

JANUARY 2016

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your **HAYSBORO** — HORN —

THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER



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CHANGES TO 14TH STREET & GLENMORE TRAIL WILL IMPACT YOU

Dear Neighbours,

The City of Calgary is trying to move forward quickly with the SW Transitway and Bus Rapid Transit (BRT) project. This includes the addition of two dedicated bus lanes on the west side of 14th Street from Rockyview Hospital to Southland Drive, the narrowing of lanes on 14th Street and Glenmore Trail, the development of transit terminals in our parks and the creation of bus loops on our neighbourhood streets without consulting us.

What does this mean to the residents and stakeholders of Haysboro?

- Increase in harmful air emissions, noise pollution and vibrations impacts;
- Difficulty getting into and out of community;
- Pedestrian safety issues across 14th Street;
- Greatly increased travel time along 14th Street for all vehicles during and after the **FOUR** years of construction starting in Spring 2016;
- Project cost in excess of 40 million of our tax dollars before the effects of the SW Ringroad and the four-car Light Rail Transit (LRT) are evaluated.

Who we are:

ready to engage! is a group of concerned citizens representing more than 12 SW Calgary communities who have joined together to give residents and other stakeholders a voice on The City's *SW Transitway and Bus Rapid Transit (BRT)* project

We are asking that:

1. this project be put on hold;
2. all project reports and source documents be disclosed;
3. meaningful public consultation be completed with all stakeholders affected;
4. a viable and workable proposal be created to address our concerns and benefit SW Calgary as a whole.

JOIN US AT THE JANUARY 21st INFORMATION FORUM

Thursday, January 21, 2015
7:00-8:30pm

Calgary Jewish Community Centre Auditorium - 1607 90 Avenue SW

Please visit our website at www.readytoengage.ca to sign the petition, get informed and stay updated.

..... www.readytoengage.ca info@readytoengage.ca



Haysboro Community Association

1204 89 Ave SW
Calgary, AB T2V 0W4
Phone: (403) 253-1563
info@haysboro.org | www.haysboro.org

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Office Hours Monday to Friday 10:30am - 5:30pm

OUR MISSION STATEMENT: The Haysboro Community Association, as a volunteer organization, is dedicated to enhance the quality of life of the community through the engagement of residents in community planning and development, social and recreational programs, all the while fostering a safe and vibrant environment.

OUR VISION STATEMENT: Established, safe and vibrant community with residents engaged in responsible development, social and recreational programs, all the while fostering friendly neighborhood connections.

BOARD EXECUTIVES

President	Maxine Morrison	President@Haysboro.org	403-615-9443
Vice President	Michael Akbar	vicepresident@haysboro.org	403-560-2804
Treasurer	Miriam Mitchell	treasurer@haysboro.org	403-259-5145
Secretary	Alexa Briggs	boardsecretary@haysboro.org	403-289-7721
Past President	Gary Williamson	pastpresident@haysboro.org	403-807-9234

BOARD DIRECTORS

Facility & Maintenance	Adrian Fahrni	facilities@haysboro.org	
Horn Editor	Brent Nichols	editor@haysboro.org	403-374-0490
Casino	Julie O'Brien	casino@haysboro.org	403-991-2934
Sports & Rec	Sonja Sahlen	play@haysboro.org	403-875-7725
Civic Affairs	Maciej Kijak	civicaffairs@haysboro.org	
Programs & Events	Kourtney Branagan	events@haysboro.org	
Fundraising	Marisol Narvaez	fundraising@haysboro.org	
Communications	Garry Swanson	communications@haysboro.org	
Senior Resources	Dorothy Block		
Trico Liaison	Donna Sharpe		
Director-at-large	Saadia Stainsby		
Director-at-large	Dean Wallbank		
Director-at-large	Jean Johnson		
Director-at-large	Justin Barrett		
Director-at-large	Lauren Gilbert		
Director-at-large	Jenne Newman		
Director-at-large	Steven Snell		

COMMUNITY CONTACTS

HCA Administration and Hall Rentals	Fiona Swanson	info@haysboro.org	403-253-1563
50 Plus Club	Lois McNichol		403-278-6978
Haysboro Preschool	Cinnamon Burrell	Preschool@Haysboro.org	Hall: 403-253-1563
MLA – Glenmore	Anam Kazim	Calgary.Glenmore@assembly.ab.ca	403-216-5421
Councillor - Ward 11	Brian Pincott	info@ward11calgary.ca	403-268-2430
Police Liaison- District 6	Constable Joshua Young	jyoung@calgarypolice.ca	403-567-6600
Southwest Communities Resource Centre			403-238-9222
Southland Youth Justice	Kathy Hutchings	calgaryyouthjustice.com	403-244-8201
Business Advertising	Great News Publishing	sales@great-news.ca	403-720-0762

HAYSBORO HALL HAPPENINGS

By Fiona

A new year again – I guess that is a good thing – means we are all on the top side of the grass! Speaking of grass I read something about the old saying “the grass is greener on the other side” – usually a lament that someone or something that you don’t have is better; however, when you get it for yourself perhaps it wasn’t so green after all. A saying about perspective – glass half full kind of thing, but this new way of looking at things has struck a chord with me.

“If you think the grass is greener on the other side then you better start watering your side”.

