

APRIL 2024

DELIVERED MONTHLY TO 1,705 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



PARENTS AND TOTS
TUESDAYS, 9:30 AM

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- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



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- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



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CONTACT US



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	Meritt Kularatne		vp@northhavenyyc.ca
Secretary	Peggy Colborne		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	Joshua Grey		community@northhavenyyc.ca
Entertainment	Theresa Constantin		entertainment@northhavenyyc.ca
Memberships	Tyson Hickey	403-703-1302	memberships@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
Director at Large	Celina Baharally		celina@northhavenyyc.ca

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

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MEMBERSHIPS NOW AVAILABLE ONLINE!

NorthHavenYYC.ca/membership/



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 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 ASSOCIATION'S HALL IS AVAILABLE FOR RENTAL!



MAIN HALL

100-person capacity, for receptions, parties, conferences, includes kitchen

Friday to Sunday and Holidays	\$400 per day + GST
Full Day: 9:00 am to 1:00 am	
Friday to Sunday and Holidays	\$50 per hour + GST
Hourly Rate: 9:00 am to 1:00 am	(minimum 3 hours)
Monday to Thursday	\$40 per hour + GST
Hourly Rate: 9:00 am to 11:00 pm	(minimum 2 hours)

MEETING ROOM (LOUNGE)

30-person capacity, for meetings and small trainings

Monday to Thursday	\$30 per hour + GST
Hourly Rate: 8:00 am to 11:00 pm	(minimum 2 hours)
Friday, Saturday, Sunday and Holidays	\$50 per hour + GST
Hourly Rate: 8:00 am to 11:00 pm	(minimum 2 hours)

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@northhavenyc.ca to view or book!



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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!

Got Bottles?



Download the app and donate to us today!

SKIP THE DEPOT

Spring has sprung and we've got some great events lined up. We can always use a helping hand or two so if you'd like to help, send an email to entertainment@northavenyyc.ca. All the details on our upcoming events can be found on our website, www.northavenyyc.ca.

Community Cleanup

April 20, 9:00 to 11:00 am

Spruce up North Haven to celebrate Earth Day! Meet at the community hall at 9:00 am - please bring gloves, bags, and any litter pickup tools if desired, and we'll divide into groups to tackle litter in the community. Juice, pop, and water will be provided at wrap-up time, 11:00 am, back at the hall. Event is weather dependent.

Lego Competition

April 27, 10:00 am to 4:00 pm

New this year! Calling all North Haven Lego enthusiasts for our first ever Lego competition.

Create an original build and enter to win! Build categories are The Great Outdoors or Technology (categories not required for kids under 7 or adults over 18). Each entry is only \$5, with a maximum of two entries per builder.

10:00 am to 12:00 pm - Build drop-off at NH hall

12:00 to -1:00 pm - Judging (doors closed/no viewing)

1:00 to 3:00 pm - Public viewing

3:00 to 4:00 pm - Prize and entry pickup

Space is limited so register early - see website for full details.



Parade of Garage Sales

May 11, 9:00 am to 1:00 pm

One day, so many garage sales! If you'd like to join in and hold a sale, register your address on our website starting April 28 - \$5 for NHCA members, \$7 for non-members. We will put your location on a map of garage sales and put up signage around the community.

Want to shop instead? Cruise the neighbourhood on the 11th and check out all the garage sales, all on one day!

Spring Bike Haven

May 25, 10:00 am to 12:00 pm

Yes, it's a favourite and it's back, with a chalk course for the little ones and ramps for the more adventurous! Free for NHCA members, \$2 for non-members. Pre-register and sign the waiver on our website ahead of time. Volunteers always needed - give a shout if you can help, entertainment@northavenyyc.ca.

And don't forget our weekly events at the community hall:

Parents and Tots Community Playgroup

Tuesdays, 9:30 to 10:30 am (Free)

Vinyasa Yoga

Wednesdays, 6:00 to 7:00 pm (\$15)

Farm Stand by Lil Green Urban Farm

Wednesdays, 3:30 to 6:00 pm (Beginning in May)

