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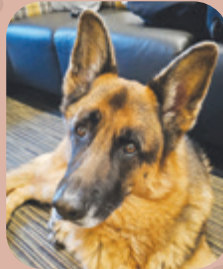
## Cats, Canines, & Critters of Calgary



Chestnut,  
Canyon Meadows



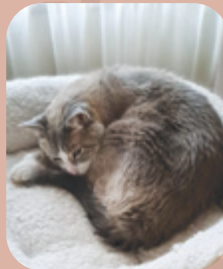
Clifford, Patterson



Essex, Bridlewood



Harry, Rosscarrock



Max, Woodlands



Peanut, Signal Hill



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# NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW  
Rentals 403-284-2716 • Hall 403-282-1075 • hello@northhavenyyc.ca



## NHCA Board of Directors 2025

<b>President</b>	Theresa Constantin	president@northhavenyyc.ca
<b>Vice President</b>	Meritt Kularatne	vp@northhavenyyc.ca
<b>Secretary</b>	Peggy Colborne	secretary@northhavenyyc.ca
<b>Treasurer</b>	Karen Boudewyn	treasurer@northhavenyyc.ca
<b>Building &amp; Maintenance</b>	James Hill	facilities@northhavenyyc.ca
<b>Hall Manager</b>	Sandra Whitty	hallmanager@northhavenyyc.ca
<b>Hall Rentals</b>	Kenzie McRae	rentals@northhavenyyc.ca
<b>Civic Affairs</b>	Paul MacKenzie	civicaffairs@northhavenyyc.ca
<b>Communications</b>	Mark Gervais	communications@northhavenyyc.ca
<b>Community Engagement</b>	Joshua Grey	community@northhavenyyc.ca
<b>Entertainment</b>	Jesse Fowlis	entertainment@northhavenyyc.ca
<b>Memberships</b>	Susan Noble	memberships@northhavenyyc.ca
<b>Fundraising</b>	Rodney Blanco	fundraising@northhavenyyc.ca
<b>Director at Large</b>	Lorraine Moulding	lorraine@northhavenyyc.ca
<b>Director at Large</b>	Celina Baharally	celina@northhavenyyc.ca

Board meetings are held on the second Thursday of the month at 7:00 pm.  
NHCA board meetings are open to the public.



## MEMBERSHIPS NOW AVAILABLE ONLINE!

[NorthHavenYYC.ca/membership/](http://NorthHavenYYC.ca/membership/)

# 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

\$55 per hour, minimum 3-hour rental

Saturday availability is 6:00 pm to 1:00 am. Sunday availability is 2:00 pm to 1:00 am.

**Monday to Thursday**

\$45 per hour, minimum 2-hour rental

## MEETING ROOM (LOUNGE)

30-person capacity, for meetings and small trainings

**Monday to Friday**

\$35 per hour (8:00 am to 10:00 pm) minimum 2-hour 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](mailto:rentals@northhavenyyc.ca) to view or book!**





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## Trouble Covering All Your Expenses by Month End?



Do you have a neighbour who is struggling with making ends meet? Your North Haven Community Association board is exploring ways we might help our neighbours. We are focusing on food. This is a growing problem in Calgary and many neighbourhoods have launched initiatives to help their communities. One of our community neighbours reached out to the board this fall and launched a survey on our social media about establishing a food pantry. We would like to explore more options and need your help. Do you see a need in your family, friends, or neighbours? Would you like more information? Do you have ideas or suggestions? If so, please email Lorraine at [lorraine@northhavenyyc.ca](mailto:lorraine@northhavenyyc.ca).

# Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

### Educate Yourself and Others

You do not have to be an expert on the topic but it’s important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

### Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

### Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

# Welcome Back to The NHCA Community Garden!



Garden Plot Registration for the 2025 season is open! Existing gardeners will be given the opportunity to keep or change their plot for the 2025 season. All other plots are first come first served.

To register, go to [northhavenyyc.ca](http://northhavenyyc.ca) and click on Extras at the top. Select community garden from the drop-down menu.

The Community Garden is a resident driven initiative with over 20 participants working to bring this project to life. The Community Garden successfully completed its first year of planting and harvest in 2023, opened our second phase of the garden in 2024, and we are looking forward to another successful year of growing. The NHCA is thrilled to support this endeavour and support healthy lifestyles in our community.

Because this is a resident driven initiative, we ask that gardeners sign up for a volunteer role to help support the garden during the 2025 season. There are a variety of volunteer roles. We are listening to gardeners and taking recommendations and learnings from the first two years into consideration with the 2025 planning. These roles include filling the water barrels, orchard support, and general maintenance. We are also seeking someone to help support with email communications over the season.

We will need dedicated volunteers to help support our community plots - plots to grow produce to help support community members who are experiencing food insecurity. More details to follow on this new neighbourly initiative.

Plot holders must have an active North Haven Community Association Membership. Memberships can be purchased ahead of registration at [northhavenyyc.ca/membership](http://northhavenyyc.ca/membership).

Contact our Garden Leaders at [communitygarden@northhavenyyc.ca](mailto:communitygarden@northhavenyyc.ca).

## Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move

Enrolled in courses, paid tuition

Embarked upon a journey bold

Nothing worthwhile makes it easy

She hit the books and studied hard

Placed hopes and dreams upon her desk

Homework structured every evening

The future more important now

From class to class, through rain and snow

Lectures, essays, midterms, finals

And once a week she volunteered

Community, connection, care

Good coffee always faithful friend

Wide awake for morning learning

Then soon, bright shining GPA

No more her forward path unknown

She pushed with all her might, she did

Propelled that boulder up the mountain

She's reached the top, SAIT graduation

A new career, a rolling stone

## NHCA Snow Shovelling Program

Our 2024-2025 snow shovelling season has now ended! We had high levels of community participation this year, with 54 properties and 33 shovellers participating. The NHCA is happy to provide this valuable service to North Haven and Upper North Haven residents. Shovelling in our program is the first job (and pay cheque) for many neighbourhood kids and teens and also provides an opportunity for neighbours to connect and build relationships. We would like to say a huge thank you to all the shovellers, parents, and customers who made this such a successful year.

The NHCA is currently working to update our administrative procedures to make the shovelling program easier and more efficient. Shovellers now receive their earnings through electronic payment, and we hope to have e-signature contracts available to sign for the upcoming 2025-2026 shovelling season. Members of the Board of Directors are also drafting a formal Snow Shovelling Program Policy that shovellers and customers will be able to refer to when seeking detailed information about their rights and responsibilities.

If you are interested in having your snow shovelled at a competitive price next year, make sure to check out the NHCA website in late September to learn more and sign up! If you are under 18 and looking for work, you can register as a shoveller from September onwards. You can also send us a message at [snow@northhavenyyc.ca](mailto:snow@northhavenyyc.ca) to reach out directly. The program start date will be November 1, 2025.

## April Fools... Not!



On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them - Gmail was real, and it's still one of the most popular email services today.

## Thank You to The City of Calgary and Province of Alberta!

The NHCA would like to extend our gratitude to the City and the Province, for grants received that have helped us complete work in and around our hall! Together, funds from the City of Calgary's Community Capital Conservation Grant and the Province of Alberta's Community Facility Enhancement Program have enabled us to complete updates including flooring, ceiling tiles, plumbing, lighting, and electrical work. In addition, funds from both of these grants enabled us to build the amazing Community Garden you see on the NHCA grounds today.

Again, we couldn't have completed these projects without this incredible support!



**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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[registrar@la-coccinelle.ca](mailto:registrar@la-coccinelle.ca)



## Scrapbooking Crop and Card Making Class

Bi-weekly on Fridays, April 4 and 18.

9:00 am to 3:00 pm in the main hall.

Register in advance. Details on our website.

## Easter Egg Hunt

April 19 at 9:30 am.

Outdoor Easter Egg Hunt for young and old at the green park and ball diamond area just west of the community hall. The Easter Bunny might even be making an appearance.

## Parade of Garage Sales

May 10 all day - online map.

Register on our website.

## Bike Haven

May 24 from 10:00 am to 12:00 pm.

More details to come.

