

FEBRUARY 2024

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

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NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
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President	Alex MacKinnon	403-807-7700	president@northhavenyyc.ca
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Hall Manager	Sandra Whitty		
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Communication Technology	Mark Gervais	403-651-4063	communications@northhavenyyc.ca
Community Engagement	Joshua Grey		community@northhavenyyc.ca
Entertainment	Theresa Constantin		entertainment@northhavenyyc.ca
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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.**

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.



**MEMBERSHIPS NOW
AVAILABLE ONLINE!**

NorthHavenYYC.ca/membership/

ENTERTAINMENT

Happy February! Big thanks to our rink crew keeping our ice looking great. Please join us at our upcoming events:

Yoga

Wednesday, 6:00 to 7:00 pm

Drop in for this gentle flow yoga class at the hall each Wednesday evening. \$15 per person, cash, or debit/credit on arrival.

Brew Haven

February 24, 6:30 to 10:30 pm

Tickets to this popular event go on sale on our website February 1, and will sell out fast! \$25 for NHCA members and \$30 for non-members and guests, or \$10 for non-drinking attendees. Check the website early for t-shirt sales too! Three tasting flights included per ticket (extra flights are \$5 each and available at the event - cash and credit/debit accepted).

Easter Egg Hunt

March 30, 9:30 am

Our fun, free Easter egg hunt will be back this year at the green park by the hall. Mark your calendars!

Find all the details at www.northhavenyyc.ca.

Theresa Constantin

Entertainment Director

Keep Scouting Alive in North Haven!

Please register for a new year of activities in 2024. Contact Bev Bridger at 403-616-3402 or email northhavenscouts@shaw.ca.



Silly Goose

Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.

Events Calendar

Yoga

Wednesdays, 6:00 to 7:00 pm

Brew Haven

February 24, 6:30 to 10:30 pm

Easter Egg Hunt

March 30, 9:30 am

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.



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.

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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 RENTAL!



MAIN HALL

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

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

MEETING ROOM (LOUNGE)

30-person capacity, for meetings and small trainings

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

February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.



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



Prairie Winds 4-H Club Update for February

by Abigail Dowler, Prairie Winds 4-H Club reporter

Another fun month of 4-H has gone by. We started off with our general meeting, and a club social that was planned by a few of our 4-H members. They learned a lot about hosting events from the party planning workshop. We played games, had a hot cocoa bar, and awesome prizes!



Continuing through the month, the Canine Project members went to the Alberta Animal Rescue Crew Society (AARCS) to help with cleaning, and we got a tour of their shelter. One of the

highlights of the AARCS tour was getting to see some of the puppies. Our club also delivers a lot of dog supplies to the animal shelter as some of our Canine Members brought donations, and one even did a donation drive in their community.

Our Explore 4-H group also had the opportunity to learn all about Curling. We went to a curling rink and our host taught us what a slider is and how to curl. Once all the learning was done, we got to play some games and use the skills we learned.



This past month, our club also participated in multiple community service opportunities. This included donating new unwrapped toys for families at the Ronald McDonald House in Calgary for Santa Sacks. Many families also helped at the Bears paw Christmas Market this year, as the Bears paw Community has been supportive of our club

and having a meeting place. As part of our fundraising, a small group of members set up decorations for the Christmas season at an office downtown. We had a very busy month with lots of fun projects!



MLA Calgary - Klein
Lizette Tejada
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 ☎ 403-216-5430
 ✉ Calgary.Klein@assembly.ab.ca
 ✕ @lizettendp | 📷 lizettendp

February is an exciting month in Calgary, particularly for Calgary-Klein! I am looking forward to seeing you at the many community events that help get us out and moving, and at some of the warm, indoor gatherings as well.

One of the top issues I've been hearing about in the last few months is retirement security and concerns about the provincial government opening a path to pull Albertans out of the Canada Pension Plan (CPP) - replacing it with a newly created Alberta Pension Plan. The CPP is an internationally respected pension plan with good returns, and your official opposition is advocating against moving to a riskier and unproven model. Join us at our town hall on February 24 to share your thoughts on the CPP. For details and to sign up, please go to albertasfuture.ca. I will be joining my colleagues that day and we're very excited to hear from you.

With winter in full swing, you can warm up at YYC Hot Chocolate Fest from February 1 to 29. Try out the amazing creations from your local businesses in Calgary-Klein, I know I will be! Chinook Blast is running from February 2 to 19 - offering a wide array of fun activities from markets to concerts to brighten up your winter. And as always, our hardworking community associations give us many opportunities to gather and connect as neighbours.

It is my pleasure to represent you and I always look forward to connecting with residents on what matters most to them. You can keep in touch with the office via email or telephone. You can also reach out through Facebook, Instagram, and X - my handle is @lizettendp.

I'm sure I'll see you out and about very soon, come say hello!

Lizette Tejada

MLA, Calgary-Klein



**Councillor, Ward 4
Sean Chu**
 403-268-3729
 ward04@calgary.ca
 www.calgary.ca/ward4
 www.seanchu.ca

TAKE ON WELLNESS

From the Heart: Show Your Cardiovascular System Some Love This Valentine's Day

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

Here Are Some Tips for Improving Heart Health:

- **Prioritize a Healthy Diet** – Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.
- **Set Health Goals** – Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.
- **Focus on Mental Health** – Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at cfpcn.ca. If you're not sure where to start, talk to your family doctor who can help with your care plan.



Dear Residents,

As winter brings more families outdoors for activities, The City of Calgary encourages everyone to stay safe while enjoying the winter wonderland. Here are some important reminders for a safe and enjoyable winter season.

Choose Safe Skating Spots

With outdoor skating gaining popularity, the City of Calgary emphasizes the importance of choosing safe skating locations. City-designated outdoor skating rinks provide free and fun skating opportunities for all skill levels. These rinks are carefully maintained, with daily checks for ice thickness and quality. The City ensures that the surfaces are safe by flooding them as needed.

It's crucial to avoid recreational activities on community storm ponds. These ponds are integral parts of our stormwater infrastructure, designed to reduce community flooding and filter stormwater before it reaches our rivers. The ice on these ponds can be unpredictable and unstable due to factors such as sediment, contaminants, and changing water levels. For a safe skating experience, please visit a City or community outdoor skating rink near you. Explore options at calgary.ca/rinks.

Extension of Secondary Suites Amnesty Program

In other news, the City is pleased to announce the extension of the Secondary Suites Amnesty Program until December 31, 2026. This program offers a waiver of charges for development permits and registration fees. Take advantage of this opportunity to make your living spaces compliant with regulations and contribute to the community's well-being. This enables owners to continue building safe and legal secondary suites at a reduced cost. For more information about building a secondary suite, please visit calgary.ca/suites.

Stay safe and enjoy the winter responsibly!

Sincerely,

Cllr. Sean Chu

Community Garden Update

Some neighbours have been wondering if having a community garden plot helps with rising food costs? It can provide you with fresh, easy-to-grow produce including greens like lettuce, spinach, kale, and Swiss chard, and root vegetables like carrots, potatoes, beets, and turnips. Along with many more kinds of vegetables and flowers.

Want to get involved? It's easy. You need a North Haven Community Association membership and the fee for a standard plot is \$20. However, if cost is an issue, then we do have a pay what you can policy and you can support the garden by helping out with community garden tasks. We also have a gardening lending library which includes tools, seeds, and gardening books.

If you are not ready for a whole plot of your own but would like to start getting involved, we will have shared community plots with several people growing and tending the plots, with the produce available to any community member. We also have a small community orchard of apples, pears, and cherry trees that also need tending.

Other benefits of gardening include meeting neighbours and chatting about the joys of gardening, getting your hands dirty in the soil, and learning new skills (we have many experienced gardeners who are happy to share their knowledge).

New to the garden this year is a completely accessible garden plot. And many more garden plots in the second development stage of the garden plots. We are counting down the days until we can get back into our garden plots and hope you will join us.

Registration dates for garden plots are:

- Returning gardeners: March 1
- New gardeners: March 15

Please go to the North Haven Community Association website and look for us under 'Extras' for details on registration, garden guidelines, and more.



Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *The Bullet That Missed* by Richard Osman. This is the third edition of *The Thursday Murder Club* series, and it does not disappoint! This novel follows our favourite group of seniors as they work to solve another cold case. Joyce specifically chose this case so she would get a chance to meet her crush, a news presenter whose colleague disappeared. In the middle of working on this mystery, Elizabeth gets a call blackmailing her and threatening both her and Joyce's lives. As the bodies are piling up and a death threat is received, the gang needs to get to the bottom of this mystery. With the characters we have grown to love and so many twists and turns, we are sure you will enjoy this book!

Our Themed Cocktail is Missed Autumn:

- 1 oz bourbon
- ½ oz fresh squeezed lemon juice
- 1 tsp maple syrup
- apple cider (non-alcoholic)
- cinnamon stick

In a mug, add bourbon, lemon juice, and maple syrup. Heat apple cider in the microwave or on the stove. Add apple cider to the mug. Stir with the cinnamon stick and then keep in the mug as a garnish.

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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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.



JOKE OF THE MONTH

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