful, healthy, and exciting new year!









YOUR CITY OF CALGARY

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!

SAFE AND SOUND

Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) - Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

• Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- · Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key.
 Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible.
 Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.







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SCAN THE QR CODE FOR THE SOLUTION



How to Scan OR Code

Open camera app on mobile phone, hover camera over QR code, click link that pops up and that will take you to the website with the answers.

Ancient Water

In December 2016, University of Toronto scientists presented findings of the world's oldest known water approximately 2 billion years old found at Kidd Mine near Timmins, Ontario. Talk about "ancient" water, older than humans even older than dinosaurs!





MLA, Calgary-Acadia **Diana Batten**

Shadow Minister for Children & Family Services

105, 10333 Southport Road SW, Calgary

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- Calgary.acadia@assembly.ab.ca
- f facebook.com/dianabattenmla
- ⊙ dianabatten_ ■@DianaBatten_

This past year has been one of growth and collaboration across Calgary-Acadia. From legislative work to local events, town halls, and community projects, I've seen the dedication and compassion that make our community so strong. I'm grateful for the trust you've placed in me and for the many residents, leaders, and volunteers who make Calgary-Acadia such a vibrant place to live.

Since returning to session in late October, our office has heard from hundreds of constituents about the issues that matter most. Education remains a top concern. The government's use of the not with standing clause to order teachers and students back into classrooms has left many Albertans feeling unheard and unsafe. Forcing people back into schools that lack adequate safety measures and resources does not solve the real challenges facing public education. I will always stand up for public education and for the educators who give so much of themselves to help every child learn and thrive. Every Albertan deserves the best start possible through smaller class sizes, safe classrooms, respect for staff, and a lasting commitment to inclusion. When our children and educators succeed. Alberta succeeds.

Many residents are also deeply concerned about the government's growing reliance on the notwithstanding clause and what it could mean for other rights and freedoms. I share those concerns and will continue to speak out against any misuse of power that threatens fairness and democracy.

Looking ahead, my focus remains on the priorities I hear most from Calgary-Acadia residents: strong public education, accessible health care, affordability, community safety, and inclusion. Your voices guide my work, and I'm committed to ensuring they are heard in the Legislature.

Thank you for your continued engagement and trust. It's an honour to serve as your MLA.

Cheers,

Diana

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ALLODOXAPHOBIA

Living in a society, we all feel a bit insecure or anxious about fitting in sometimes. But did you know there is actually a phobia called Allodoxaphobia that is the fear of other people's opinions? It is an anxiety disorder that can cause people to avoid engaging in discussions or debates for fear of being judged or criticized. Be kind out there! We're all just trying our best.

BUSINESS CLASSIFIEDS

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Real Estate Statistics

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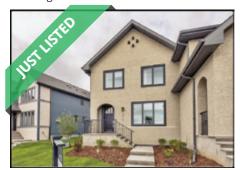
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- Tall windows with lots of natural light
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- Backing onto peaceful pond



75 CHRISTIE GARDENS SW

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