

DECEMBER 2023

DELIVERED MONTHLY TO 1,505 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



FAMILY SKATING PARTY
JANUARY 14
3:00 TO 5:00 PM

SPARK YOUR BUSINESS WITH US!

Place your ad here to promote your business and get noticed.

Contact us at **403-720-0762** or **grow@greatnewsmedia.ca**



GET A QUOTE NOW

www.northhavenyyc.ca • newsletter@northhavenyyc.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



MATS
Commercial mat rentals and purchases



HOSPITALITY SERVICES
Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR
Workwear and cleaning of uniforms and coveralls



CLEANING
One-stop service for cleaning supplies and paper products



calgarymatandlinen.com

OFFICIAL
PLUMBING & HEATING



Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



THINKING OF SELLING A SINGLE FAMILY HOUSE, DUPLEX, TOWNHOUSE OR CONDO?

We are currently carrying low inventory

CENTURY 21.
PowerRealty.ca

dale@dalegreen.com
403-608-1410

*Each office is independently owned and operated

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

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	Alex MacKinnon	403-807-7700	president@northhavenyyc.ca
Vice President	Meritt Kularatne		vp@northhavenyyc.ca
Secretary	Peggy Colborne		secretary@northhavenyyc.ca
Treasurer	Tyme Wittebrood		treasurer@northhavenyyc.ca
Building and Maintenance	James Hill		facilities@northhavenyyc.ca
Hall Manager	Sandra Whitty		
Civic Affairs	Terry Arnett	403-547-0237	civic.affairs@northhavenyyc.ca
Communication Technology	Mark Gervais	403-651-4063	communications@northhavenyyc.ca
Community Engagement	Joshua Grey		community@northhavenyyc.ca
Entertainment	Theresa Constantin		entertainment@northhavenyyc.ca
Memberships	Tyson Hickey	403-703-1302	memberships@northhavenyyc.ca
Hall Rentals	Vacant	403-284-2716	rentals@northhavenyyc.ca
Fundraising	Rodney Blanco		fundraising@northhavenyyc.ca
Director at Large	Lorraine Moulding		lorraine@northhavenyyc.ca
Director at Large	Celina Baharally		celina@northhavenyyc.ca

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

Entertainment Committee Members Needed

Do you enjoy NHCA events? Want to get involved? We'd love to have you! Email Theresa if you are interested at entertainment@northhavenyyc.ca.



**MEMBERSHIPS NOW
AVAILABLE ONLINE!**

NorthHavenYYC.ca/membership/

ENTERTAINMENT

It's December already! I hope everyone enjoys the holidays this year, best wishes to all of our neighbours. Join us for these festive events coming up.

Light Haven

December 1 to 25

Light up your house and be part of our annual Light Haven light display season, for the month of December. Register your address on our website and be added to the map of displays to see in the community.

Walk the Lights Night

Saturday, December 16

The evening of December 16, we encourage everyone to get out in the neighbourhood to take in the Light Haven displays - participating households will be included in our walking/driving Walk the Lights tour map, which will be available on our website.

Family Skating Party

Sunday, January 14, 3:00 to 5:00 pm

Bring your family and your skates and join us for some leisurely skating with friends and neighbours at the North Haven outdoor rink! Free hot chocolate and music will be provided.

Mark your calendars for Brew Haven, February 24, 7:00 to 11:00 pm. Tickets go on sale February 1.

Be sure to check our website for all the details www.northhavenyyc.ca.

Theresa Constantin

Entertainment Director



The Prairie Winds 4-H club is back up and running, and is ready for a fun new year of 4-H. We had lots of new members join us this year! Our club is offering numerous projects, such as: explore, canine (our first meeting will be at the end

of October), health and fitness, foods, photography, and creative options. We had our first two meetings already and the second one was an executive election meeting. The elections meeting took longer than it usually does because a lot of members were interested in sitting on the executive this year.



Our club started the month of October with a few project meetings including lawnmower maintenance, Day at the Races part one, bat box building, and event planning. During the lawn mower maintenance project, the members learned how to maintain a lawn mower, how to change the oil and filter

your mower, and how to sharpen the blade. Day at the Races part one included a behind the scenes tour of the Century Downs racetrack and stables, lunch and we were able to watch the races. We were so fortunate to be given that opportunity.

