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THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER

www.haysboro.org

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HAYSBORO COMMUNITY ASSOC.

Ph: 403-253-1563 • Fax: 403-253-6524 • www.haysboro.org
1204 - 89 Ave SW, Calgary, AB T2V 0W4
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	
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Programs& Events	Kourtney Branagan	events@haysboro.org	
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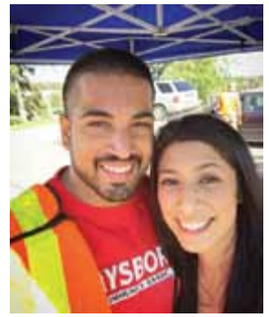
Communications	Garry Swanson	communications@haysboro.org	
Senior Resources	Dorothy Block	srgroup@haysboro.org	
Trico Liaison	Donna Sharpe	donnas@haysboro.org	
Volunteer	Vacant	volunteer@haysboro.org	
Membership	Vacant	membership@haysboro.org	
Director-at-large	Saadia Stainsby	saadias@haysboro.org	
Director-at-large	Dean Wallbank	deanw@haysboro.org	
Director-at-large	Jean Johnson	jeanj@haysboro.org	
Director-at-large	Justin Barrett	justinb@haysboro.org	
Director-at-large	Lauren Gilbert	laureng@haysboro.org	
Director-at-large	Jenne Newman	jennen@haysboro.org	
Director-at-large	Steven Snell	steves@haysboro.org	
COMMUNITY CONTACTS			
HCA Administration and Hall Rentals	Fiona Swanson	info@haysboro.org	403-253-1563
50 Plus Club	Hope Raymond		403-255-5757
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 H. Robinson	pol4196@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 Publishing	sales@great-news.ca	403-720-0762

BOARD NEWS



HCA COMMUNITY CLEAN-UP

On Sunday, May 29, 2016, our successful Annual Community Clean Up sponsored by London Drugs took place in the Heritage Square parking lot. From shortly after 9:00 a.m. until 2:00 p.m. vehicles streamed through with their recyclables and garbage. Child car seats were stripped for recycling and electronics of every type were brought for recycling. A large amount of metals were dropped off for recycling. The City of Calgary had trucks on site for both compostable and regular garbage and the City employees were incredibly helpful in unloading vehicles and ensuring things smoothly went where they were supposed to.

Heritage Square London Drugs Manager Ben Pullein and his staff, Anna and Angela, were very busy helping out in every way possible. London Drugs is active in communities all across Canada but I believe Ben and his staff are the best there is, hands down. Not only do they provide the parking lot for our use, they provide hamburgers, soft drinks and water for all volunteers. London Drugs accepts batteries and light bulbs for recycling so if you missed the Community Clean Up, you are still able to recycle your batteries and light bulbs at the store. A great big "Thank you" to Ben and his staff, we couldn't have done it without you.

Thanks also to Saadia, Jean, Justin, Donna, Doug & Pascal, Peter, Michelle, Tony and all community members who participated.

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Pardee's Puns

By Mark Pardee

One man who used horse shampoo in the early 1980s suffered a strange side effect: Whenever he had to speak with his accountant, he would call Ernst … and whinny.

Membership Drive and Party

The annual Haysboro Community Association membership drive is coming once again this September. After a long day of canvassing we will be celebrating with a party at the Hall on Sunday, September 18th. Save the date!

Haysboro Community Preschool

Haysboro Community Hall
1204 89th Ave SW
403-253-1653

We have programs for 3 and 4 year olds, morning or afternoon

Contact www.haysboro.org for up to date pricing, class time and registration information or email preschool@haysboro.org for any further questions

Note : 4 year old AM is currently full due to preregistration

Haysboro Churches

Heritage Drive Chapel *Church of Jesus Christ of Latter-Day Saints*	935 Heritage Dr SW
Hope for Life Christian Fellowship *Interdenominational* , St. Gerard's School, 96th Ave SW www.hflchurch.ca *Non-denominational*	403-255-6110
Lighthouse Church *Interdenominational* O-9827 Horton Road SE www.calgarylighthouse.com	403-640-2099
St. Andrew's Presbyterian Church 703 Heritage Dr SW www.standrewscalgary.ca	403-255-0001
Springs Church 924 Heritage Drive SW	403-473-3400
St. Gerard's Church *Catholic* 8944 Elbow Dr SW http://stgerards.ca	403-253-2251

Haysboro Schools

Haysboro Elementary	403-777-8530
Woodman Junior High	403-777-7490
Henry Wise Wood Senior High	403-253-2261
Haysboro Community Preschool	403-253-6524
Calgary Early Learning Centre	403-255-4288
Bishop Grandin Senior High	403-252-7541
St. Gerard Elementary	403-500-2028
Akiva Academy (ECS - Gr. 6)	403-258-1312
St. Augustine Fine Arts School (K-9)	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
Eugene Coste School (S) K-1	403-777-8511

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

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.