Looking at things from this perspective requires action... requires us to stop looking and commenting, but making a change – watering our own grass so to speak! Garry and I have been working on this – in terms of eating and exercising – and like watering the grass – it takes time and energy and intention. Sadly, it doesn’t just happen overnight – but surprisingly over time – you start noticing the difference and your own grass – your own life seems much greener than anything else around. Whether finances, travel, health, education, family... whatever seems brown in your life... stop looking at others and look to yourself – and work to make your side – the best it can be... and remember there is more than one shade of green – choose the color that is best for you!

Happy New Year – May it be full of action!

Haysboro Ice Rink Volunteers Needed

The Haysboro Ice Rink Team needs volunteers for the winter to help flood and maintain the rinks. Volunteering to help with the ice rink is a rewarding experience with the added bonus of getting great exercise and fresh air, and provides an excellent opportunity to meet other community members!

A skating teacher is needed to teach beginners. Contact Fiona at the hall if interested - 403-253-1563.

If you are interested in joining the team, feel free to contact Adrian at HCAFacilities@shaw.ca for more information.

Haysboro Community Association Residents’ Meetings

Last Wednesday of every month at 7:30 PM
There are no meetings in July and August

Haysboro Community Hall, 1204-89 Ave SW



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All-Ages Crib Tournament January 31

Sign up to be a part of a fun, neighbourhood crib competition. Join us on Sunday January 31, 1-4 PM. \$10/team of two, or \$5/individual. Play three to four games of crib – total score from all games will determine the grand champions. Multiple prizes. Snack concession. We are looking for volunteers to help at this event and are soliciting donations for prizes. This event is a fundraiser for the Haysboro Play projects.

Please contact Sonja at play@haysboro.org or 403-875-7725 if you are able to help.

Register to play at haysboro.org or stop by the Haysboro Hall office today!

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Haysboro Churches

Heritage Drive Chapel 935 Heritage Dr SW
Church of Jesus Christ of Latter-Day Saints

Hope for Life Christian Fellowship 403-255-6110
Interdenominational, St. Gerard's School, 96th Ave SW
www.hflchurch.ca *Non-denominational*

Lighthouse Church *Interdenominational* 403-640-2099
O-9827 Horton Road SE
www.calgarylighthouse.com

St. Andrew's Presbyterian Church 403-255-0001
703 Heritage Dr SW
www.standrewscalgary.ca

Springs Church 403-473-3400
924 Heritage Drive SW

St. Gerard's Church *Catholic* 403-253-2251
8944 Elbow Dr SW
<http://stgerards.ca>

Haysboro Schools

Haysboro Elementary 1123 - 87 Ave SW
403-777-8530 <http://schools.cbe.ab.ca/b316>

Woodman Junior High 8706 Elbow Drive SW
403-777-7490 <http://schools.cbe.ab.ca/b631>

Henry Wise Wood Senior High 910 - 75 Ave SW
403-253-2261 <http://schools.cbe.ab.ca/b836>

Haysboro Community Preschool 1204 - 89 Ave SW
403-253-6524 www.haysboro.org

Calgary Early Learning Centre 140 Haddon Road SW
403-255-4288 www.calgarypreschools.com

Bishop Grandin Senior High 111 Haddon Road SW
403-252-7541 www.bghs.ca

St. Gerard Elementary 1204 - 96 Ave SW
403-500-2028 www.cssd.ab.ca/schools/stgerard

Akiva Academy (ECS - Gr. 6) 140 Haddon Road SW
403-258-1312 www.akiva.ca

St. Augustine Fine Arts School (K-9) 7112 7 St. SW
403-500-2022

Notre-Dame-de-la-Paix (S)(FR) K-6 403-271-5544

École de la Source (FR) K-9 403-255-6724

Ste-Marguerite-Bourgeoys (S)(FR) 7-12 403-240-2007

École de la Rose sauvage (FR) 10-12 403-230-3112

Trinity Christian School 403-254-6682

BOARD NEWS

By Miriam Mitchell

Working on a team is a great thing!

I have had the pleasure of being a director on the Haysboro Community Association's Board of Directors for a very long time. I am the Treasurer. I have worked with some fantastic people over the years. I have served under six Presidents, the late George Aronyk, Janet Tripp, Sally Haggis, Sid Wealeans, Gary Williamson and Maxine Morrison; worked with countless directors and three hall administrators. These people work day in and day out for the betterment of our community. I look back and cannot believe that I have been a part of this organization for so many years.

I have learned a tremendous amount about what it means to be a part of a community during my tenure. I have always felt a tremendous amount of support from the people sitting at the table with me at our monthly meetings. These people give freely of their time and energies to help make our community a better place. Every project that has been undertaken by the community association is based upon an idea by a person or group of people, a **single idea**. As we all know, the idea part of the project is easy. It is the going forward part of the project that is the hard part. Well, our community has had many people who are willing to do the hard part.

We have all been involved in a project, be it projects at work, personal projects, home renovation projects etc. The only thing about community projects is that they are just that, **projects for the community**. The only reason to take on a project such as this is out of love. Community projects come in many different sizes. Some are small and are completed in short order. Many require huge amounts of volunteer time. They never seem to go exactly as planned. No matter how much thought and preparation is done you never anticipate all of the challenges. There is always a work or personal crisis that occurs in the middle of the project. Sometimes you feel as though the project will never end. Although, at the end of the day, when all is said and done, and the project is finally completed, **it is hard not to feel proud of what you have accomplished**. It is this feeling of pride that inspires our volunteers to go on to be a part of other projects. It is what they receive in return for all the time spent.