In November, we are going back to clean out the horse stalls for them. During the bat box building project our members built bat boxes for the Cochrane Ecological Institute. They are building bat boxes to save the decreasing bat population. The last project of the month was event planning part one, where members learned how to plan an event from a professional event planner. These members don't just get to learn how to plan an event but will also host a Christmas party for the club in December!

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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



Notes:

- All rentals require a \$300 damage deposit
- Rental hours must include set-up and take-down time
- Discount available for North Haven resident members

**Email rentals@northhavenyyc.ca
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 Thursday - Full Day 8:00 am to 5:00 pm	\$200/day + GST Includes basic kitchen access
Friday to Sunday and Holidays - Full Day 8:00 am to 2:00 am	\$400/day + GST Includes basic kitchen access
Monday to Thursday - Hourly Rate 8:00 am to 11:00 pm (min 2 hours)	\$30/hour + GST Includes basic kitchen access
Friday to Sunday and Holidays - Hourly Rate 8:00 am to 11:00 pm (min 2 hours)	\$50/hour + GST Includes basic kitchen access



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

BARKER'S
• FINE DRY CLEANING •

**PICK UP & DELIVERY
SERVICES**



403-282-2226

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

SCAN THE QR CODE
FOR THE SOLUTION



Events Calendar

Walk the Lights Night

December 16

Family Skating Party

January 14, 3:00 to 5:00 pm

Brew Haven

February 24

Kids in the Haven – Coordinator Help Needed

Our program for North Haven youth in Grades 7 to 12 needs someone to share the coordinator role. This fun group gets together throughout the year for special events. Let us know if you're interested in helping out. Email Theresa at entertainment@northhavenyyc.ca.



WORD OF THE MONTH

Stalwart: *Adjective* (Stawl-wert)

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of
animal rights.

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.

North Haven Snow Shovelling Program

The North Haven Community Association is once again organizing five months of snow shovelling from November 1 to March 31. The program matches local kids with North Haven customers who would like to have a snow shovelling service at a reasonable rate. This program provides many kids with their first employment opportunity.

Fees for areas to be shovelled are assessed on an individual basis, and all fees collected (except GST) go directly to the shoveler. Customers can sign up for the full five months, or for as little as a weekend.

Email snow@northhavenyyc.ca if you are interested in participating as a customer or shoveler – new participants are always welcome. Customers and shovelers must be residents of North Haven and have a valid community membership.



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

NHCA Community Garden Report

Congratulations to our inaugural gardeners! We are looking forward to many more successful and bountiful seasons. This first season was a community effort to bring the garden to life. Thank you all for your efforts to keep your plot well-tended and watered, and for participating in community projects to ensure the plots were ready to plant, the fence was erected, and the community space was clean and accessible.

Also, a very big thank you to the founding gardening committee who brought the garden to life from the first idea of a community garden to the turning over of garden plots to community members. This involved planning and designing the community garden, securing funding to build the beds and provide gardening equipment, designing, and maintaining a community garden space on the NHCA website and reaching out to the community to invite and encourage participation in the garden.

Winter is the season for garden planning and your garden committee is hard at work for next spring. If you'd like to be involved in the gardening committee, please go to the community garden page under "extras" on the NHCA website and sign up. We are always eager to welcome new folks and ideas to the gardening community.

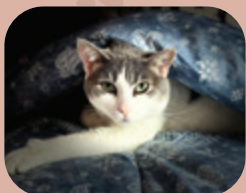
We have launched the second phase of the garden and there are more community garden plots to allocate. If you didn't have a chance this year to participate then this is your chance. It's also time to renew your garden plot or consider whether you would like to

have one next spring. Please note that you do need to be a NHCA member to participate. Memberships can be obtained online on the website under the "memberships online" section. All information about next years' gardening season, how to renew your plot, sign up for a plot, gardening etiquette, participating in a community garden, etc. can be found in the community garden section of the website.

Hope to see many of you out in the garden next spring!



Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



Guapo, Douglas Glen



Jeni, Patterson



Molly, Renfrew

To have your pet featured, email news@mycalgary.com

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.



News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

NORTH HAVEN MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.



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!



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.

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING