

JUNE 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.**

Snow Shovelling

The 2023-24 snow shovelling season concluded on March 31. Thank you to all our customers and shovelers for another successful season. We are currently looking for a new coordinator for the snow shovelling program, if you are interested, please contact snow@northhavenyyc.ca or the NHCA board for more information.

Have a great spring!



**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 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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403-282-2226

Annual General Meeting

Join us for our annual general meeting at 7:00 pm on June 19 at the NHCA hall. We cover and discuss issues that are arising, future planning, and upcoming events. This year's AGM is scheduled to be in person and is open to all.

All residents of North Haven with a valid Membership are eligible to vote on director positions, or to put their name forward for a director position.

The meeting is open to non-members as well; however they are unable to vote or be elected to the board.

If you are considering joining the board, we do ask that you express interest prior to the meeting so we can cover the duties for each role.



I hope everyone is enjoying the wonderful weather we've been having! Hope to see you at some of our June events.

Family Puppet Festival with WP Puppet Theatre June 8, 1:30 to 4:30 pm

We are excited to be partnering with WP Puppet Theatre to offer a family-friendly Puppet Festival at the NHCA hall. The event will feature shadow puppet shows, puppet-making, food trucks, and other fun activities. Please get your free tickets ahead of time - see website for more details.

Spring Preteen Dance June 8, 6:30 to 8:30 pm

Open to all kids in grades four to six! We have lots of room so bring a friend! Tickets are available on our website, \$5 for members and \$6 for non-members and guests. Candy and snacks will be available for purchase.

Annual General Meeting June 19, 7:00 to 9:00 pm

Join us for our Annual General Meeting for the year at the NHCA hall. We cover and discuss arising issues, future planning, and upcoming events. This year's AGM is scheduled to be in person and is open to all. All North Haven residents with a valid Membership are eligible to vote on director positions, and to put their name forward for a director position.

Pancake Breakfast Saturday, June 22, 10:00 am to 12:00 pm

Join us at the hall for our family-favourite pancake breakfast! This will be fun for the whole family, with music, games, and activities, and of course pancakes! We are planning an extra-special performance at this year's breakfast - stay tuned for more details.

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 per class)

Farm Stand by Lil Green Urban Farm Wednesdays, 3:30 to 6:00 pm, through the summer.

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

Theresa Constantin

North Haven Community Association Entertainment Director



Lettuce Turnip the Beet at The NHCA Community Garden!

Last month we had a great turnout of community gardeners, friends, and family members at our Spring Dust-Off Event to help clear the plots of debris and courageous weeds. It was wonderful getting to meet new gardeners and say hello to familiar faces! Gardeners of all ages and experience levels will be growing in eight feet plots in all six terraces. If you've not yet registered for a plot, we may still have a space for you! For more information, check out www.northhavenyyc.ca/garden.

Keep an eye out for exciting new plants popping up daily! A wide array of plants was grown last year - from herbs like chives and thyme to impressively tall sunflowers, corn, tomatoes, and squash. Rumour has it that one brave (and patient) gardener is even trying asparagus! We're also keeping a close eye on the orchard trees, in anticipation for apples and pears. Drop by for a visit or take a walk through the plots to find inspiration for your own growing aspirations!





Dear North Haven Residents,

This past year your North Haven Community Association (NHCA) has helped to bring some wonderful projects and events to our community. We now have a beautiful community garden. Brew Haven made a return with local brewers and local distilleries and had live music. We also had a great stampede breakfast and another successful bike haven.

We are always working to make our hall a better gathering place for friends and neighbours, and we finished updating the new sign. We have a great community, and we want to keep making North Haven more vibrant every year, but we can't do it without you.

Your helping hands and creative ideas fuel change in our neighbourhood and being an NHCA member gives a boost to making great things happen. You can also join our diverse board of directors and help bring community programs, events and development initiatives to life and have a hand in making North Haven a safer and more inclusive place to live. Your unique voices are important to us.

Buying an NHCA membership is a small act that supports growth and connection in our neighbourhood. It is valid for your entire household for one year and only costs \$15. Senior households are only \$5.

This year we have a slew of fun prizes for NHCA members, we have brewery tours from some awesome local breweries and even some brewery gift cards. We have local cafes pitching in baked goods and delicious coffee, local artisans making limited edition NHCA keychains and bookmarks and much, much more. Keep an eye on the NHCA Instagram for price updates and more. Don't forget to renew your NHCA membership to be entered to win!



News from the Friends of Nose Hill

by Anne Burke

Nose Hill is an isolated remnant of the upland plain that flanks the Bow River Valley. It also includes side slopes (escarpments) and ravines that cut into the upland plain. Domestic dogs are a major user of Nose Hill Park. The remaining large mammals on Nose Hill are deer and coyotes. Almost one third (31%) of users are dog walkers and many leave their animals unleashed. It was recommended that bird and rare plant inventory be conducted for Nose Hill as a baseline against which impact predictions can be tested. The Park is a grassland-dominated natural area, along the western edge of the Foothills Fescue Natural Subregion, where it abuts the Foothills Parkland Ecoregion. The deciduous forest (aspen and balsam poplar), native (rough fescue) grassland, and tall willow communities are primary foraging and breeding habitats in the Park.

The grass known botanically but popularly as “rough fescue” was adopted as the grass emblem of Alberta. It was designated officially in 2003 due to the efforts of the Prairie Conservation Forum. www.albertapcf.org/. The province has the largest area of rough fescue grassland in the world and is the only place in North America that hosts the plains, foothills, and northern variations. Rough fescue provides excellent year-round forage for wildlife and livestock; and is a symbol of Alberta's prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

The City of Calgary has unveiled its new brand as “Blue Sky City.” The provincial shield already features blue skies over a range of snow-capped mountains with green hills, prairie land, and a wheat field in front. The great horned owl, which is a year-round resident, was adopted as Alberta's official bird, in 1977, after a provincewide children's vote.

Egert's Park Playground Redevelopment Project

The playground on the north side of Egert's Park is being upgraded in 2025! Learn about the project, timelines, fundraising, and where you can provide your feedback by visiting the 'extras' section of the North Haven Community Association web page at northhavenyc.ca.



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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

Events Calendar

Family Puppet Festival

June 8, 1:30 to 4:30 pm

Spring Preteen Dance

June 8, 6:30 to 8:30 pm

Annual General Meeting

June 19, 7:00 to 9:00 pm

Pancake Breakfast

June 22, 10:00 am to 12:00 pm

Vinyasa Yoga

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

Parents and Tots Community Playgroup

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

Farm Stand by Lil Green Urban Farm

Wednesdays, 3:30 to 6:00 pm, through the summer.



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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is *Children of Blood and Bone* by Tomi Adeyemi. This young adult/fantasy novel follows Zolie as she tries to bring magic back to Orisha years after the king tried to destroy it. Zolie is a diviner who regains her magical powers when she touches an artifact. She, along with her brother and the princess travel across the country to a sacred island to perform a ceremony that will bring magic back. Along the way, they have to hide from the army, led by the prince, who is hiding a secret of his own. Love, teenage angst, and adventure follows. If you enjoy fantasy, give this one a try.



Our Themed Cocktail is Iku Ashe:

- ¾ oz apple vodka
- 2 oz cranberry juice
- 2 tsp blue curacao
- Lemon lime pop
- Lemon slice

Add ice to a rocks glass. Add the first three ingredients. Top with lemon lime pop. Stir. Add a slice of lemon as a garnish. Enjoy!

I hope you enjoy the book and the cocktail!

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

North Haven Scouts - Last Chance for Fall Program!

We desperately need youth and leaders to keep our community Scouting program alive.

- Website: www.scouts.ca
- Email: northhavenscouts@shaw.ca
- Call: 403-616-3402

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Group Commissioner



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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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. 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.





the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. 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!

HOT! HOT! HOT!

In all our vast solar system, Venus has the highest average temperature of any planet! Because of its atmosphere (which is quite thick) and how close it is to the Sun, the surface of Venus can reach over 460 degrees Celsius! Talk about needing sunscreen.



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