I would like to **express my thanks** to all current and past board members. You have shown me what it means to be community minded. You have given me the opportunity to learn from you as we go about the job of looking after our community together. **Happy New Year, and all best to you and your families in 2016.**

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Haysboro Community Preschool

Registration Day for the 2016/17 school year is Saturday March 5, 2016.

Haysboro Community Hall
1204 89th Ave SW

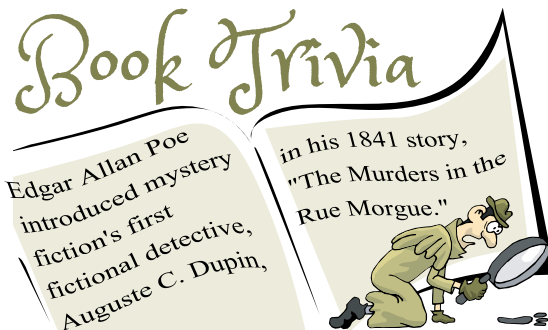
9:00 – 11:00am Alumni

10:00 – 11:00am Open Registration

We have programs for 3 and 4 year olds.

Ph: 403-253-1563

www.haysboro.org



Haysboro Play! Fall Fundraisers

By Sonja Sahlen, Director Sports and Recreation

Thank you to everyone who supported and participated in the Haysboro Play fall fundraisers. Thanks to Kourtney for organizing the Vessey Fall bulb fundraiser and the Chapters FUNdraiser shopping night. Thanks to Melissa for organizing a Tail Wags Helmet Cover Fundraiser as well. We made close to \$1000 to be used for the Haysboro Rink Improvement Project and future playground revitalizations.

Haysboro Community Pop-up Play Events

We appreciate everyone who took the time to fill out the online 'Play in Haysboro' Survey and/or attend our November open house. If you missed it, check out our inspiration boards on our website haysboro.org.

We're looking for new ideas on ways to make Haysboro a better place to PLAY. We'd like to organize some more play events: community skating afternoons, hockey pickup games, snowman competitions, community scavenger hunts, snow fort building, snowshoeing races. If you have any ideas or would like to join in the fun, please email emailplay@haysboro.org.

The best way to stay informed of great community events is to buy a yearly community association membership and get on our email list (some events are planned and announced only a few days or weeks ahead – not nearly enough time to get info in the Haysboro Horn). This way you'll be in the know and won't miss out!



Haysboro Horn DEADLINE

Article submissions to editor@haysboro.org or info@haysboro.org before the 1st of each month

The Haysboro Horn is the monthly newsletter of the Haysboro Community Association and is distributed free of charge to all community residents and businesses 12 times per year. Community Classified announcements can be submitted free of charge, with paid community membership, to info@haysboro.org or by calling 403-253-1563.

Display advertising and Business Classified advertising inquiries should be directed to the newsletter publisher, Great News Publishing.

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Haysboro Community Skating Party

Monday, February 15

2-5pm

Haysboro Outdoor Rinks, 1204 89 Ave SW

Bring your skates and helmets and join us for some outdoor skating fun!

Cash concession hosted by the Haysboro Community Preschool.
Hot chocolate, apple cider and baked goods.



HAYSBORO
COMMUNITY ASSOC.

Programs at Haysboro Community Centre

**For Haysboro Program Registration please contact the Hall
Monday to Friday 10:30-5:30. Phone: 403-253-1564. E-mail: info@haysboro.org**

New members are welcome to join our programs at any time if space is available. Programs may be cancelled due to insufficient registration. GST will be added to programs unless noted other wise. There is no refund after the program starts or if materials are already ordered. Fee will be pro-rated when applicable.

Drop –In Tot Time

On-going

Monday to 9-11am (except school holidays)

Come visit with other parents as our kids play with the room of toys! Please bring your own nut-free snacks and drinks. Members \$1, non-members \$2, coffee and tea \$1
Contact Kourtney – kourtneyb@shaw.ca

Zumba and Children's Dance

Dance classes for 9 weeks Jan 12-March 15

Tuesdays:

2:30-pm-3:15pm - Kids Creative Dance

7:45-845pm - Zumba Adult

Kids: 55 for members/75 (non-members) including GST

Zumba: \$70 members/85 non-members including GST

Haysboro Preschool with Allison and Kerry

Haysboro Preschool is a parent-run program for three and four years olds. Guided by University trained, experiences teachers in an open environment, children choose from a variety of learning centres, circle time, stories and outdoor play with a maximum of 12 children per class. For further information or to view the classroom, please call 403-253-1563 or view online at www.haysboro.org.

Tai Chai

8 week session

Tues/Fri 9:15 am - 10:15 am

Tai Chi is a series of slow, flowing movements. The short form being offered is easily learned and performed by anyone regardless of age or physical condition. Tai Chi gently stretches and tones the whole body, relaxes and calms the mind. Call Betty at 403-259-4635.

2x/week - \$65 for members \$75 for non-members

1x/week - \$35 for members \$45 for non-members

Senior Resources Group

Fourth Thursday of the month 1:30-3:30 – Entertainment, Talks, Trips for Seniors

Rhyme and Reason

Interactive program for 0-2 year olds and their caregiver
www.rhymeandreason.ca

Wednesday 9:30-10:30

\$60 for members \$75 for non members

NON-HCA RUN PROGRAMS – PLEASE REGISTER- Prapti Yoga

Classes are offered Monday and Wednesday Evenings and Sunday Afternoons. Once a month workshops on Friday evenings. Mondays are registered classes, Wednesdays are drop in classes and Sunday afternoons are registered classes perfect for beginners or those with physical limitations.

