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THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER




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MAY 28

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Now that is
some serious
Calgary soccer
pride.

AND WE'RE PROUD
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

CUPE
Calgary's city employees

Making your city
work for you



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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 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

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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

PRESIDENT'S MESSAGE

By Maxine Morrison

Over the years we have had many civic issues and development projects presented to the HCA Board for approval, comments and improvement suggestions. Although these issues affect all Haysboro residents the Haysboro Community Association Board, as per the bylaws, is responsible to HCA members and not the community at large. We are a volunteer run organization with only one employee and limited resources.

It is not in our mandate to approve or disapprove of what the city does, but rather educate the community, receive feedback, and encourage the city to take into account the views and needs of Haysboro Community Association Members. As concerned volunteers living in Haysboro our questions are the same as yours and we are asking them!

When calling for volunteers within the community and/ members we can barely get enough volunteers to do our own membership drive, program, services and events, let alone canvassing for civic issues. Right now the resources are just not there. Typically for civic issues and development projects there is a quick deadline that just does not allow for the time it takes to recruit volunteers.

We are aspiring to get membership up to a level that we can email timely surveys to our members and have confidence that we represent the community as a whole. Right now we range from 450-550 members on average from year to year in a community of over 3500 households. We need 1750 members to represent 50% of our community. The average voting for Civic elections typically gets only 25% of the population. We are currently at 17% for members within our community. This can change only with you: so get your membership, share your emails, and let us keep you informed and engaged faster and more often.

We realize that not all members have emails, so how can we reach them better. That is again where you can help - sign up on our volunteer sign up form to be available to canvas through out the year. Having a prepared and ready volunteer contact list of hundreds will

help us react quickly to getting our Haysboro residents informed and doing surveys that will help us lead the City of Calgary representatives better.

Until membership and volunteerism greatly improve, we are doing the best we can with the resources available to us. This starts with you, so get a membership and renew yearly, share your email, sign-up to volunteer and ask your neighbours and friends to do the same!

HOT Topic:

There have been numerous materials being delivered to your doors that are simply untrue. So I want to shed some light on the issue.

Recap on what HCA Board has been doing since 2010 to currently, in regards to the SW Bus Rapid Transit project:

- **Projected transit project proposed in 2009**, Brian Pincott and the YYC team informed us of this possible project. At this stage it was just an idea, he advised us that once they get some initial surveys and assessments done on the need, they will then need to apply for funding.
- **2010 the idea got approval to do the initial needs assessment.** Brian Pincott and the YYC team kept us informed along the way. This was a 20 year old project that the city was trying to bring back to life after the success of other BRTs throughout the city. The SW was a forgotten about quadrant with transit improvements.
- **Until the project and budget is approved**, there are no funds to create detailed design concepts and planning schedules.
- **The project got quiet for a couple of years**, since there was nothing we or the city could do until a budget was approved. Since Brian Pincott and/or one of his team always attends our Board meeting we did ask on a regular basis where the project was at and if there were any updates.
- **2015 Budget approved for \$40 million.** As soon as the budget was approved Brian Pincott and the YYC team informed the Board and asked for comments and suggestions on design. With four plus meetings, over a two month period, they kept us informed of design changes and updates. We shared our concerns as a board, which are:
- Safety for pedestrians, with only one existing bridge in the design. We collaborated with the YYC team and Brian for how can we add two bridges to the design within the budget. Each bridge costs 6-8 million each, in a recession this is a major challenge.

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PRESIDENT'S MESSAGE...cont'd

We advocated for a sound wall for all of Haysboro, as high as on the west side sound wall of 14th street.

2016 Brian Pincott and his team continue to collaborate and work with our HCA Board to find the best possible solutions working within the city transit outlook and transit needs for all YYC citizens.

The SW Bus Rapid Transit is a transit development project that affects not only HCA, but the residents of all communities along the proposed route. The most effective way to have your voice heard regarding this project is to contact your Councillor, Brian Pincott, and to participate in the City of Calgary's online forum.

We as a board are, and will, continue to work collaboratively with Brian Pincott and the YYC team to ensure successful and proactive development projects that move YYC into the next half-century. The one constant is change, so instead of fighting it, work with it and lead it towards best results possible.