## Calling Pre-Teen Parents?

In the past we have done dances at the hall for kids in Grade 4 to 6. We are short volunteers so if anyone has interest in helping to run a pre-teen dance in June, can you please email [entertainment@northhavenyyc.ca](mailto:entertainment@northhavenyyc.ca).



by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics







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](http://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](http://northhavenyyc.ca/businessdirectory)**

## Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

### Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

### Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

# Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



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## Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on [calgary.ca/cartschedule](http://calgary.ca/cartschedule) by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

### It's Easy!

Option 1: Go to [calgary.ca/cartschedule](http://calgary.ca/cartschedule).

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

## Travel Safe Student Video Contest is Now Open

by *The City of Calgary*

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! The deadline is April 30.

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

"We know students have unique perspectives when it comes to traffic safety and we can't wait to see solutions through their eyes," said Jacquelyn Oriold, Mobility Education Specialist with the City. "Whether that's a video from a kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager's perspective on navigating rush hour, we can't wait to see their work."

### Key Dates:

- April 30, 2025, at 11:59 pm: Contest closes
- May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips, and resources visit [calgary.ca/travelsafevideo](http://calgary.ca/travelsafevideo). For general inquiries about the contest, email [streetsafekids@calgary.ca](mailto:streetsafekids@calgary.ca).



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## The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.



**Councillor, Ward 4**  
**Sean Chu**  
 403-268-3727  
 ward04@calgary.ca  
 www.calgary.ca/ward4  
 www.seanchu.ca

Hello, Ward 4 Residents,

**Spring Ice Safety: Stay Off the Ice as Temperatures Rise**

As we welcome spring in Calgary, rising temperatures make ice on rivers, lakes, and storm ponds increasingly dangerous. Even if the ice looks solid, it can be thin and unpredictable, posing serious risks like hypothermia or drowning.

**Stay Safe with These Ice Safety Tips**

- Keep off the ice: Thinning ice is unsafe for any activity—avoid all ice-covered rivers, lakes, and storm ponds.
- Stay back from the edges: Melting ice near riverbanks and lakeshores is unstable and could collapse unexpectedly.
- Call 9-1-1 in an emergency: If someone or a pet falls through, don't attempt a rescue—call for help immediately.

**If You Fall Through the Ice**

- Stay calm, keep your head above water, and control your breathing.
- Call for help while keeping your hands on the ice.
- Try to pull yourself out on your stomach, then roll away from the hole.
- If you can't escape within ten minutes, stop struggling, anchor yourself, and keep calling for help.

**If You See Someone Fall In**

- Call 9-1-1 right away and give clear landmarks for responders.
- Stay back from the ice to avoid falling in yourself.
- If possible, throw a rope or branch to help them reach safety.

As the weather warms, ice becomes even more hazardous. Please avoid unnecessary risks—stay off the ice and help keep our community safe this spring.

Best regards,

*Ward 4 Councillor Sean Chu*



**MLA Calgary - Klein**  
**Lizette Tejada**  
 #232-A - 3630 Brentwood Rd NW  
 403-216-5430  
 Calgary.Klein@assembly.ab.ca  
 @lizettendp | lizettendp

Happy April! I hope you were able to enjoy some of the warm days in the last month and stay cozy on the cold days.

The week of March 3 was Constituency Week, and I was thrilled to be out in the community, meet with constituents, and attend local events. The conversations were meaningful, with key concerns raised about disability funding and supports, education, and healthcare. I am incredibly grateful for the time constituents take to share their thoughts, and I look forward to bringing these concerns to the legislature.

With the legislative session resuming, I will be participating in regular session activities in addition to budget estimates for about two weeks. During budget estimates, I'll have an opportunity to ask key questions on the allocation of the budget and advocate for our constituency.

I look forward to receiving your correspondence as session progresses and bringing your voices into the legislature. As always, our constituency office is here to assist with inquiries and connect you with helpful resources. In the meantime – I'll see you out in the community on the weekends. Our next full constituency week will be from March 30 to April 4.

Please reach out to us at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. Stay connected and follow along on Facebook, Twitter, Instagram, Threads, and Bluesky—my handle is @lizettendp.

# GET NOTICED

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