

FEBRUARY 2026

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THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER



Cover Photo by Andrea Crowe



Dr. Taneshwar Chahal



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Cupid's arrow hits you?  
A heart attack!

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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	Vacant	<a href="mailto:president@haysboro.org">president@haysboro.org</a>
Vice President	Collin McClelland	<a href="mailto:collinm@haysboro.org">collinm@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>

### DIRECTORS

Director, Communications	Vacant	
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, Sports and Recreation	Michelle Brodeur	<a href="mailto:michelleb@haysboro.org">michelleb@haysboro.org</a>
Director, Events and Programs	Alexia Minton	<a href="mailto:alexiam@haysboro.org">alexiam@haysboro.org</a>
Director, Facilities	Nathan Hashman	<a href="mailto:facilities@haysboro.org">facilities@haysboro.org</a>
Director, Children's Programs	Jane Kinzer	<a href="mailto:jane@haysboro.org">jane@haysboro.org</a>
Director, Garden Committee	Jennifer Baldwin	<a href="mailto:garden@haysboro.org">garden@haysboro.org</a>
Director, Finance	Vacant	
Director, Volunteer Coordinator	Eladee Windsor	<a href="mailto:elladee.windsor@haysboro.org">elladee.windsor@haysboro.org</a>
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Director-at-Large	Verna Baldwin	<a href="mailto:vernab@haysboro.org">vernab@haysboro.org</a>
Director-at-Large	Janneta Zelezkina	<a href="mailto:janneta.zelezkina@haysboro.org">janneta.zelezkina@haysboro.org</a>
Director-at-Large	Sylvia Giugovaz	<a href="mailto:sylviag@haysboro.org">sylviag@haysboro.org</a>
Horn Editor		<a href="mailto:editor@haysboro.org">editor@haysboro.org</a>
Social Media		<a href="mailto:socialmedia@haysboro.org">socialmedia@haysboro.org</a>
Lawn and Snow Coordinator	Morgan Turigan	<a href="mailto:hcalawnsnow@haysboro.org">hcalawnsnow@haysboro.org</a>
Casino	Sylvia Guigovaz	<a href="mailto:casino@haysboro.org">casino@haysboro.org</a>
Haysboro Preschool	Robin Clemis	<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
HCA Administration	Laina Wong	<a href="mailto:lwong@haysboro.org">lwong@haysboro.org</a>
Hall Rentals	Diana Pitman	<a href="mailto:rentals@haysboro.org">rentals@haysboro.org</a>

### COMMUNITY CONTACTS

Ward 11 Councillor	Rob Ward	<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. Michael Colbert	<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="mailto:calgaryyouthjustice.ca">calgaryyouthjustice.ca</a> , 403-244-8201
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**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.





## HAYSBORO HALL HAPPENINGS

### Free Drop-In Parent and Tot Time

Join other parents and caregivers while your little ones explore a room full of toys, make new friends, and have fun. This welcoming program runs every Monday from 9:00 to 11:00 am in the HCA Main Hall, and yes—there's free coffee for the grown-ups! It's a fantastic way to connect with your community and enjoy some playful mornings together. For more information, email [info@haysboro.org](mailto:info@haysboro.org).

### Mahjong

We're thrilled to welcome players every Tuesday from 1:00 to 3:00 pm in the Social Lounge! Whether you're brand new to the game or a seasoned player who loves a good challenge, this is a fun, relaxed way to connect with neighbours, sharpen your skills, and enjoy a lively afternoon together. All skill levels are welcome—just bring your enthusiasm and get ready for some great conversation and friendly competition!

### Seniors Lunch and Learn

Enjoy a delicious lunch (free or by donation) while Iris Spurrell from Carya shares practical, easy-to-use tips on cooking for one on a budget on February 19. Reserve your spot online or by calling the office, and join us for a great meal, valuable learning, and meaningful community connection!

### Enmax - Rate of Last Resort Session Workshop

Join us on Wednesday, March 11 in the HCA Social Lounge from 7:00 to 8:00 pm to learn about Alberta's Rate of Last Resort (RoLR) in simple terms: what it is, who it applies to, and how pricing works. You'll also learn about other electricity options available to you and how to better manage your energy costs, leaving you with the confidence to make an informed choice in Alberta's energy market. Register today at [haysboro.org](http://haysboro.org) for this free workshop.

