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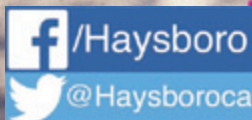
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THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER

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HAYSBORO COMMUNITY ASSOCIATION

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Editorial Submissions

editor@haysboro.org or info@haysboro.org

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Haysboro Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	511
Weather Information	511
Gamblers Anonymous	403-237-0654

HAYSBORO SENIOR RESOURCES GROUP



OPEN TO SUGGESTIONS!

The **Haysboro Senior Resources Group** meets on the fourth Thursday of the month (except July, August and December) 1:30 – 3:30 pm at the Haysboro Community Hall, 1204 – 89th Avenue S.W. Our season runs from September through June.

I would like to introduce myself. My name is Nancy McConnell and I have just started as the Programs and Publicity person for the Haysboro Senior Resources Group. I am open to suggestions as to what type of programs you would like to see us present. Please send your ideas to me by email at nwmconn@telusplanet.net or call me at 403-255-2296.

Hopefully you enjoyed our barbecue on June 22nd and your summer is going well. We are looking forward to beginning our new season on September 28th. Please note that our membership fees for the new season are being increased to \$10.00 per person (that's less than \$2.00 per program). Seniors of all ages are welcome to join the group. It's a great chance to get out and enjoy a variety of activities and to socialize with friends and neighbours.

Our new season will kick off with learning about self defence. Our instructor will be Glen Smith, who owns the Karate club that trains in our hall. He is also a retired police officer. The class will be geared to seniors and will help foster a sense of empowerment while having lots of fun. Please come and join us on September 28th!

Haysboro Community Park Phase 2

Construction on Phase 2 of the Haysboro Community Park will take place this summer. The construction schedule will be finalized soon and park closure will be limited. Vivo and Preschool Outdoor playgroups (see ads in this Horn) will not be impacted by the park closures and will run on the field or in the rinks. Check out Haysboro.org for updates and follow us on social media for the latest info.

Help us make Haysboro a better place to play! At least 2 volunteer build days will be scheduled. If you would like to volunteer to help us plant, shovel, dig and build, please contact play@haysboro.org.



Did you know that your restaurant can put a menu in our newsletter?



YOUR INSERT HERE



Turn local residents into local customers.
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 403-263-3044
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87 Monthly Community Newsletters
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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	Kourtney Branagan	403-816-2224	president@haysboro.org
Vice-President	Vacant	403-816-2224	vicepresident@haysboro.org
Treasurer	Miriam Mitchell	403-259-5145	treasurer@haysboro.org
Secretary	Lauren Gilbert	403-289-7721	boardsecretary@haysboro.org
Past President	Maxine Morrison	403-615-9443	pastpresident@haysboro.org

BOARD OF DIRECTORS

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Programs & Events	Vacant	events@haysboro.org
Communications	Marisol Narvaez	communications@haysboro.org
Volunteer	Lauren Denney	volunteer@haysboro.org
Horn Editor	Jenna Tytgat	editor@haysboro.org
Casino	Julie O'Brien	casino@haysboro.org
Senior Resources	Dorothy Block	srgroup@haysboro.org
Director-at-large	Nancy Sanborn	nancys@haysboro.org
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Director-at-large	Alan Suzarsky	alans@haysboro.org
Director-at-large	Elsbeth Crawford	elspethc@haysboro.org

COMMUNITY CONTACTS

HCA Administration and Hall Rentals	Fiona Swanson	info@haysboro.org	403-253-1563
50 Plus Club	Gary Tomasson	tomasson@shaw.ca	403-244-3109
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

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HAYSBORO HALL HAPPENINGS

Most of you don't know that for the past 9 weeks we have had a summer student, Maya, helping out in the office with the children's activities, and she has even tried her hand at replacing the rink boards.

It is a great program that the government of Canada offers to help employers pay for extra help. She has been a great asset and will be greatly missed. About her time here working in Haysboro she says: "It was awesome ... A great, tight-knit community ... nice people."

"I had a great time ... I got to meet lots of new people and was able to interact with people from different generations – from little kids to senior citizens."

I am sure we will see Maya again helping out at our events. She is off to take nursing at U of C and her kind and gracious nature will take her along way. Also helping out at the Hall is Petra – a delight to work with, who has great ideas and a gentle demeanour that welcomes everyone she meets. Jennifer has been helping out as well; figuring out exactly what happens at the hall, so that she can write a manual to help make things run even smoother.

You may have noticed Jason and Wayne pulling down boards and putting in new ones – getting us ready for hockey season! This renovation was also paid for by grants and we are thankful that we were able to make the needed repairs to the rinks. ATCO will be replacing the pipe line going through the soccer field and the parking lot – hopefully it won't be too much of an inconvenience!

The playground will be receiving some new play equipment this summer – hopefully by the time you are reading this you are already playing on it! The other big item that will be happening sometime between September and June of 2017-18 will be the recladding of the building, a new accessible entranceway and a garage type structure out back – fingers and toes crossed we get the funding to do this necessary renovation as the flickers are making swiss cheese out of the current wooden siding.

All of this is thanks to the Haysboro Board of Directors who do a lot of work behind the scenes to make Haysboro a place where we all can say: It is AWESOME!

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-3 403-777-8511

**Haysboro Community Association
Residents' Meetings**
Last Wednesday of every month at 7:30 PM
Haysboro Community Hall, 1204-89 Ave SW

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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.

For Haysboro Program Registration please contact the Hall Monday to Friday 10:30-5:30. Phone: 403-253-1563. E-mail: info@haysboro.org



Drop –In Tot Time

Mondays 9 am-11 am – Haysboro Community Hall – Main Hall

We are pleased that Kerry Urban, one of our Preschool Teachers, is going to be coordinating Tot Time. Tot Time is a time for parents to get together and chat as their kids play and socialize.

Kerry has a passion for education and brings knowledge and enthusiasm to anything she works on. Tot Time participants can help her determine what the two hours should look like. There will be opportunities for some reading, rhyming, and special guests of interest to participants and their children. Hope you will come check out Tot Time.

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
10x punch card - \$70 for members \$80 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
\$90.00 per family, \$60.00 for Haysboro members!
Starting January

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 Children ages 4-6: Mondays 5:30-6:15
Beginner: Monday - 6:15 – 7:15 p.m
Advanced - 7:15-8:15
Beginner: Wednesday 6:00 – 7:00 p.m.
Advanced: Wednesday 7:00 – 8:00 p.m.
Women’s Only; Fridays 6:00-7:00pm
Advanced: Friday 5:00 –6:00 p.m
Glen Smith, 403-681-8833, kantoshoto@telus.net, www.renbukaikarate.com

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

Dawn Ross: Bit By Bit Bodyworks presents: Customized Movement And Yoga

Looking for a class focused on what YOU need to progress in an activity you love, a yoga pose, exercise or address a specific condition or pain issue? If you answered “yes” this customized and individually focused class is for you.

The class is limited to 7 people. Each person receives a personal practice specific to their needs and desires. Your practice will be adjusted to continue to meet you where you are and move you toward your desired goal throughout the course of the session.

At the end of session you’ll have a practice you are comfortable and confident to do on your own and have progressed in reaching your goal or have reached your goal. This class is the perfect blend of yoga class meets one-on-one session.

Tuesdays
April 4 - June 6, 2017
Early Session - 6:15 - 7:30pm
Late Session - 7:45pm - 9:00pm
10 weeks

Thursdays
April 6 - June 1, 2017
7:45- 9:00pm
8 weeks

Movement and Yoga For “Every-body”

These classes are a wonderful way to get into your body and gain awareness of your unique movement and breath patterns without needing to turn yourself into a pretzel to do it. If you have ever done yoga and at the end of the class thought “Thank goodness I survived that” join me for a completely different experience.

You’ll enjoy non jarring, mindful movements, learn corrective exercises, breathe easy, learn simple meditation and mind quieting techniques and leave feeling better than when you arrived.

Tuesdays
April 4 - June 6, 2017
2:00- 3:15pm
10 weeks

To inquire or register email: dawn@bitbybitbodyworks.com

Let’s Play 1 (Ages 6-9)

Jan 18-May 3
Wednesday 3:45-4:30pm
Ages 6-9
\$320- includes registration and materials
In this 16 week session students will learn
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• Play together in a group
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www.cadenzamusicstudio.ca

Kmotion Dance

Tuesdays September 26-Nov 21, 3:15 – 4:00 kmotion kids
Thursdays Sept 26 – Dec 14, 4pm – 4:45 hip hop

Bassburn

September 26-Dec 14, 6:10-6:55
Register at haysboro.org



Parking Permits

CPA is changing the way Calgarians use parking permits. Instead of physical permits, as of August 1st, everything will be digital.

The change was passed at a May 9th city council meeting, and will be paperless going forward. The city says this does not change any fees or the framework of the program, so residents who this affects will not need to worry about that.

Residents will be asked to create an online account during each zone's renewal time. Permits will be valid for two years instead of one.

For more information about how this may affect you as a Haysboro resident, visit calgaryparking.com.

PARDEE'S PUNS

There once was a lady named Flo, who on a crash diet did go. She shuffled around, without losing a pound, because even her fast was too slow.

An Asian feline convention was being held in New Delhi. At the first luncheon meeting at one of the round tables for six, were seated two female cats from Siam, two male Bengal tigers and two male cats from Nepal. When served first, one of the Siamese cats said: 'Ah, quiche! I just love quiche.' One of the Bengal tigers retorted: 'Tiger men don't eat quiche,' then one of the Nepalese cats said: 'But Katmandu!'

A length of rope went into a bar, sat on a stool, and ordered a beer. The bartender said: 'We don't serve ropes here.' Dismayed and disappointed, the rope went out and then got an idea. He stopped a man and asked: 'Will you please tie a knot in me and separate my strands at both ends?' This done. He went back into the bar and again ordered a beer. Said the bartender: 'Say, aren't you the same rope who was in here before?' 'No' was the reply, 'I'm a frayed knot.'

In the city of Moscow, there lived a communist named Rudolph. One day the weather suddenly turned terrible. 'Goodness,' exclaimed his wife, 'snow!' 'No,' said Rudolph, 'it's rain!' 'I still say it's snow,' she said. 'Look,' he insisted, 'Rudolph the Red knows rain, dear.'

On a road service vehicle – 'Call us at any time. We're always on our tows.' On an electric company truck – 'Let us remove your shorts.' Scrawled across a high school wall – 'Fite Illiteracy.' A Hawaiian beauty salon calls itself Curl Harbour. There are nine psychiatrists on Hobart Road, which the neighbours have nicknamed Psycho Path. Did you hear about the cross-eyed teacher they fired last week? She couldn't control her pupils.

A traveler sees a farmer pouring milk into his cow's ear. Then he sees the farmer milk the cow. 'Why are you doing that?' the traveler asked. 'Well,' answered the farmer, 'You've herd of 'in one ear and out the udder!'

A word to the wise – never, ever iron a four-leaf clover. You'd only be pressing your luck. What did the grape say when the elephant stepped on it? Nothing, it just let out a little whine. Leopards are easy prey for hunters... wherever they go, they're spotted. It's easy to milk a cow.... any jerk can do it. An optometrist was advised against moving to Alaska for fear he might become an optical Aleutian. Did you hear about the cookie who was crying because his mother had been a wafer so long?

What is the difference between an angry circus owner and a Roman barber? One is a raving showman and the other is a shaving Roman. No matter how much you move it, writing paper always remains stationary. When the owners of a dog-sled team in Canmore got to arguing endlessly about whether or not their huskies would run faster if given periodic snacks during their runs – it could well be described as mush ado about noshing.

A mother pig was walking through the barnyard one day with one of her piglets. Suddenly, a raccoon raced out from behind the barn and scared the living daylight out of the mother pig. The little hog laughed to see such a plight and the sow jumped over the coon!

Sunday	Casey Academy Prapti Yoga	10:00-2:00pm 2:30-3:30pm
Monday	Drop-in TotTime Karate	9:15-11:15am 6:00-8:00pm
Tuesday	Tai Chi Dawn Ross Yoga Kids Dance Movement And Yoga for Every-Body Customized Movement & Yoga	9:15-10:15 2:00-3:25 pm 2:00-3:30pm 2:00-3:15 6:15-7:30 7:45-9:00
Wednesday	Callanetics AllStar Enviro Safety Rhyme & Reason 50+ Bridge Fun With Music Let's Play Karate Yoga	7:00-8:30pm 8:00-5:00pm 9:30-10:30am 12:30-3:00pm 2:30-3:15 3:45-4:30 6:00-8:00pm
Thursday 4 th Thursday of the Month	Prapti Yoga Senior Resources Callanetics	9:30-10:30am 1:30-3:30pm 7:00-8:30pm
Friday	Tai Chi South Calgary Ladies Bridge Karate	9:15-10:15 12:00-3:00pm 6:00-7:00pm
Saturday	Callanetics 2 Sessions Casey Academy	8:30-10:30am 11:30-12:15pm



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FRIENDS of Fish Creek

August and September in Fish Creek

Score an Ace for Calgary Kids – Support Outdoor Education in Fish Creek

Birdies for Kids presented by Altalink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help! Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. This program has immense potential, as any amount you donate through BFK will be matched by up to 50%. The Shaw Charity Classic will run August 30 – September 3 but you can donate now! For more information, please visit www.friendsoffishcreek.org/birdies

25th Anniversary Brick Program

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today! For more information contact the Friends or visit www.friendsoffishcreek.org/brick

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, Sep. 15, 2017 6:30 – 9:30pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends 25th Anniversary at *A Taste of Autumn - Wine & Beer Tasting and Silent Auction Fundraiser*. Sample beer and wine from local producers and enjoy a presentation from Kevin Van Tighem, keynote speaker and author of *Our Place/Changing the Nature of Alberta*. *A Taste of Autumn* also provides a great opportunity to meet with the Friends' Board of Directors

and bid on amazing silent auction items donated by local organizations. www.friendsoffishcreek.org/autumn17

Autumn Birding

Autumn is one of the best times of year for birding, during which you can see, hear and learn about more than 150 bird species. In Calgary we are fortunate to have an abundance of natural areas and waterways where birds congregate. All birding course sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Course starts September 4. Registration required and fees apply. www.friendsoffishcreek.org/programs/birding-course

Planned Giving for Healthy Families – Leaving a Legacy, Planning Your Estate, and Charitable Giving Wednesday, September 27, 7:00 pm – 8:00 pm

Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law

Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. To ensure the proper management and distribution of the funds you leave behind, it is important to learn when to change or update your will and what happens if you do not have a will. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. www.friendsoffishcreek.org/event/plan

Wellness in Fish Creek!

Experience Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Photography Minibus Course with Bob Bakker

Learn some of the basics of Photography. Tour Fish Creek Provincial Park in the open-air minibus, while making a few stops along the way take some photos, try out technique, and ask questions.

Bring your camera, camera manual, and enthusiasm. www.friendsoffishcreek.org/programs/minibus



Free Childcare Available in Haysboro!

Haysboro Community Park 1204 89 Avenue S.W.

July and August

Every other Tuesday, 5:00 p.m. - 8:00 p.m.

Every Wednesday 11:00 a.m. – 2:00 p.m.

Have you ever built and designed your very own cardboard fortress? In this free access, all ages, outdoor, play-based pop up, you will be encouraged to show your exhilarating personality and make the impossible possible!

For more information, please call 403-532-1014.

SCHOOL SHOUT-OUTS

Eugene Coste School – International Spanish Academy

WELL FOLKS, WE DID IT! Eugene Coste School is very proud to share that our very first, now to be annual carnival was a great success. Our carnival committee worked tirelessly and pulled together a very fun event that was enjoyed equally by our school families and our wonderful surrounding communities. We had a great variety of games, bouncy castles, yummy food and a fantastic silent auction, along with so many exceptional performers from all facets of entertainment and crafts. We are all very proud of the success of this carnival and would like to sincerely thank all those who came out to play and helped make all this come to life. Thanks to the support of our families and community we raised over \$7,000 to help rebuild our playground.

We are pleased and excited to announce that we have already set a date for next year and we hope to see you all June 8th, 2018 for even more fun, laughs, games and loads of great entertainment, but most importantly to join us in bringing our wonderful little school and all our communities closer together.

Ward 11 Councillor Candidate Forum Tuesday September 19, 7-9pm

Join other Haysboro residents for forum with Ward 11 candidates for the upcoming civic election on October 16, 2017. (can you double check this date).

Our moderator will be asking a series of questions to the panel and then we will open to the floor for questions from residents. Our discussion will focus around issues specific to Ward 11, Haysboro, and how council and the City can work with neighbourhoods and community associations to create new opportunities in established communities.

For more information on candidates please go to haysboro.org

BLOCK PARTY

Friday September 15
6:00 pm
Rain or Shine!

@ The Salvation Army Glenmore Temple Church!
921 68th Avenue SW, Calgary

FOOD,
MUSIC,
BOUNCY
CASTLES,
AND
GAMES

Movie on the Wall (in the Parking Lot) @ 8:30
We will be showing "the Case for Christ".
Parent's Discretion - Rated PG



Ice Rink

The Haysboro community has successfully completed a major goal - and celebrated with the whole community.

Doubling as a Canada Day celebration and celebration for getting the funding to update the outdoor ice rinks, Haysboro residents got together last month for a bike ride, games, and cake.

People gathered at the Haysboro Community Hall July 25 where they spent some time decorating their bikes before the big ride around the community. Haysboro had two Calgary police representatives who lead the bike ride, as well as outdoor games and prizes.

"This was three years in the making, we have had our outdoor rinks for 40 years," said Sonja Sahlen, Haysboro's director of sports and recreation.

"[Our] boarded rinks were in bad shape and the snowblowers were falling apart, and we wanted to support the volunteers who supported those rinks."

Sahlen said that one of the reasons the community association chose to hold a bike ride was to help make biking more accessible in the community.

"The schools - you're not allowed to bike on the compounds and so in our neighbourhood, where do our kids learn to bike ride, on the grass is hard when you're first starting out," she said. "We have these beautiful painted asphalt rinks and we wanted to step up as a community and invite kids to play in them."

Overall, the event was a hit.

Kerry Urban has lived in Haysboro for almost ten years and attended with her two kids. She said that she loved celebrating with the community at the event.

"The kids plan their day, who's going to be there, we see all our friends, so it's just a nice gathering."

Urban said that she mostly hears about Haysboro events through word of mouth, and she takes her family to as many community events as she can.

The new equipment to maintain the rinks will be set to use for the first time this winter, and the rinks themselves are open to the public. For more information, visit haysboro.org.