HAYSBORO COMMUNITY ASSOC.

What do you think when you hear the word Haysboro?

Home. Family. Friends. Neighbours. Cozy. Lots of Parks. Walking. Biking. Playing. Peaceful.

There are many words to describe Haysboro – but they say a picture is worth a 1000 words – so we need your help!!

T- Shirt Logo Contest

Name: _____ Membership #: _____

E-mail: _____ Phone #: _____

Entry Deadline is: August 31st, 2016 Winner announced at Membership Party September 18th

e-mail entry to play@haysboro.org or drop of at the community hall

Design should:

-have the text "Haysboro" and the quadrant "SW".

-be a simple white or black design

-be no more than an 8.5 x 11" piece of paper (portrait)

-be a front design

-be creative

Clothing ordered through Local Laundry–check them out at locallaundryapparel.com and see what other communities have done

Fine print – logo becomes the property of local laundry apparel and the HCA.

The Haysboro Senior Resources Group meets on the fourth Thursday of the month (except July, August & December) from 1:30 - 3:30 p.m. at the Haysboro Community Hall, 1204-89 Ave. S.W. The next meeting will be on September 22nd.

We've had a busy and interesting 2016 so far with informative talks from pharmacists and meals on wheels, an audio/visual presentation called Dirt Road History and a day trip to Head-Smashed-In Buffalo Jump. As well, some members participated in a Jane's Walk in the community and a tea with grade one students from Eugene Coste School. A barbecue luncheon in June wound up activities until the fall.

The Annual General Meeting took place in April when the executive for the coming season, starting in September, was chosen. I wish to apologize for neglecting to mention one new exec member, Dorothy Kingsmith, who is now heading up the Phone Committee.

For the first meeting of the fall season on September 22nd we are pleased to announce that the Rhythm Kats, a group of senior entertainers, will be joining us for a fun afternoon of music. Watch for more details in the August issue.

A reminder again of the Craft & Bake Sale scheduled for Saturday, November 5th. You can book a table and get more information by contacting the Community Hall at 403-253-2563 or info@haysboro.org. This is a fund raising event in support of the snow shovelling/lawn care program.

A big thank you to all of the new and returning executive members.

We wish everyone a pleasant summer and hope to see you in September.

HAYSBORO HALL HAPPENINGS

By Fiona

I am sitting at my new desk – it is facing the door – and past the computer screen, as I type, I can see out the window. It reminds me of being in school on a hot summer day – longing to be done for the day – for summer. Arranging the room in a different way can give a new perspective or bring up old memories or both. It feels different facing south instead of east, but I know I will get used to it because I think Garry would not be pleased to set up all the equipment again.

The Lounge has been updated a bit as well, thanks in part to the Senior Resources Group – giving new opportunities for different programs and rental opportunities. I hope you will come to an event in the Lounge and see what is new. I am looking forward to the SRG movie afternoon on October 10th at 1:30 – I am not too sure which movie it will be – Garry would pick Casablanca or Citizen Kane – His all time favourites. I remember the first movie we watched when my family got a VHS recorder was 'The African Queen'. If you have any suggestions let me know and we will see what we can do.

This Wednesday is the AGM and I look forward to working with current Board Members and those who will have just joined. A new perspective or more I hope -- as that can make all the difference to the direction and focus of the Board. A big thank you to Maxine for her leadership as President – her vision and drive has brought a lot of new initiatives to the HCA. (Not to mention that she was one of the decision makers in me being employed at the Haysboro Community Hall). We will see what vision and direction the new President brings. We have a very active Board and a number who are interested in civic affairs and community planning so it will be interesting to see where their leadership takes us.

If any committee or events interest you don't hesitate to get involved and to be a part of YOUR community! North, South, East, West – we all have a valuable perspective to bring to the table ... or desk! I am getting lots of compliments on the desk – thank you to the donor – and the office looks bigger. Maybe this new perspective will be good – I wish I could see the playground though!

Consider the Impact of the SW BRT on our Community

By Lesley Farrar

Access to Rockyview Hospital
As a result of the proposed SW BRT bus-only lanes on the west side of 14th St there will be a loss of southbound egress lanes into Rockyview Hospital and loss of northbound egress lanes exiting the hospital. According to the Stantec 2015/16 Functional Planning Study (Figure ES.12), the proposed SW BRT buses will have priority access at the 14th Street / 75 Avenue intersection. Northbound buses will cross this intersection diagonally to cross existing southbound vehicle lanes and access a "shoulder operation" bus lane on the north side of the Glenmore Trail causeway.