### Jellybean Dance

Save the date and get ready to jig and jive! The Haysboro Community Preschool invites you to our 2nd Annual Jelly Bean Dance on Sunday, March 15 from 4:00 to 7:00 pm at the Haysboro Community Hall for a St. Patrick's Day-themed celebration of dancing, music, and family fun. Enjoy a parent social with cash bar, cash concessions (pizza, snacks, and drinks), plus games, crafts, temporary tattoos, and goody bags—see you on the dance floor!

### Beginners Knitting Class

Calling all beginner knitters! Ready to learn the basics? Join us for a Beginner Knitting Class in the HCA Board Room on Sundays from 1:00 to 3:00 pm, starting February 22, for four weeks with Carolyn Joels. In this friendly, supportive class, you'll learn how to cast on, knit, purl, and cast off, and be introduced to garter stitch, stockinette stitch, and rib stitch. Children are welcome to register, with an adult also registered to learn or assist. Watch our emails and social media for more details, and sign up on our website.

### Did You Know?

If you are at a red light on 89th avenue exiting to northbound Elbow drive, you need to stop before the marked X for the traffic signal sensor. If you are on the X you have passed the sensor and it takes much longer for the light to go green.

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

For faster responses, email [info@haysboro.org](mailto:info@haysboro.org) or [rentals@haysboro.org](mailto:rentals@haysboro.org).



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**REGISTER HERE**



April is Come Try Ringette month, and there will be many sessions in Calgary.

   

**COMETRYRINGETTE.CA**

## HCA HALL INDEPENDENT PROGRAM CONTACTS

118th St Andrew's Scouts	118standrewscouts@gmail.com
137th Guides, Tall Trees District	137guidescalgary@gmail.com
Alla Ovcharenko (Dance Class)	alla.ov4arenko@gmail.com
Allstar Enviro Safety	Arliss Levine arliss.levine@gmail.com
Aspire to Inspire Zumba	Bobby and Mihwe Cliffe atizumba@gmail.com
Calgary Sewing School	Catherine Ford hello@calgarysewingschool.com
Chinook Highland Dance Studio	Natalie Rupert chinookhighlanddancestudio@gmail.com
Cross & Thistle Scottish Dance	Sharon Barker crossandthistle@hotmail.com
Dragon's Way QiGong	Shannon McEwan www.fledglingcreative.com
Fluid Dance Studio	Kateryna Severyn fluid.studio99@gmail.com
Forte Music Studio	Sonia Poon <a href="https://www.fortemusicstudio.com/">https://www.fortemusicstudio.com/</a>
Jump Fit Dance	Iuliia Verba jumpfitdance@gmail.com
NetaFit	Maxim Levin netafitcalgary@gmail.com
Renbukai Kanto Sho Karate	Glen and Tannis Smith www.renbukaikarate.com
Tango for the Soul	Maria Soledad soledaddebilbao@gmail.com
Tango Calgary	Leo Sato <a href="https://www.tangocalgary.com/">https://www.tangocalgary.com/</a>

Looking for the perfect spot for your next birthday, group event, or celebration? Look no further than the Haysboro Community Centre! Our versatile spaces—including the spacious Main Hall, cozy Social Lounge, and fully equipped Kitchen—are ideal for everything from parties to meetings. Need AV equipment? We've got you covered. Hosting your event here means you can enjoy a welcoming, convenient space right in your own community. Reach out to [rentals@haysboro.org](mailto:rentals@haysboro.org) for pricing and availability—your next unforgettable gathering could be just around the corner!

## Kids Up Front

Did you know, if you are a member of the Haysboro Community Association, you have access to request free tickets for your family (with children) to enriching experiences like art, culture, and sporting events through Kids Up Front?

Kids Up Front is an organization dedicated to ensuring all kids have access to fun, enriching experiences. The HCA is a partner agency. That means we help get free tickets and experiences into the hands of local families.

Requested tickets could include (but aren't limited to) Storybook Theatre, Theatre Calgary, Stampeders, Roughnecks, Hitmen, Wrangler, or Cavalry FC games. It's a wonderful opportunity for you to spend some quality time with your family in an experience you may not have had if you had to purchase it.

Kids Up Front started when founder John Dalziel looked around the Dome one night in 1999 and saw a sea of empty seats. At that point, he thought, "Why not put those unused seats into the hands of kids and their families that wouldn't normally have a chance to go."

