

AUGUST 2024

DELIVERED MONTHLY TO 1,705 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

BIKE HAVEN
SEPTEMBER 14



**CONTINUE GROWING
YOUR BUSINESS**

**Place your ad here to promote
your business and get noticed!**

Contact us at 403-720-0762 | grow@greatnewsmedia.ca



GET A QUOTE NOW

www.northhavenyyc.ca • newsletter@northhavenyyc.ca

Your Dollar Store
With More

BACK TO SCHOOL SALE!
up to **25% OFF**

Stationery & Craft Supplies
Promotion Aug 1-31, 2024

Across from Thorncliffe Safeway
5602 4th Street NW, Ph: (403) 313-5543
Hours: Mon to Sat 9:00am - 8:00pm
Sunday 10:00am - 6:00pm

OFFICIAL
PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages




ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

BARKER'S
• FINE DRY CLEANING •



PICK UP & DELIVERY SERVICES

403-282-2226

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.**

Volunteers Needed

Are you interested in helping out in your community and getting to know your neighbours? The North Haven Community Association is looking for a volunteer newsletter editor.

If you are interested, please contact info@northhavenyyc.ca.



**MEMBERSHIPS NOW
AVAILABLE ONLINE!**

NorthHavenYYC.ca/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 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!



Summer Activities

The City of Calgary will once again offer a variety of free activities and programs throughout Calgary's parks and neighbourhoods this summer. Please visit calgary.ca/free for up-to-date program schedules.

Enjoy the summer!

Best regards,

Andrew Chin

Ward 4 Liaison to Cllr. Sean Chu

Word of the Month

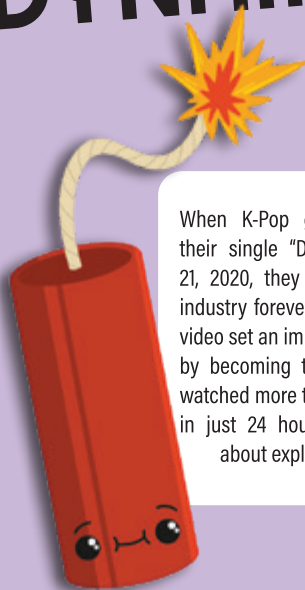
Mellifluous: adjective
(muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

ENTERTAINMENT

I hope everyone is enjoying the beautiful summer weather we are finally getting. Hope to see some of you out in the neighbourhood over the next few months.

On the evening of August 14, we have an information presentation at the hall which will give a history on the Blackfoot Stone Circle up Nose Hill.

Bike Haven is back on September 14 from 10:00 am to 12:00 pm.

Free Parents and Tots community playgroup meets every Tuesday at 9:30 am at the green park on Ninga Rd. The group will run through the summer.

Don't forget our Farm Stand by Lil Green Urban Farm, every Wednesday from 3:30 to 6:00 pm, through the summer.

Details on all these events can be found on our website, www.northhavenyyc.ca.

Jesse Fowlis

North Haven Community Association Entertainment Director



Register now for September 2024!

Non-profit, parent-supported preschool with affordable morning and afternoon classes. Subsidy available.

Visit www.hpca.ca/preschool for details.

Centrally located en route to downtown in Highland Park Community Hall (3716 2 St NW).

preschool@hpca.ca | 403-276-6969

www.hpca.ca/preschool

CALGARY FINE DENTISTRY

Dedicated to providing you with optimal dental health.



*Dr. Lauren Vredenburg,
Practice owner*

21 Ave NW

Calgary Fine Dentistry



20 Ave NW

Come check us out!

403-284-3061

#206 1910 20th Ave, NW

www.calgaryfinedentistry.com

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.

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *Get Well Soon* by Jennifer Wright. This non-fiction takes us through some of the worst plagues in history, ranging from the bubonic plague to the dancing plague to polio, with many more in between. Some of the plagues are well known,



and some we had never heard of before. This book was written before the pandemic, but we wondered what the author's take might have been on the latest plague! If you have ever wanted to learn more about diseases in an easy to read and sometimes humorous format, this is the book for you!

Our Themed Cocktail is Black Death:

- 2 oz Creme de Cassis (black currant liqueur)
- ½ oz apple vodka
- ½ oz Cointreau (triple sec or Grand Marnier work too)
- 2 drops black food colouring
- 2 oz pomegranate juice
- 1 egg white (or use meringue powder)

Combine the first five ingredients in a shaker with ice and shake for about 20 seconds. Strain into a rocks glass. Add food colouring to the rocks glass until the drink is black. Remove the ice from the shaker and pour the drink back into shaker. Add the egg white or meringue powder mixture to the shaker and dry shake for another 20 seconds. Pour the drink back into the rocks glass. Enjoy!

I hope you enjoy the book and the cocktail!

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

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

Paper Products

- Turk Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

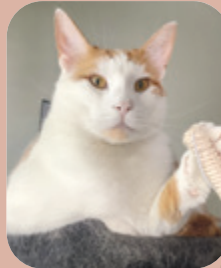
CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services

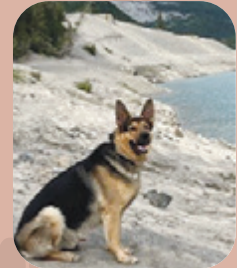


calgarymatandlinen.com | 403-279-5554

Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



Harry, *Bridgeland*



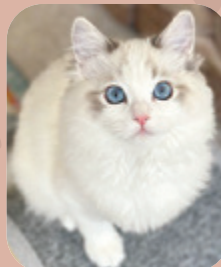
Pikko, *Hillhurst Sunnyside*



Riley, *Kensington*



Sawyer, *Beddington*



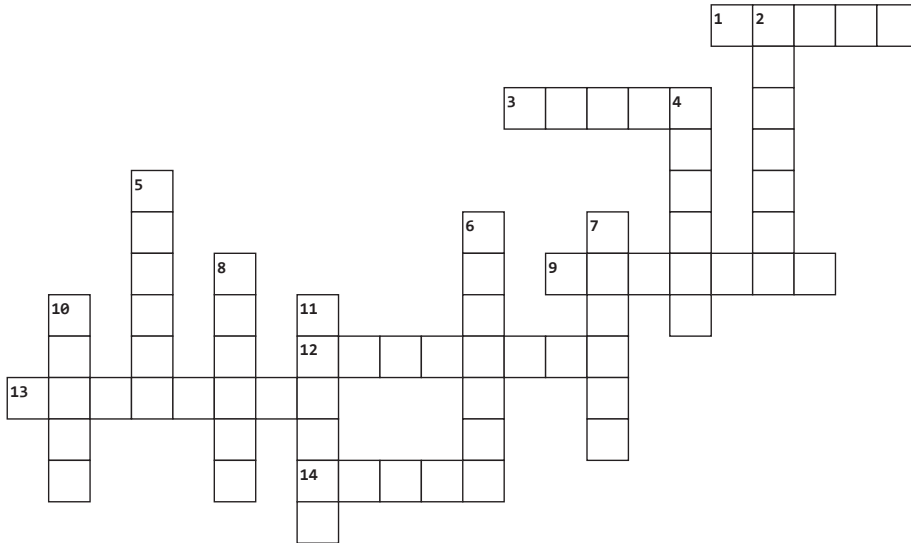
Snowbelle, *Discovery Ridge*



Tilly, *Deer Run*

To have your pet featured, email news@mycalgary.com

August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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



Calgary is in demand and has low inventory. If you're thinking about selling your home or curious about its current market value, now is the perfect time to reach out.

CENTURY 21. dale@dalegreen.com
 PowerRealty.ca **403-608-1410**

*Each office is independently owned and operated

Feel free to contact me at any time for a free, no obligation home evaluation.



No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. 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. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.




OUR OZONE PROCESS
 Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

Rockyview Ramblers Square Dance Club
 2024 New Dancer Evenings Start on
 Friday, September 13 from 7:00 to 8:30 PM.
 \$8 per lesson per person
 Who can join: Singles, Couples & Families

*MODERN SQUARE DANCING IS A FUN ACTIVITY
 SET TO MUSIC, FRIENDSHIP & FITNESS.*



North Haven Community Centre
 5003 North Haven Dr. NW Calgary
 CONTACT: David or Joyce (403) 293 - 0033
 Email: rockyviewramblers@gmail.com



403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

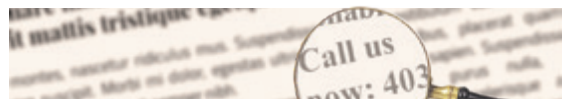
PERSONAL AND SMALL BUSINESS WEBSITE DESIGN AVAILABLE: Specializing in photographic portfolios. A wide range of refined templates are available to select from, and we're always happy to work together on a customized design. Find us online at <https://www.berrygood.dev>.

LANDSCAPING & MAINTENANCE: 20+ years' experience with lawn care and snow removal for your year-round yard, sidewalk and driveway maintenance. Lawn cutting, lawn edging, tree brush trimming, blow cleaning grass, all grass needs, garden planting, dirt removal and fall clean-up. We also do decks, fencing and handyman work. Contact Mark at Blue Frog Services, 587-998-1316. Bluefrogserv@outlook.com.

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.



GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING