

OCTOBER 2023

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# North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

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VOLUNTEERS NEEDED!**



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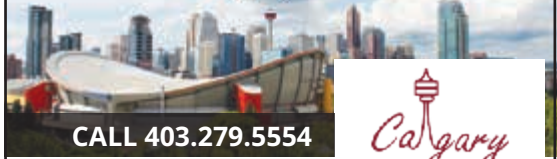


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- Free parking

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use your  
health benefits  
this year



# 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           | Vacant             |              | 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              | Rodney Blanco      |              | fundraising@northhavenyyc.ca    |
| Director at Large        | Lorraine Moulding  |              | lorraine@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](mailto:entertainment@northhavenyyc.ca).



**MEMBERSHIPS NOW  
AVAILABLE ONLINE!**

[NorthHavenYYC.ca/membership/](http://NorthHavenYYC.ca/membership/)

Hello North Haven,

I hope everyone is enjoying the fall! Be sure to check our website, social media, and community signage for the most up to date details for all our events. I know our dates sometimes don't line up with the newsletter – apologies for any confusion. Unfortunately, our newsletter content is prepared quite far in advance and details sometimes change between then and the newsletter delivery date.

Hope to see you soon!

### Flu Shot Clinic

**October 21, 9:00 am to 12:00 pm**

The flu shot clinic will be on October 21 from 9:00 am to 12:00 pm. Check back on our website for updated timing and to access the signup page to get your timeslot.

### Kids in the Haven Pumpkin Carving

**October 28, 2:00 to 4:00 pm**

This fun event is free and open to all North Haven teens in Grades 7 to 12. Pumpkins will be provided for carving at the hall. Please bring your own spoons, carving tools, stencils, props, etc. (whatever you need to scoop, carve, and decorate your pumpkin). The creations will be displayed and judged at the Nether Haven Family Dance on the evening of October 28, and carvers can pick up their pumpkin after the dance.

Pre-registration is required to ensure that we have enough pumpkins for everyone! RSVP by Monday, October 24 to get your pumpkin. Text or call Jody at 403-815-0063.

### Nether Haven Family Halloween Dance

**October 28, 6:30 to 8:30 pm**

Join us for this family favourite event with DJ Safezone! Dress up the whole family and come out for a fun time. Snacks and refreshments will be available for sale, along with drinks for the adult crowd.

Tickets will be available for sale online starting on October 14. Get yours early, as this popular event is sure to sell out!



### Preteen Dance (Grades 4 to 6)

**November 18, 6:30 to 8:30 pm**

Tickets go on sale on November 1.

### Winter Haven Craft Market

**November 25, 10:00 am to 4:00 pm**

*Theresa Constantin*

Entertainment Director

## Events Calendar

### Flu Shot Clinic

October 21, 9:00 am to 12:00 pm

### Kids in the Haven Pumpkin Carving

October 28, 2:00 to 4:00 pm

### Nether Haven Family Halloween Dance

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### Preteen Dance

November 18, 6:30 to 8:30 pm

### Winter Haven Craft Market

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## SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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



| MAIN HALL Seating Capacity: 100   |  |
|---|--|
| <b>Friday to Sunday and Holidays - Full Day</b><br>9:00 am to 2:00 am                   | \$400/day + GST<br>Includes full kitchen access  |
| <b>Friday to Sunday and Holidays - Hourly Rate</b><br>9:00 am to 2:00 am (min 3 hours)  | \$50/hour + GST<br>Includes basic kitchen access |
| <b>Monday to Thursday - Hourly Rate</b><br>9:00 am to 11:00 pm (min 2 hours)            | \$40/hour + GST<br>Includes basic kitchen access |
| MEETING ROOM Seating Capacity: 30   |  |
| <b>Monday to Thursday - Full Day</b><br>8:00 am to 5:00 pm                              | \$200/day + GST<br>Includes basic kitchen access |
| <b>Friday to Sunday and Holidays - Full Day</b><br>8:00 am to 2:00 am                   | \$400/day + GST<br>Includes basic kitchen access |
| <b>Monday to Thursday - Hourly Rate</b><br>8:00 am to 11:00 pm (min 2 hours)            | \$30/hour + GST<br>Includes basic kitchen access |
| <b>Friday to Sunday and Holidays - Hourly Rate</b><br>8:00 am to 11:00 pm (min 2 hours) | \$50/hour + GST<br>Includes basic kitchen access |

## 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](mailto:rentals@northhavenyyc.ca) to view or book!**



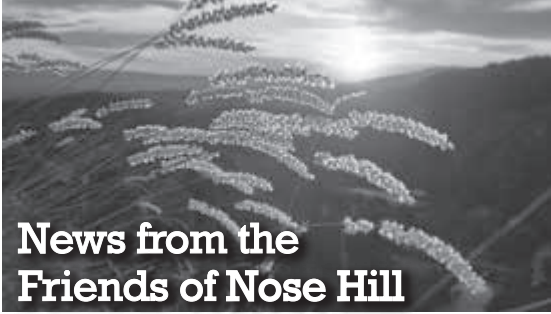
## Volunteers Needed

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:

- **Vice President**
- **Secretary**
- **Hall Rentals**
- **Community Engagement**
- **Newsletter Editor**
- **Kids in the Haven - Co-Coordinator**

If you are interested in any of these positions, or would like more information, please email [Alex](mailto:alex@northhavenyyc.ca) at [alex@northhavenyyc.ca](mailto:alex@northhavenyyc.ca).





