

MARCH 2023

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

ADULT DANCE
MARCH 25

PRE-TEEN DANCE
APRIL 1



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NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
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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

Spring is in the air, and the events are picking up once again! We hope to boogie on down with you soon!

Dancing Under the Stars - Adult Dance

Saturday March 25, 7:00 to 10:30 pm

Don't worry, we'll be indoors, but the hall will be looking magical! The fabulous DJ Safezone will be playing songs from the 50s to the 90s, we'll have a fun photo corner, and plenty of refreshments at the bar. Bring your dancing shoes and some friends, it'll be a great time!

Tickets go on sale online on March 1. \$15 for NHCA members and \$20 for non-members and guests.

Spring Pre-Teen Dance

Saturday April 1, 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.

Easter Egg Hunt

Saturday April 8, 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 for the online signup posted ahead of the event, so we have an idea of numbers.

Blood Drive - Team North Haven

Saturday, April 15, 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 (1-888-2-DONATE). Donors can register themselves for these North Haven Community Association appointments using NORT0100714 via their email on file at <https://myaccount.blood.ca/en/user>.

Earth Day Community Cleanup

Saturday, April 22

Join us for our annual Community cleanup, and also learn about solar panels - have you noticed the ones on the hall? More info to come!

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

Theresa Constantine

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

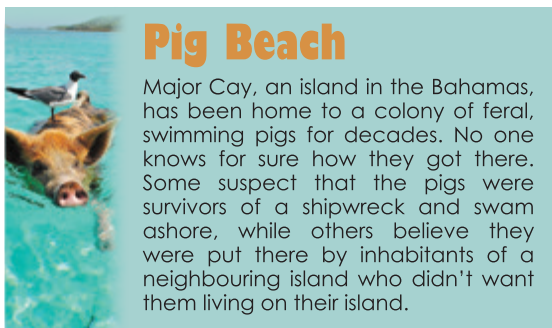
Call 403-284-2716 to view or book!

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



Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.

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





There are Sparks in North Haven! The 58th Calgary Spark Unit is comprised of 15 five- and six-year-olds. We kicked off our year with a visit to Granary Road. It was great fun to burn off some energy exploring, running, and climbing in the different playgrounds at Granary Road. In October and November we enjoyed making slime and doing other fun experiments. We also made glass mosaic sun catchers and played lots of games. In the new year we all took the C-train to the Calgary Girl Guide fireworks at the Stampede grounds and had our first sleepover! It's been very exciting to try so many new things and to make new friends. In the upcoming months we are learning about our community. We will visit the fire station and go on community walks. We are planning to go to Camp Horizon in April and Camp Jubilee in May. To give back to our community, the Sparks will be making birthday boxes for the food bank.

Our Unit and other branches of Girl Guides that meet at North Haven Community Hall will be selling the classic cookies (box that contains a sleeve of vanilla and a sleeve of chocolate cookies) door to door in late March/early April. The cost will be \$6 a box. As we explore our community and see you during our cookie selling campaign, we look forward to meeting you to say, "hi neighbour, happy to see you."

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.

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SAFE & SOUND

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



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

Grandparent Scam Information Session

Constable Kelly Lower of the Calgary Police Service conducted an information session for seniors in North Haven on the so-called “Grandparent Scam.” This scam generally targets elderly individuals by pretending to be a loved one in need. If you suspect that you may be the target of such a scam, contact your loved one directly to verify whether or not the message is genuine. If you believe you have been targeted or would like more information on this scam, please contact the Calgary Police Service non-emergency line at 403-266-1234 or visit <https://www.calgary.ca/cps/community-programs-and-resources/crime-prevention/online-safety.html>.



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.

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**SCAN THE QR CODE
FOR THE SOLUTION**



Thanks to all of our customers (50, a record high!) and shovelers (35) for another successful shoveling season! Although we had some long stretches with no snow this season, overall, there was more snow than last year which kept the shovelers busy. A big thanks to the NHCA Finance Team, Tyme and Cheryl, for handling all of the payments from customers to shovelers!

The 2022-23 season will conclude on March 31. It is still possible to sign up for short term coverage (i.e., vacation) until then. Contact snow@northhavenyyc.ca or call 403-282-6537 if you are interested.

This was my fourth and final year coordinating the program, as both of my kids have participated and aged out of it. If you are interested in taking over this position for the 2023-24 season, please contact me at snow@northhavenyyc.ca or the NHCA Board at hello@northhavenyyc.ca.

Have a great spring!

Gretchen

GAMES & PUZZLES

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!

1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b. Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790



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



Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

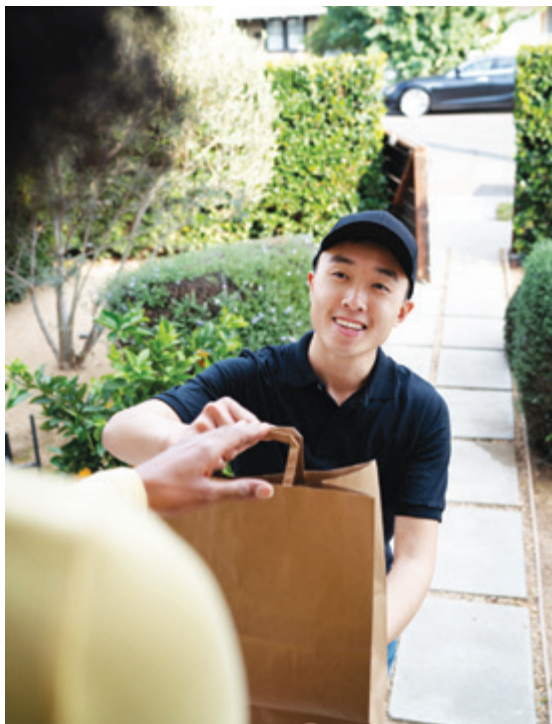
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Events Calendar

Dancing Under the Stars - Adult Dance

March 25, 7:00 to 10:00 pm

Pre-Teen Dance

April 1, 6:30 to 8:30 pm

Easter Egg Hunt

April 8, 9:30 am

Team North Haven Blood Drive

April 15, 1:15 pm

Earth Day Cleanup

April 22



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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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