All classes develop strength and flexibility and are taught with playfulness, humour and compassion.

Call Kathy Dodd at 403-869-5323 or visit www.praptiyoga.com for more information and registrations.

South Calgary Ladies Bridge

Fridays 12:00- 3:00

50 Plus Bridge

Wednesdays 12-3

Call Lois for more info 403-278-6978

Dawn Ross Therapeutic Yoga

Ever done yoga class and thought “Thank goodness I survived that.” Join me for a completely different experience in classes designed for the average Joe non bendy body type. Enjoy the benefits of yoga without turning yourself inside out or upside down to do it. You'll gain hip & shoulder mobility, core stability, im-

~continued next page~

PROGRAMS - WEEKLY SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM							
9:00 AM		Drop-in Tot Time	Tai Chi 9:15 - 10:15	AllStar Enviro Safety 8:00-5 Rhyme &	Prapti Yoga 9:30 - 10:30	Tai Chi 9:15 - 10:15	Callanetics 8:30 - 10:30 2 Sessions
10:00 AM	Casey Academy 10:00 - 2:00	9:15 - 11:15		Reason 9:30-10:30			Russian Class 11-1:00 Casey Academy
11:00 AM					Saatva Seniors Yoga 11:15-12:15		11:30 - 12:15
12:00 PM				50+ Bridge 12:00 - 3:00		South Calgary Ladies Bridge 12:00 - 3:00	
1:00 PM							Karate 1:00 - 2:00
2:00 PM			Dawn Ross Yoga 2:00-3:25		4th Thursday of the Month Senior Resources 1:30 - 3:30		Pyxis Academy 2:30 - 4:30
3:00 PM	Prapti Yoga 2:30 - 3:30		Kids Dance 2:45-3:30				
4:00 PM		Coding 4Kids 4-5pm	Young Rembrandts 3:45-4:45; 5:00-6:00				
5:00 PM							
6:00 PM		Karate 6:00 - 8:00	Foxy Kickboxing 6:30 - 7:30	Karate 6:00 - 8:00	Callanetics 7-8:30	Karate 6:00 - 7:00	
7:00 PM			Callanetics	Yoga	Pyxis Academy		

Programs cont'd

prove posture & circulation and clear mental & physical clutter.

Class includes mindful movement, corrective exercises, and simple breath and mind quieting techniques.

The Casey Academy of Irish Dance Beginner Irish Dance classes

Taught by former "Riverdancers" Cara Casey and Mark O'Loughlin. Saturday mornings at Haysboro Community Centre 11:00-11:45 a.m. For ages 5-9
Call #403-520-0059 for more info.

www.caseyacademy.com

Kanto Sho Karate Club

We teach traditional Karate to anyone ages 5 and up. Classes run year round; start anytime. Check our website for information. Monday/Wednesday/Friday/Saturday
Beginner: Monday/Wednesday 6:00 pm - 7:00 pm
Advanced: Monday/Wednesday 7:00 pm - 8:00 pm

Friday 6:00 pm - 7:00 pm
Self-Help: Saturday 1:00 pm - 2:00 pm
Glen Smith, 403-681-8833, [kantosh@telus.net](mailto:kantosho@telus.net),
www.renbukaikarate.com

Foxy Kickboxing

Exercise your frustrations away with this energizing workout for women Tuesdays 6:30-7:30 pm. www.foxykickboxing.ca to register and for more information.

Integrated Wellness

ne hour stretch and conditioning class, incorporate into existing regime or on its own, this class is for everyone. Introductory workshops for new students. Rhonda Bleau, 403-681-3439, info@wellnesswithrhonda.com / www.wellnesswithrhonda.com
Tuesdays 7:00-8:00 PM
Wednesdays 11:00-12:00 PM
Thursdays 6:15-7:15 PM
Saturdays 8:30-9:30 AM or 9:40-10:40 AM

~continued on page 17~

Programs cont'd

Pyxis Academy

Pyxis, Math & Science Academy, aims at creating an environment where students will become motivated to learn and discover the power of knowledge.

Subjects

Math Gr. 1 - 12
Science Gr. 4 - 12
Physics Gr. 11 - 12

Classes

Students are encouraged to start any time. Classes run year round.

Thursday 7 – 9 pm
Saturday 2:30-4:30pm

Cost

\$100 / subject, per month. Assessment & consultation are free of charge.

Contact

Call (+1) 403-585-4211 or email admin@pyxisacademy.com

New: Coding4Kids

Mondays 4-5 pm ages 7-12
laptops provided
www.coding4kids.ca

Coding for Kids is an initiative to teach computer programming to children and youth. Our educators are professional software developers with significant teaching experience. Everyone attending our courses will acquire a solid dose of algorithms, programming and STEM knowledge while having tons of fun!

Latin Twist

We offer classes instructed by a professional dance teacher graduated from the National Ballet School in Havana, Cuba! Now teaching beginner and intermediate dance classes in: cha cha cha, mambo, salsa, bachata, merengue, cumbia, reggaeton, ballet, modern, contemporary and much more!
Ages 7-Adult. Private lessons available for ages 3 – Adult.

Six week session \$80.00 + GST

Contact us: marakatherina@yahoo.co.uk, 587-586-7912

Tuesday Afternoon Yoga

Ever done yoga class and thought "Thank goodness I survived that"? Join me for a completely different ex-

perience in classes for non bendy, average Joe types. Enjoy all the benefits of yoga without turning yourself inside out or upside down to do it. Gain hip and shoulder mobility, core stability, improve posture and circulation and clear mental and physical clutter. This class includes mindful movement, corrective exercises, breath tools, and simple relaxation techniques.