Theresa Constantine

North Haven Community Association Entertainment Director



**SCAN HERE TO VIEW ADDITIONAL
NORTH HAVEN CONTENT**

**News, Events,
& More**



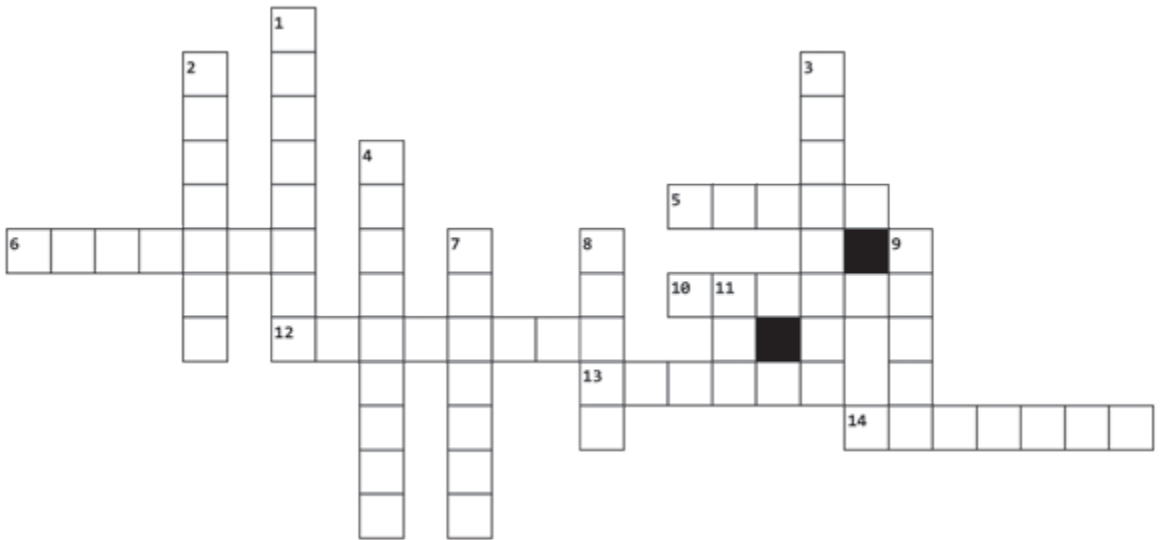
**Crime
Statistics**



**Real Estate
Statistics**



April Crossword



Across

5. The _____ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead

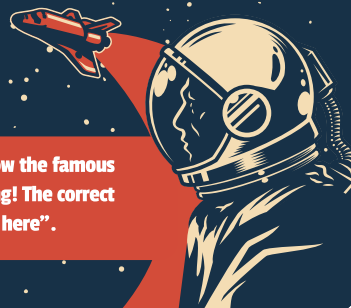


- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

HOUSTON, WE HAVE A PROBLEM

On April 11, 1970, Apollo 13 launched and ran into difficulties days later. But did you know the famous line uttered by Tom Hanks (who plays US astronaut James Lovell) in the 1995 film is wrong! The correct quote uttered by astronaut John Swigert first was “Okay, Houston, we’ve had a problem here”.



Events Calendar

Yoga

Wednesdays, 6:00 to 7:00 pm

Parents and Tots

Tuesdays, 9:30 to 10:30 am

Community Cleanup

April 20, 9:00 to 11:00 am

Lego Competition

April 27, 10:00 am to 4:00 pm

Parade of Garage Sales

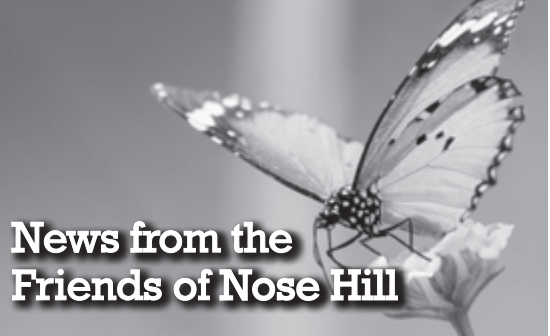
May 11, 9:00 am to 1:00 pm

Spring Bike Haven

May 25, 10:00 am to 12:00 pm

Lil Green Urban Farm

Wednesdays, 3:30 to 6:00 pm, beginning in May



by Anne Burke

The new City Nature YYC website will be online with information on the 2024 challenge (www.citynatureyyc.ca). The dates for the event are April 26 to 29. Follow @CityNatureYYC on Instagram. On May 6, local, national, and global results will be announced.

The Nose Hill checklist contains references to reptiles, fungi and lichen, amphibians, insects, shellfish, birds, and mammals. Sightings are in NW Calgary. This website features the chorus frog, the tiger salamander, the terrestrial garter snake, and more. There are 42 birds, among them hawks, blackbirds, sparrows, chickadees, starlings, wrens, geese, eagles, mallards, teals, kestrels, gulls, partridges, grebes, grouse, and vultures. Some other types are the northern flicker, downy woodpecker, and hairy woodpecker. The great horned, long-eared, and short-eared owls all appear in the list.

The May Plant Count is part of the annual May Species Count. The survey runs from May 25 to 31. The focus is on documenting the flowering status of native plant species across Alberta. This project promotes stewardship and appreciation of Alberta's natural areas. As a citizen scientist, you will collect data to be used for conservation. Here are the basics. Enter the location of your plant. Upload a photo. Enter the date of the observation. Add a report about the flowering stage. Choose the appropriate stage from those listed. There are many ID guides and checklists (in print or flipbooks online). Observations can be made manually on a data sheet and then submitted by email or snail mail. You would need to sign up for the mailing list and then receive data sheets and instructions (www.naturealberta.ca/-may-plant-count). If you are submitting observations online you will join the May Plant Count project for the flowering codes to be displayed in the iNaturalist phone app (www.inaturalist.ca/projects/alberta-may-plant-count).



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.



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Community Garden Update

Garden Plots Available!

Are your green fingers itching to plant some seeds in the soil? Last fall more garden beds went in and there are still some available. We had a very successful first year and hope you'll join us to make the second year as successful. To register, go to the North Haven Community Association website and look for community garden under extras at the top.

Gardening is a wonderful way to meet new neighbours, share gardening stories and tips, and enjoy our lovely but too brief summer outdoors. We have many returning and experienced gardeners who are happy to share their gardening knowledge with you if you are new to gardening. Gardening tools including watering cans are available on site. And welcome back to all the returning gardeners!



Attention North Haven Parents and Scouting Age Youth!

Information: Q&A Session from 6:00 to 7:00 pm on Thursday, June 20, 2024, at the North Haven Community Association.

We need youth and volunteers to resurrect the North Haven Scout Group. It really is a lot of fun and we provide all the training, uniforms, and an abundance of adventure. The downside is that closure of the group is imminent this fall. If that happens, all funds and equipment will disappear. The North Haven Scouts represent many years of hard-working youth and parents doing fundraising for camps and adventures.

Please consider registering early for the fall session and leave plenty of time to prepare.

Feel free to email me at northhavenscouts@gmail.com or text/call 403-616-3402 for more information.

More information is on the Scouting website www.Scouts.ca.

Yours in Scouting

Bev Bridger

Group Commissioner

Bring your youth out to experience the outdoors and touch the earth!



Word of the Month

Portmanteau: noun (port-man-toe)

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word 'motel' is a portmanteau of 'motor' and 'hotel'.



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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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