Since 2000, Kids Up Front has transformed more than 600,000 unused tickets into incredible experiences for deserving kids across Southern Alberta.

The HCA has already provided many Haysboro families with memorable experiences to date. Tickets are first come first served. Sign up for a Haysboro membership on our website! If you would like to join the HCA mailing list for Kids Up Front opportunities, please email [info@haysboro.org](mailto:info@haysboro.org).

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Sundays, Feb 22, March 1, 8, and 15  
1:00–3:00 pm  
HCA Board Room, 1204 89 Avenue SW

Visit [haysboro.org](http://haysboro.org) for more info and to register




**HAYSBORO**  
Community Association

**LUNCH & LEARN**

**A Financial Wellness Series for Older Adults**

- **February 19:** Cooking for One on a Budget
- **March 19:** Understanding Your Money Mindset - Why You Spend the Way You Do

Where: HCA Social Lounge  
1204 89 Ave SW

Time: Thursday 11:30am - 1:30pm

Cost: Free or by donation

Spots are limited — register at  
**CARYA** [haysboro.org](http://haysboro.org) **CIBC FOUNDATION**



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

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

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Free coffee!*

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from 9–11am in  
the  
HCA Main Hall

*Make lasting  
community  
connections!*



[info@haysboro.org](mailto:info@haysboro.org) for more information




**HAYSBORO**  
Community Association

**COMMUNITY MAHJONG**

**WHEN: EVERY TUESDAY**  
**@ 1:00-3:00 PM**

**WHERE: HCA SOCIAL LOUNGE**  
**1204 89 AVENUE SW**

**WHY: LEARN TO PLAY MAHJONG!**



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## Haysboro Community Preschool

### OPEN HOUSE & REGISTRATION

[www.haysboro.org/preschool](http://www.haysboro.org/preschool)



Community Preschool  
403-253-1563  
1204-89 Ave SW

### Open House

March 7 10AM - 12PM

### Registration

March 17 9AM online





# Adventures Before and After School Childcare

Are you looking for before and after school care in Haysboro?

We've partnered with Adventures Child Care, who many of you may know from their summer camp program at the HCA.

Together, we're working to bring a year-round before and after school care program for children in Grades one to six, operating right out of the HCA (1204 89 Avenue SW). This program would serve Haysboro School, and if there's enough interest, we could look at extending it to Eugene Coste School as well!

We would love to open Adventures Care in September—but this can only happen if we reach 15 confirmed registrations. Without this minimum, we cannot move forward.

Once we have 15 families committed, we can begin the licensing process (which takes approximately three to six months), and then we can officially open the HCA as a licensed before and after school care facility.

Right now, we don't yet have enough registrations. If you are interested in September 2026, please register as soon as possible. Early commitment is essential; without it, Adventures will not be able to move ahead.

Please contact Alexis at [acadia@adventureschildcare.ca](mailto:acadia@adventureschildcare.ca).

Thank you for helping us build more great opportunities for families in Haysboro!



**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.

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**AT THE HAYSBORO COMMUNITY ASSOCIATION**

Are you interested in before and after school care for Grade 1-6 in Haysboro?

We need an average of 15 registrations to make this happen!

Please contact Alexis at  
[acadia@adventureschildcare.ca](mailto:acadia@adventureschildcare.ca)

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## February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.







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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.**

- Jelly Bean Dance (March 15)
- Easter Egg Hunt (April 4)
- Community Clean up (May/June)
- Neighbour Day (June 20)
- Leads for any other community events you would like to support

**email [info@haysboro.org](mailto:info@haysboro.org)**





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How did I nourish my body?



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	3	9				5	4	
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	4	6				2	5	
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						7	6	8

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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.

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- Fully renovated 4-level split
- Oversized insulated & heated double garage
- Legal walk-out basement suite
- West facing backyard



**109 BRIDLERANGE PLACE SW**

- 4 bedroom + 3.5 bathroom & 1,878 SqFt
- Spacious open-concept layout
- Fully developed 1-bedroom basement suite
- Located on a quiet cul-de-sac
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- 5 bedroom + 3.5 bathroom & 2,743 SqFt
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- Granite countertops
- Hardie Board siding & stamped concrete patio
- Oversized 3-car insulated garage
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**275 MARINE DRIVE SE**

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