Tuesdays, 2:10pm-3:25pm

Winter Session, January 12 - March 22, 2016

11 Weeks/\$137.50+GST

What to bring - a yoga mat, blanket, yoga strap and yoga block for your personal use during classes. A strap (\$15) and block (\$12) can be purchased from me at the first class. To inquire or register yogadawn@shaw.ca, www.dawnross.ca for full teaching schedule and workshop dates.



During the French revolution when the aristocrats were being beheaded in their hundreds, Count de Beauvais plotted to overthrow the people's tribunal. He was successful to the extent of ridding France of many who opposed the monarchy. He was captured finally and was sentenced to face not the guillotine but the axe.

De Beauvais sought to save his life saying he would reveal who the others were in his group of plotters. His jailer dispatched a message to the leaders of the revolt but somehow the messenger was delayed and the count knelt to his executioner who lopped off his head. A decree of clemency arrived only minutes later but of course it was to no avail for the man had taken his secret to his grave. If there is a moral to this horrible story it is that you should never hatchet your count before he chickens.

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HAYSBORO SENIOR RESOURCES GROUP



Here we are in a brand new year. We hope that everyone enjoyed the holiday season with family and friends and that 2016 will be a year of peace and contentment.

The Haysboro Senior Resources Group meets on the fourth Thursday of the month (except July, August & December) 1:30-3:30 p.m. at the Haysboro Community Hall, 1204-89 Ave. S.W. All seniors are invited to attend. Tea, coffee and cookies are served after the program when you can visit with friends and neighbours.

November was a busy month. The Craft & Bake Sale on Nov. 7th attracted a large crowd and was very successful. Thanks to all who donated baking, supported the vendors and worked so hard to make the event a success.

The annual Christmas Turkey Dinner on Nov. 26th was a sell-out where folks enjoyed a delicious meal followed by a sing-a-long and door prize draws. A big thank you to all who organized the event and saw that everything ran so smoothly. We could not function without our many dedicated volunteers. A special thanks to the members of the Lighthouse Church who served the meal and provided the entertainment.

Our next meeting on January 28 will feature a presentation by Kristen Brown-Schoepp of the Wild Bird Store who will talk about our winter feathered friends and how to care for and enjoy them.

Anyone interested in attending Heritage Park Senior Follies (luncheon and entertainment) in early March please let us know at the January meeting so that we can make the necessary arrangements. More details will be available at that meeting.

See you on the 28th. I'll leave you with this thought: The hardest thing about being poor is watching the rest of the world go buy!

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12 WEEKS AFTER

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- Metabolic Testing & Fat Burning Injections
- Medical history review & lab testing

Benefits of our CleanStart hCG program:

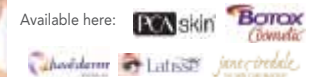
- An average weight loss from ½ lb to 1 lb per day
- Resets your metabolism & Reduces your appetite
- NOT a starvation diet
- No loss of muscle or structural fat
- Lose the weight and keep it off!

Facial Aesthetics



Reduce Wrinkles, Increase Eyelash Thickness, Healthy Looking Skin

Available here:



Travel Vaccinations

We offer ALL Travel Vaccinations, including: Hepatitis A/B, Yellow Fever, Tetanus



A305, 1600 - 90th Ave SW

(3rd floor Glenmore Landing)

For more info or to book a free consultation

Call 403-452-5699 Today!

www.GlenmoreHealthcare.com

Natural Living Workshop

In support of the Haysboro Community Association's 'Making Haysboro a Better Place to Play' fundraising efforts, we invite you to attend a workshop session on Natural Living.

Come listen to Sarah Wong, purveyor of a healthy lifestyle as she shares her tips, tricks and nuggets of wisdom on natural living topics. In the first session of this series, we will focus on the home, discussing ways to reduce toxins in the home and save some money while you're at it. With a passion for health, especially for children, Sarah spends much of her free time reading, researching and attending seminars on health. You will also head home with recipes and instructions on making your own cleaning supplies along with some samples. If you are new to the idea of eliminating toxins from your home and lifestyle, this is a great place to start. If you are well on your natural living path, expect to leave inspired.

\$15 for HCA members
\$20 for non-members

Saturday January 9, 9:30-11:30 AM



Haysboro Neighbourhood Scavenger Hunt

We are looking for volunteers to help organize and run a neighbourhood scavenger hunt/amazing race next May or June. We need people to organize and run activity stations and are looking for local businesses to participate in this fun all-ages event.

If you have an idea for a challenge or would like to volunteer to help, please contact Sonja at play@haysboro.org or 403-875-7725 to join or lead the organizing committee.

Heritage Time Out

in McDougall United Church
(no religious content/ non-denominational)

Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages. Make friends and have a personal time-out!

Wednesday mornings 9-11 from January 6-March 23.

Registration is preferred, but there is drop-in availability. Babysitting is supplied.

Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

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— bowl of —
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MADE FRESH DAILY

Offer valid until March 15, 2016

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Carriage House Inn

9030 Macleod Trail S. Calgary, Alberta T2H 0M4 www.carriagehouse.net 403-253-1101

Southland Leisure Centre

MEND Mind, Exercise, Nutrition...Do it!

MEND is provided at no cost to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. MEND will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. Ages 2Y – 4Y: A 10 week healthy eating and activity program for families.

Friday Night Dance Party – January 29 and February 26 from 7:15-10:00pm.