Buses are projected to run every 5 minutes –in both directions- during peak hours, resulting in buses crossing 14th St intersections every 100 seconds. It is currently undetermined if Emergency Vehicles will use bus or vehicle traffic lanes.

Narrower Lanes on 14th Street
According to the Stantec 2015/16 Functional Planning Study, the Southwest BRT construction will narrow lanes and medians on 14th Street north of 90th Avenue. Lane width on 14th Street will reduce in size from 3.7m to 3.5m and median width from 5.5m to 2.6m.

The Complete Streets Guide, approved by Calgary City Council in 2014, designates 14th Street as a Skeletal Rd (Map #7).

Within the guide, skeletal roads are defined as "These roadways primarily provide movement between one area of the city and another. They are typically higher speed roadways, used for private vehicles and goods movement with limited support allowances for active modes of travel."

The Revised Street Designed Standards in the Complete Streets guide recommend lane widths of 3.7m for skeletal roads (p 19) and stipulate a median width of 6m for the skeletal road designation (p105).

Transit Oriented Development (TOD)
From Stantec 2015/16 Functional Planning Study:
"A notice of motion was put forward (by Ward 11 Councillor Brian Pincott and passed) by City Council on February 9, 2015, which acknowledges The City's plan for a station in the area of 14 Street SW north of 90 Avenue SW, their desires for comprehensive TOD in proximity to transit stations, RioCan's (the owner of Glenmore Landing) intentions to proceed with redevelopment to intensify and broaden the land uses to include residential zoning, and the fact that The City owns land to the south and east sides of the shopping centre, which could potentially limit the redevelopment potential. The notice of motion directed Administration to "work collaboratively with the owner of the Glenmore Landing Shopping Centre to develop a comprehensive plan that takes into account the SW Transitway, the Municipal Development Plan, the Calgary Transportation Plan, and the adjoining City owned lands". A second directive of the motion included working "directly with the Glenmore Landing Shopping Centre owner to explore the disposition of surplus City owned lands to be included in the overall comprehensive redevelopment, including opportunities for the provision of non-market housing within the future development and report back to Council through the Land and Asset Strategy Committee for approval of any resulting terms and conditions of sale". Opportunities for redevelopment will be brought forward to City Council by RioCan and Administration when determined to be practicable."(p xi)

Do your own homework and consider the impact the SW BRT will have on our community. **Please attend the Transit & Transportation committee meeting regarding the SW BRT on July 20th**, 9:30am at Historic City Hall. Members of the public are granted 5 minutes to speak about how the SW BRT will affect them and their communities. Have your voice heard by decision makers regarding this issue and the impact it will have on YOU.

Sources:
2015/16 Functional Planning Study (executive summary) PDF link from: http://www.calgary.ca/Transportation/TI/Pages/Transit-projects/Southwest-Transitway.aspx?redirect=/swtransitway

Complete Streets Guide Policy (TP021) and Guide PDF link from:http://www.calgary.ca/Transportation/TP/Pages/Planning/Calgary-Transportation-Plan/Complete-Streets.aspx

HAYSBORO SENIOR RESOURCES GROUP

HEAD SMASHED IN BUFFALO JUMP
Forty-two of our Senior Resources Group gathered in the parking lot for a 9:00 a.m. departure to Head Smashed In Buffalo Jump on May 26, 2016. Although the sky was a bit overcast we were hoping for a sunny day for our trip. When we arrived at Head Smashed In we were divided into two groups for the tour, one group was led by Clint and one by Simone, both members of the Blackfoot Confederation. We watched a 20 minute movie "Piiskun" as an introduction to the history of the buffalo jump. From it we learned how the native peoples set up and utilized the jump to kill the buffalo, which were essential to their culture and lives. Every part of the slain animals was used, from nose to tail, nothing was wasted. It was explained how the meat and bones were separated, how the meat was dried, pounded into powder and mixed with fat and berries to make pemmican, a staple of their diet. We viewed many artifacts, including the containers used to store the pemmican underground.

It was then time to venture outside 200 metres to the actual jump site. As thunder crashed not far away, Simone and Clint explained precisely how the buffalo were driven to the jump from some distance away. Various tribes used the jump at different times but care was always taken not to kill more than was required for survival.

At the end of the tour we viewed another movie "Ghosts of the Buffalo" which showed how the buffalo were decimated by the arrival of white men on horses with guns. The slaughter was horrific and not only almost wiped out the buffalo but also destroyed the natives' way of life. Our native peoples were dependent on the buffalo and the decimation of the buffalo impacted them severely.

We then enjoyed lunch in the cafeteria with a choice of buffalo chilli or buffalo stew and bannock and Jell-o and fruit for dessert. After a quick stop at the gift shop it was time for group photos and boarding the bus for the trip home. The weather held until we were about half way back to Calgary when the skies opened and it poured but by the time we got back to the Community Hall the sun was again shining after a wonderful day. Many thanks to Dorothy Block, Pat Minton, Saadia Stainsby and of course our wonderful Fiona, for arranging and managing an entertaining and educational day.

Programs at Haysboro Community Centre

For Haysboro Program Registration please contact the Hall
Monday to Friday10:30-5:30. Phone: 403-253-1563. 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
March 29 - May 17 Spring session
(8 weeks) *Tuesdays*
Creative dance 3-4 yrs: 2:30- 3:15pm (45mins)
Hip Hop 5-7 years: 3:50-4:40pm (50mins)
Bassburn (Adult): 7:45-8:45pm

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

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

PROGRAMS – WEEKLY SCHEDULE

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

Programs cont'd

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, 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

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 experience in classes for non bendy, average Joe types. Enjoy

~continued next page~

Programs cont'd

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.

War On Debt Classes
Learn how to pay off all of your debt in 5–7 years without making more money. Debt is like quicksand, the faster you struggle the faster you sink, but once you grab a hold of the principles in Dani Johnson's War On Debt course, you'll never get sucked into the cycle of debt and overspending again. The easy steps and rock solid strategies in this program have ***helped tens of thousands of people to pay off millions in debt***. Come learn step by step instructions to bring your account balances to **zero**. Learn the difference between wise and foolish spending and so much more... **First class starts on Tuesday, February 16th, at 7:00pm at the Haysboro Community Center.**

Classes will continue every Tuesday at 7:00pm. Classes are completely FREE to members of the community association. Anyone can become a member and use the community center facilities. Memberships cost $15/singles, $30/families. Membership can be purchased at the War on Debt Class.

Spaces limited.
For more information or to register please send email to karla@mayfieldrenovations.com

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PARADE OF GARAGE SALES

By Sonja Sahlen

Thank you Haysboro!

A huge thank you to everyone who made our Haysboro Community Garage Sale such a success. We couldn't have done it without a fantastic group of volunteers: Justin, Kourtney, Sue, Jack, Dorothy, Fiona, Bre-Ann, Trudy, Diane, Melissa, Lauren, Michelle, Mary, Tracy, Dawna and Adrian.

We raised almost $1000 for our rink improvement project!

Thank you to the Managers at Kingsland Cobs and Starbucks locations for donating coffee, tea and scones to keep our volunteers happy and energized. We really appreciate the support of local businesses when planning community events.

We had 12 community tables and lots of sporting equipment donated and sold at our community table.

Thanks to everyone who donated items. A huge thank you to London at Heritage & Westcorp for donating 21 bikes – a fantastic addition to our sale.

At least 17 residents added their names to the Haysboro Parade of Garage Sales too.

The weather was mostly cooperative. We did pack up an hour early – the very black clouds and strong wind definitely scared us off and in the name of safety it was best to clear out of the open field.

Thanks to everyone who rented a table & we really appreciated the extra help putting away the tables, chairs and un-sold items before the rain came.

This was a fun all-ages event that brought our community together to find new owners for some of our things! Watch for our community garage sale again next year.

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Haysboro Resident Poised To Cycle Across Canada

Article written by Lorisa Tait

Last September Hobart Road resident **Graham Tait decided to join the Sears National Kids Cancer Ride 2016**. Now he lives and breathes cycling after his work days, joining Fondo rides, pushing the extremes of hill climbing and tracking his kilometers in any weather. To date he has cycled 6 100km of his 10 000km training goal.

From **September 7-24th** he and other Team 2 volunteer riders will cycle approximately 200 km per day to ride large swaths of the Country from Vancouver to Halifax, stopping at many of the 17 childhood oncology centres throughout the country along the route. Each morning they dedicate the ride to children who have passed away, are battling cancer as well as those living beyond cancer.

He and fellow Calgarian, Erin Rooney are the only Alberta participants in this year's ride and are on Team #DominicStrong for the lead up Alberta Tour for Kids this July supporting Camp Kindle. Graham and Erin have 2 big fundraising events in place.

The first is **"The Calgary Inside Ride 2016" that will be held at the Southland Leisure Centre on Wed., July 13th, 6:30-8:30pm**, where teams of friends are encouraged to sign up to compete on a fun level on stationary bikes hooked up to computers. Prizes will be given out for best costume, and many other categories. There will be a DJ pumping out some heart pumping music. This is an all ages event.

There will be one more event with live music and silent auction to be held Aug 28th at Civic on Third.

The Charity is Coast to Coast Against Cancer Foundation and the website is www.beyondkidscancer.com. 100% of funds raised support childhood cancer research and support programs. All costs are covered by cyclist registration fees and some generous corporate sponsors.

For more details and to contribute to Graham's $25 000 fundraising goal visit Graham's National Ride website at http://snkcr.com/graham-tait .

Follow Graham's ride and its lead up on his website and give him a cheer and hello when you see him pass by on his daily rides.

Sean van der Lee, Lawyer
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CALGARY PUBLIC LIBRARY

The New Adventures of Engine 23
Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!

Alberta Parks — Friends of Fish Creek Provincial Park Society

PARKS DAY & CREEKFEST

Free and Fun for the Whole Family!
Sunday, July 17, 2016
11:00 am - 4:00 pm
Glennfield, Fish Creek Provincial Park
(14228 Bannister Rd. SE)

Peter Puffin's Whale Tales

"The Muskrat's Tail" Coyote Kids Theatre

Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest!

Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek! Enjoy the dynamic performance "Good Night and Good Duck" by Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre and local musician Alex Boisselle will also perform. Take part in interactive games and activities focused on preserving our natural areas. There will be a draw for the people who took public transit. Food will be available to purchase. Amazing Prizes... **And Much More!**

Special thanks to First Calgary Financial – a division of ConnectFirst Credit Union, and McLeod Law LLP for supporting Parks Day & Creekfest! Thank you to the Bow Valley Ranche Restaurant and Great Events Catering for their involvement and support of this event. We gratefully acknowledge the generous donation from The Calgary Foundation that has helped make the use of "The Calgary Foundation Centennial Stage" possible.

friendsoffishcreek.org/event/creekfest facebook.com/creekfestinfishcreek

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Haysboro Books Need You

Thanks so much to all of you who have donated your lightly used paperback books. We appreciate it! You'll be happy to know that we're now raising $200-$300 per year for the community, a quarter at a time.

Now we need you again.

Our supply of books is severely diminished. If you have any lightly used soft covered novels that you are willing to donate please leave them with Fiona at the front office. Please donate your hard covered books and non-fiction somewhere that they will be appreciated as they simply don't sell on our book shelves.

Thank you!

CASINO Volunteers Needed

The Haysboro Community Association requires volunteers to help staff a casino on August 30 and 31, 2016. If you are interested, please contact Julie O'Brien at 403.238.7666 or casino@haysboro.org for more information.

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* Expires Aug 31 2016

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www.GlenmoreHealthcare.com

Guides Canada BLACKFOOT DISTRICT

Even in the Summer!
July and August are a great time to practice your Guiding skills with your family and friends. Try a new physical activity, do some gardening, go tenting, start a campfire or help out around the neighborhood. Some Blackfoot units are travelling this summer and others are attending the national camp - Guiding Mosaic. Guiding is a year round experience! Why not give it a try!

The communities within Blackfoot District are:

Acadia	Elboya	Meadowlark Park
Britannia	Erlton	Mission
Bel-Aire	Fairview	Parkhill
Beltline	Haysboro	Ramsay
Canyon Meadows	Highfield	Rideau
Chinook Park	Inglewood	Roxboro
Connaught	Kelvin Grove	Southwood
Downtown East Village	Kingsland	Stanley Park
Downtown West	Manchester	Victoria Park
Eagle Ridge	Mapleridge	Willowpark
Elbow Park	Mayfair	Windsor Park

If you live in one of these communities we can find a unit near you!

On-line registration for the 2016-2017 season has started and is on-going. We are actively looking for not only youth members but adults as well! For more information go to www.girlguides.ca

Girl Greatness Starts Here
Have a Great Summer!

IN & AROUND SCHOOLS

St. Gerard School

Cher Parents,

It's hard to believe that this will be my last principal's message for St. Gerard. It has been a great ride and I have enjoyed serving this community for the last 7 years. I am thankful to have had the opportunity to work with such great teachers and kids; they made it easy to come to work every day. I was also blessed to have a supportive and collaborative parent community to work with; together we have made our school even more amazing. St. Gerard has had principals before me and will have others after me; however, although we steer the ship, it is the community that makes this a great school and that will never change.

