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**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
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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 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!



BRAIN GAMES SUDOKU

	8		4		3	6		
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SCAN THE QR CODE FOR THE SOLUTION



A Helpful Guy

by Cheryl Dunkley

Cary is helpful and fun.
He's the guy who can get things done!
He takes on a project happily
And, does his homework carefully.

Cary never says, "No, I'm too busy today."
Rather, "I'll be over at noon, Is that okay?"
A new hubby, a new dad...
He really needs his rest
Up and at 'em, out the door,
Cary always gives his best!



ENTERTAINMENT

I hope everyone is enjoying the summer!

It's quieter around the NHCA in July and August, but don't forget to come support Lil' Green Urban Farm Stand every Wednesday at the hall from 3:30 to 6:00 pm.

On Saturday, August 17 from 12:00 to 3:00 pm, join our Community Garden Committee for a fun, family Garden Party at the Hall. There will be food trucks, kids' crafts, and a chance to ask a Master Gardener all your gardening questions, and more!

Yoga will be on hiatus for July and August but check back for return dates in September.

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

Theresa Constantin

North Haven Community Association Entertainment Director



ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish's brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!

How's It Growing?

The NHCA community gardeners have been hard at work on their plots. See if you can spot the tomato plants, beans, beets, marigolds, tomatillos, and even asparagus! Many volunteers have been trained on how to access City water for filling their water barrels and maintaining the orchard, and their help is really keeping this garden blooming! We hope your plot, home garden, or balcony plants are also enjoying the sunshine.

We've had some great contributions to our garden, from donated seeds, tools, and hemp mulch to some fantastic artwork! The local youth gardeners joined us on Garden Opening Day and helped decorate the area around our tool bin. Come see the garden for yourself on August 17 - we have an event in the works. For more information about the community garden, or to stay tuned for event details, visit northhavenyyc.ca/garden.

Happy gardening!



Heritage In and Around Stampede Park

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Stampede is chock-full of Calgary's history. But did you know there's plenty of heritage in and around Stampede Park? Let's take a tour.

Named after Guy Weadick, the organizer of the first Stampede, Weadickville is a replica Western streetscape from 1912. Some of its buildings were moved to Enmax Park, including Quirk Cabin, which was built around 1885 and now displays stories from the past. Also, in Enmax Park is Indian Village, designated Elbow River Camp in 2018. Visit a living cultural site of the Treaty 7 First Nations.

While still on the grounds, stop by Victoria Pavilion. Located in the Agriculture Building, the concrete, rectangular-shaped amphitheatre dates back to 1919 and is the oldest functional building in Stampede Park. It hosts dairy shows, bull sales, and livestock judging. It was also the venue for Stampede Wrestling, featuring Stu Hart.

There's more to see around Stampede Park. At Enbridge Plaza, check out Dorothy Hall, a replica of Westbourne Church, containing some of its original windows and bricks. At church in 1915, William Aberhart first delivered Sunday sermons, putting him on course to becoming Alberta's seventh premier.

Across the Plaza is Weston (Golden West) Bakery. It functioned as a bakery until 1989, producing 1,800 loaves per hour when it opened in 1930. Soon to be moved is the Stephenson & Co. building. Built in 1911, it served Victoria Park as a grocery store and post office. And the brand-new Sam Centre houses over 100 years' worth of Stampede history.

At Rundle Ruins are the remains of Calgary's Second General Hospital, circa 1895. Jimmy Smith, a Chinese and Christian businessman, died of tuberculosis and willed to the hospital its first funds. Across the street you can check out a railway worker's Edwardian cottage, built in 1906. For comparison, see how professionals at the time lived at Dafeo Terrace, located beside Cowboys Casino. It's a 1910 wood frame Georgian Revival-style terraced apartment building, which today houses shops and an Italian restaurant.

Don't forget to take in the Olympic Saddledome too. It's slated for demolition in the near future. Happy Stamping!

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Westbourne Church in April, just prior to its demolition in June 2017. Calgary Heritage Initiative.



Formerly the Weston (Golden West) Bakery, now the Calgary Arts Academy's Erickson Centre, located at Calgary Stampede's Youth Campus, 2019. Photo courtesy of Karen Paul.

Modern Photos:



Skyline of Calgary during Stampede at sunset, Alberta, Canada, no date. ID 120803367 © Golasza/Dreamstime.com. Editorial license paid.



Rundle Ruins, 631 12 Ave SE, 2023. Photo courtesy of Anthony Imbrogno.

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.



- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".



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Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at calgary.ca/CalgaryConversations or on Spotify, Apple podcasts, Amazon podcasts, and YouTube.



Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *Peach Blossom Spring* by Melissa Fu. This historical fiction follows three generations of a Chinese family searching for a place to call home. One generation flees from war, the next settles in a new country, and the youngest struggles to understand her history. We found the story surrounding the first generation was the most compelling and taught us more about China's involvement in WWII. With wonderful characters and a compelling story, we are sure you will enjoy this book!



Our Themed Cocktail is Peach Blossom Spring:

- 1 oz peach schnapps
- ½ oz cherry liqueur
- Orange juice
- Lemon lime pop
- Maraschino cherries

Add ice to a rocks glass. Add the peach schnapps and cherry liqueur. Top ¾ of the way up with orange juice. Top off with lemon lime pop. Add a maraschino cherry for garnish. Enjoy!

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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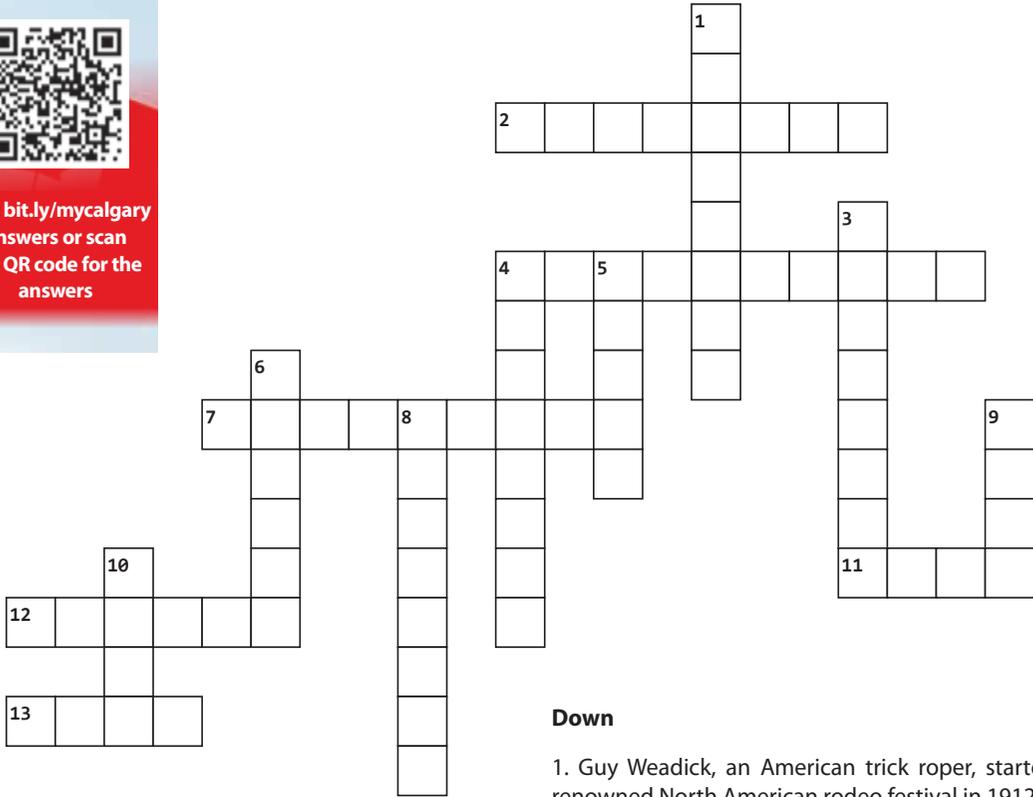


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July Crossword



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



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados



- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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Oreo and G, Thorncliffe



Riley and Ozzy, Coach Hill



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Prairie Winds 4-H Club July Update

by Prairie Winds 4-H Club Reporter, Abigail Dowler

The month of May started off with a junior workshop; during this "I Can Draw" workshop junior members got to learn about drawing and took home a few handmade art pieces. This workshop was the only one we did in May.



Every May our club goes to the Alberta 4H Centre at Battle Lake for our community service opportunity. During this time, members get to have a lot of fun, eat some amazing

camp food, and help the Battle Lake Staff prepare the camp for summer. We held our May General Meeting at the lodge as well with project updates, brainstorming for next year's Explore 4-H projects, and discussed our plans for achievement day.

The lodge has the perfect size rooms to host families. After our work sessions, it was time to have some fun as a club. We typically have glow in the dark capture the flag, hide and seek in the dark (in dorms), a campfire and many other activities.

Our Canine members had their last official meeting of the year, although the members will continue to work with their dogs into September/the end of our 4-H year. During our last meeting we learned about dog park etiquette, things to watch, etc.



During the summer months, our 4-H club helps with set up and takedown at the Lions Club Farmers Market to make some extra money for club expenses. Each 4-H family must sign up for two Sundays. We had our first dry run as well this past month, so we are ready to go.

Abigail Dowler

Prairie Winds 4-H Club Reporter



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Taking Charge of Your Health: Top Advice from Calgary Family Doctors

by the Calgary Foothills Primary Care Network

In our ever-changing health care landscape, taking an active role in your health is more important than ever. We asked our family doctors for their top advice for patients who want to take a more collaborative approach to their health.

Ask Questions

Understanding your condition fully can be daunting, but by requesting resources and written next steps, you can leave the clinic with a clear plan and a better grasp of your health. Dr. Christine Luelo advises: "Ask questions, especially the ones you are afraid to say out loud."

Get Involved

Dr. Noreen O'Riordan encourages patients to be fearless in their conversations with their doctor. "Being actively involved in decision making in relation to our own health improves our experience and outcomes." By gaining a deeper understanding of your conditions and treatments you can help improve your overall health.

Knowledge is Power

Dr. Shafeena Premji says: "We live in a beautiful world today, where now more than ever, information is at our fingertips ... knowledge is power." She advises patients to become familiar with their baseline risk factors, such as blood pressure, blood sugar, cholesterol, and breast density. "Focus on making those daily micro-wins in your daily habits and lifestyle choices." Small, consistent improvements can lead to significant health benefits over time.

Team Support

Dr. Janet Reynolds urges people to take full advantage of the free help available from Primary Care Networks. Family doctors work closely with the PCN team of health professionals such as nurses, mental health counsellors, and dietitians, to support you. "I love working with a team. It's the support and the comfort in knowing I don't shoulder the entire burden of care," says Dr. Reynolds.



**Know the signs
of STROKE**



F **Face**
is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST

heartandstroke.ca/FAST

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