Admission to the party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No partner required!

Wednesday Soccer Drop

Age: All ages
Soccer in the gymnasium. Develop foot skills, practice drills or play a game. Nets and standards are available. Please supply your own soccer ball.

Calgary AfterSchool

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

Day: Monday to Thursday, 3 – 6 p.m. and Fridays, 1 – 5 p.m.

South Calgary Youth Council (SCYC)

An exciting opportunity for youth ages 12 – 17 years to become active participants in their community. Learn how to be an influential leader, have a voice in community projects while having a great time and meeting lots of new friends. Meetings are held once a month, October – June, along with additional volunteer opportunities.

Fridays, 7:30 to 10 p.m. Youth Night – Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark.

Volunteer Opportunities

Southland welcomes volunteers, 13 years old to seniors,

to assist in a variety of programs and activities throughout the year. Opportunities include Babysitting, Day Camps, Fitness (Disability and Weight Room), Special Events, Skating, Sport Programs and Youth Programs.

Drop-in Playschool

Want to sample some of our Playschool activities? We have Drop-in Kinderschool for 3-5 year olds on Mondays and Wednesdays, 1-3 pm.

Drop-in Preschool Programs

Check out some of our drop-in preschool programs including Kinder Room, Friday Funtime, Kinderschool, Snug and Tot's Gym Time.

Drop-in Climbing and Gymnastics

Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball

Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

Every Sunday, 8 am to noon. Family Swim

Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Adults must be accompanied by a child and all children must be accompanied by an adult.

Babysitting Room

Treat yourself to some 'me time' to workout or take a class. Book your children into our Babysitting Room Monday – Thursday 8:30am – 8:15 pm, Friday 8:30am-6pm, Saturday and Sunday 8:30 am – 12:30pm.

Day Camps

Register your children for some fun in Southland Leisure Centre's day camps. www.calgary.ca/recreation.

PD School Days

Did you know that Southland Leisure Centre offers programs to elementary school aged children on some Professional and Parent-Teacher Interview days? Hours of School's Out Day Camps are 7 am – 6 pm, www.calgary.ca/recreation.

Southland Leisure Centre Playschool

Southland Leisure Centre's Playschool is recreation-based and provides children with skills and awareness that emphasize the value of recreational play. We include educational aspects through activities, songs, arts/crafts and more. Playschool programs are for two to four year olds from September to June.

your COMMUNITY business of the month

Market On Macleod

Kingsland Community

Many longtime residents of Kingsland and the surrounding area will recognize the name Kingsland Farmers Market and have stuck with them through the transition to the current Market On Macleod. Admittedly, the market went through a very tough period and they lost some great friends and vendors. But according to the new market manager, Alex Cameron, they feel the worst is now long behind them and the future is bright with very exciting things on the horizon.

The market is now almost completely full with permanent vendors. Some very recognizable names like Broxburn, Prairie Farms, Spragg's Meat Market, Sylvan Star Cheese and Greens, Eggs and Ham are here and as strong as ever. And don't forget Sunworks, Billingsgate Seafood Market, Sichani's Mediterranean, Simple Simon Pies, More than Bagels, Rustic Sourdough Bakery, Lotus Herbal and Herbal Healing. There are also some very exciting new vendors like Brant Lake Wagyu, Shirley's Green House and Kruse Bakery.

If you are looking for an interesting place to grab a meal then, you will want to check out the award winning Big Catch Sushi, A Touch of India, Fresh-Adilla, La Picnic, Pranzo Italiano or Kaffir Lime. If a coffee or smoothie is more your speed then come to Noble Tree Coffee, Hand Crafted Coffee or It's All Good Organic. For those that are looking for gluten free, be sure to check out Miss P's.

When it comes to looking for gifts for special events be sure to visit Twitchin Threadz, PaSu Farms or Zenscapes by Emily. Upstairs, you can take a relaxing massage at Your Health Span or take a Yoga class at Anahata Yoga Studio. There is literally something for everyone who is a foodie or interested in health, nutrition and supporting local business.

The market will be launching a new speaker series in January with key topic areas including Health & Wellness, Farm to Fork, Business and finally Arts & Family Entertainment.

There are many more restaurants and vendors selling meats & produce, local and fair-trade products and ready

to go meals that will quickly become favourites on your weekly menu.

Located on Macleod Trail just a couple of minutes south of Chinook Centre at 78th Ave there is abundant parking with very easy access whether you are going north or south-bound. The market is open every Thursday through Sunday from 9-5. Drop in for a coffee on the way to work or pick up some groceries on your way home. Also be sure to check them out for some truly local and unique gift ideas.

The Market is Vendor owned and operated with all of funds going back into developing the market to serve the community including new meeting rooms and the atrium which are available for rent for groups small and large as well as small trade shows.

Next summer the market will be expanding to include an open-air tent and vendors selling from the back of their trucks and they are now accepting inquiries.

Come visit the Market On Macleod this week!

For more information, as well as speaker series and vendor inquiries please contact Alex at 587-354-1120 or marketmanager@marketonmacleod.ca.



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Phone & Vendors Inquiries: 587-354-1120

Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping

Give new life to your Christmas tree

You can turn your real Christmas tree into useful mulch instead of waste through The City's Christmas Tree Recycling program. Trees are collected from homes that receive residential garbage collection. Place your tree on the ground near your black cart collection spot **by 7 a.m. on Friday, January 8**. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Please **leave your tree out** and it will be picked up by the end of January.

If you live in an apartment or condo, tree drop-off locations are open from December 26 to January 31:

- Bowness Fire Station #15 – 6328 35th Ave. N.W.
- Spyhill Landfill – 69th Street and 112th Avenue N.W.*
- Prairie Winds Park – 223 Castleridge Blvd. N.E.
- Bottomlands Park – St. George's Drive and Seventh Avenue N.E.
- Marda Loop Communities Association – 3130 16th St. S.W.
- Parks Compound – 10312 Sacramento Dr. S.W.
- East Calgary Landfill – 17th Avenue and 68th Street S.E.*
- Shepard Landfill – 114th Avenue and 68th Street S.E.*

**Landfill locations are closed Sundays.*

To prepare your real tree for recycling, remove the tree stand and any ornaments and lights. Do not bag or tie your tree.

The mulch from recycled Christmas trees is available to residents at no cost at the East Calgary landfill, while quantities last.

For more information, visit calgary.ca/christmastree.

- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

January at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

A new session of registered programs starts in January 9 – check the Program Guide or www.tricocentre.ca.

Price Freeze

- Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

- Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included in membership.

Older Adults

- Registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

Families

- Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; non-members \$3 per person.

Children & Youth

- Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.

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MOVED TO NEW LOCATION! Sue, formerly of Haymour's Barbershop, invites all familiar clients to join me at Bliss Barber & Hairstyling in the Southwood Corner Mall. Address, #127, 10233 Elbow Dr SW, right behind the Tim Horton's. Phone 403-253-9493. Looking forward to seeing you soon, in my new location.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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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, 403-269-2707.

HEAL YOUR LIFE: Licensed and Certified Teacher of Heal your Life Workshops, Coaching and Training is accepting clients and workshop participants. The philosophies of Louise Hay revolutionized the wellness industry; join me in learning to Love Yourself and Heal Your Life. Contact Sheryl at 587-436-7755 or visit www.evolutionabundance.com.

BUSINESS CLASSIFIEDS

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PIANO AND VOICE LESSONS: In Hayboro, Ages 5 to University. Piano: RCM exam prep. Levels 1-6, Theory Rudiments all 3 levels. Beginner Voice for students with 4 years of piano/other instrument. Experience/Training: 10 years of professional teaching and performing, BFA Music. Creative and kids welcome! Call Jaimee at 403-465-2803 or email jaimee.leebaggley@gmail.com.

HOME RENOVATING: Haysboro resident available to help with your home renovating needs. I have 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.

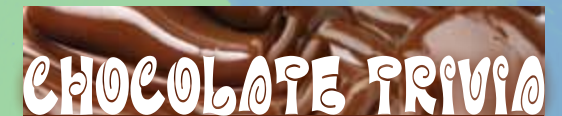
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ACCESSIBILITY SOLUTIONS FOR SENIORS: Alberta's RAMP program may assist you with the cost of modifying your home to be more accessible. We are a small, local company that specializes in unique solutions to mobility challenges. Free in-home consultation. Call Darrel at 403-861-9709 or email dperlau@shaw.ca.

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A recent study indicates when men crave food, they tend to crave fat and salt. When women crave food, they tend to desire chocolate.



MLA CALGARY-GLENMORE ANAM KAZIM

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Calgary, AB Canada T2V 5A8
Ph: (403) 216-5421, Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

Hello everyone,

I would like to wish you all a very Happy New Year and a sweet 2016!

I hope all of you had joyful holidays with family, friends and loved ones. I had a great time as I attended the events such as SWCRC Holiday Tea and "Get Together" with Community Members of the House of Jacob in our constituency. At all of the events throughout the holiday season, I had an excellent opportunity to spend meaningful time with you.

As we enter into the New Year, it is common for us to set a New Year's Resolution. My New Year's Resolution is to seek even better opportunities to work with you and be the best representative for our constituency. In order to foster this resolution, it will be my pleasure, whenever possible, to meet with you. Janice and Jonathan, our office staff is available and maintain an open door policy. We so look forward to getting to know each one of you.

I want to continue collaborating with you regarding further improvements and advancements of our communities. For this reason, our office is hosting our first 2016 Open House Gathering on Thursday, January 14, 2016 from 4:00pm to 6:00 pm. Please feel free to drop into our constituency office, and enjoy conversation and refreshments on your way home. My staff and I will be more than happy to see you, discuss ideas/ issues concerning you, and learn about New Year's resolutions you may have for yourselves, your families and Calgary-Glenmore.

As we enter the New Year, I am pleased to look back on 2015 and share with you the engagements I had with you all, the progress that occurred on our issues/ concerns, and my vision for our constituency in 2016. I would also highlight the government's initiatives in the past year, along with a sneak peek into the government's plans for this year.

- The budget for 2015-2016 was introduced
- The Royalty Review was performed

- The Flood Protection Plan-Springbank was approved
- Integration of constituents' feedback on reducing environmental impact in the construction of Southwest Ring Road
- Alberta's Leadership in Climate Change was introduced
- Further initiatives will be taken towards Climate Change in 2016
- Ministry of Economic Development and Trade was created to facilitate start-up of new businesses and diversify the economy
- Haysboro Playground was inaugurated
- To foster public engagement in the upcoming months there will be events such as "Run with your MLA", "Glenmore's Talent Night", and many others based on the suggestions received.

in & around your community schools

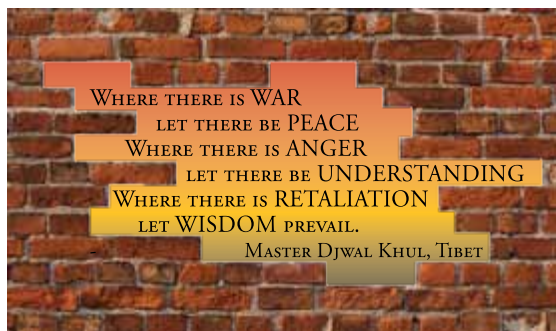
École St. Gerard

Hello 2016! We hope all of our families had a wonderful holiday season!

Important Dates for January:

- January 4: Regular Classes Resume
- January 22: No School (Professional Day)
- January 25-27: Alien In-Line Skating for kindergarten, grade 1 and 2.

Bienvenue!



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LET THERE BE PEACE
WHERE THERE IS ANGER
LET THERE BE UNDERSTANDING
WHERE THERE IS RETALIATION
LET WISDOM PREVAIL.
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www.ward11calgary.ca

Happy New Year! I hope you all had a great holiday. I'm taking this opportunity to share a bit of a 'Year in Review' of 2015, and to share what is on the horizon for 2016.

This past year we've had some exciting project developments in the Ward:

- The SW Transitway BRT received GreenTRIP funding, and is now going ahead with engaging our communities in the preliminary designs. Stay posted for more information sessions to come early in the New Year.
 - Phase I of the 37th Street Stormtrunk project is near completion. We can expect to see landscaping work in Spring 2016.
 - ENMAX is in the process of moving a substation and transmission lines in the Oakridge area to accommodate the construction of the SW portion of the Calgary Ring Road. Access for you and your canine friends is expected to remain, but that access will rotate throughout the construction.
 - Engagement on the 20th Street Bikeway project is wrapped up. Stay posted for more details on the installation of the bicycle lanes in the New Year.
 - Phase I of the River Park, Sandy Beach, Britannia Slopes Improvement Project finished in Summer 2015. Phase II began in Fall 2015, you'll see work on restoration, access changes, and amenity upgrades.
 - The Crowchild Trail / Flanders Avenue Interchange is well into the construction phase, with an anticipated completion in Fall 2016.
 - The Currie Barracks development plan was approved and is moving ahead.
 - The communities of Garrison Woods, Garrison Green and Currie Barracks are now officially named as such.
- Thank you for your patience as the City works hard to create better connectivity for all citizens and modes of transportation.

I've also supported some awesome projects in our communities:

- The children in Lincoln Park created a beautiful painted mural to help create community awareness and connection.
- A rain garden has been built in Oakridge, replacing a

gravel pad. The rain garden is a great means to naturally filter stormwater before it goes back to the rivers, and create a valuable community space.

- The CKE Skate Spot opened Fall 2015 and is seeing lots of use!
- The Southwood Skate Park is under construction. We look forward to a grand opening in Spring 2016.
- The City's largest solar photovoltaic project to date was installed at the Southland Leisure Centre. This is an exciting green initiative and addition to our ward!
- Kingsland installed four Little Free Libraries. If you haven't checked them out, these hand-painted little boxes are a must-see!
- The new and improved Variety Spray Park at South Glenmore Park was unveiled in Summer 2015!
- Haysboro is building a natural playground. With natural features, this playground is one that enhances our children's relationship with the environment and fosters imagination.

These are only some highlights. My office is here to help. If your community is interested in a neat initiative, let us know!



In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

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**Best Wishes
for a Healthy and
Safe 2016!**

The Home Hunters Real Estate Group
Grant, Steve & Randy

WE MAKE YOU #1

STEVE HUNTER | GRANT HUNTER | RANDY KEYLOCK

Market Statistics

Single Family homes in Haysboro:
14 active listings - average list price \$573,350
13 sold listings since Oct 1 - average sale price \$493,337 with 37 days on market

Condominiums in Haysboro:
26 active listings - average list price \$290,980
5 sold listings since Oct 1 - average sale price \$219,400 with 52 days on market
(Statistics based on CREB MLS System listings as at Dec 4, 2015)

For expert real estate advice with personalized service & attention to every detail, call The Home Hunters Real Estate Group!

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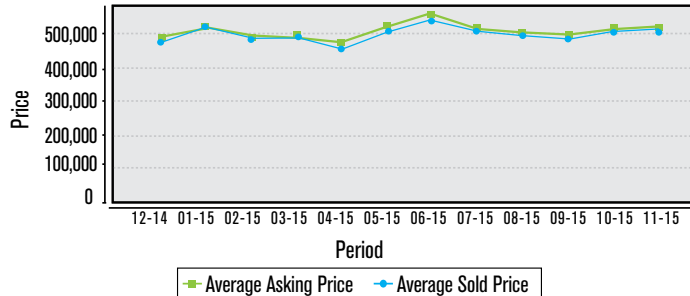
Contact my office:
Brayco Financial 403.259.4077 gerry@brayco.ca | www.brayco.ca
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Gerry Bray



Happy New Year

CURRENT HAYSBORO STATS



	Average Asking Price	Average Sold Price	Adjustment Percentage
November 2015	\$511,175	\$501,625	-2%
October 2015	\$512,942	\$507,339	-2%
September 2015	\$491,266	\$476,666	-3%
August 2015	\$502,816	\$493,000	-2%
July 2015	\$513,937	\$506,050	-2%
June 2015	\$560,450	\$545,983	-3%

This is not intended to solicit properties currently listed for sale.



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**KEEP
CALM
AND**

*Happy
New Year!*

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