God Bless and thank you for giving me the privilege of working with your kids.

Mme Wozny

Changes at St. Gerard: Our school is excited to welcome our **new Principal, Christian Harries**. He began his position in May. This has allowed him to observe all functions of the school and get a feel for our community. Welcome! Another change in our building was **saying goodbye to St. Cyril School**. It has been a pleasure having you in our building for the last 2 years. We are excited for you as you begin the next school year in your renovated building. Thanks for the awesome BBQ you hosted for us on June 9th!

School Supplies - the deadline for ordering school supplies is July 11th. Details are on our website. If you are not ordering supplies through the service, please refer to the lists published.

Top 10 Highlights of the 2015-16 School Year
1. Story Telling Residency with Jeff Stockton
2. Special Lunches every Monday
3. In-line skating (gr. K, 1, 2), Skiing/snowboarding (gr. 5, 6), Swimming (gr. 3, 4)
4. A presentation from Calgary Opera: The Magic Flute
5. Carnival Day
6. Celebrating our school and student achievements at monthly assemblies
7. Artist in Residence Gail Bartel
8. Mission Impossible unit in phys. ed.
9. Daily SPARK (physical activity)
10. Openminds to Glenbow School (Mme. Cote's grade 4/5 class)

Wishing EVERYONE a wonderful SUMMER!

Haysboro 2016
Jane's Walk

by Sonja Sahlen

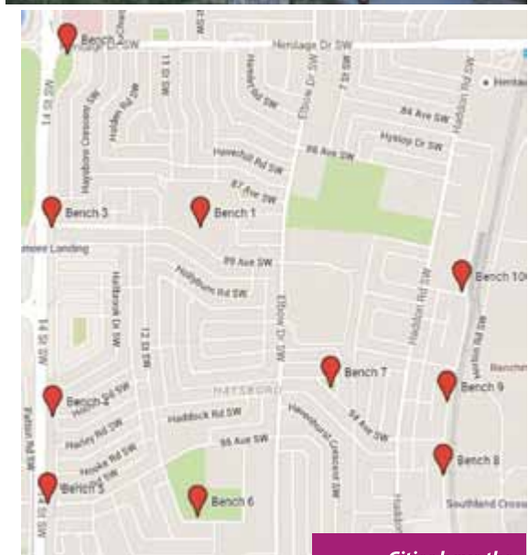
We had a wonderful turnout for the Haysboro Jane's Walk on May 7th: 17 adults, 4 kids and 3 dogs.

Jane's Walk Mission: To develop urban literacy and a community-based approach to city building by encouraging citizen-led walking tours that make space for every person to observe, reflect, share, question and collectively reimagine the places in which they live, work and play. In this way, we honour the legacy of Jane Jacobs whose writings championed the voices of local residents in neighbourhood planning. Janeswalk.org

We attempted to do the Haysboro 7km Legacy Bench Walk. Leaving and returning to the Haysboro Community Centre. We offered a shorter loop for a few in our group who needed it; thanks to Kourtney B. my co-leader.

I needed to modify the large loop as well – we didn't make it down to Haddon Rd and the last 3 benches. Next year we'll do the opposite route! Everyone seemed to enjoy themselves and the talk of what to add next year was definitely encouraging! We also have the idea of doing a 'bench maintenance' community day as some of the benches need a little TLC.

We enjoyed a lovely tea in the park after our walk and continued the conversations. Thank you to Jennifer Gerla, our local Steeped Tea consultant for the warm and cold teas and Kingsland Cobs for providing some of their yummy apricot loaf and apple pie scones. Thanks also to Mother Nature, the weather was perfect for a morning walk!



Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.
– Jane Jacobs-

About the Benches:
As part of a Millennium Project these benches were designed to add enjoyment to your walk as you follow the story of Your Haysboro Community recorded on the benches; to view the landscaped beauty of a mature community; to meet and socialize with you neighbours and to better acquaint yourself with, and take pride in Your community.

Thanks to Julie Black and everyone at the Calgary Foundation for supporting and promoting this in Calgary. Janet from CF, was a lovely addition to our walk and lives in Haysboro too!

I had fun leading this walk and we'll definitely look to repeat this in our neighbourhood in the future.

TRICO CENTRE
11150 Bonaventure Drive SE

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.

July 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 (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership 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.)

Membership Specials while the Pool is Closed
After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*

Summer Fun for Families, Children, Youth
- **Summer Day Camps**: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Preschool Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults
- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults
- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

BRAIN GAMES SUDOKU

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		3		7		8		

FIND SOLUTION ON PAGE 28

Haysboro Real Estate Update

Last 12 Months Haysboro MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	$539,900.00	$532,500.00
April 2016	$527,250.00	$518,500.00
March 2016	$485,000.00	$450,000.00
February 2016	$505,000.00	$495,000.00
January 2016	$419,900.00	$410,000.00
December 2015	$449,900.00	$439,500.00
November 2015	$485,000.00	$462,500.00
October 2015	$516,500.00	$510,000.00
September 2015	$449,000.00	$435,000.00
August 2015	$504,850.00	$496,500.00
July 2015	$482,450.00	$485,750.00
June 2015	$559,450.00	$552,500.00

Last 12 Months Haysboro MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	12	12
April 2016	6	8
March 2016	9	3
February 2016	5	3
January 2016	7	3
December 2015	4	3
November 2015	2	5
October 2015	9	7
September 2015	8	3
August 2015	7	6
July 2015	7	8
June 2015	8	6

To view the specific SOLD Listings that comprise the above MLS averages please visit **haysboro.great-news.ca**

Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to $15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only $160 for an individual golfer and a discounted rate of $600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the change to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

Southland Leisure Centre

2000 Southland Drive SW
calgary.ca/leisurecentres
Summer Daycamps 2016 -Southland Leisure Centre's S**ummer Daycamps are now registering** look for our program guide online (www.calgary.ca/recreation) and on stands.

Stampede Breakfast
July 14, 9 to 11 am - Come to Southland Leisure Centre's annual Stampede Breakfast for food, music, dancing, petting zoo, face painting and much more!
NEW "Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"
Wednesday Soccer Drop-in Southland Leisure Centre
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.

Drop-in Climbing and Gymnastics
There's so much to do at Southland Leisure Centre! 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.

SOUTHLAND LEISURE CENTRE PLAYSCHOOL
Phone: 403-648-6582
Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on availability. Spaces are still available for the 2 1/2 and 4 year old programs for the 2016 to 2017 school year. NEW - Check out our new "Playschool Pick your day" for a flexible and affordable active social experience for your preschooler.

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the Aqua-Play structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion
- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke
- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid
- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention
- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

Haysboro mybabysitterlist

Name	Age	Contact	Course
Ryan	13	403-252-6104	Yes
Ashley	14	403-560-9378	Yes
Maya	14	403-253-9390	Yes
Katrina	15	403-919-3138	Yes
Nicole	15	403-850-8460	No
Katrina	15	403-201-0139	Yes
Emma	15	403-369-7656	Yes
Danika	16	403-640-4331	Yes
Jillian	16	403-255-0562	Yes
Jakarta	19	403-808-8503	No
Sarah	24	819-679-3059	Yes
Marlene	65	403-454-2413	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: *We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.*

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagras.ca
- **August 18 to 20 – ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca
- **August 18 to 27 – GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

AUGUST

AUGUST 5 TO 7 EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com

AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com

AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat

Book Trivia

Don Quixote is the best-selling novel of all time, with over 500 million copies sold.

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BRAIN GAMES SUDOKU

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7	**8**	5	**1**	**3**	6	**2**	4	9
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6	**1**	3	**9**	7	**4**	8	**5**	**2**

Pet Insurance is for everyone, including Vets

Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board- certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assesses every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

Jennifer L. Scott, D.V.M.

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Haysboro. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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IN & AROUND CALGARY

Historic Calgary Week

July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: www.chinookcountry.org for the program list.

MLA CALGARY-GLENMORE
ANAM KAZIM

#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
Ph: (403) 216-5421, Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

Dear Constituents:

Happy Canada Day to all - united as provinces and territories celebrating our 150th birthday!

In this month of Calgary Stampede, we ready cowboy hats, boots, belts, scarves to celebrate our strong western roots with family and friends. I am delighted to host my first Stampede Breakfast and have you join me personally to share the joys of our community we are all very proud of. Please mark your calendars and refer below for more info regarding our MLA Stampede Breakfast:

MLA Anam Kazim Calgary Glenmore Stampede Breakfast Details:
Date: July 13, 2016 **Time:** 7:00 am- 10:00 am **Location:** Heritage Park
Join Us For: Free Breakfast, Entertainment, VIP Guest Speakers, and Face Painting
Agenda:

6:30-7:00am	Greeting in the Plaza and escort to tent on the green with friends/ volunteers
7:00am-7:30am	Opening w Blessing of Treaty Six Lands. VIP Guest Speakers
7:00am- 9:00am	Matt Masters Band and MC - while refreshments served
7:30- 9:30 am	Pancakes and Breakfast served
9:00am – 10:00am	Paul Finkleman: Songs and Stories VIP Guest Speakers
9:30 – 10:00Am	Breakfast Buffet closed - mingling and entertainment
10:00am	Farewell

