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We care about the safety, cleanliness, and appearance of your business.

#### **Mat Rentals & Purchases**

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



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- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- · Quick turnaround times

### **Linen Cleaning Services**

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



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- Uniforms, Coveralls, Gowns, Rags
- · Tork Dispensers and Supplies





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**CONTACT US** 







## 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@northhavenyyca.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@northhavenyyca.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!



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 r	regarding membership renew	val and community events.
Please select a membership type:		Select payment type:
\$ 15.00 North Haven Resident Household - 1 Year		Cash
○ \$ 15.00 Non-North Haven Resident Ho	15.00 Non-North Haven Resident Household - 1 Year	
\$ 5.00 Senior Household - 1 Year		
Donation		
Please mail or drop off the completed form and	. ,	דער ערד

### 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!



#### 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@northhavenyyc.ca to view or book!

MAIN HALL				
100-person capacity, for receptions, parties, conferences,				
includes kitchen				
Friday to Sunday and Holidays	\$400 per day + GST			
Full Day: 9:00 am to 1:00 am				
Friday to Sunday and Holidays	\$50 per hour + GST			
Hourly Rate: 9:00 am to 1:00 am	(minimum 3 hours)			
Monday to Thursday	\$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

Hourly Rate: 8:00 am to 11:00 pm

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





## We've partnered with SkipTheDepot!

(minimum 2 hours)

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1, 2, 3.

- 1. Download the app and book a pickup using https://app.skipthedepot.com/nhca.
- 2. Place your bags outside.
- 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!



### **ENTERTAINMENT**

Hello neighbours! We have a busy spring schedule - don't forget to check our website and social media for all the latest details!

### Parade of Garage Sales May 11, 9:00 am to 1:00 pm

One day, so many garage sales! If you'd like to join in and hold a sale, register your address on our website starting April 28 - \$5 for NHCA members, \$7 for non-members. We will put your location on a map of garage sales and put up signage around the community.

### Spring Bike Haven May 25, 10:00 am to 12:00 pm

Yes, it's a favourite and it's back, with a chalk course for the little ones and ramps for the more adventurous! Free for NHCA members, \$2 for non-members. Pre-register and sign the waiver on our website ahead of time. Volunteers always needed - give a shout if you can help, entertainment@northhavenyyc.ca.

### 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 quests. Candy and snacks will be available for purchase.

### 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 (Beginning in May)

Theresa Constantin

North Haven Community Association Entertainment Director

## SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT







### **North Haven Bus Trap Update**

The physical vehicle trap formerly embedded in the Calgary Transit bus only lane located between Norsemen Road/Northfolk Way and Ninga Road/Nesbitt Road has been filled in, and the large warning signs replaced by smaller 'No Entry, Calgary Transit Only' signage. While vehicle passage is now possible, it remains prohibited and subject to ticketing and fines.

The NHCA has established a committee to assess the impacts this change may have on community residents. Any resident having comments or concerns with this change, or wishing to participate in this committee's work, should contact Terry Arnett (arnettt@telusplanet.net).









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!

## Discover Freshness at Our Weekly City of Calgary Farm Stand! Launching May 2024

Li Green

Are you ready to embark on a culinary adventure right in your

neighbourhood? Look no further than our vibrant weekly farm stand with Lil Green Urban Farm!

Here are five mouthwatering reasons why you should swing by:

- **1). Locally Grown Goodness**: Our veggies are locally grown, bursting with flavour and nutrients.
- **2). Farm-to-Table Magic:** Ever wondered where your food comes from? Chat with our friendly farmers and learn about the journey from soil to plate.
- **3). Convenience at Your Doorstep:** Skip the grocery store hustle! Our farm stand is just a hop, skip, and a jump away from your home.
- **4). Health on a Plate:** These veggies aren't just colourful; they're the secret ingredients to wholesome, delicious meals. Imagine crisp salads, hearty stir-fries, and roasted veggie medleys!
- **5). Support Local Farmers:** By shopping at your farm stand, you're backing a hardworking farmer and small business owner right here in Calgary. It's like a high-five for your taste buds and their livelihoods!

So, grab your reusable bags and join us at the North Haven Community Hall every Wednesday from 3:30 to 6:00 pm. Let's celebrate community, flavour, and the joy of farm-fresh goodness!



## Cover to Cocktails

Welcome to Cover to Cocktails! This month's book is Now Is Not the Time to Panic by Kevin Wilson. This novel is about two bored teenagers, Frankie, and Zeke, as they cause a panic in their small town with a poster. Swearing each other



to secrecy, they never tell anyone it was them until years later when a reporter uncovers Frankie's part in the panic. As Frankie relives the summer, we see how some adults overreacted, with horrific results that Frankie and Zeke live with for the rest of their lives. With some great characters and an interesting story, we think you will enjoy this book!

