

DECEMBER 2025

DELIVERED MONTHLY TO 1,680 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

HAPPY HOLIDAYS



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



ANITA RUSSELL

Licensed by Avenue Financial

403-771-8771

anita@anitamortgage.ca

www.northhavenyyc.ca • newsletter@northhavenyyc.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca

Knowing your risks could save your life.

Our free Risk Screen tool helps you understand
your risks for heart disease and stroke.



heartandstroke.ca/riskscreen

© Heart and Stroke Foundation of Canada, 2025. The heart and / icon and the Heart&Stroke word mark are trademarks of Heart and Stroke Foundation of Canada.



OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

ALBERTAWOOD

Hollywood isn't the only location to shoot great films; Alberta has become a popular backdrop for many beloved films over the years. Most recently *Die My Love* was filmed here but other blockbusters include *Brokeback Mountain*, *Jumanji: The Next Level*, *Cool Runnings*, *Inception*, *Interstellar*, *Legends of the Fall*, *The Revenant*, *Ghostbusters: Afterlife*, and many, many more!



Your One Stop for Real Estate & Legal Expertise!

Buying or selling a home?

We've got you covered—every step of the way! With us, you don't just get REALTORS®—you get a team that handles both your real estate transaction and the legal side, all in one place. From listing to closing, we guide you through every detail, ensuring a seamless, stress-free experience. No need to juggle multiple professionals—we simplify the process so you can focus on what matters most: your next move.

One team. One process. One smooth transaction. Let's get started!



Your Real Estate Experts!

Jason Ford

Residential & Commercial REALTOR® & Lawyer

403.827.6464

homes@landandlaw.ca | landandlaw.ca

MaxWell

Capital Realty

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
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/

Hello North Haven,

The weather is getting chillier, and the holidays are just around the corner. We've got some fun events happening to keep you warm!

Light Haven

December 1 to 25

You can register your house online to be included on the map of must-see light displays in the community. This is a great way to light up the dark December evenings. Prizes available!

Family Skating Party

Sunday, January 24, 2:00 to 4:00 pm

Bring your family and your skates and join us for some pleasure skating time with friends and neighbours at the North Haven outdoor rink! Hot chocolate and music will be provided.

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



NHCA Community Food Initiative Update

Good Food Box

NHCA as you know is a depot for the Good Food Box. We have handed out 84 boxes of food from the community centre to interested households since our inception in July 2025. It's great so many residents are taking advantage of fresh produce and fruit for a minimal cost. There are no orders available for December and when the new schedule comes out for Good Food Boxes, we will definitely inform you through the website: northhavenyyc.ca/commfood-goodfoodbox.

Fresh Produce Thursdays

What a great community endeavour the community garden was this year. Supplying a top up on the Good Food Box pick up days as well as getting the community involved in sharing from their own garden to give to others has been so heartfelt. We have a volunteer team of four people to do a community food initiative flyer, focusing on the community garden. Flyers to be delivered to multiple housing units with no gardening space. Please keep an eye out for this and sign up if you want to garden at the NHCA Community Garden spring of 2026!

Calgary Food Bank Donations

Thank you all who brought non-perishable food donations to NHCA community events! The Calgary Food Bank is always so grateful for the donations. With Christmas coming here is a list of what the Calgary Food Bank needs all year-round: calgaryfoodbank.com/wp-content/uploads/2024/10/Calgary-Food-Bank-Wish-List.pdf.

Get Involved

If you have a passion for gardening and food, please consider volunteering for our food program. We are also open to your ideas on how to make things better with our food initiative, please reach out:

- Email: communityfood@northhavenyyc.ca
- Phone: 403-284-2716 (leave a message)



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.




ANITA RUSSELL **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) - Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

Snow Shovelling Program

The NHCA Snow Shovelling Program is getting ready for another season!

The program matches North Haven youths with North Haven customers who would like to have a snow shovelling service at reasonable rates. It also provides many youths with their first employment opportunity.

The program runs from November 1 to March 31, with individual contracts priced according to shovelling area (this is assessed on an individual basis).

If you are interested in participating as a customer or shoveller in the program, please contact us at snow@northhavenyyc.ca. If you do not use email, please call Terra at 403-461-6683. Customers are matched with shovellers based on availability and location, and parents of shovellers are required to express an interest in their children participating in the program.

Please note that customers and shovellers' families must have a current community association membership, and the program is for residents of North Haven only.



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



_____ 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

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

INVESTMENT OPPORTUNITY!

1402 Centre A Street NE

Exceptional development opportunity!
Prime 50' x 114' inner city lot. Seize the potential of this multi-residential property. Optimally located in the vibrant neighbourhood of Crescent Heights.

