

North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER NHCA COMMUNITY BOARD **VOLUNTEERS NEEDED!**



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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.













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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@northhavenyyca.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@northhavenyyca.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.



NorthHavenYYC.ca/membership/

ENTERTAINMENT

Hello North Haven,

I hope everyone enjoyed the summer! We're happy to be back with more great events this month. Looking forward to catching up with all of you soon!

6th Annual Fall Bike Haven September 9, 10:00am to 12:00 pm

Yes, it's back! We'll have the chalk course for little riders and striders, and ramps and obstacles for the more adventurous crowd. Register ahead online. It's free for NHCA members and \$2 per rider for non-members.



Outdoor Brew Haven September 24, 1:00 to 4:30 pm

Join your neighbours for an afternoon in the sun relaxing with your neighbours and a cold drink! Keep an eye out on our website for more details.

Flu Shot Clinic Mid-October, Date TBD

Family Hallowe'en Dance October 28, 6:30 to 8:30 pm

Theresa Constantin

Entertainment Director

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



PRESIDENT'S MESSAGE

Hi North Haven!

I'm a long time reader — first time writer! I'm honoured to represent the community that we all call home. I first joined the community association in 2015 and there are so many great projects I've been able to support ever since. No project is ever done by one individual though. It takes a combined effort from a group of volunteers with an understanding of a unified direction: forward. I want to take a moment and thank all of the volunteers who have helped grow our community association to what it is, especially to those who have retired from the board this past summer. Each and every one of them have left a lasting impact that has directly improved this community.

Now perhaps it is your turn. We have some really important work to continue doing but are in need of new volunteers to join our community association. I hope you'll consider it.

Alex MacKinnon

President

Events Calendar

Bike Haven

September 9, 10:00 am to 12:00 pm

Outdoor Brew Haven

September 24, 1:00 to 4:30 pm

Flu Shot Clinic

Mid-October, Date TBD

Family Hallowe'en Dance

October 28, 6:30 to 8:30 pm

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 COMMUNITY ASSOCIATION'S HALL IS AVAILABLE FOR RENT!



Notes:

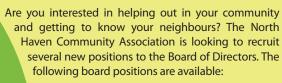
- All rentals require a \$300 damage deposit
- Discount available for North Haven resident members
- Rates do not include GST

Email rentals@northhavenyyc.ca to view or book!

MAIN HALL Seating Capacity: 100				
Friday to Sunday and Holidays -	\$400/day + GST			
Full Day	Includes full kitchen access			
9:00 am to 2:00 am				
Friday to Sunday and Holidays -	\$50/hour + GST			
Hourly Rate	Includes basic kitchen access			
9:00 am to 2:00 am (min 3 hours)				
Monday to Thursday - Hourly Rate	\$40/hour + GST			
9:00 am to 11:00 pm (min 2 hours)	Includes basic kitchen access			
MEETING BOOM Seating Capacity 20				

MILETING ROOM Seat	MEETING ROOM Seating Capacity: 30			
Monday to Friday - Full Day	\$200/day + GST			
8:00 am to 5:00 pm	Includes basic kitchen access			
Saturday to Sunday - Full Day	\$400/day + GST			
8:00 am to 2:00 am	Includes basic kitchen access			
Monday to Friday - Hourly Rate	\$30/hour + GST			
8:00 am to 11:00 pm (min 2 hours)	Includes basic kitchen access			
Saturday to Sunday - Hourly Rate	\$50/hour + GST			
8:00 am to 11:00 pm (min 2 hours)	Includes basic kitchen access			

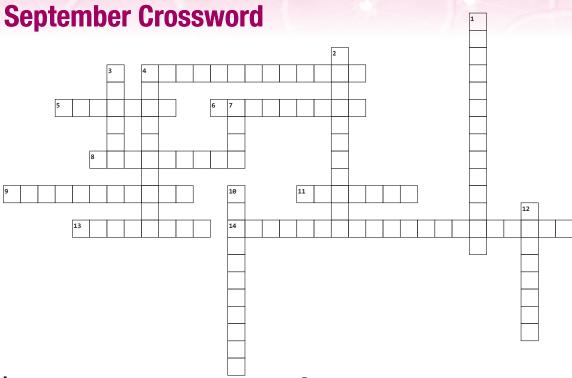




- · Vice President
- Secretary
- · Hall Rentals
- · Community Engagement
- Newsletter Editor
- · Snow Shovelling Coordinator
- · Kids in the Haven Co-Coordinator

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





Across

- On September 23, 2023, also known as the ______, night and day are approximately the same length.
- 5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- 6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
- 8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _______ Day.
- 9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- 11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- 13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- 14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

- 1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- 2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
- 3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- 4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
- 7. This iconic Enrique Iglesias song was released on September 3, 2001.
- 10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- 12. International ______ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE FOR THE ANSWER KEY



