

FEBRUARY 2023

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North Haven

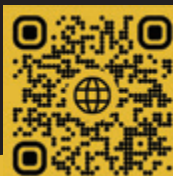
THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

BREW HAVEN
FEBRUARY 25
ADULT DANCE
MARCH 25



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Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

*Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies,
Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations*

Chinook Fund
LASTING LEGACY

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/

ENTERTAINMENT

Hello North Haven! I hope you are all enjoying the winter so far. We have some exciting events coming up, including our ever-popular Brew Haven event, and I'm excited to announce that we will also be holding an adults-only dance this year (sorry, this one's not for the kids)!

Kids In the Haven - Skating at Bowness Friday, February 10, 7:00 to 9:00 pm

Free to all North Haven teens in grades 7 to 12. Please RSVP to Jody at president@northhavenyyc.ca ahead of the event if you'll be coming. We will meet at the North Haven Hall to carpool, or you may join the group at Bowness Lagoon.

Brew Haven

Saturday, February 25, 6:30 to 10:30 pm

Tickets to this popular event go on sale on our website on February 1 and will sell out fast! \$25 for NHCA members and \$30 for non-members/guests. Each ticket includes three tasting flights. Extra flights are \$5 each and available at the event. Cash and credit/debit accepted. A limited number of tickets will be available for \$10 if you wish to attend the event but not partake in the tasting.

Our vendors this year will be Best of Kin, Village Brewery, Ole Cocktail Co., Sunny Cider, and Evil Corporation Brewing. Food from Best of Kin will also be available for sale. Additionally, we'll have special guest vendor Rachel Lyon Design Co. stationery.

Dancing Under the Stars - Adult Dance

Saturday, March 25, 7:00 to 10:00 pm

Dust off those dancing shoes and join us for a fantastic evening with your favourite tunes from the 50s to the 90s, provided by DJ Safezone. Beer and liquor will be available for sale along with a small concession (cash and credit/debit accepted). Sorry, no kids at this one.

Tickets go on sale online on March 1. \$20 for NHCA members and \$25 for non-members/guests. If you'd prefer not to purchase your ticket online, call the hall at 403-282-1075, and leave a message for Theresa.

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

Theresa Constantin

Entertainment Director



132

Hello North Haven
Scouters!



The past few years of struggling with COVID-19 have been trying for everyone and Scouting in North Haven did not escape the melee.

We have moved from Monday evenings to Thursday evenings, and with no membership or volunteers, we may be forced to close the group. The North Haven group has been one of the more successful groups in this part of the city and has great potential to be again.

It's a great adventure to join with youth and adults and learn about the world around us while keeping the 'out' in Scouting. I truly hope that you can join us to have some fun. We have amazing resources to enjoy the great outdoors and discover the world.

Beavers (ages 5 to 7), Cubs (ages 8 to 10), Scouts (ages 11 to 14), Venturers (ages 15 to 17), Rovers (ages 18 to 26).

Yours in Scouting,

Beverly Bridger, Group Commissioner

132 North Haven Scouts

403-616-3402



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 - Full Day 9:00 am to 2:00 am	\$400/day + GST Includes full kitchen access
Friday to Sunday - 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



2-storey Wildwood home with over 4,500 sq. ft. on 3 levels with developed basement.

**Call Len T Wong
at 403-606-8888
for more info.**

VIEW LISTING HERE:



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.skipthedept.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!





February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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



Self-Care O'Clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

COVER TO COCKTAILS

Welcome to Cover to Cocktails! This month, we have not one, but two books! *An Elderly Lady Is Up To No Good* and *An Elderly Lady Must Not Be Crossed*, both by Helene Tursten. They are a comedic series of short stories about a murderous old lady. Maud has a bad habit of killing people who cross her, but it is nearly impossible not to root for her. In the first book, we watch as she takes care of a couple of her neighbours and the girlfriend of her ex-fiance. In the second book, we get a bit more of Maud's backstory and find out about some of her past disposals. With a great character and stories, we are sure you will enjoy these books!

Our themed cocktail is The Granny Apple.

Ingredients:

- 1 oz apple vodka
- 1/8 tsp rose water
- 2 dashes bitters
- Ginger ale
- Apple for garnish

Directions:

1. Add ice to a lowball glass.
2. Add the first three ingredients.
3. Top with ginger ale and stir.
4. Cut a slice of apple and use a small cookie cutter of your choice (we used a flower shape) to cut some garnishes.
5. Float the garnishes in the drink or put them on the rim of your drink.

I hope you enjoy the book and the cocktail!

Until next time, have a cocktail, read a book, and be happy!

Susan Noble

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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.



SCAN HERE



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INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and more...

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

NHCA T-Shirt Pre-Order

New NHCA t-shirt options are available for pre-order! Visit northhavenyyc.ca/merch to order. T-shirts will be available in the new year. Funds from the sale of the shirts will be used to bring more exciting events to the North Haven community.



News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.

Events Calendar

Kids In the Haven Skating at Bowness

February 10, 7:00 to 9:00 pm

Brew Haven

February 25, 6:30 to 10:30 pm

Dancing Under the Stars Adult Dance

March 25, 7:00 to 10:00 pm



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