

APRIL 2023

DELIVERED MONTHLY TO 1,505 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



**EARTH DAY
COMMUNITY CLEANUP
SOLAR PANEL INFORMATION SESSION
APRIL 22**



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JUST LISTED


If you've considered selling, now might be a great time as we have very little inventory in Northwest Calgary

215 18 Street NW
Location location location! Luxury living across from Queen Elizabeth School in West Hillhurst. It doesn't get much better than this!

CENTURY 21
PowerRealty.ca
*Each office is independently owned and operated

dale@dalegreen.com
403-608-1410

Feel free to reach out to me at any time for a free, no obligation home evaluation.



HIGHLAND PARK PRESCHOOL

OPEN HOUSE
May 10, 2023 | 5:30-7:30PM
3716 2 St NW

Stop by to see the classroom, meet the teachers and learn about our school.

Non-profit, parent-supported preschool with affordable morning and afternoon classes.

Centrally located en route to downtown in Highland Park Community Hall.

Register now for September 2023!
preschool@hpca.ca | 403-276-6969
www.hpca.ca/preschool



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NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
Rentals 403-284-2716 • Hall 403-282-1075 • hello@northhavenyyc.ca

Board of Directors

Directors

President	Jody Breen	403-284-9775	president@northhavenyyc.ca
Vice President	Alex MacKinnon	403-807-7700	vp@northhavenyyc.ca
Secretary	Lucas Van Boeschoten	403-220-0288	secretary@northhavenyyc.ca
Treasurer	Tyme Wittebrood		treasurer@northhavenyyc.ca
Building and Maintenance	James Hill		facilities@northhavenyyc.ca
Hall Manager	Marie Heffernan	403-282-1075	
Civic Affairs	Terry Arnett	403-547-0237	civic.affairs@northhavenyyc.ca
Communication Technology	Mark Gervais	403-651-4063	communications@northhavenyyc.ca
Community Engagement	Anne Umpleby	403-477-3049	community@northhavenyyc.ca
Entertainment	Theresa Constantin		entertainment@northhavenyyc.ca
Memberships	Tyson Hickey	403-703-1302	memberships@northhavenyyc.ca
Newsletter	Maria Fernando		newsletter@northhavenyyc.ca
Hall Rentals	Sandra Whitty	403-284-2716	rentals@northhavenyyc.ca
Casino and Fundraising	Vacant		fundraising@northhavenyyc.ca
Director at Large	Meghan Owen		meghan@northhavenyyc.ca
Director at Large	Rodney Blanco		rodney@northhavenyyc.ca

**Monthly board meetings are held every second Thursday at 7:00 pm.
NHCA board meetings are open to the public.**

Volunteer Needed

Are you interested in helping out in your community and getting to know your neighbours? The North Haven Community Association is looking to recruit a new Director of Casino and Fundraising to join the North Haven Board of Directors. If you are interested in the position or would like more information, please email Jody at president@northhavenyyc.ca.



**MEMBERSHIPS NOW
AVAILABLE ONLINE!**

NorthHavenYYC.ca/membership/

Hello neighbours. I hope you're enjoying the spring weather! Please join us for some of these upcoming events; we have lots of going on.

Easter Egg Hunt

Saturday, April 8 at 9:30 am

Open to all children of North Haven. Meet us at the baseball diamond by the green playground (near the hall) for this fun, free Easter egg hunt. Check our website to sign up online ahead of the event, so we have an idea of numbers.

Blood Drive - Team North Haven

April 15 at 1:15 pm

Donate blood as part of Team North Haven at Canadian Blood Services' Eau Claire location. We have six appointments available for this date/time, so bring a friend and head on down!

For more information, see our website, or call directly to book your time slot at 1-888-2-DONATE.

Spring Pre-Teen Dance

New Date: Saturday, April 29 from 6:30 to 8:30 pm

Open to all local kids in grades 4 to 6. Bring a friend! Tickets are \$5 for members and \$6 for non-members and guests. Candy and snacks will be available for sale.