### Our Themed Cocktail is Edge of a Shantytown:

- 1 oz brandy
- 1 oz cherry liqueur
- 1 oz triple sec
- ½ oz grenadine
- 2 dashes bitters
- Pineapple juice
- Maraschino cherry

Add ice to a highball glass. Add the first five ingredients and then top with pineapple juice. Stir well and garnish with a maraschino cherry. Enjoy!

I hope you enjoy the book and the cocktail!

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

## **Community Garden**

Hello neighbours!

Do the earlier daylight hours get you itchin' to head outside and plant some seeds? Have you kept an eagle eye out for any plants popping up, between rounds of snow?

The NHCA Community Gardeners would love for you to join us! We have a few plots left - perfect for any level of gardener. Whether you are a new gardener in search of a green thumb or a horticulturalist that is rapidly running out of room for the seedlings you started last month, we have space for you. The cost of a plot is \$20/year, and gardeners must have an active NHCA membership. Additional information and registration can be found at northhavenyyc.ca/garden.

We hope to see you soon!

The NHCA Community Garden Committee



## **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 northhavenyyc.ca.





### **Puppet Show in North Haven**

WP Puppet Theatre is partnering with North Haven Community Association for a Family Puppet Festival Day on Saturday, June 8! The theme for this year is "Puppet Penumbra".

Penumbra means the shadow cast by the earth or moon over an area experiencing a partial eclipse and WP Puppet Theatre will be showcasing shadow puppetry!

The event will feature:

- Sutrisno Hartana and Javanese Shadow Puppet Shows, all the way from Vancouver.
- Shadow puppet-making stations.
- Engage with the wonder of astronomy with special guests.
- Explore the rich culture of Indonesia with community guests.
- Delicious food trucks.
- · Other fun activities.

Sutrisno Hartana will perform authentic Javanese wayang-kulit (shadow puppets) with musical accompaniment of Javanese gamelan orchestra. Sutrisno will perform scenes depicted from the Ramayana epic, including Anoman, a white ape who is also an ambassador of the Pancawati Kingdom under the kingship of Rama. In this scene he helps his master, Rama, to look for his wife who has been kidnapped. Will Anoman succeed? You'll have to watch to find out!

The show is best suited for children five years and older.

Other activities are open to all ages, although young children may need adult help.

The event is free, pre-registration is required.

Please visit showpass.com/family-puppet-festival-day/for registration.

### **Events Calendar**

### **Parade of Garage Sales**

May 11, 9:00 am to 1:00 pm

### **Spring Bike Haven**

May 25, 10:00 am to 12:00 pm

### **Family Puppet Festival**

June 8, 1:30 to 4:30 pm

### **Spring Preteen Dance**

June 8, 6:30 to 8:30 pm

### **Pancake Breakfast**

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

### Yoga

Wednesdays, 6:00 to 7:00 pm

#### **Parents and Tots**

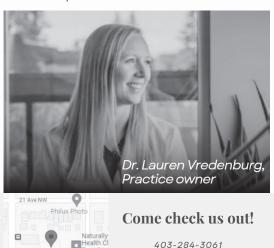
Tuesdays, 9:30 to 10:30 am

#### Lil Green Urban Farm

Wednesdays, 3:30 to 6:00 pm, beginning in May

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**NORTH HAVEN MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

**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.

**LANDSCAPING & MAINTENANCE:** 20+ years' experience with lawn care and snow removal for your year-round yard, sidewalk and driveway maintenance. Lawn cutting, lawn edging, tree brush trimming, blow cleaning grass, all grass needs, garden planting, dirt removal and fall clean-up. We also do decks, fencing and handyman work. Contact Mark at Blue Frog Services, 587-998-1316. Bluefrogserv@outlook.com.

**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.

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.

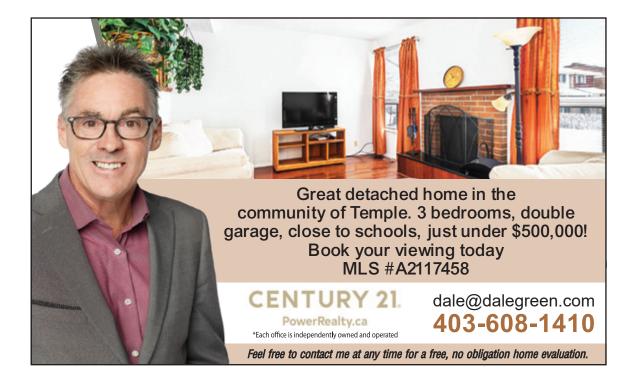


### 403-714-0711 gutterdoctor.ca

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!

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### Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops