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Haysboro Community Centre

**Register Now for Fall Classes
OPEN ALL SUMMER**

DISCIPLINE | FOCUS | SELF-ESTEEM | FITNESS

RETURNING THIS FALL

Children's 4-6 years old
Mondays 5:30pm - 6:15pm

**Women's Class with
Self Defense specifics**
Fridays 7:00pm - 8:00pm

Space is Limited!
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Haysboro Community Summer Outdoor Playgroup

Starting on June 15th and running weekly until August 31st
Thursday mornings from 10:15am - Noon

Hosted by the Haysboro Community Preschool,
the focus is on outdoor play and building community.

We'll rotate through various facilitators, including the First 2000 Days SW Coalition, Calgary Public Librarians, Rhyme & Reason, and more.

The first half will be programmed activities aimed at children aged 5 & under, with their caregivers participating. This is a free event. Everyone is welcome.

Please bring your own nut-free snacks & a picnic blanket.

For weekly themes, additional info, or extreme weather cancellations, find us on Facebook or Twitter.

Haysboro Community Park • 1204 89th Ave. SW

HAYSBORO

COMMUNITY ASSOC.

f /Haysboro @Haysboroca



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sales@great-news.ca

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ATCO Upgrades Along 14 Street SW

As part of ATCO's Urban Pipeline Replacement Program, ATCO will be upgrading its natural gas system which includes installing a new low-pressure natural gas pipeline along 14 Street between 90 Avenue and 75 Avenue SW. This work will be phased into two parts, 90 Avenue to Heritage Drive, then Heritage Drive to 75 Avenue will take approximately four months, commencing May 2017. This is optimal timing as traffic numbers are significantly lower during the summer months. The existing high-pressure natural gas pipeline is scheduled to be abandoned in 2018.

The low-pressure natural gas pipeline is being installed within the existing median. ATCO will be paving the median post construction prior to future SW BRT upgrades along 14 Street. To reduce the impact on residents, lane numbers will not be affected during peak commuting hours and any lane closures will be implemented during off-peak traffic hours. Additionally, the entrance to and from the Rocky View Hospital will not be affected at any time during the construction phase. Please note, speeds will be reduced in construction areas

ATCO has been in conversation with Heritage Park to ensure their construction schedule doesn't severely impact any major events being hosted over the summer months.

For further details about this project please be in contact with Kourtney – vicepresident@haysboro.org or 403-816-2224.

Please note that there will be further information coming to residents regarding the pipeline upgrade running East/West through Haysboro (alignment at approximately 89 Avenue SW).

A total solar eclipse—the aligning of the Sun, Moon and Earth—will occur on August 21. The total phase will not be visible in Calgary, but can be observed as a partial solar eclipse here. It will be at its maximum at 11:33 a.m., so get out your pinhole camera and enjoy the spectacle; the last one was in 1979.



BassBurn Dance-Fitness In Celebration of a Healthy Canada150

For the next BassBurn© Dance Fitness glow event at Haysboro Community Hall on September 12th, Karen (of Kmotion) and DJ VanillaDisco have put together an entire dance-fitness class using all Canadian and local musicians.

Karen has always been passionate about supporting and dancing to local talent, and has choreographed to them for classes since day one.

Facts:

- Canadians have an overall health score of B grade, according to 'Canada Performs'. We are 10 out of 20 countries. The only thing really holding us back from an A grade is essentially our physical activity levels, where

we are ranked a D grade in the study.

- Physical Activity is essential to our health.
- Dancing, enjoying music and practicing body movements, is one of the best forms of physical activity with a long history contributing to physical, mental and emotional wellbeing.

Join Karen and DJ VanillaDisco as we groove to artists such as Micheal Bernard Fitzgerald, Jocelyn Alice, Sean Paul, Shawn Desmond, and Feist to name a few!

September 12, 6:00-6:55pm by Donation (suggested \$10)

All levels, abilities welcome.

Ages 9-99yrs





August at Trico Centre

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

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care.
- Don't need a full week of camp? Come to daily camps for a full day or half day, 6-12 years and NEW this summer for 3-5 years too!
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 years: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

Adults/Older Adults

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, and Myofascial Stretch and Release.
- First Aid and CPR training: August dates, check Spring Summer Program Guide for details.



Honeybees can count, categorize similar objects like dogs or human faces, understand "same" and "different," and differentiate between shapes that are symmetrical and asymmetrical.

- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Children & Youth

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 years, 3-5 years, 6-8 years), Dance with Me (2-3 years with parent), Gotta Dance (3-5 years), Little Ballerina (3-5 years), Kinder Gym Kids (4-6 years), Sportarama (3-4 years), Explorasport (4-6 years), DANCEPL3Y Kids (6-12 years.) See Spring Summer Program Guide or www.tricocentre.ca for details.
- Register now for summer swim lessons: parent & tot, preschool, Swimmer, and Swim Patrol.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5years, 6-8 years, adult & child) and powerskating/hockey (7-12 years.)
- NEW SUMMER FUN: Summer-only fun registered programs for kids aged 6 and up: Rhythmic Gymnastics, Circus Arts, Cross Country Running, Badminton Club, and Dodgeball. See www.tricocentre.ca for details.

Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details in the coming weeks.

Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Wednesday mornings, 9:00 – 11:00 a.m., our current session is April 5 to June 21. Our fall session will start Wednesday, September 6 and finish November 29. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 25



Community Preparedness Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

1. Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

2. Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

3. Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

- Ambulance, Fire, Police, Hazardous Materials Spills: 9-1-1
- Gas Emergency – ATCO Gas: 403-245-7222
- Electrical Emergency - ENMAX Power: 403-514-6100
- All other City services: 3-1-1
- Poison & Drug Information Service: 1-800-332-1414
- Calgary Emergency Management Agency 3-1-1: calgary.ca/cema



CALGARY PRIDE PARADE
6 AVE. AND 6 ST. SW
SEPTEMBER 3, NOON – 1:30

The signature Calgary Pride Parade is one of the most colourful celebrations of the year!
More info: calgarypride.ca.



CIRCLE THE WAGONS
3951 TRASIMENE CRESCENT SW
SEPTEMBER 9, 11 AM – 11 PM

This year's traveling carnival of local food, beer, music, art and performers will be proudly hosted at Currie. Currie boasts Canadian Pride, and to help further amplify the celebratory energy from Canada's 150th anniversary. More info: circlthewagons.ca.