Recognitions: I would like to congratulate two high school constituents from Calgary-Glenmore who participated in the **MLA for a Day Program** this year in May 2016 at the legislature. Also, many thanks and congratulations to the students of Grade 6 from Calgary Jewish Academy who visited the legislature and learned about politics by actually experiencing it. I was happy to introduce them in the chamber and the introduction can be watched by scrolling to 1:31:45 pm using the following link: **http://assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3424&EssenceFormatID=73&date=20160525&browser=0**

My Participation in the House: Question to the Hon. Min of Education-David Eggen about the measures being taken for better education of our children especially in First Nations' communities. Please scroll to 2:30:04

http://assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3432&EssenceFormatID=73&date=20160531&browser=0

-Question to the Hon. Min of Transportation-Brian Mason on public transit. Please scroll to 2:45:33 pm.

http://assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3407&EssenceFormatID=73&date=20160518&browser=0

For continuous updates please check:
Facebook: Anam Kazim MLA Calgary-Glenmore
Twitter:@anamkazimMLA

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	**911**
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- Forty word limit

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

KEYBOARD SHORTCUTS

SENDING E-MAIL MESSAGES
Use the following keys (if you are emailing a document or a message) when the insertion point is in the email header. To move the insertion point into the email header, press **SHIFT+TAB.**

ALT +S
Send the active document or message.

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I was also glad to stop by the great Neighbour Day Events in our ward. Through BBQs, bike parades, and block parties, I've seen that getting out, meeting your neighbours and learning more about each other is a fundamental of building community! Thank you to all of the volunteers who worked so hard to organize these great events!

Thanks to all who joined my team and I on June 9th, 2016 for our information session on Little Free Libraries. It was great to see so much interest in the little libraries, and another great example of building community! We were honoured to have Calgary's newly appointed Poet Laureate, Micheline Maylor share her words; to have Calgary Reads share on Calgary's reading landscape; and volunteers from the Lincoln Park Tool Shed to share about sharing tools! We'd also like to thank Voltage Creative Garage for hosting us in their awesome collaborative arts space, and the expertise that some of their artists shared with us. If you missed this event, please get in touch, and we'll be happy to share the information with you.

We've got many projects and project studies happening in our ward: the 50th Avenue Corridor Study; the construction of the 20th Street Bikeway; the construction of the 61st Avenue Greenway Corridor; the phasing of the SW Transitway BRT; the construction of the Crowchild-Flanders Avenue interchange; the River Park, Sandy Beach, Britannia Slopes redevelopment; the new Southwood Skatepark, and more.

As we move into the summer season, you will notice the Roads crews out repairing sidewalks, curbs, gutters, guard rails, fences, concrete barriers, and roadway surfaces like cracks, manholes, potholes and sinkholes. Please be patient as the crews take to maintaining over 1400 hectares of boulevard green space along major roadways, and continue sweeping where needed.

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca to stay informed about projects, and if you haven't yet – ask to receive our seasonal electronic newsletter for a summary of Ward 11 happenings mentioned above!

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HAYSBORO MARKET STATISTICS

Single Family homes:
10 active listings - average list price
$483,240 with 24 days on market

22 sold listings since March 1 - average sale price
$509,302 with 42 days on market

Condo/Townhouses:
0 active listings
1 sold listing since March 1 - sale price
$469,000 with 19 days on market

Apartments:
22 active listings – average
$262,836 with 61 days on market

11 sold listings since March 1 – average
$219,418 with 49 days on market

Statistics based on CREB MLS System listings as at June 6, 2016.

11135 BRAXTON RD SW $419,900

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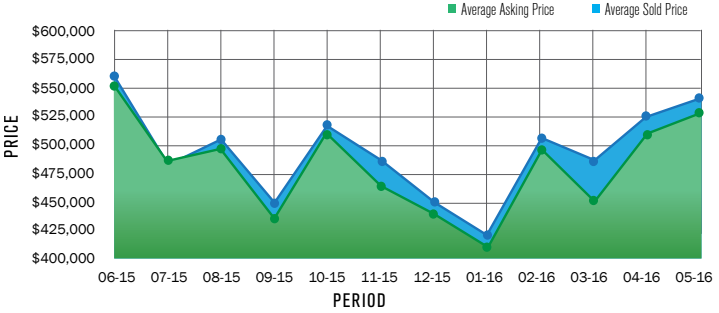

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