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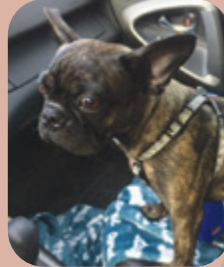


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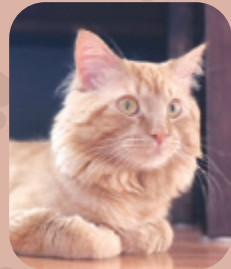
Bugsy, Dalhousie



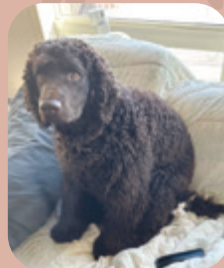
Ella, Mount Royal



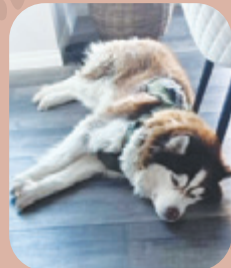
Mac, Evanston



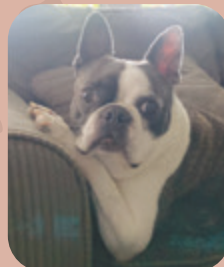
Mango, Evanston



Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email news@mycalgary.com

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

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

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

Seating Capacity: 100

Includes access to non-commercial kitchen. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$40 per hour, minimum 3-hour rental
Monday to Friday – 6:00 to 11:00 pm	\$45 per hour, minimum 3-hour rental
Saturday and Sunday – 8:00 am to 6:00 pm	Not Available
Saturday and Sunday – 6:00 pm to 1:00 am	\$55 per hour, minimum 3-hour rental
Holiday Mondays – 8:00 am to 1:00 am	\$55 per hour, minimum 3-hour rental
December 25, 26, and 31	Not Available

BOARDROOM

Seating Capacity: 35

The Boardroom is for meetings and small trainings. It has a projector screen but does not include a projector. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$30 per hour, minimum 2-hour rental
Monday to Thursday – 6:00 to 10:00 pm	\$30 per hour, minimum 2-hour rental
Friday Night, Saturday, Sunday, and Holidays	Not Available

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

I hope everyone is enjoying the beautiful summer weather. Summer has been flying by!

We have our casino on August 17 and 18 at Cowboys Casino. Details and sign up online on our website. This is our biggest fundraiser so please consider taking a shift. Food and drinks are provided too.

Square Dance on September 5 at the hall - there is a free class to come try it out! From 7:00 to 8:30 pm.

Bike Haven is back on September 13 from 10:00 am to 12:00 pm.

Our Farm Stand by Lil Green Urban Farm, every Wednesday from 3:30 to 6:00 pm, until the end of summer.

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

Jesse Fowlis

Entertainment Director

News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.

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August Community Garden Update

It's been so exciting seeing all the plots thriving and watching the community come together has been so great. Some friendly reminders: on Thursdays there will be produce available for the community on a first come first serve basis and the next Good Food Box order date will be on August 14 to 17.



Garden Tip of the Month

One of the joys of working in our community garden is growing healthy, delicious produce in harmony with nature. As many gardeners have experienced, though, it's not just humans who love fresh veggies—pests do too! From nibbling rabbits to aphids on lettuce leaves, unwanted visitors can quickly undo a lot of hard work. The good news? There are plenty of safe, natural remedies to help keep pests at bay without harming the environment or our crops.

Castor Oil: A Mole and Vole Deterrent

If you've noticed small mounds of dirt or tunnels near your plot, you might be dealing with burrowing animals like moles, voles, or gophers. One of the most effective natural solutions is castor oil. It doesn't hurt the animals, but it does make the soil taste and smell unpleasant to them, encouraging them to move along. You can mix a few tablespoons of castor oil with dish soap and water to create a simple spray or try castor oil granules for easy application. Just remember to reapply after heavy rain.

Companion Planting: Nature's Teamwork

Some plants naturally repel pests—and when you plant them near your veggies, they can help keep your garden safer. This practice, known as companion planting, is both effective and beautiful. For example:

- Marigolds deter aphids and nematodes.
- Basil can help repel mosquitoes and flies.
- Nasturtiums act as a "trap crop," drawing aphids away from your vegetables.