YW WALK A MILE IN HER SHOES
STEPHEN AVENUE AND OLYMPIC PLAZA
SEPTEMBER 19

Hundreds of men and women will step onto Stephen Ave. in high heels to show their support for women and children who are victims of family violence. More info: walkamile.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

The Market on Stephen Avenue – Tuesdays until Sept. 5, 11 am – 5 pm

Bring your enviro bags and coolers! You'll find up to 60 vendors; from fresh food (produce, breads, pastries, etc) spices, sauces, treats, art, fashion, jewelry and so much more! Found on Stephen Avenue between 1 Street East and 2 Street West. More info: inquiries@dmeinc.ca.

Honens Festival – Various Venues, Sept. 7 – Sept. 10

The award-winning Honens Festival returns for a four-day festival of music with a side of maple syrup! To mark Canada's 150th birthday, this celebration of piano showcases some of the country's brightest classical music stars alongside Honens Laureates through innovative performance projects and dynamic community concerts. More info: honens.com.

Beakerhead – Various Locations, Sept. 13 – Sept. 17

One of the world's most original spectacles of art, science and engineering, will erupt this September when the fourth annual Beakerhead hits Calgary. Look for mechanical creatures, multi-story art installations, famous and soon-to-be famous scientists and inventors, and performances by people and machines. The dose of quirky spectacle will include more than 65 events. More info: beakerhead.com.

Techstock 2017 - 3553 31 Street NW, Sept. 14

This is an annual event hosting 30+ start-up companies and researchers who showcase their innovations to the public. This year they explore how technology and social innovations are making a profound impact on our society and driving change in areas such as sustainability, health, education, gender equality and more. More info: innovatecalgary.com/events/techstock/

Railway Days – Heritage Park, Sept. 23 - 24

There is fun for the whole family at Railway Days! As one of the few sites in North America with two steam locomotives, our trains take centre stage for two days with demonstrations, hands-on activities, and exciting exhibits. More info: heritagepark.ca.

CALGARY



WILDLIFE

The Merlin

Article by J.G. Turner • Photo by N. Suret

The Merlin is a little falcon (weighing just 129 to 236 grams and measuring up to 30 cm), about the size of a Jay. The female Merlin is about a third larger than males and are brown. The males have a gray/blue upper and a black and gray barred tail. Both the male and female have whitish streaked throats, and buff coloured underbody with brown streaks.

The Merlin likes to live in open woodlands, marshy areas and open countryside. The Merlin migrates to Alberta as one of their favoured breeding areas and can be seen along Alberta's foothills during their migration, as they will go as far north as the Yukon and Alaska. For the winter months, the Merlin migrates to northern South America, although some have begun to over-winter in the city.

Fun Facts:

- Sometimes the Merlin is called the "Pigeon Hawk" because when flying, it looks like a fast-flying domestic pigeon
- A falcon is a raptor (hunting bird) that has thin pointed wings that let them fly very fast and change direction quickly.
- The Merlin can easily fly at 50 kilometres per hour, and can fly even faster when hunting.
- The Merlin has excellent hearing and eyesight and is a powerful flier.
- The Merlin mostly hunts small to medium sized birds, such as songbirds, but it will also seek out small mammals (such as mice, voles, and bats), reptiles and insects (like dragonflies).

- The Merlin will hunt other birds by surprise attack from a hidden perch, or from searching flights, attacking from below and tiring out their prey.
- The Merlin has been observed hunting in pairs, working together to flush out and confuse their prey.
- The Merlin is diurnal, so they hunt during the day.
- The Merlin is usually a solitary, quiet bird but makes a shrill chatter sound when nesting.

If you find an injured Merlin or other wild animal in need, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 or wildlife@calgarywildlife.org.

BRAIN GAMES SUDOKU

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



OFF THE MENU
Biting a wooden spoon whilst chopping an onion will stop your eyes from watering.

Spring Flowering Bulbs

Gardeners have vision. All gardeners, not just the ones we admire and envy. You, me, the neighbour next door. What else would you call it when an ordinary person buys a bag of bulbs in the fall, buries them in the ground, and believes they will produce amazing blooms in 7 or 8 months?

The garden centres will have an abundance of bulbs in stock soon and your biggest decision is what to choose. There are literally thousands of bulbs on the shelves and most of us have limited garden space. The most common hardy spring-flowering bulbs for a Calgary garden are tulip, narcissus/daffodil, allium, iris, crocus, grape hyacinth and squill. The last three are petite and bloom early in the spring, the others show up later, and the irises finish their display in June. Technically, iris grows from a rhizome, but you can treat it like a bulb when planting in the fall. In addition to this list, you can find many more exotic bulbs, just don't expect them to return year after year in our climate.

There are two kinds of tulips that survive here: species (or native) and hybridized. The species tulips should spread into established colonies, returning every year. The large hybrids are more showy and popular with gardeners, but often are best only their first year. My wonderful show of huge pink tulips a few years ago has never been repeated and I fondly remember them as annuals.

If you wish to have a show of continuous color throughout the spring (of course you do) read the labels carefully, and choose from early, mid and late spring



varieties. Then check the labels again for height, as they come in 6" all the way to 28" sizes. How silly to put the tall ones in the front and the short ones behind out of sight. Then there are singles, doubles, lily-flowered, fringed and parrot types, to mention only a few. There are actually 15 divisions of tulip classifications, so it is no wonder the casual gardener gets a bit bewildered. Alliums, likewise, have many varieties, and provide colour between tulips and daffodils and later blooming summer flowers.

Bulbs of all varieties look best in mass plantings of solid colors or two complementary colors. No nice tidy rows, please, unless they are being used for cut flowers; a block of color has far more impact. What colors you choose is strictly personal - plant what looks beautiful to your eye. A sunny spot is best, although some varieties are forgiving and will bloom later in partial shade. Because they are among the earliest color in our Chinook gardens, tulips partner nicely with other bulbs like Muscari (Grape Hyacinth), Scilla (Squill) and dwarf Narcissus.

Get your bulbs in the ground in Sept or October; they need some time to root before the ground freezes. If you share your garden with squirrels, cover the new planting with wire mesh secured by stakes or rocks to keep those little paws from digging them up. Squirrels are particularly fond of tulip bulbs. And while you are at it, be sure to add some new ones in your front yard for the pleasure of your friends and neighbours.

