

JANUARY 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  
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.**

### *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/)



## ENTERTAINMENT

Happy new year! I hope everyone had a restful holiday. Hope to see you at our upcoming events!

### Family Skating Party

**Sunday, January 14, 3:00 to 5:00 pm**

Join your friends and neighbours for music, cookies, and hot chocolate, and of course, skating! Please remember to bring a helmet (mandatory for kids) and a skate-aid for your children if needed.

A huge thank you to all our rink volunteers who make this event possible!

### Brew Haven

**Saturday, February 24, 6:30 to 10:30 pm**

Tickets on sale February 1 at [northhavenyyc.ca](http://northhavenyyc.ca)!

Mark your calendars for the **Easter Egg Hunt Saturday, March 30, 9:00 am.**

*Theresa Constantin*

Entertainment Director

North Haven Community Association

**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



## SAFE & SOUND

### Sledding Safety

*by Alberta Health Services*

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

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



## MAIN HALL

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

<b>Friday to Sunday and Holidays</b>	\$400 per day + GST
Full Day: 9:00 am to 1:00 am	
<b>Friday to Sunday and Holidays</b>	\$50 per hour + GST
Hourly Rate: 9:00 am to 1:00 am	(minimum 3 hours)
<b>Monday to Thursday</b>	\$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

<b>Monday to Thursday</b>	\$30 per hour + GST
Hourly Rate: 8:00 am to 11:00 pm	(minimum 2 hours)
<b>Friday, Saturday, Sunday and Holidays</b>	\$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](mailto:rentals@northhavenyc.ca) to view or book!





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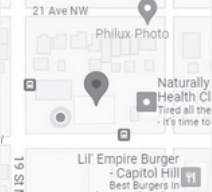
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## Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *The Twyford Code* by Janice Hallett. This mystery novel is unlike any mystery I have read before. The book follows Smithy, an ex-con recently released from prison, as he tries to solve the disappearance of his teacher forty years ago. Smithy believes her disappearance is tied to an old book of children's stories rumoured to contain secret codes. Most of the story is written as a transcript of audio recordings given to Smithy's son. With twists and turns and a surprising ending, we hope you enjoy this book and crack the code!

### Our Themed Cocktail is The Twyford:

- 1 oz gin
- 2 oz blackberry thyme simple syrup (recipe below)
- ½ oz fresh squeezed lime juice

Add ice to a rocks glass. Add gin, simple syrup, and lime juice. Top with water. Stir. Add a thin slice of lime to the edge of the glass and a couple blackberries as a garnish. Enjoy!

### Blackberry Thyme Simple Syrup:

- 1 cup sugar
- 1 cup water
- ½ cup blackberries
- 5 springs thyme

Add sugar and water to a saucepan and dissolve sugar over low heat. Once dissolved, turn off heat. Add blackberries and thyme. Slightly mash. Let sit for at least four hours. Strain the syrup into a container.

I hope you enjoy the book and the cocktail!

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

## Events Calendar

### Family Skating Party

January 14, 3:00 to 5:00 pm

### Brew Haven

February 24

### Easter Egg Hunt

March 30

## 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@northhavencyc.ca](mailto:entertainment@northhavencyc.ca).



## 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](mailto:northhavenscouts@shaw.ca).

## That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like “snaw,” “sneels,” and “skelf,” officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.





# 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)



## News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

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Councillor, Ward 4

**Sean Chu**

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca



Calgary Nose Hill

**Hon. Michelle Rempel Garner, MP**

115 – 70 Country Hills Landing NW

Calgary, AB T3K 2L2

403-216-7777

michelle.rempel@parl.gc.ca

www.michellerempel.ca

Hello, Ward 4 Residents,

### Discover the Wonders of Calgary's Parks this Winter Season

Embrace a unique perspective of Calgary's parks in winter, offering a distinctive experience compared to other seasons. Many cold-weather park activities are complimentary and require minimal equipment. Winter presents the opportunity to skate on outdoor rinks, admire beautifully illuminated ice trails, engage in Crockicurl, and ride ice bikes in our parks. Consider planning an afternoon at your local community park for activities like snowshoeing or cross-country skiing. Opt for groomed cross-country trails at parks or golf courses for smoother skiing. Take a leisurely stroll through a park on a sunny winter day to observe birds and other wildlife. Additionally, you can reserve an outdoor firepit at a park for a winter picnic with friends. For more ideas on staying active in city parks during cooler temperatures, visit [www.calgary.ca/events/winter-city/activities.html](http://www.calgary.ca/events/winter-city/activities.html).

### Immerse Yourself in the Enchantment of Chinook Blast

Calgary's premier winter festival is back from February 2 to 19, 2024. This year's festivities will infuse warmth into our city with a celebration of community, culture, and civic pride, showcasing the best of Calgary's art, music, theatre, sport, and recreation. Over the past three winters, Chinook Blast has captivated both Calgarians and visitors by revitalizing downtown Calgary with an impressive array of activities and performances to lift spirits during the winter months. The 2024 edition promises an exciting lineup of art installations, live music, exhilarating winter sports, local markets, live shows, and much more. Prepare to be enchanted as the city undergoes a magical transformation into a winter wonderland. Save the dates and stay updated by following Chinook Blast on social media or visiting [chinookblast.ca](http://chinookblast.ca) for the latest news. It's shaping up to be a winter extravaganza like no other! Chinook Blast 2024 is proudly presented by The City of Calgary, Tourism Calgary, Calgary Arts Development, and Calgary Economic Development, in collaboration with numerous community partners and sponsors.

Thank you for your attention, and please don't hesitate to reach out to 3-1-1 (24/7) if you have any questions or concerns.

Regards,

*Councillor Sean Chu*

Happy New Year!

I hope that you and your family have a safe and successful 2024. For many in our community, 2023 brought challenges as the cost of living continues to increase and housing affordability and availability remain a national crisis. I remain focused on working to find solutions for these issues and will continue to hold the government accountable.

As a Member of the Standing Committee on Science and Research, and the co-chair of the Parliamentary Caucus for Emerging Technology, I am also focused on the growing issue of artificial intelligence. This technological advancement has the potential to greatly impact our society and, as such, legislators must seriously be looking at what regulations need to be put in place to protect Canadians and businesses.

One of the areas of concern that our current regulations do not adequately address is artificial intelligence as it relates to the creation and dissemination of non-consensual pornographic images. I believe that further protections must be implemented to reduce the gap between technological advances and the outpaced ability of Canadian lawmakers to protect vulnerable Canadians from the dissemination of non-consensual digital content. That is why I have sponsored petition e-4700 which calls on the federal government to protect vulnerable Canadians by adequately penalizing the dissemination of non-consensual AI-generated intimate digital content. You can sign this official parliamentary petition by visiting my website.

I will continue to work hard in 2024 to advocate for the needs of our community. As always, if there is an issue that you would like to bring to my attention, please do not hesitate to contact me.



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