

MARCH 2024

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



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Community Engagement	Joshua Grey		community@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

It's starting to look more like spring! Please join us for these upcoming events.

Easter Egg Hunt March 30, 9:30 am

Our fun, free Easter egg hunt for North Haven children is back this year at the green park by the hall. Arrive early as the hunt starts at 9:30 am sharp! Register your attendance on our website so we know how many to expect.

Community Cleanup April 20, 9:00 to 11:00 am

Clean up North Haven as part of our annual Community Cleanup. Meet in the parking lot of the hall at 9:00 am, bring disposable gloves, trash bags, and any litter pickup implements. We will pick up litter in the neighbourhood until 11:00 am. Juice, pop, and water will be provided afterwards.

Pub Night April 27

Mark your calendar for a pub night at the NHCA hall. Sorry, no minors. Details to come!

As always, check out our website, www.northhavenyyc.ca and social media for all the latest details.

Theresa Constantin

Entertainment Director



SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Events Calendar

Yoga

Wednesdays, 6:00 to 7:00 pm

Easter Egg Hunt

March 30, 9:30 am

Community Cleanup

April 20, 9:00 to 11:00 am

Pub Night

April 27

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.

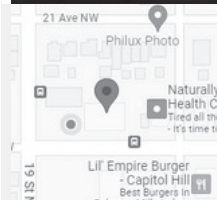


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Friday to Sunday and Holidays Full Day: 9:00 am to 1:00 am	\$400 per day + GST
Friday to Sunday and Holidays Hourly Rate: 9:00 am to 1:00 am	\$50 per hour + GST (minimum 3 hours)
Monday to Thursday Hourly Rate: 9:00 am to 11:00 pm	\$40 per hour + GST (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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3. Receive a refund or donate to us!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

Got Bottles?

Download the app and donate to us today!
SKIP THE DEPOT

Keep Scouting Alive in North Haven!

Hello North Haven Parents,

The community and Scouts would love to have Beavers, Cubs, and Scouts active once again in North Haven. The group has been inactive since the onset of the Covid-19 pandemic and its past time to be proactive. There have been a few people registered at different times but never enough to restart the group. This group is well established with funds, equipment, space in the community centre and sponsorship from the community association.

We desperately need youth and volunteers to make things work again. It really is a lot of fun. We provide all training, uniforms, and an abundance of adventure. The downside is that the closure of the group is imminent this fall. If that happens, all funds and equipment will be reverted to Scouts Canada for distribution amongst other groups that need money or equipment.

Please consider registering early for the fall session and leave plenty of time to prepare,

Feel free to email me at northhavenscouts@gmail.com or text/call 403-616-3402 for more information.

Yours in Scouting,

Bev Bridger

Group Commissioner



by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public blitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.

Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.





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

NHCA Garden Registration is Now Open!

Save The Dates

- **March 1:** Returning Gardener Plot Registration.

A reminder email will be sent out connecting you to the NHCA website, where you will be able to purchase your plot online or contact a committee member to arrange a physical transaction.

- **March 14:** New Gardener Plot Registration.

Tell your friends and your neighbours! Registration will open to those that have not previously gardened with us. Please go to the website to register.

- **May 4:** Spring Dust-Off

Our first event! Weather permitting, we'll begin clearing the plots and planning ahead to plant later in the season. We hope this will be a great community building event where new gardeners can ask questions and get tips, and more experienced gardeners can share pointers (and maybe some of those extra seeds you're trying to use up).

Take Note! Volunteering Information

A huge thank you to those that have already expressed an interest in joining the committee or are willing to take on a larger volunteer role. We will plan a committee/volunteer meeting sometime in March, after plot registration. Please note that we are also coming up with some clear, specific volunteer duties - all gardeners will be expected to contribute a small amount of volunteering to the community garden to keep it thriving.

For more information, please go to the NHCA website and look under 'Extras' to find the garden.



Prairie Winds 4-H Club Update for March

by Abigail Dowler, Prairie Winds 4-H Club reporter

We started off the New Year with a 4-H Camp, Winter Bonanza, at Camp Chestermere for Junior and Intermediate Members. During this camp 4-H members from lots of different clubs came to have fun with each other and the camp counsellors. There was dancing, games, and campfires. This was a two-night camp with cozy cabins and delicious camp food.

There was a decoration takedown from when our club set up some Christmas Spirit at McLean & Partners. Our club is thankful for their support as this is also one of the ways we fundraise for our club.

Our monthly general meeting was busy as always and included a communications workshop to end the night. Speaking of communications, all the members were and some still are busy preparing amazing speeches and presentations. Communications is one component that we must complete as part of our 4-H year. Luckily, we have fellow community members that volunteer their day to hear what our members have prepared and judge us accordingly. Depending on how a member places, they have the choice to advance to the next level which keeps them busy in the month of February and March.



We recently participated in an amazing rock-climbing project where members got to do top rope if they were an intermediate or senior member. The climbing park was a great challenge for those who were a clever or junior member. We received some great instructions and were able to practice our new skills.



Now what about other projects? The canine members went to Sit Happens! Companion Dog Training to learn some basic training skills and have questions answered by our trainer Kristi. They donated their facility and time to work with us and our dogs, and it was thoroughly enjoyed by all the members involved.

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Wordy Woes

The fear of long words, Hippopotomonstrosesquippedaliophobia, coined by American poet Aimee Nezhukumatathil in 2000, traces back to Roman poet Horace's criticism of writers obsessed with lengthy words in the first century BCE. Irony alert: the term itself is quite a mouthful!



Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns


- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.

- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.




Epilepsy Awareness Month
Shine a Light on Epilepsy




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MARCH 26
Purple Day



epilepsy association OF CALGARY
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