Barbara Shorrock is a gardener, retired realtor, traveler, reader, ESL coach and Spanish student. She can be found at the monthly Queensland Garden Club meeting most first Wednesdays.



Dogs, Yellow Spots, and Lawns

By Jennifer L. Scott, D.V.M.

When I sold some of my Labrador puppies I was amused by the number of people wanting a male dog, "because girl dogs destroy the lawn with those big yellow spots". Well our male dogs have taken out their share of grass, as well as some trees and expensive perennials of mine. As both an avid gardener and a veterinarian let me pass on what meager advice I can give.

Urine contains nitrogen, potassium, and phosphorus, all three ingredients of fertilizer. Thus, a urine spot with the dead grass is always surrounded by dark green rapidly growing grass, too much of a good thing. Urine would make a great fertilizer if you could catch it and dilute it before spreading it over your lawn. Not me!

The nitrogen content of urine scalds grass more severely than the urine acidity. Nitrogen breaks down to ammonia and "burns" the grass. This is the same as over-fertilizing your lawn. Salinity or salt content of urine rises in concentrated urine. Large amounts of nitrogen

and salt are impossible for the natural buffering of the soil to overcome and the grass dies.

The urine pH or how acid or alkaline the urine is can also kill the grass. This varies with the individual dog's metabolism and diet. Baking soda and commercial products available at pet stores and veterinary clinics will alkalinize or acidify the normally slightly acid canine urine. Products include tablets and dog rocks or water pucks to put in the pet's water bowl. These products as a rule are safe in most dogs, but unfortunately some may be harmful in individual dogs inclined to form stones in their bladders. I have not found a product that I think works. Most soils are slightly alkaline and can readily withstand the normally slightly acid canine urine. Certainly, Calgary's clay soil tends to be alkaline as a rule.

Diluting the urine immediately with large amounts of water is effective but impractical if your dog is loose and alone in the backyard. You can build up the soil's natural buffers by leaving grass clippings on the lawn or by spreading compost, peat moss, or wood ashes on the grass.

Train your dog as a puppy to piddle in one place in the yard. It is more difficult to train an adult dog used to using the entire lawn but you can with persistence and patience.

Garden centers have products that may help you repair or prevent those yellow spots. I have found most of these products too labour intensive for my taste.

A friend sent me an e-mail saying Martha Stewart swears that by giving her chows two tablespoons of tomato juice in their food twice daily their urine never causes lawn spots. Never tried it, give me some feedback if you try it and it fails or works. Adjust the amount of juice to your dog's size.

My solution is to train my dogs outdoors like I do indoors. Since I like a nice green lawn, I trained my four large dogs on my last property to use one section of the lawn and I promoted the growth of crab grass in that area. Nothing kills crab grass for long and from a distance it looked same as the rest of the lawn. Now I have trained my dogs to use the gravel dog run and one pees on gravel more readily than grass.

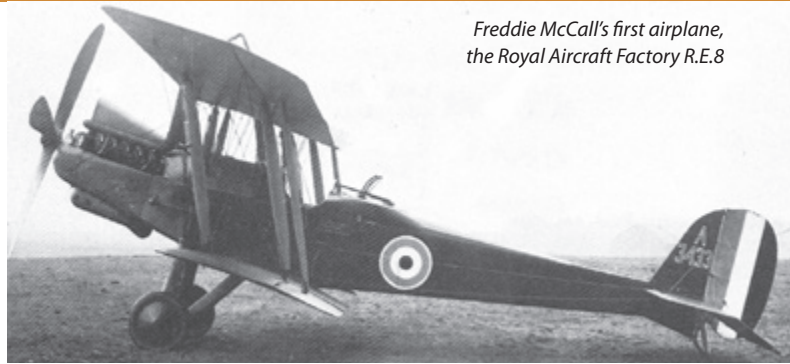
Be positive, it might be possible to have a happy dog and a beautiful lawn. Good luck!

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Freddie McCall's first airplane, the Royal Aircraft Factory R.E.8

Frederick McCall Canadian Air Ace, WWI and WWII (4 Dec. 1896 – 22 Jan. 1949)

Born in Vernon, BC, McCall and his family came to Calgary in 1906. As a young man looking to serve the country, he enlisted with the 175th Battalion of the Canadian Expeditionary Force (CEF) in 1916. Eight months later, he was in France overseeing the battalion as sergeant. In 1917 McCall received a commission as a lieutenant pilot trainee, and in December was assigned to No. XIII Squadron RAF on the Western Front.

McCall's assigned airplane was the Royal Aircraft Factory R.E. 8, a scrappy little two-seater craft that had improved speed and climb over its inferior predecessor, the B.E. 2. It allowed for better payload delivery over longer distances, an essential strategy in the wide-ranging and many battle fronts of WWI. The craft would serve McCall well in that first World War.

McCall's first aerial victory occurred while flying the R.E.8, shooting down a German aircraft. McCall was awarded the Military Cross "for conspicuous gallantry and devotion to duty," and two weeks later the accompanying Bar for downing an enemy scout aircraft while on a mission to take photographs.

After his third victory while flying the R.E.8, McCall was next transferred to No. 41 Squadron RAF and began flying the Royal Aircraft Factory S.E.5. He was awarded the Distinguished Flying Cross after scoring four "kills" in May 1918. On June 28th, 1918 McCall downed four enemy aircraft, including one shared with Eric John Stephens. Just two days later, on June 30th, Captain McCall downed five more Germans, four in the morning and

the fifth that evening. For this McCall was awarded the Distinguished Service Order.

Following the armistice, the pilot embarked upon a variety of civil aviation ventures, beginning with the risky and audacious profession of stunt flying. On July 5th, 1919, while barnstorming, he crash-landed when his engine failed while he was taking off. His landing site was the top of the merry-go-round at the Calgary Exhibition and Stampede. He and his two passengers walked away from the jaw-dropping mishap.

He founded his own company, McCall Aero Corporation Limited, in 1920. With this company McCall flew commercial freight and passengers across Canada, pioneering air travel to Banff. Later, he founded another aviation company, Great Western Airways. One of his more spectacular achievements was the flying of 200 quarts of nitroglycerin from Shelby, Montana to Calgary in 1928. The following year, he ignored bad weather to fly a doctor to the Skiff oil fields to treat two seriously injured workers.

As the Second World War began, McCall was recalled to service with the Royal Canadian Air Force as a Squadron Leader, based at numerous western Canadian bases. He died in Calgary in '49 at the age of 52.

Freddie McCall appears in exhibits in several museums in and around Calgary, such as the Glenbow Museum and the Calgary Aerospace Museum. In 1939 the Calgary Airport was named after him but has since been renamed Calgary International Airport.

If you make your way to McCall Industrial Park, McCall Way leading to and from the Airport or McCall Lake golf course, remember this remarkable Calgarian for a moment or two as his legacy survives in our bustling city.

Haysboro mybabysitterlist

Name	Age	Contact	Course
Asha	14	403-629-2200	Yes
Ashley	15	403-560-9378	Yes
Danika	17	403-640-4331	Yes
Emilie	24	587-581-5707	Yes
Emma	16	403-369-7656	Yes
Jakarta	20	403-808-8503	No
Katrina	16	403-919-3138	Yes
Marlene	66	403-454-2413	Yes
Maya	15	403-253-9390	Yes
Ryan	14	403-252-6104	Yes

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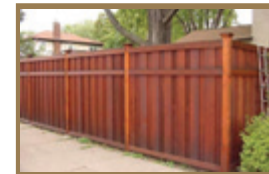
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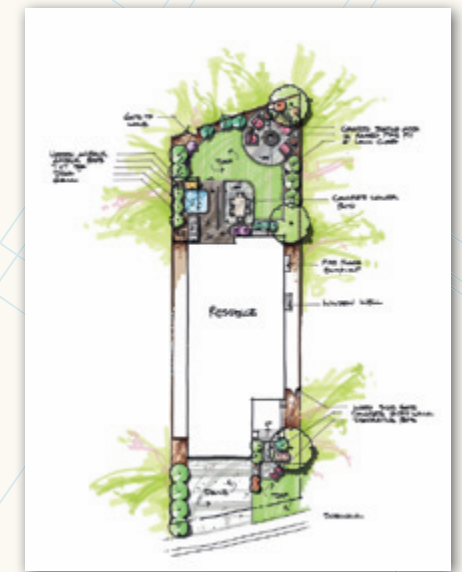


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Haysboro Real Estate Update

Last 12 Months Haysboro
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2017	\$609,900	\$600,000
May 2017	\$534,900	\$526,500
April 2017	\$425,950	\$420,050
March 2017	\$452,400	\$434,944
February 2017	\$474,900	\$467,500
January 2017	\$472,400	\$466,000
December 2016	\$449,000	\$438,500
November 2016	\$362,000	\$367,000
October 2016	\$486,200	\$473,000
September 2016	\$559,900	\$550,000
August 2016	\$459,700	\$450,000
July 2016	\$519,900	\$508,950

Last 12 Months Haysboro
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2017	7	7
May 2017	10	8
April 2017	9	4
March 2017	6	6
February 2017	4	6
January 2017	6	2
December 2016	2	1
November 2016	1	1
October 2016	6	8
September 2016	4	7
August 2016	8	8
July 2016	7	4

To view more detailed information that comprise the above MLS averages please visit haysboro.great-news.ca

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Foraging in Calgary's Wild Berry Patches

After a seemingly endless winter, summer in Calgary is a wonderful time to go for long walks or bike rides, especially along the Elbow and Bow rivers. Believe it or not there is an abundance of wild berries growing on the riverside and all over our city, and they are ripe for the pickin' right about now.

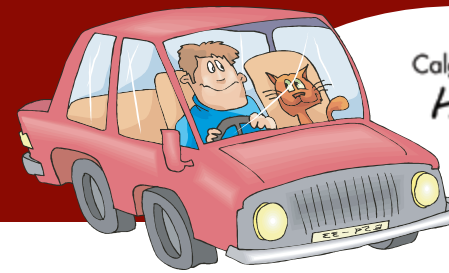
There are numerous wild, edible berries in Southern Alberta, but here are a few of the most common ones:

Red Raspberries: These bright red, sweet and tart berries are what many childhood memories are made of in our province. The mid-sized bushes have light green leaves that are toothed along the edges and are greenish-silver on the other side. The raspberries grow in clusters on the end of the stems and will continue to produce fruit through the growing season after they are picked. These bushes may or may not have thorns, so be cautious and bring gardening gloves if you are going hunting for these particular little gems.

Saskatoon Berries: Saskatoon berries are native to Alberta. The Plains Indians ate the fruit both fresh and dried in their dietary staple, pemmican. These berries are dark purple when ripe, very tart and sweet with a slight almond flavour, and make excellent jams, preserves and pies. The mid-to-tall sized bush has small green leaves and sports white flowers in the spring. The berries grow in clusters along the stems, so if you're really ambitious, you may want to bring along a small step ladder to harvest the ones up high.

Choke Cherries: These little beauties are so named for their large pit, but don't be deterred, they are sweet and juicy and make a lovely jelly—just be aware when the kids are gobbling them up. This mid-sized bush will have oval-shaped, dark green leaves that point at the end. The berries are red, ripening to bluish-black and hang in dense popsicle-shaped clusters that will pull the branches down with their weight when ripe.

These berries will grow along the rivers and ravines in our city. If you're planning on goin' pickin' bring a bucket or sturdy container of some sort and gloves; don't go during the heat of the day because the berries will mush or burst in your fingers; try to avoid areas that may have been recently plied with pesticides or the like; get a field guide to correctly identify your berries before consuming them. Some good places to start your berry adventures are Paskapoo Slopes, Edworthy Park, Stanley Park, Inglewood riverside and Beaverdam Flats. Happy hunting!



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Summer Safety

Happy August, everyone!

With summer in full swing we hope you have been enjoying long days, warm sun and family holidays! If you are planning to hit the road with your pet here are a few simple tips to make the holidays run smoother.