Haysboro Community Preschool

REGISTRATION DAY

For the 2016/17 school year is

Saturday March 5, 2016

From 9:00am-10:00am

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, a wait list will be taken on March 05

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 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 HALL HAPPENINGS

After weeks on sunshine, today is overcast and cloudy making me think that perhaps winter is not finished with us yet! However, these weeks of warm weather has everyone ahead on the spring clean-up – not Garry and I though – we are not gardeners – although I did discover that my friends kids play a game called 'pick up sticks' so that was a start! Gotta love 3 and 4 year olds. I tried that once with an 8 and 9 year old – I think they charged me a quarter a stick!

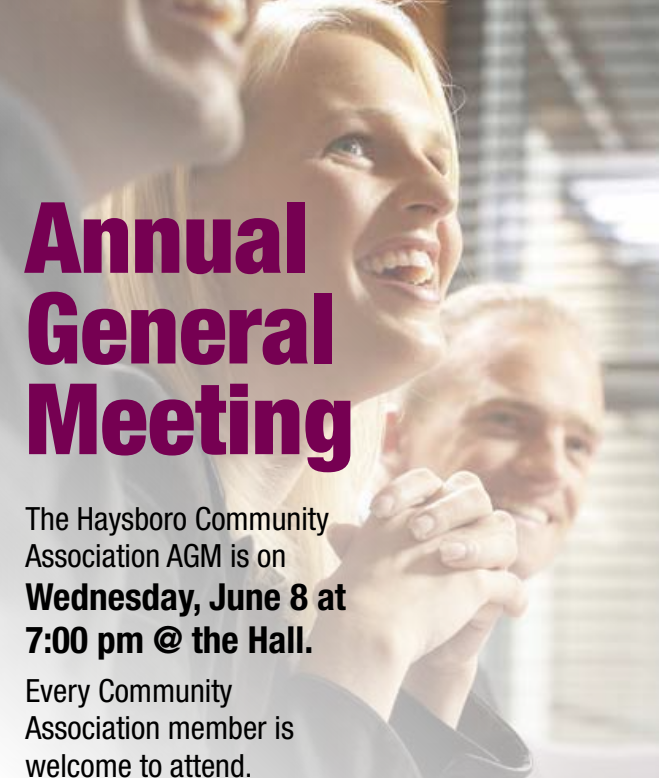
For those of you spring cleaning, decluttering, downsizing, or moving out - the parade of garage sales is on May 28 – please sign up on line or call the hall with your address. If you don't have a garage or yard – you can rent a table at the community hall or simply donate your items to the Rink Improvement project. I have been cleaning out crevices and corners of the hall so there might be a few items – some of which you might previously have owned, as it seems the lost and found continues to grow.

May 29 is the Community Clean-Up from 9-2 at London Drugs – Please remember it is a recycling program and does end at 2pm – do not dump stuff off after 2 pm. There will be a BBQ from 11-1 for all to enjoy.

June 8 – come to the AGM – we are hoping to have some improvements done to the lounge by then and maybe some plans of needed Life Cycle Improvements that the City requires us to do.

As I write this I am in holiday mode as we leave for California in six days – so it is hard to think of anything interesting to write. I have to be careful what I write now – since Garry plans to take a copy of the March Horn as written documentation that I will go on the 'Tower of Terror' and other rides.

Come by and say hi and see what I thought of 'The Happiest Place on Earth' (aka Disneyland).



Annual General Meeting

The Haysboro Community Association AGM is on **Wednesday, June 8 at 7:00 pm @ the Hall.**

Every Community Association member is welcome to attend.

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

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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.



Community Clean Up

Get Your Spring Cleaning Done
Sunday May 29, 9am-2pm
 London Drugs

"We Care"

DEERFOOT

Carpet & Flooring

<p>Carpet</p> <p>Starting Under \$1.99 Psf</p>	<p>Hardwood</p> <p>From \$1.99 Psf</p>	<p>Tile</p> <p>From \$0.99 Psf Limited Quantities</p>	<p>Laminate</p> <p>From \$1.39 Psf</p>
<p>Cork</p> <p>From \$1.99 Psf</p>	<p>Linoleum</p> <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p> <p>From \$0.99 Psf</p>	

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6170 - 12 ST. S.E. 255-5880 NEW HOURS! Mon-Wed. 9-6 • Thursday Friday 9-8 • Saturday 9-5 • Sunday Closed

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www.deerfootcarpet.com

Calgary London Drugs stores are celebrating an impressive 93.1% waste diversion rate for 2015! In a continued effort to extend their waste diversion efforts beyond stores and into the communities they serve, London Drugs is once again hosting the Haysboro Community Cleanup in partnership with City of Calgary. Community residents are encouraged to responsibly recycle household items that are either at the end of their usable life or can be donated to local charities.

The following items will be accepted for proper disposal or recycling on May 29 between 9am and 2pm:

- Furniture
- Organic materials (leaves, grass clippings)
- Small appliances and electronics
- Large garbage that does not fit in waste carts
- Electrical and Electronic goods (TVs, VCRs, computers, monitors, printers etc)
- Cell phones, PDA and rechargeable batteries
- Alkaline Batteries
- Compact Fluorescent Bulbs (CFL's) and fluorescent light tubes up to 4-foot lengths
- Disposable cameras
- Ink jet cartridges
- Laser cartridges
- Metal film canisters
- Plastic bags
- Laser cartridges

Please note that the following items are not accepted:

- Large home appliances
- Household chemicals
- Propane tanks
- Car batteries
- Liquids
- Paint

Volunteers Needed! – Lifters, Sweepers, Trucks and Drivers

To make this a great event and to help out residents in our community clean their spaces we are looking to create a team to help pick up and drop off items to London Drugs. This team will help our senior residents and those with limited transportation options. We are also looking for residents to help clean the community association parking lot, surrounding grounds, and various green spaces in the community. We are looking for those who can sweep, shovel, and do some light labour in the community. Please email Kourtney – events@haysboro.org or click the Volunteer link above the HCA logo at haysboro.org.

DID YOU KNOW? We always provide a great meal and refreshments to our volunteers. That means we need a team of those looking for a 'light duty' volunteer job to help make this day successful.

London Drugs Parking Lot
 8330 Macleod Trail SE
 Corner of Heritage Drive and Macleod Trail

DID YOU KNOW?

Customers can recycle the following items anytime at any London Drugs location:

- Electrical and Electronic goods (TVs, VCRs, computers, monitors, printers, small appliances, etc.) are recycled through Global Electric Electronic Processing (GEEP) and e-Cycle. All electronic products are recycled back to their basic components before being shipped. London Drugs works diligently to ensure that our electronic recyclables are not shipped to sub-standard off-shore facilities.
- Styrofoam is recycled through FOAM Only.
- Plastic and cardboard packaging from our products
- Cell phones, PDA and rechargeable batteries are recycled through Call2Recycle.
- Alkaline Batteries
- Compact Fluorescent Bulbs (CFL's) and fluorescent light tubes up to 4-foot lengths
- Disposable cameras
- Ink jet cartridges
- Laser cartridges
- Metal film canisters
- Plastic bags
- Pop bottles and cans (BC only)
- Insurance plastic folders

Last year, London Drugs customers at all stores who dropped off their recycling contributed to over 11.5 million pounds of waste being diverted from landfills including 72,236 lbs of styrofoam.

Programs at Haysboro Community Centre

**For Haysboro Program Registration please contact the Hall
Monday to Friday 10:30-5:30. 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 otherwise. 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, experienced 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 Chi

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, improve posture & circulation and clear mental & physical clutter.

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

PROGRAMS - WEEKLY SCHEDULE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 AM				AllStar Enviro		
9:00 AM		Drop-in Tot Time	Tai Chi 9:15 - 10:15	Safety 8:00-5		Tai Chi 9:15 - 10:15	8:30 - 10:30 2 Sessions
10:00 AM	Casey Academy 10:00 - 2:00	9:15 - 11:15		Rhyme & Reason 9:30-10:30	Prapti Yoga 9:30 - 10:30		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					4th Thursday of the Month Senior Resources 1:30 - 3:30		Karate 1:00 - 2:00
2:00 PM			Dawn Ross Yoga 2:00-3:25				
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			

Programs cont'd

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,
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

One 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 interme-

~continued next page~

Programs cont'd

diate 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 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

Looking forward to seeing you grow and get that heavy burden off of your back!





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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

Cheap & Chic!

Shop at WINS thrift stores where you get brand names for less everyday.

Ladies pants starting at **\$4**

Ladies blouses starting at **\$6**

Men's shirts starting at **\$5**

WITH THIS COUPON
RECEIVE 20% OFF YOUR PURCHASE

4 convenient locations including:
Fisher Park 134—71 Ave SE (Macleod & Glenmore)
403-255-7514
womeninneed.net



GET YOUR CAR MAINTAINED AND YOU COULD WIN!

WHEN THE PROS GET YOUR CAR READY FOR SPRING, YOU'RE READY TOO.





UNTIL MAY 31st, 2016

\$109.95

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COMPREHENSIVE
MULTIPOINT VISUAL INSPECTION

*Most vehicles. Service Package includes a new oil filter and up to 5 litres of conventional 5W-20, 5W-30 or 10W-30 motor oil. Diesels, ¾ ton and up extra. Environmental fees, taxes and shop supplies extra as required. See back for more details.

Call for your appointment now!

Book your Maintenance Service before May 31st, 2016 and you can



ENTER TO WIN[†]

in store for **ONE OF 75**

Callaway Strata Ultimate 18-Piece Complete Golf Set




AUTOPRO

WE KEEP YOUR CAR YOUNG

Kirkham Automotive

9298 Horton Road SW Calgary, AB T2V 2X4
kirkhamr@telus.net 403-253-2033

We are fully authorized to perform warranty-approved maintenance on new vehicles.

†Enter in store. No purchase necessary. At participating centres only. Item may not be exactly as shown. Contest closes May 31st, 2016. Odds of winning depend on number of eligible entries received. See in store for complete contest rules and regulations.

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!

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HAYSBORO SENIOR RESOURCES GROUP



The Haysboro Senior Resources Group meets on the fourth Thursday of the month (except July, August and December) 1:30-3:30 p.m. at the Haysboro Community Hall, 1204-89 Ave. S.W. All seniors are invited to attend our programs. Each month features a different program which is followed by a social time. Tea, coffee and cookies are served.

May events of interest

A Jane's Walk in Haysboro is scheduled for Saturday, May 7 from 9:00-11:00 a.m. The entire route is approximately 10 km but a shorter loop option is available. Come out and learn about the history and development of our community as well as getting in a nice walk. More information available elsewhere in this issue or at the hall.

The day trip to Head-Smashed-In Buffalo Jump is on Thursday, May 26. The bus will be leaving the hall at 9:00 a.m. returning at approximately 4:30 p.m. This trip takes the place of our usual May meeting. To find out if seats are still available please contact the hall at 403-253-1563 or info@haysboro.org.

Another event of interest is the Community Clean Up on Sunday, May 29. If you can help out or need help in getting rid of things contact the hall. This is a great opportunity to tidy up the community and to get rid of your unwanted/unneeded stuff.

Next month we will report on the annual meeting which was held in April.

Then the season winds up with a noon barbecue at the hall on June 23. The cost is \$7.00 per person payable at the door.

One final note: we were very pleased to learn that a grant was recently received to update the audio-visual equipment in the hall lounge area. Our group will find it very useful in planning and carrying out programs. Thanks to those who worked so hard on the grant application.

We hope to see you at these events. It is always good to get out and learn something new and socialize with others.

SAVE THE DATE, Saturday May 28, Haysboro Community Garage Sale & Sports Equipment Fundraiser for the Rinks

As a fundraiser for the rink improvement project we'll be renting tables to members of the community for an outdoor garage sale on Saturday May 28.

If you don't have a garage, have a garage but it's full, live in a condo, or simply want to sell your goods flea market style, then this event is for you! You rent the table space, you bring and sell your goods. We help promote and lure in customers. You walk away with your profit!

The Haysboro Community Association will be hosting a fundraising table during the sale – we're looking for donations of sports equipment from generous Haysboro residents to resell during the garage sale as a fundraiser for the rink project. Have any bikes, skates, skis, snowboards, tennis racquets, fitness equipment, golf clubs, golf bags, cleats, or baseball bats that are collecting dust and you can't be bothered to put on Kijiji? Donate them to a good cause! Drop off time for sports equipment donations will be the Thursday evening May 26 from 5-8pm, at the hall. 1204 89th Ave SW.

Watch the May Horn for more details or visit our website Haysboro.org. We're looking for volunteers to sign up to help receive donated goods on May 26 (evening), set up the garage sale early Saturday morning, help with takedown at the end of the day, and host the fundraiser table. Sign up on Haysboro.org or email play@haysboro.org.



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Haysboro Real Estate Update

Last 12 Months Haysboro
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
May 2015	\$514,900.00	\$500,950.00
April 2015	\$475,000.00	\$440,000.00

Last 12 Months Haysboro
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	10	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
May 2015	4	12
April 2015	12	5

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

Parent Talk – Register Now
Thursday mornings, 10:00 – 11:30, April 14 – June 16, 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children’s books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 10 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Connecting you to the Resources you Need
 You live in one of the 28 communities served by the SWCRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren’t sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers who will:

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- provide information about, and referrals to, other available resources, programs and services
- help you “navigate the system”

Neighbours Helping Neighbours
 Calgary’s economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups,

formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men’s shaving cream.

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents’ young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children’s social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.

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**Walking
the Walk**



I am a big fan of local. Eating local, shopping local, playing local.

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So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.

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BLACKFOOT DISTRICT

Spring is in the air! It's time to register for fall 2015!
For registration information go to www.girlguides.ca.

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of Zumba, are working on WAGGGS challenges, potting flowers for Mother's Day, and having a sleep-over at Telus SPARK science centre. They will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

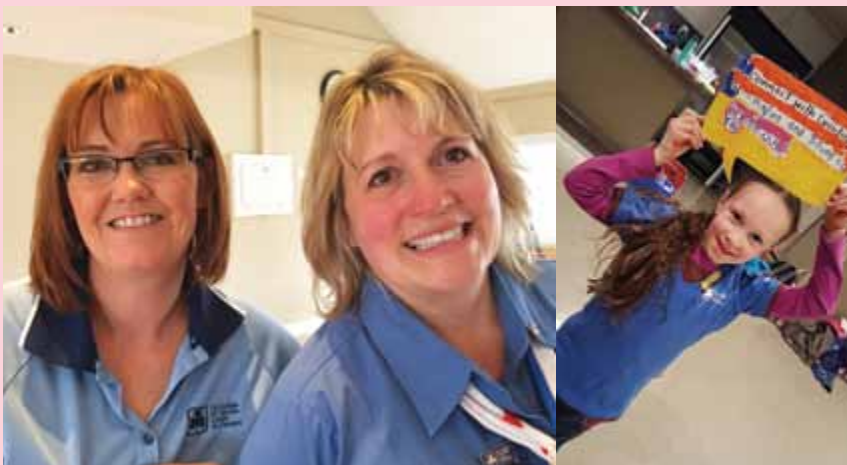


The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advance to new adventures with the Guides in the fall.



The Guide units went curling, are prepping for tent camping and a sleep-over at the zoo. Many units helped green our world by holding litter clean-ups for Earth Day. Third year Guides continue work on their Lady Baden Powel Award and some will be advancing to Pathfinders.

The Pathfinder, Ranger & Trex units went to 4 Cats Art Studio, attended the Junos, went to the Opera attended Alberta Girls Parliament in Edmonton, tried their hand at archery and will be tent camping and backpacking. Some units are travelling this summer and others are attending the GGC national camp Guiding Mosaic being held right here in Alberta.



Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

Check out our website at www.calgarygirlguides.com or go to www.girlguides.ca to register for fall 2015!

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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.

May 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, 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.)

Pool Refurbishment

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.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 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.

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
Danika	15	403-640-4331	Yes
Emma	15	403-369-7656	Yes
Jillian	16	403-255-0562	Yes
Jakarta	18	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.

IN & AROUND CALGARY

Southland Leisure Centre

2000 Southland Drive SW • Phone: 403-648-6582

Summer Daycamps 2016 -Southland Leisure Centre's **Summer Daycamps are now registering** look for our program guide online (www.calgary.ca/recreation) and on stands. Lots of Spring preschool, children's and adults programs in the guide too!

Friday Night Dance Party– May 27 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!

Summer Volunteer Opportunities

Southland welcomes volunteers, 13 years old and up for our summer daycamps. Come and enjoy your summer by keeping busy and productive throughout the summer months. For more information call 403-648-6550.

Playschool

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 2016 to 2017 school year.

Every Sunday, 8 am to noon. Family Swim. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay 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.

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? Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/recreation for more information on our School's Out Day Camps.

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Check out our membership specials - on now while the pool is getting a makeover.

**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYXC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyc.ca



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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com



Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

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IN & AROUND CALGARY

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting www.calgary.ca and searching the term 'fire pits'.

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca.

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FIND SOLUTION ON PAGE 33

Article by J. Turner
Photo by Andrea S. H. Hunt

Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

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~cont’d next page~

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Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

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Art of the world



The *Starry Night* is an oil on canvas by the Dutch post-impressionist painter Vincent van Gogh. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.



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Dear Constituents:

I would like to update you on the government's progress since the opening of the second session of the 29th Legislature on March 8th, 2016 with a Speech from the Throne. Subsequently, I am proud to say that it was a moment of honour for me to rise in the chamber and respond on behalf of my respected constituents. Therefore, in this newsletter I would like to share with you the highlights of that response and share insights into the direction the Alberta government is taking to foster progress in our province.

Alberta Child Benefit and the Family Employment Tax Credit: During the throne speech, her Honour, the Honourable Lois E. Mitchell, spoke to our government investing into the Alberta Child Benefit and Family Employment Tax Credit. This will benefit not only the constituents of Calgary-Glenmore but all Albertan families. Further information can be found at: www.finance.alberta.ca/business/tax_rebates/personal-income-tax/alberta-family-employment-tax-credit.html.

Retraining and Skill Development: Alberta's government is offering financial support for training to assist adult Albertans attain the skills they need to get a job, get a better job, or increase their skills to keep their job. Grant funding is available for full-time training programs and may include income support, tuition, books and supplies. The Skills Investment Bursary helps with costs for part-time training programs. Alberta Works also offers services, training and resources to help Albertans plan a new job path, and search and apply for positions. Further information can be obtained at: www.humanservices.alberta.ca/financial-support/3172.html.

Financial Support for Small and Medium Businesses: The Throne Speech from the Throne highlighted that government is taking steps to support business by making \$1.5 Billion available to Alberta Treasury Branches (ATB). These funds will increase lending to small and medium size businesses. This is in addition to directing AIMCo to earmark half a billion dollars for

Alberta based companies with growth potential. Further details about this program can be obtained at: www.atb.com/business/products/borrow/term/Pages/government-guaranteed-loans.aspx.

The hardcopy of the Speech from the Throne can be picked up at our constituency office.

My response to the speech can be accessed by scrolling to 3:56 pm at: www.assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3240&EssenceFormatID=139&date=20160316&browser=0.

Save The Date: MLA Stampede Breakfast is on July 13, 2016 from 7:00 am to 10:00 am at Heritage Park.



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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
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Peter Lougheed Centre	403.943.4555
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Contact news@great-news.ca

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

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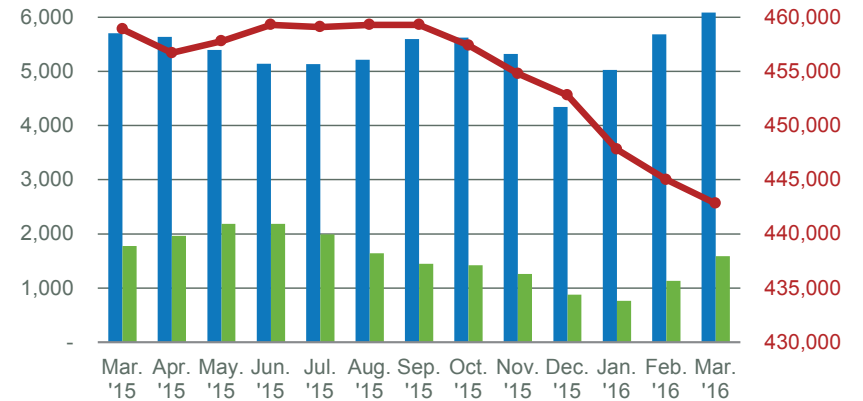
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CITY OF CALGARY INVENTORY AND SALES



The first quarter rent for 2016 is continuing to move in favour of the buyer. Higher inventory but an increase in sales has resulted in a slight decline in average values. An excellent market to purchase in, or to sell and exchange equities into a stronger property.
(Statistics based on CREB MLS System listings as at Apr 1, 2016)



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WHAT IS THE VALUE OF YOUR HOME IN TODAY'S MARKET?



Just listed - Beautiful Bungalow in Haysboro - Newly Renovated Custom Kitchen, newer roof (2013), walking distance to many schools and the Haysboro Community Centre.

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

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