

JULY 2023

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



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Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.

Scan to learn more or visit:
www.calgarywildlife.org



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		president@northhavenyyc.ca
Vice President	Vacant	403-807-7700	vp@northhavenyyc.ca
Secretary	Vacant		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	Vacant		community@northhavenyyc.ca
Entertainment	Theresa Constantin		entertainment@northhavenyyc.ca
Memberships	Tyson Hickey	403-703-1302	memberships@northhavenyyc.ca
Newsletter	Vacant		newsletter@northhavenyyc.ca
Hall Rentals	Vacant	403-284-2716	rentals@northhavenyyc.ca
Fundraising	Vacant		fundraising@northhavenyyc.ca
Director at Large	Lorraine Moulding		rodney@northhavenyyc.ca

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



mybabysitterlist

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.



MEMBERSHIPS NOW AVAILABLE ONLINE!

NorthHavenYYC.ca/membership/

Hello neighbours!

Heading into the summer months we will wind down our major events for a little while. But don't miss these ongoing events!

New This Summer! North Haven Bike Safety Ambassador Program

Kids spotted biking safely in the community this summer by one of North Haven's Bike Safety Ambassadors could win a prize! Prizes will be given out for riding safely in North Haven, including crossing roads safely and wearing your helmet! The Ambassadors will be out in the community in July and August.

Lil Green Urban Farm Stand Wednesdays, 3:30 to 6:30 pm

Every Wednesday afternoon through the summer, get your fresh greens and veggies from Lil Green Urban Farm, in the hall parking lot.

Theresa Constantin

Entertainment Director

Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *Looking for Jane* by Heather Marshall. This historical fiction explores motherhood through the intersecting stories of three women in different decades in Canada. The topic may be controversial to some, but the story is wonderfully written and very thought provoking. If you enjoy historical fiction about amazing women, give this one a try!

Our themed cocktail is Bittersweet Endings.

Ingredients:

- 1.5 oz tequila
- 1 oz Campari
- ½ oz freshly squeezed lemon juice
- ½ oz grenadine
- Sprite or 7UP
- Lemon wedge

Directions:

- Put ice in a glass, add the rocks.
- Add first four ingredients.
- Top with soda and stir.
- Garnish with a lemon wedge.

We found this drink a bit too bitter. To combat the bitterness, we experimented, and the best version so far is when you reduce the Campari and lemon juice and swap out the tequila for triple sec and gin.

I hope you enjoy the book and the cocktail!

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

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COME CHECK US OUT!

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
- Discount available for North Haven resident members
- Rates do not include GST

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 Friday - Full Day 8:00 am to 5:00 pm	\$200/day + GST Includes basic kitchen access
Saturday to Sunday - Full Day 8:00 am to 2:00 am	\$400/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

Volunteers 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 several new positions to the Board of Directors. The following board positions are available:

- **President**
- **Secretary**
- **Hall Manager**
- **Community Engagement**
- **Newsletter**
- **Casino and Fundraising**
- **Snow Shovelling Coordinator**
- **Kids in the Haven - Co-Coordinator**

If you are interested in any of these positions, or would like more information, please email Jody at president@northhavenyyc.ca.

Events Calendar

Lil Green Urban Farm Stand
Wednesdays, 3:30 to 6:30 pm

132nd North Haven Scouts

Hello from the Scouts at North Haven!

The last couple of years have been hard as we have all had to learn new ways of being social in our neighbourhood. The 132nd North Haven Scouts have been around for approximately 50 years and sadly the group may be closing entirely this fall. We will be holding a registration event at the Stampede Breakfast (June 24) and are hoping that there will be enough interest to keep the group open; stay tuned for additional details.

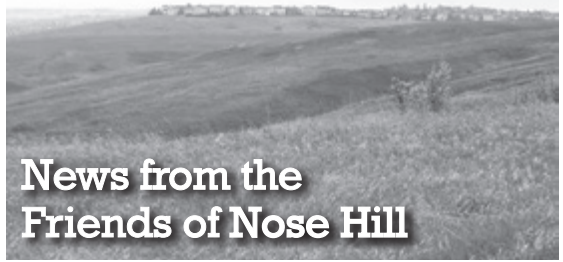
While there has been enough registration from youth to get started, we do not have any volunteers to direct and supervise the group. This is not a hard job, and it is extremely rewarding. Scouts Canada provides all training and necessary items, so this is at no cost to the volunteers. Please help us keep this group alive with the North Haven Community as a sponsor. This is a valuable and fun-filled activity for those of all ages and is 100% co-ed.

If you have any questions or would like to get your training started, feel free to give me a call at 403-616-3402 or send an email to northhavenscouts@shaw.ca. Registration for next year has already begun and we can't wait to get this program up and running.

Yours in Scouting,

Beverly Bridger

132nd North Haven Group Commissioner



News from the Friends of Nose Hill

by Anne Burke

Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.

9 PM ROUTINE

 CALGARY POLICE SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



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 northhavenyc.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
northhavenyc.ca/businessdirectory

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

BUSINESS CLASSIFIEDS

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

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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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WE ARE LOCATED IN THE
TRIWOOD COMMUNITY CENTRE

Community Garden

The North Haven Community Garden kicked off the gardening season in May. We had 25 of our community gardeners come out on opening day to help with delineating plots, laying steppingstones, and building a fence. Thanks to Thomas, a North Haven community member, for the donation of the pavers! Another great donation to the garden was a rain barrel. We are looking forward to seeing what grows, and potentially the start of phase two, pending grants.



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.

GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE
QR CODE
FOR THE
ANSWERS!



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.
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- Kids/ teens injuries
- Seniors (arthritis)
- Headaches

During her decade long career as a chiropractor, Dr. Brennan has had the opportunity to provide chiropractic treatment to patients suffering from chronic illnesses (including chronic pain), high risk individuals, those healing after motor vehicle accidents, seniors, infants and children, sedentary populations, weekend warriors, and those seeking wellness care.

After becoming a mother, Dr. Sarah developed a special interest in working with women throughout all stages of motherhood, beginning in pregnancy and continuing with healing and rehab in the postpartum period. She uses a variety of gentle chiropractic techniques and exercises to help women achieve their optimal state of health.

Dr. Brennan is now expanding her practice in Beddington and accepting new and returning patients for chiropractic care.



Dr. Sarah Brennan
Chiropractor
CMCC 2013

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