We will need four parent volunteers at the event. Please email entertainment@northhavenyyc.ca if you can help.

Earth Day Events

April 22

Community Cleanup from 9:00 to 11:00 am

Clean up North Haven as part of our annual Community Cleanup! Meet in the parking lot of the hall at 9:00 am, bring disposable gloves, trash bags, and any litter pick up implements. We will pick up litter in the neighbourhood until 11:00 am. Juice, pop, and water will be provided afterwards.

Residential Solar Panel Information Session from

12:00 to 2:00 pm

Drop by the hall to learn about residential solar panels and ask any questions you might have. Spot Power and other speakers will be in attendance, and we'll be happy to share some information on the ones installed on the hall too.

Parade of Garage Sales

Saturday, May 13

Ready to clear out some items you no longer need? Mark your calendars! Sign up online beginning May 1 to get on the community map. \$5 for NHCA members, \$7 for non-members.

Details for these events can be found on our website, www.northhavenyyc.ca.

Theresa Constantin

Entertainment Director



GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
FOR THE ANSWERS!**



NORTH HAVEN COMMUNITY ASSOCIATION'S HALL IS AVAILABLE FOR RENT!



Notes:

- All rentals require a \$300 damage deposit
- Discount available for North Haven resident members
- Rates do not include GST

Call 403-284-2716 to view or book!

MAIN HALL Seating Capacity: 100

Friday to Sunday and Holidays - Full Day 9:00 am to 2:00 am	\$400/day + GST Includes full kitchen access
Friday to Sunday and Holidays - Hourly Rate 9:00 am to 2:00 am (min 3 hours)	\$50/hour + GST Includes basic kitchen access
Monday to Thursday - Hourly Rate 9:00 am to 11:00 pm (min 2 hours)	\$40/hour + GST Includes basic kitchen access

MEETING ROOM Seating Capacity: 30

Monday to Friday - Full Day 8:00 am to 5:00 pm	\$150/day + GST Includes basic kitchen access
Saturday to Sunday - Full Day 8:00 am to 2:00 am	\$200/day + GST Includes basic kitchen access
Monday to Friday - Hourly Rate 8:00 am to 11:00 pm (min 2 hours)	\$30/hour + GST Includes basic kitchen access
Saturday to Sunday - Hourly Rate 8:00 am to 11:00 pm (min 2 hours)	\$50/hour + GST Includes basic kitchen access

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association 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.

We've partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1, 2, 3.

1. Download the app and book a pickup using <https://app.skipthedepot.com/nhca>.
2. Place your bags outside.
3. Receive a refund or donate to us!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Got Bottles?



Download the app and donate to us today!
SKIP THE DEPOT



Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *Lessons in Chemistry* by Bonnie Garmus. This novel follows the formidable Elizabeth Zott as she breaks all the societal rules for women in the 1960s. Elizabeth was a chemist before becoming a single parent

to daughter Madeline. To make ends meet, she later hosted a popular cooking show where she shared her love of chemistry through her recipes. With wonderful characters and so many great quotable moments, we are sure you will love this book!

Our themed cocktail is Salted Caramel Brownie

Ingredients:

- 3 oz crème de cacao
- 1 oz Frangelico
- 2 oz heavy cream
- Pinch of salt
- Square of dark chocolate
- Caramel (squeezable)

Instructions:

1. Drizzle some caramel in circles along the inside of a martini glass.
2. In a shaker, combine the crème de cacao, Frangelico, cream, and salt with ice.
3. Shake for 15 seconds.
4. Pour into the martini glass and give it a slight stir to incorporate some of the caramel without losing the design on the glass.
5. Shred some chocolate over the top and enjoy!

I hope you enjoy the book and the cocktail! Until next time, have a cocktail, read a book, and be happy!



News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



Acrobatic Skunks

Shy and about the size of a squirrel, the spotted skunk has a unique way of warning its attackers to back off. When threatened, this tiny skunk will flip itself into a handstand with legs splayed out. It will also puff up its tail to look bigger. If the threat remains, these tiny acrobats will then spray their attacker from upside down!



NHCA

Annual Membership Form

Date _____

Last Name

First Name(s)

Address

Postal Code

Email Address (Please print clearly)

Phone Number

☐ I consent to receive emails from the NHCA regarding membership renewal and community events.

Please select a membership type:

- ☐ \$ 15.00 North Haven Resident Household - 1 Year
- ☐ \$ 15.00 Non-North Haven Resident Household - 1 Year
- ☐ \$ 5.00 Senior Household - 1 Year

_____ **Donation**

Select payment type:

- ☐ **Cash**
- ☐ **Cheque**

Please mail or drop off the completed form and payment at:

North Haven Community Hall - 5003 North Haven Dr. NW, Calgary AB, T2K 2K3

Go to northhavennyc.ca/membership to fill out a form online!

Purchasing a membership supports local initiatives such as:

- Ongoing growth of community events
- Neighbourhood improvement initiatives such as spring clean-up, playground and pathway upgrading and traffic safety
- Maintaining the Ice rink and community facilities
- The community website online communication and monthly newsletter

Benefits of your North Haven Community membership include:

- Discounted fees for community programs and events
- Discounted community hall rental fees (North Haven residents only)
- The option to be included in the North Haven Business Directory
- The ability to register for local groups such as McKnight Soccer
- Voting privileges at the Annual General Meeting (North Haven residents only)
- Giving input on community planning and development processes

Do you run a business and live in North Haven?
Join our Business Directory at
northhavennyc.ca/businessdirectory



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride bicycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

Community Garden



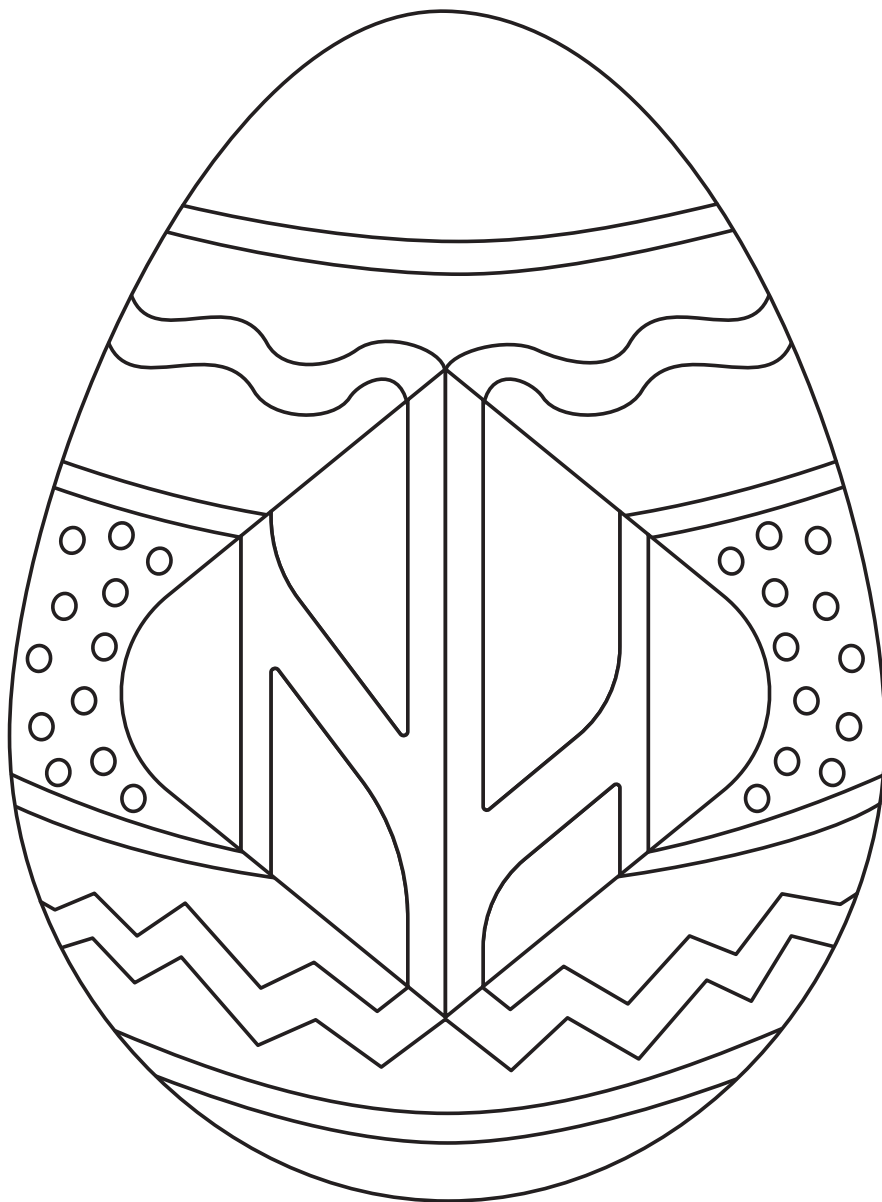
The North Haven Community Garden is ready for the spring growing season and registration for plots opened in February.

The Community Garden Committee and the NHCA Board of Directors have been working towards this milestone for a couple of years, and the completion of the garden in October 2022 was a great accomplishment. The NHCA received funds from the Provincial Community Facility Enhancement Program and the Federal Canada Community Revitalization Fund (\$30,000) to help with materials and construction of the garden, as well as the new shed. Big thanks to local North Haven business, Ashbrooke Landscape Ltd for making sure that the NHCA vision for the garden was realized, and for ensuring that the garden will have a long life. The construction contract for the new shed was awarded to SIS Ltd. Additionally, the NHCA successfully won the Toole Peet Action Grant in 2022 to help purchase fencing, tools, and tool storage for the garden.

Our Community Garden Committee has been working hard at getting the logistics and management of the garden developed and ready for registration. If you want more information on the garden plots, or would like to apply for a plot, please visit northhavenyyc.ca.

Plots are limited, and will be first come first serve, but don't worry, we are working towards Phase two planning!

The North Haven Elementary School is continuing their fundraising for phase two of the Learning Grounds. The addition of both the Learning Grounds, and our Community Garden provides our community with two new activated spaces for our community members to enjoy. The North Haven Parent Council is selling packages of Eyelash Grass seeds to raise funds for phase two. They are \$5 per package and funds raised will go towards phase two of the Learning Grounds. To buy some, please check out the Community Garden page at northhavenyyc.ca.



North Haven



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Events Calendar

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Blood Drive - Team North Haven

April 15 at 1:15 pm

Spring Pre-Teen Dance

Saturday, April 29 from 6:30 to 8:30 pm

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April 22

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9:00 to 11:00 am
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12:00 to 2:00 pm

Parade of Garage Sales

Saturday, May 13



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- ✓ **HAVE FUN**



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REGISTER HERE




**April 23
2:00-3:30PM
Flames Community Arena**

BUSINESS CLASSIFIEDS

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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JEREMY NIXON CALGARY-KLEIN

HUSBAND. FATHER. COMMUNITY BUILDER.



Jeremy's career has always been about making a difference, from non-profits to the legislature he has consistently stood up for those in his community.

He grew up knowing his father's own experiences with homelessness and went on to advocate for others through the Mustard Seed, Canadian Mental Health Association and the Boys & Girls Club.

As a homeless shelter manager, Jeremy saw firsthand how government inefficiency and bloat hurts not just our most vulnerable citizens, but also the lives of everyday Calgarians.

He believes an engaged society, strong economy, and good government ultimately lead to better results for Albertans.



JEREMYNIXON.CA | INFO@JEREMYNIXON.CA | (587) 885-1595

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