## News from the Friends of Nose Hill

by Anne Burke

*Exploring Nose Hill: A Hands-On Field Guide* by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at [engage.calgary.ca/parksplan](http://engage.calgary.ca/parksplan).

## Kids in the Haven – Coordinator Help Needed



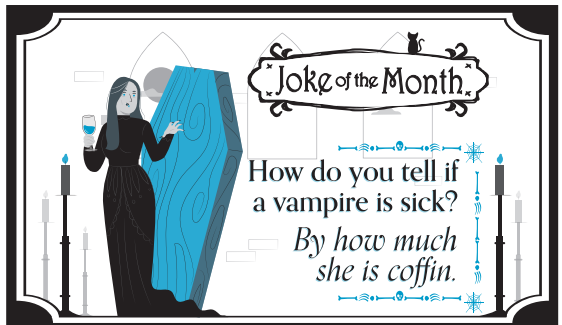
Our program for North Haven youth in Grades 7 to 12 needs someone to share the coordinator role. This fun group gets together throughout the year for special events. Let us know if you’re interested in helping out. Email Theresa at [entertainment@northhavenyyc.ca](mailto:entertainment@northhavenyyc.ca).

## 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](mailto: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.





# 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](http://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](http://northhavenyc.ca/businessdirectory)

## Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *Bad Vibes Only* by Nora McInerney. This book of essays looks at motherhood and parenthood, privacy in the world of social media, body image, friendships, and so much more. The book reminds us that it's okay to opt out of current trends and that we don't always have to feel good. There are some great stories told, including an adventure as an eight-year-old in the eighties that would certainly never happen in current day, and a scary situation forgetting about a child in a car. With each chapter being a stand-alone essay, the book is an enjoyable read.

Our themed cocktail is Mommy Juice.

### Ingredients:

- Red Wine
- Cranberry Juice
- Lemon Lime Pop (Sprite or 7up)

### Directions:

1. Add some ice to your favourite wine glass.
2. Fill it half full with your favourite red wine.
3. Fill half of the remaining space with cranberry juice and top with lemon lime pop.
4. Stir and enjoy!

I hope you enjoy the book and the cocktail!

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



## GAMES & PUZZLES

### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_ seconds.



## 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>.
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# Fall of the Leaf



In Canada and the US, the season between summer and winter is typically called 'fall.' In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."

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**BRAIN GAMES**

## SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# North Haven Learning Grounds Update

Construction of Phase 2 of the Learning Grounds at North Haven School is complete!

We are particularly proud of the 24 new trees that have been placed in the schoolyard. How many trees were there before the project started, you ask? None! It will be quite some time before we have substantial shade produced, but a wise forester once said "The best time to plant a tree is 20 years ago, the second best time is today."

We've heard some questions over the summer and have assembled a Learning Grounds FAQ.

**Q: When will the fences around planting areas be taken down?**

A: The wildlife fences around planting areas will remain in place for three growing seasons. This will give planting time to establish while they're still small and susceptible to damage.

**Q: Will the area around the amphitheatre be mowed?**

A: The Phase 1 grasses growing among shrubs will not be mowed; they are indeed quite long, but have also been producing seed heads which will help fill in remaining bare areas. This planting style has become more common in City of Calgary natural areas and encourages wildlife through habitat creation.

**Q: What is the area between the play structure and the swings?**

A: It's an obstacle play area! The existing boulders in a horseshoe shape have been connected to pathways constructed of stepping stones, and larger boulders of various sizes. The area is opposite a plaza sitting area with benches and a perfect place to park a stroller while smaller children clamber about. We understand the students like to play 'Alligator Tag' on the existing boulders.

**Q: What's Alligator Tag?**

A: No idea!

**Q: What's the story with the leaning trembling aspen from Phase 1? The one with very small leaves?**

A: Our design team figures the root ball had poor contact and the roots haven't taken quite as well as the other two trembling aspens. The good news is that with extra water and heavy pruning next year, it will catch up to the other two aspens in three years. These are fast growing trees so it should recover.

**Q: Is the area only for use by the school?**

A: The North Haven Learning Grounds is for everyone! Students at the school will certainly benefit from the Learning Grounds, with the easiest access and learning opportunities, but the space is for everyone.

Please come and explore the North Haven Learning Grounds for yourself. Bring your neighbours, your relatives, and your friends! Come and enjoy the space; all are welcome here.

*North Haven Parent Association - Learning Grounds Team*





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FinancialWellness@CaryaCalgary.ca.



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