Adding a few of these to your garden plot can protect your crops while attracting pollinators.

DIY Sprays to Keep Insects Away

Several easy-to-make sprays can keep insects from feasting on your plants:

- Garlic spray (blend garlic cloves with water and a touch of dish soap) works well against soft-bodied insects like aphids.
- Chili pepper spray deters mites and whiteflies.
- Neem oil, available at most garden centres, acts as a natural insecticide. It interferes with insect reproduction and feeding and is especially effective on caterpillars and beetles. Spray it on leaves weekly, following the label directions.

Protecting Against Rabbits and Other Critters

Larger animals like rabbits and raccoons may see our garden as a free buffet. Luckily, there are several humane and eco-friendly ways to discourage them:

- Sprinkle blood meal or bone meal around your plot to repel rabbits.
- Use egg spray (blend raw eggs with water and garlic) to create a smell animals dislike.
- Scatter human hair or pet fur around the garden beds—some gardeners swear by this to keep curious critters away.
- Planting strong-smelling herbs like mint, rosemary, or lavender around your vegetables can also serve as a natural barrier.

For the Birds

If birds are snacking on your berries or greens, there are a few tricks to try:

- Hang reflective tape, old CDs, or foil strips around your plot to startle them.
- Place owl or hawk decoys nearby and move them every few days to keep the illusion alive.
- For fruit-heavy plots, netting is the most effective long-term solution.

Working With Nature, Not Against It

By choosing natural remedies and preventative methods, we're supporting a healthy garden ecosystem that's safe for kids, pets, pollinators, and our produce. These gentle but effective tools help us garden sustainably while reducing our reliance on harsh chemicals.

We hope these natural tips or remedies work for you! Happy planting!





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Square Dancing
FOR BEGINNERS

CASUAL ATTIRE! COUPLES, SINGLES
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Lessons start on
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5003 North Haven Drive NW

Contact David or Joyce Allen
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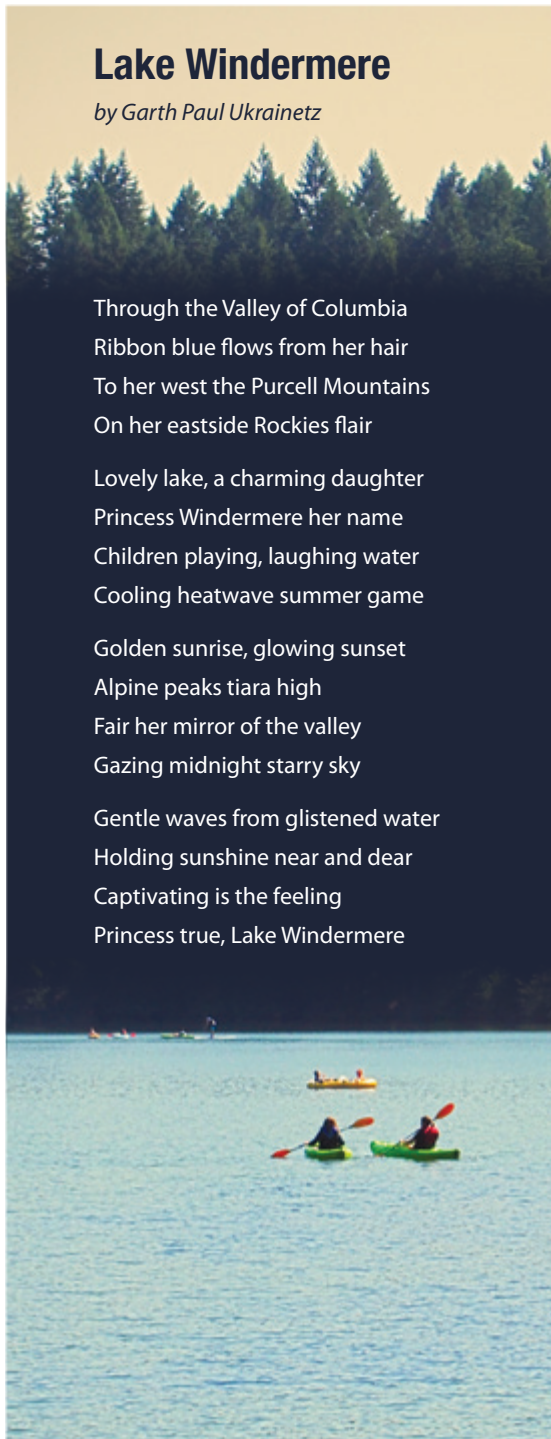
by Garth Paul Ukrainetz

Through the Valley of Columbia
Ribbon blue flows from her hair
To her west the Purcell Mountains
On her eastside Rockies flair

Lovely lake, a charming daughter
Princess Windermere her name
Children playing, laughing water
Cooling heatwave summer game

Golden sunrise, glowing sunset
Alpine peaks tiara high
Fair her mirror of the valley
Gazing midnight starry sky

Gentle waves from glistened water
Holding sunshine near and dear
Captivating is the feeling
Princess true, Lake Windermere





Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

NHCA Community Food Initiative – Summer Update

The NHCA Community Food Initiative is off to a great start! Visit our webpage at northhavenyyc.ca/community-food to learn more about what we're doing and how you can get involved.

Good Food Box – August Orders

Our Good Food Box program continues to grow! In June, we had 14 boxes ordered—thank you to everyone who participated. The next order window for August is August 17 to 20, and full ordering details are available here: northhavenyyc.ca/commfood-goodfoodbox.

We're excited to see more residents discovering the value of this affordable fresh food option!

Fresh Produce Thursdays – Thank You Gardeners!

A huge thank-you to our amazing neighbourhood gardeners who have been donating fresh produce from the North Haven Community Garden. Items donated so far include:

- Leafy lettuces (two types)
- Swiss chard
- Rhubarb
- Mint
- Chives
- Kale

These fresh vegetables are available for free pickup every Thursday from 3:00 to 3:30 pm at the North Haven Community Hall. Everyone is welcome!

Have garden produce to share? Drop it off Thursdays at 3:00 pm at the Community Hall and we'll make sure it reaches community members looking for some variety.

Pancake Breakfast Food Drive Success

Thank you to everyone who contributed to our Pancake Breakfast food drive! We collected one large bag of non-perishable food and received a generous cash donation for the Calgary Food Bank. Your support truly makes a difference, and the Food Bank is deeply grateful.

Want to Get Involved?

We're always looking for passionate community members to help out. If you'd like to volunteer with any of our food programs, please reach out:

Email: communityfood@northhavenyyc.ca

Phone: 403-284-2716 (leave a message)

Thank you for being part of building a healthier, more connected North Haven!



North Haven Real Estate Update

Last 12 Months North Haven

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$799,900	\$750,000
May 2025	\$499,900	\$477,300
April 2025	\$779,900	\$803,000
March 2025	\$739,000	\$734,000
February 2025	\$0	\$0
January 2025	\$737,499	\$742,500
December 2024	\$0	\$0
November 2024	\$679,900	\$670,000
October 2024	\$749,000	\$738,000
September 2024	\$652,449	\$665,500
August 2024	\$1,100,000	\$950,000
July 2024	\$712,500	\$710,000

Last 12 Months North Haven

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	1	1
May 2025	2	1
April 2025	3	2
March 2025	1	2
February 2025	0	0
January 2025	3	2
December 2024	0	0
November 2024	0	3
October 2024	3	3
September 2024	6	2
August 2024	1	1
July 2024	1	2

To view more detailed information that comprise the above MLS averages please visit nhav.mycalgary.com

The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:

Call the employer's call centre (or visit their stores, branches, dealerships, etc.)

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.

What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!



_____ 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 (prices include GST):

- ☐ \$ 21.00 North Haven Resident Household - 1 Year
- ☐ \$ 21.00 Non-North Haven Resident Household - 1 Year
- ☐ \$ 10.50 Senior Household (65 and older) - 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



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