

FEBRUARY 2025

DELIVERED MONTHLY TO 1,680 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

BREW HAVEN

FEBRUARY 22

SENIORS SCAM AWARENESS

FEBRUARY 26



Located near Brentwood Village Mall

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CHECK IT OUT!

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

CENTURY 21.
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*Each office is independently owned and operated

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

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/



_____ Date

_____ Last Name

_____ First Name(s)

_____ Address

_____ Postal Code

_____ Email Address (Please print clearly)

_____ Phone Number

I consent to receive emails from the NHCA regarding membership renewal and community events.

Please select a membership type:

- \$ 15.00 North Haven Resident Household - 1 Year
- \$ 15.00 Non-North Haven Resident Household - 1 Year
- \$ 5.00 Senior Household - 1 Year

_____ **Donation**

Select payment type:

- Cash
- Cheque

Please mail or drop off the completed form and payment at:

North Haven Community Hall - 5003 North Haven Dr. NW, Calgary AB, T2K 2K3

Go to northhavenyc.ca/membership to fill out a form online!

Purchasing a membership supports local initiatives such as:

- Ongoing growth of community events
- Neighbourhood improvement initiatives such as spring clean-up, playground and pathway upgrading and traffic safety
- Maintaining the Ice rink and community facilities
- The community website online communication and monthly newsletter

Benefits of your North Haven Community membership include:

- Discounted fees for community programs and events
- Discounted community hall rental fees (North Haven residents only)
- The option to be included in the North Haven Business Directory
- The ability to register for local groups such as McKnight Soccer
- Voting privileges at the Annual General Meeting (North Haven residents only)
- Giving input on community planning and development processes

Do you run a business and live in North Haven?
Join our Business Directory at
northhavenyc.ca/businessdirectory

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 \$55 per hour, minimum 3-hour rental
Full Day: 9:00 am to 1:00 am

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 to view or book!



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.

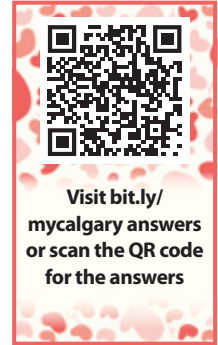
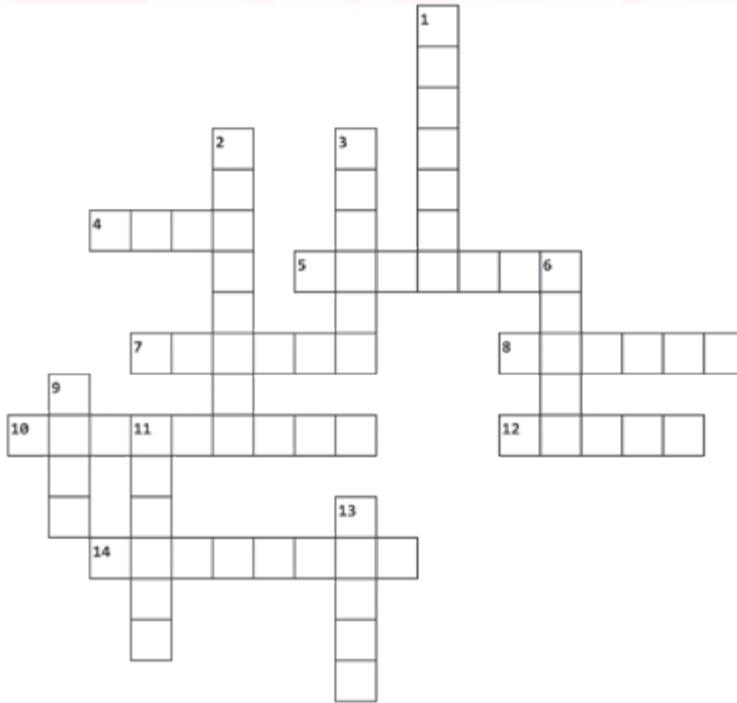
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SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



Hello North Haven!

We are back with some great events to get us through the winter!

Brew Haven

Saturday, February 22, 7:00 to 11:00 pm

Join us for a fun night out sampling local craft beer and other spirits at the hall. Tickets for entry and flights are available on our website. Best of Kin, Sunny Cider, Confluence Distillery, and Wild Folk (non-alcoholic cocktails) will be there along with a few more yet to be confirmed.

There will be live music throughout the night. Come try the local brews for a fun night out with your friends!

*This is an adults-only event for 18+.

Yoga

Yoga will continue weekly on Wednesdays at the hall from 6:00 to 7:00 pm. Drop-in style and payments are accepted at the door.

Scrapbook Crop

Bi-weekly on Fridays at the hall. February 7 and 21, 9:00 am to 4:30 pm.

Cardmaking classes' time and cost will vary depending on the type and complexity of cards. Please follow 'Pickled Memories Creations' on Facebook for card class details and registration.

Girl Guides Bottle Drive

February 22

Seniors Safety Session and Scam Awareness

Wednesday, February 26, 10:00 am at the hall. Hosted by Calgary Police Services.

Lego Competition

Calling all LEGO® builders! North Haven is holding our second LEGO® Competition on Saturday, March 29! The competition will be held at the hall from 10:00 am to 4:00 pm. The drop off, judging, and public viewing will run throughout the day. Details regarding entry requirements, age groups, and registration are available on our website.

Details for all these events can be found at www.northhavenyyc.ca.

Jesse Fowlis

Entertainment Director



HELP PREVENT WARM-UP THEFTS

- Use a remote starter or stay with your vehicle as it warms up
- Never leave your keys inside your vehicle
- Don't leave a running vehicle unattended
- Never leave children or pets inside a vehicle
- Use a steering wheel lock
- Keep your vehicle locked at all times
- Remove garage door openers from your vehicle

Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)

Happiness, well-being, good spirit.

We are all trying to experience Eudaemonia.



News from the Friends of Nose Hill

by Anne Burke

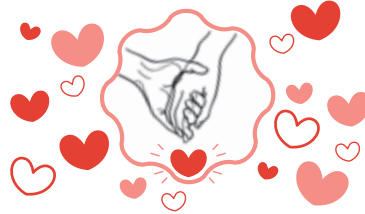
Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.

GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



BRAIN GAMES SUDOKU

	1					6		
		3						4
4		5		1	9			
	5				6		3	1
	3		1	2	7			
8		1	3				7	
			9	6	8	3		7
3						8		
		8					2	

SCAN THE QR CODE FOR THE SOLUTION



How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Celebrate Calgary 150 - Life on the Prairies

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Ancient hunter-gatherers entered Alberta through ice-free corridors. They encountered hot springs, like Cave and Basin National Historic Site.

The earliest habitation sites contain fluted projectile points called arrowheads. Wally's Beach on St. Mary Reservoir contains evidence of point production for hunting.

At Writing-on-Stone Provincial Park, Indigenous peoples carved the Great Plains' greatest concentration of rock art. The shapes, people, and animals show the site's sacredness, where spiritual guidance is sought.

At Head-Smashed-In Buffalo Jump World Heritage Site, herds were steered over a precipice, providing plentiful food and material for daily life.

Calgary was an important stop on the seasonal round following buffalo herds because prairie meets foothills along several river valleys, including the Bow's confluence with Mohkinstsis ("elbow"). There's a buffalo jump at Paskapoo Slopes and stone circles on Nose Hill.

Calgary's region is home to many First Nations. Westward is Tsuut'ina Nation, who share culture and language with the Dene Nation.

Further west lies Stoney Nakoda Nation, comprising the Bearspaw, Chiniki, and Goodstoney. The name "stoney" is from Europeans observing cooking with stones.

East of Calgary is Siksiká ("black foot") Nation, part of the Blackfoot Confederacy. The Blackfoot are linked through historical ties, culture, and language.

South of Lethbridge is Kainai Nation. Part of the Blackfoot Confederacy, it's also known as the Blood Tribe because Cree-speaking foes called them Mihkowiyniw ("blood stained").

Further west is Pi'ikanni Nation, members of the Blackfoot Confederacy with a long history connected to Blackfeet Reservation in Montana.

Calgary is also located in Métis Nation District 5 and 6. Indigenous women and the European men working for fur-trading companies founded the Métis.

Europeans' arrival began on the rivers with French fur traders, les voyageurs. Hudson's Bay Company established fur trading posts and sent explorers in the prairies, like Anthony Henday in 1754. A rival, the North West Company, sent David Thompson to find the Pacific Ocean.

Peter Fidler of HBC reached the Rocky Mountains in 1792 and developed maps with information from Siksiká Chief Old Swan.

These interactions between First Nations, Métis, and fur traders changed our region. Visit CHI's website for more details.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XK3NB7?WS=SearchResults>. "Cave and Basin swimming pool, Banff, Alberta.", 1931, (CU1227965) by Devereux, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



https://commons.wikimedia.org/wiki/File:Writing_on_stone990.jpg. Áísinaí'pi National Historic Site of Canada - rock carvings, 2011. Photo by Matthias Süßen, via Creative Commons Attribution-Share Alike 3.0 Unported license.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OTODFM>. "Head Smashed In Buffalo Jump, West of Fort Macleod, Alberta.", 1912-08-24, (CU1115706) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Doctor Oliver Cromwell Edwards, centre.



https://commons.wikimedia.org/wiki/File:Precipicio_de_los_Bisontes,_Alberta_1996_01.jpg. Head-Smashed-In Buffalo Jump Interpretive Centre, 1996. Photo by LBM1948, via Creative Commons Attribution-Share Alike 4.0 International license.



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Cats, Canines, & Critters of Calgary



Basha and Molly, Elbow Scene



Daisy Nulo and Nulo Pickles, McKenzie Towne



Howie and Pepper, Crestmont



Tucker and Bentley, McKenzie Towne

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

Stay Safe, Stay Off Storm Ponds

by *The City of Calgary*

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit calgary.ca/rinks.



Councillor, Ward 4

Sean Chu

📞 403-268-3727

✉ ward04@calgary.ca

🌐 www.calgary.ca/ward4

🌐 www.seanchu.ca

Warmest greetings to all,

Each winter, some Calgarians experience frozen water pipes, service lines, or meters, leading to water outages. The City's Frozen Pipes Prevention Program works with homes at higher risk due to factors like location, pipe depth, and freezing history.

Recently, frozen pipes have also affected lower-risk homes. Taking these steps can help prevent freezing:

- Maintain an indoor temperature of at least 15°C, even when away.
- Seal cold drafts in unheated areas like basements, crawl spaces, attics, garages, or under sinks.
- Repair windows, check doors, and insulate cold-prone areas.
- Insulate hot and cold-water pipes in cooler zones.
- Open interior doors and cabinets to let heat reach unprotected pipes.
- Disconnect and drain outdoor water lines, including hoses, pools, and decorative features.
- Ensure hot water tanks in maintenance rooms are adequately heated.
- Regularly run water to keep pipes moving.

Visit calgary.ca/frozenpipes for more tips and solutions if your pipes freeze.

Help Prevent Street Flooding

A Chinook can quickly melt snow, causing water to pool on streets if storm drains are clogged. With over 60,000 storm drains in Calgary, your help to prevent flooding is invaluable:

- Clear debris, snow, and ice from nearby storm drains.
- If safe, create channels to guide water toward the drain.
- Use the storm drain map at calgary.ca/stormdrains to locate covered drains.

If water pools and you suspect a frozen storm drain, contact 3-1-1:

- Submit a "Storm Drain/Catch Basin Concern" via the 311 app.
- Attach a photo to prioritize your request.

Our crews prioritize areas impacting safety and property.

Thank you for doing your part to keep our community safe and thriving.

Wishing you a safe and wonderful February!

Warm regards,

Councillor Sean Chu

Ward 4



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 anita@anitamortgage.ca



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