MLS A2266119

If you've considered selling, now might be a great time as we have very little inventory in Northwest Calgary

CENTURY 21.
Masters

*Each office is independently owned and operated

dale@dalegreen.com
403-608-1410

Feel free to reach out to me at any time for a free, no obligation home evaluation.



Own Your Financial Mindset: Ten Smart Tax Strategies for 2025

by Karen Boudewyn

As we step into 2026, now is the perfect time to take charge of your financial and tax planning. Thoughtful, proactive steps can help reduce your tax bill, keep more of your hard-earned money, and strengthen your long-term financial well-being. Whether you're preparing for retirement, saving for a home, or building wealth for future generations, these ten strategies can help you make confident, tax-efficient decisions this year.

1. Maximize Your Tax-Free Savings Account (TFSA)

The 2025 TFSA contribution limit is \$7,000, and if you've been a Canadian resident since 2009 and have never contributed, your total contribution room could be up to \$102,000. The TFSA allows your investments to grow tax-free, and withdrawals are also tax-free—giving you flexibility to use these funds for short-term goals or long-term savings without triggering tax consequences.

2. Use Tax-Loss Selling to Offset Capital Gains

If you've realized capital gains this year, you can sell investments at a loss to offset those gains and reduce your taxable income. You can even carry those losses back up to three years. Just remember the superficial loss rule—you can't repurchase the same or identical security within 30 days if you want the loss to count.

3. Make a Final RRSP Contribution Before Age 71

Turning 71 in 2026? You'll need to convert your RRSP to a RRIF or annuity before December 31. Before doing so, consider making one last RRSP contribution to lower your taxable income and maximize your retirement savings.

4. Split Pension or RRIF Income with Your Spouse

For those aged 65 and older, income splitting is a powerful way to reduce your household tax bill. You can allocate up to 50% of eligible pension or RRIF income to your spouse or common-law partner, potentially preserving valuable tax credits and reducing or even eliminating the Old Age Security (OAS) clawback.

5. Open a First Home Savings Account (FHSA)

The First Home Savings Account (FHSA) combines the best features of an RRSP and TFSA, helping first-time

homebuyers save more effectively. You can contribute up to \$8,000 per year, to a lifetime limit of \$40,000. Contributions are tax-deductible, and qualifying withdrawals for your first home are completely tax-free. This is a fabulous way to support your young adults to purchase a home and maximize your dollars.

6. Contribute to a Registered Education Savings Plan (RESP)

If you're saving for your child or grandchild's education, a RESP can be a smart tax-advantaged tool. Your contributions grow tax-deferred, and the Canada Education Savings Grant (CESG) adds 20%—up to \$500 per year and \$7,200 per child (total). Lower-income families may also qualify for additional government support, helping every dollar you save go further.

7. Build Long-Term Security with a Registered Disability Savings Plan (RDSP)

For individuals or families eligible for the Disability Tax Credit, the RDSP offers unmatched long-term benefits. Depending on income, the government may contribute up to \$70,000 in grants and \$20,000 in bonds over a lifetime. Contributions grow tax-free, helping create financial stability for the future.

8. Give Back and Save Through Charitable Donations

Giving feels good—and it's also smart tax planning. Donating to registered charities generates tax credits that reduce your overall bill. If you donate publicly traded securities, you avoid paying capital gains tax and still receive a receipt for the full market value. You can also pool donations with your spouse to surpass the \$200 threshold for a higher credit rate.

9. Deduct Eligible Investment Expenses

Some investment-related costs may qualify as tax deductions, such as:

- Interest on investment loans (non-registered accounts)
- Investment counselling fees (non-registered accounts)
- Financial planning fees (if billed separately from investment management)

These deductions can make your investment strategy more efficient and reduce your taxable income.

10. Apply to Reduce Tax Deductions at Source

Rather than waiting for a tax refund, you can improve your cash flow throughout the year. By submitting CRA Form T1213 (or TP-1016-V in Quebec), you can

request that your employer withhold less tax from each paycheck—giving you access to your money sooner and smoothing out your cash flow. One must use caution as it may result in an income tax payable.

Take Action for a Tax-Smart 2025

The best tax strategy is a proactive one. Small, intentional actions taken today can lead to significant financial advantages tomorrow.

Community Garden

As winter settles over our community garden and the beds disappear beneath a blanket of snow, the season invites us to rest just as our soil and plants do. In Calgary, the cold arrives early and stays long, but that doesn't mean gardening stops. It simply shifts indoors and underground.