- 1. Never, ever, leave an animal in a car.** Hot cars are dangerous for pets and people alike. On summer days, the temperature inside a parked vehicle begins to climb immediately and can reach dangerous levels in as little as 10-15 minutes. Even a few moments in a hot car can lead to heat stroke and even death. Cracking the windows or leaving water in the car is not enough to keep the heat manageable. If you know you will be stopping leave your pet at home or bring someone else along who can take your pet for a walk in the shade while you pick up what you need.
- 2. Watch out for Fido at the BBQ!** As with your kitchen at home, if you are cooking or carrying hot foods it pays to keep your pets out from under foot. In the case of social gatherings, ask your guests not to share food with your pets and to pick up any food that is dropped. Rich summer foods like ice cream, hamburgers, hotdogs and chips can cause digestive upset or even problems like pancreatitis in some pets.
- 3. Think safety when it comes to social situations!** Just like people not all pets are keen to be friends. When out for a walk, keep your dog on a leash and under control at all times. Avoid letting your dog greet other dogs without first asking the owner. When at a location like a dog park, pay attention to the body language of your dog and any other dogs in the area to watch for signs of stress or conflict. Unsure about what to look for? Check out our free animal training resources at www.calgaryhumane.ca.
- 4. Travelling? Plan ahead!** Summer road trips can be fun for both pets and people, but they do require some advance planning. Before hitting the road, visit your vet to update any necessary vaccines or health certificates and ensure your pet's microchip/tattoo in-

formation is up to date. Load your pet's information, including a photo or two onto your smart phone just in case your pet gets lost. When you are packing include extra food and medication for your pet in case you are delayed in getting home. Finally, the safest place for your pet in a vehicle will be in a crate or restrained by a seatbelt harness. Bringing your pet's bed or some favorite toys will provide comfort for the ride.

Do you have more questions about summer safety and your pet? Curious about some behaviour you saw at the dog park? Want to find out more about adopting a new family member? Check out our website at www.calgaryhumane.ca for information and resources!

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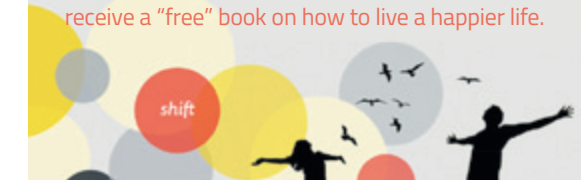
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 📱 Anam Kazim - MLA for Calgary Glenmore
 📧 @anamkazimMLA

Dear Constituents:

I hope all of you enjoyed Canada 150 Celebrations, Citizenship and Stampede events. As I was able to attend and share many of these events with you, we had numerous opportunities to have good conversations, also on how we can work together to strengthen our communities and welcome new Canadians.

Our government continues to take new initiatives to make life better for Albertans as follows:

Expanded Cancer Treatment: Expanding treatment hours for cancer patients in Calgary and Edmonton by offering evening and weekend care at the Tom Baker Cancer Centre and the Cross Cancer Institute.

Home Care and Community Care: An increase of \$200 million to home and community care, helping more Albertans get care right in their communities where they

live, increasing total funding for home and community care to over \$2 billion.

Seniors' Travel for Specialist Medical Appointments: Budget 2017 invests an additional \$550,000 to help low-income seniors cover costs, like transportation and accommodation, associated with travel for specialist medical appointments.

Library Funding: Our government is providing \$50 million this year to improve access and services at libraries; including increased operating grants to help keep pace with the province's growing population, and to ensure that all Albertans have a welcoming space to learn, play, share and research.

\$25 per Day Child Care: 22 pilot Early Learning and Child Care Centers will receive funding to demonstrate the importance and viability of \$25-a-day child care in Alberta.

More Supports for those with Addictions: Investing in housing for Albertans overcoming addictions with a \$7-million to support 46 individuals and their families in Calgary who are recovering from addictions.

University of Calgary: Alberta invests in much-needed space with \$270.6 million over four years to 500 new study and classroom spaces with the renovation of the MacKimmie Complex and Professional Faculties building.

Deerfoot Interchange: Interchange at Deerfoot Trail and 212 Ave SE, supports 25,000 jobs and potential for more than \$4 billion in economic opportunity.

Cleaner Energy: An investment of \$10 million to convert carbon dioxide emissions into usable products at the Alberta Carbon Conversion Technology Centre helping us transition to a cleaner energy future and create jobs.

Supports for Immigrant and Indigenous Women: \$100,000 in funding for Making Changes Association to prepare immigrant and Indigenous women for careers in technology.

Schools: Budget 2017 allocates \$500 million for 8 new schools, 9 replacements and 7 modernization funds for 2 additional schools.

Apprentices: We are helping put hardworking Albertans back on the job: 1,000 more Apprentice Training Awards have been introduced to reduce financial barriers for apprentices returning to technical training.

Affordable Housing: Funding of \$5.7 million for planning 14 affordable housing projects across the province has been provided. The government is renewing or building more than 6,000 affordable housing units over the next 5 years.

For more details, please contact our office.

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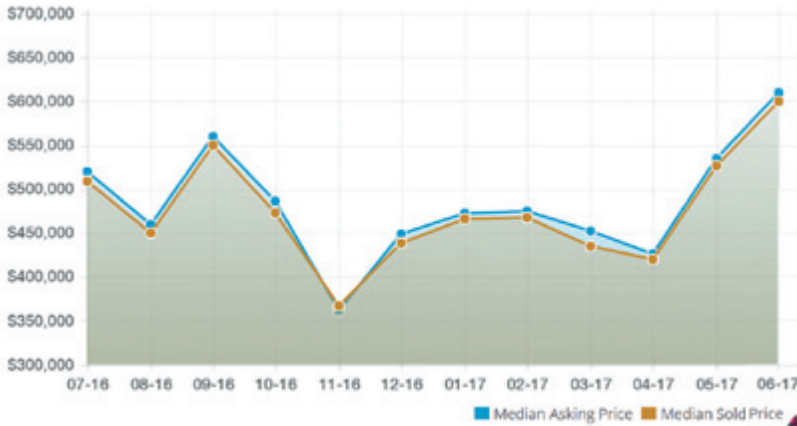
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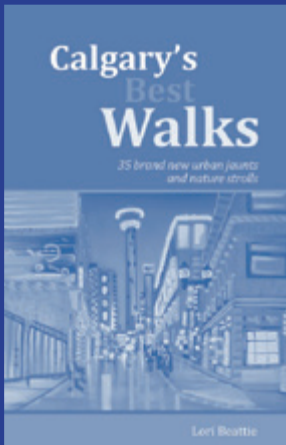
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