		Date
Last Name	First Name(s)	
Address		Postal Code
Email Address (Please print clearly)		Phone Number
I consent to receive emails from the NHCA re	egarding membership rene	wal and community events.
Please select a membership type:		Select payment type:
S 15.00 North Haven Resident Household - 1 Year		☐ Cash
☐ \$ 15.00 Non-North Haven Resident Household - 1 Year		○ Cheque
S 5.00 Senior Household - 1 Year		
Donation		
Please mail or drop off the completed form and North Haven Community Hall - 5003 North Ha	. ,	TOV OVZ

Go to northhavenyyc.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 northhavenyyc.ca/businessdirectory



North Haven Community Garden Report

If you haven't had a chance to check out the community garden yet, please do. There are close to 30 bountiful plots with a glorious array of different veggies and flowers and gardening techniques.

The gardening committee has also been busy planting a fruit orchard. Apples are already fruiting, and we have cherry and pear trees as well.

We hope to secure some more funding to expand the number of garden plots and work on a row of accessible plots.

We are always looking for more committee members so please check us out on the NHCA website under "Extras."

Lorraine Moulding

Director at Large

Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is American Dirt by Jeanine Cummins. This beautifully written novel shows us how far people will go to find a better life for themselves and their family. Lydia Perez and her son Luca must flee their home in Acapulco after their family is brutally murdered by a cartel. The journey to the US is dangerous, but not as dangerous as staying in Mexico. This novel looks at the depths of what people will go through for a better life. It speaks to the migrant times of the day and is a thought provoking read.

Our themed cocktail is Mexican Blues Margarita.

Ingredients:

- 1 oz teguila
- 1 oz blue curacao
- ½ oz freshly squeezed lemon juice
- · Limeade juice
- Salt
- Lime slice



Directions:

- 1. Use your lime slice to wet the rim of a rocks glass and then salt only half of it.
- 2. Add ice, tequila, blue curacao, and fresh lime juice.
- 3. Top with prepared limeade juice.
- 4. Stir and garnish with the lime slice. Enjoy!

I hope you enjoy the book and the cocktail!

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

BUSINESS CLASSIFIEDS

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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.

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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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PR HANDYMAN: All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

Word of the Month

Metanoia: noun (met-uh-noi-uh)

A transformative change of heart.

"Upon finishing her book, Alice experienced a metanoia."

North Haven Learning Grounds



The North Haven Parent Association is pleased to announce that Phase 2 of the North Haven Learning Grounds is wrapping up following summer construction. Phase 2 has extended accessible pathways to existing tables and the play structure, added to the classroom forest near the amphitheatre, constructed an obstacle play area, created a meadow, and planted 24 trees! It will take some time, but there will eventually be shade in the schoolyard. Improvements were also made to the main school entrance.

Similar to Phase 1, areas of the Learning Grounds will be protected behind fencing to allow the plants and trees to establish themselves. This includes the meadow that will be located in the southwest portion of the schoolyard, near the amphitheatre and classroom forest. The meadow will include native grasses and "islands" with wildflowers like fireweed, prairie crocus, goldenrod, bergamot, and brown-eyed susans. The grasses and flowers will be allowed to grow long, creating a pollinator habitat and student learning opportunities, but will be mowed twice a year. The meadow may look a little unkempt, but it's for the pollinators!

Many of you may have also noticed that the very sad looking lodgepole pine from Phase 1 has been replaced. We heard about this tree from quite a few concerned folks, as its yellow-brown needles were hard to miss. This tree was flagged early on – it had root ball damage upon arrival, and we had hoped it would make it, but the hot, dry spring won out. It was removed and replaced on warranty.

As we close out construction, we'd like to once again thank our wonderful community who contributed to the project through fundraising, donations, and time watering and weeding. Phase 2 was made possible by the Alberta Community Facility Enhancement Program (\$125,000!), TD Friends of the Environment Foundation, and Calgary Foundation Neighbour Grant.

We are also seeking tree watering bags to help maintain our new forest. Please contact the North Haven Parent Association, or the North Haven Community Association if you have tree watering bags you no longer need.

Lastly, we would like to invite community members, friends, and neighbours to use the space. Take a walk through the Learning Grounds and enjoy the transformation.

North Haven Parent Association

Learning Grounds Committee



While some countries and nations are hundreds of years old, some are barely older than a decade! This is the case for South Sudan in Africa; in 2011, they gained independence from Sudan, making them the youngest country on Earth! Other young countries include Kosovo (2008), Montenegro (2006), and Serbia (2006).



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!



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Face is it drooping?

A rms can you raise both?

S peech is it slurred or jumbled?

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BCM

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- O Car accident injury
- Kids/teens injuries
- O Seniors (Arthritis)
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