Now is the perfect time to reflect on the past season. What thrived? What struggled? Were there new pests, or did companion planting make a difference? Winter is when we take notes, share ideas, and plan for the season ahead. Seed catalogues are starting to arrive, and many gardeners mark February on their calendars to begin starting hardy crops indoors, like onions, leeks, and peppers, long before spring thaw.

This is also a good time to care for your tools and compost. Sharpen and oil garden tools, clean seed trays, and check stored bulbs or tubers for signs of rot. If you added leaves or straw to your garden beds in fall, they're now insulating the soil, protecting beneficial microbes, and feeding the earth for spring.

Stay connected this winter through garden workshops, seed swaps, and planning meetings. Before long, we'll be turning the soil again and welcoming another growing season together.

Until then, stay cozy, have a fantastic holiday season and we will see you all in the New Year! Happy Holidays!



It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

The Grip

Silent Contemplation by Rima Madi



I went outside to visit Mother Nature again, so I headed to the storm pond—a familiar place where I often exercise while doing laps around it. The storm pond greeted me today with a chill and a frozen layer that looked like a silver mirror, reflecting the beautiful seagulls that had inhabited it during the warmer months. I gave thanks, as usual, reflecting on the blessings and the hiccups that, without them, I might not have been outside in the first place.

In today's spiritual journey with Mother Nature, I looked up and saw a different dimension in the landscape—the sky in all her majesty, creating a shield above my head and protecting everything beneath it. Looking at the sky made me even more appreciative of the vastness of the infinite and the spiritual world that exists beyond our material life. The boundless and infinite dimension of the sky humbled me, reminding me how fragile and vulnerable we humans are compared to the immense field of energy that surrounds us.

This also reminded me of a quote from Michael Hart (2007):

“The goal of Indigenous knowledge is to understand and attempt to contain the energies that infuse everything in order to create a lifestyle that is harmonious with the local ecosystem” (p. 84).

While contemplating the sky, I also remembered Hart's discussion about the opening at the top of the tipi,

which symbolizes the connection to the sky and our spiritual reach to the creator (Hart, 2007, p. 86).

The change in nature was very real. I felt it through the chill of the wind in our below-five-degree weather, heard it in the silence around the pond and the absence of people, and saw it in a seagull struggling to keep his grip on the thin frozen layer of ice that now covered the surface of the storm pond. The seagull was adapting to the change in his environment—what was once water just months ago had hardened into ice. Today, the seagull taught me to never lose my grip in times of change.

I felt the change with all my senses as I wrapped myself in layers of clothing to keep warm. Change is part of living, and to live is to change. To change, I must stay mindful of my long-term goals—whether they will help me transform my situation while staying true to my worldview, beliefs, and way of being.

I hope you, too, can embrace change in the beautiful way I embraced it today. I said goodbye to the beautiful spirit of the tiny white and silver seagull—grateful for his silent teaching and for showing me how to never lose my grip.

References

Hart, M. (2007). Indigenous knowledge and research: The mikiwáhp as a symbol for reclaiming our knowledge and ways of knowing. *First Peoples Child & Family Review*, 3(1), 83–90. <https://doi.org/10.7202/1069528ar>.

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!

Warm Up to Winter in Calgary Parks

by The City of Calgary



Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor, natural ice-skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? Check out the outdoor rink, firepit, and decorative winter displays this winter.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit Calgary.ca/winteractivities.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy December, Calgary-Klein!

I'm so looking forward to catching up with you all in the community this holiday season. From festive markets to visits with Santa, there's sure to be holiday cheer everywhere.

December also marks the end of session. It has been a busy one! The first Bill debated was Bill 2, which legislated teachers back to work. My conversations with teachers, parents, and students have really illustrated the strain on our public schools and lack of supports. Classroom sizes, complexity, and the lowest per-student funding in the country are major pain points for everyone I've spoken with.

After months of stalled negotiations, the government imposed a settlement and invoked the notwithstanding clause—an unprecedented step.

I will continue to advocate for building more schools, hiring more teachers and EAs, and ensuring classrooms have the resources students need to succeed. Investing in public education is how we build a strong future for our province.

As we head into the holidays, let's continue to support one another and keep in mind the challenges many families are facing. With session wrapping up, I'll be hosting town halls in January and February to share updates and hear your priorities.

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430. You can also follow me on social media @lizettendp for updates.

Wishing you and your loved ones a joyful holiday season and a happy New Year!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

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.



SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**

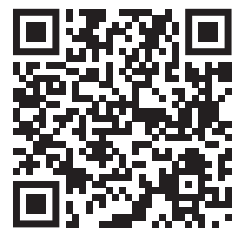


GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME