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# NORTH HAVEN COMMUNITY ASSOCIATION

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



<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
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<b>Hall Manager</b>	Sandra Whitty	hallmanager@northhavenyyc.ca
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<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/)



\_\_\_\_\_ 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](http://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](http://northhavenyc.ca/businessdirectory)

# NORTH HAVEN COMMUNITY ASSOCIATION'S HALL IS AVAILABLE FOR RENTAL!



## MAIN HALL

100-person capacity, for receptions, parties, conferences, includes kitchen

<b>Friday to Sunday and Holidays</b> 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.	
<b>Monday to Thursday</b>	\$45 per hour, minimum 2-hour rental

## MEETING ROOM (LOUNGE)

30-person capacity, for meetings and small trainings

<b>Monday to Friday</b>	\$35 per hour (8:00 am to 10:00 pm) minimum 2-hour rental.
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### 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

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# COMMUNITY PANTRY OPINIONS NEEDED

Proposal:

An accessible community pantry available to all who need it, located at the NH Community Centre. Maintained and run by a community member, and a small committee.

PLEASE FILL OUT THE SURVEY FOUND ON THE  
COMMUNITY FACEBOOK PAGE, TO ADVISE ON  
YOUR LEVEL OF SUPPORT FOR THE PROJECT

Concerns or Questions can be emailed to [kelsey.morash@hotmail.com](mailto:kelsey.morash@hotmail.com)

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NORTH HAVEN CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## **Walking in a Winter Wonderland: Snow and Ice Removal Adjacent to Properties**

*by the City of Calgary*

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 percent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 3-1-1 to Calgary Community Standards.
- A peace officer will inspect, provide education, and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.
  - o First offence: \$250
  - o Second offence in a 12-month period: \$500
  - o Third subsequent offence(s) in a 12-month period: \$750, automatic court summons

Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

### **Become a Snow Angel**

Clearing snow and ice from sidewalks can be challenging – even dangerous – for older adults and people with limited mobility. Snow Angels help keep those Calgarians safe. Consider becoming a Snow Angel today!



Happy New Year!

The days are allegedly getting longer now... let's celebrate that! Here's what's happening in the Haven.

### **Family Skating Party**

**Sunday, January 26, 2:00 to 4:00 pm**

Join us for pleasure skating at the North Haven outdoor rink!

Bring your family, friends, neighbours, and your skates/helmets. Hot chocolate and music will be provided. Weather dependent so check on our hall sign, website, or socials for updates.

### **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 will go on sale January 31.

We will be partnering with Best of Kin Social to provide food and the obvious beer for this event. One of their super awesome owners lives right here in North Haven - shout out to Collin for this connection.

Stay tuned for a list of other breweries and distilleries that will be in attendance.

Check out our website: [www.northhavenyyc.ca](http://www.northhavenyyc.ca).

*Jesse Fowlis*

Entertainment Director



## **Scrapbooking Crop and Cardmaking Class**

January 10 and 14, 9:00 am to 4:30 pm, with additional dates.

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.

See details on [northhavenyyc.ca](http://northhavenyyc.ca).

## Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 5

### Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

### Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

### Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

### Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



# Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

# How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

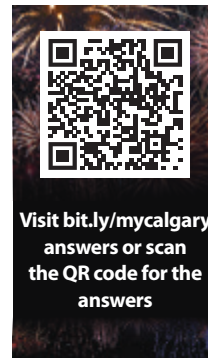
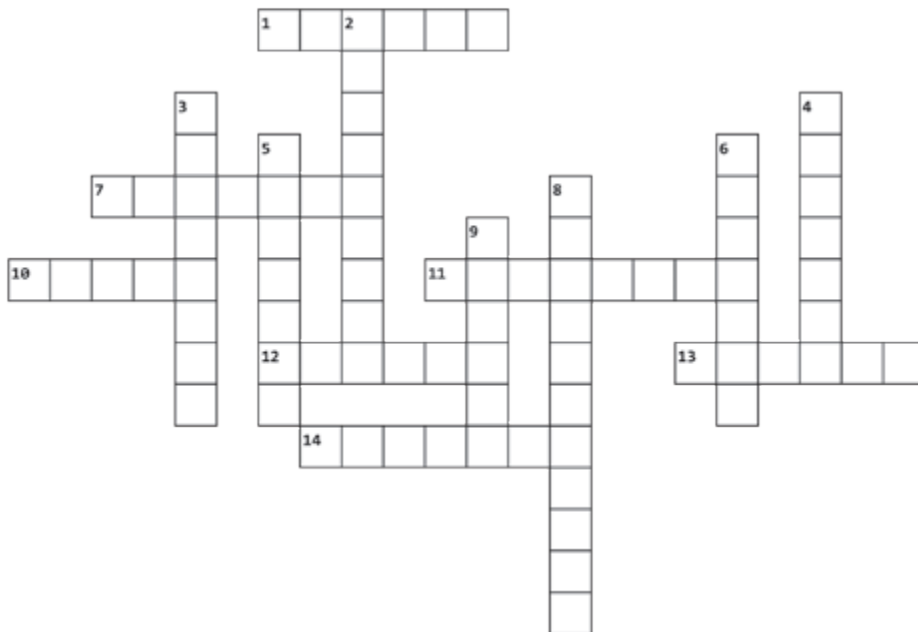
- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

### Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.



## News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.



Councillor, Ward 4

**Sean Chu**

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Happy New Year to all Ward 4 Residents!

As we kick off 2025, let's focus on community safety and staying informed. This month, I'd like to highlight two key topics:

### Snow and Ice Removal

Winter is here, and snow removal is a shared responsibility. The City of Calgary clears 10% of sidewalks, but property owners must clear sidewalks adjacent to their properties within 24 hours of snowfall ending.

### Non-Compliance Process:

- Report unshoveled sidewalks through 3-1-1.
- A peace officer will issue a 24-hour warning if needed.
- If not cleared, a contractor removes the snow, and fines and service fees are charged.

### Fines:

- First offence: \$250
- Second offence in 12 months: \$500
- Third+ offence in 12 months: \$750 and court summons

Reminder: Shovel snow onto streets, not from private property into public spaces, and avoid blocking wheeling lanes.

### Be a Snow Angel!

Help older adults and those with limited mobility by volunteering to clear sidewalks. Your kindness keeps our community safe.

### 2025 Property Assessment Notices

Your 2025 Property Assessment Notices reflect your property's market value as of July 1, 2024, and its condition as of December 31, 2024.

### What to Do Next:

- Review your notice for accuracy.
- Log in to Assessment Search at [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch) to: Check property details and update them if necessary. Compare your value with similar properties. Learn how your property was assessed.

### Need Help?

Contact us at 403-268-2888 during the Customer Review Period from January 2 to March 11, 2025. Use the Property Tax Calculator at [calgary.ca/assessment](http://calgary.ca/assessment) to estimate your 2025 taxes.

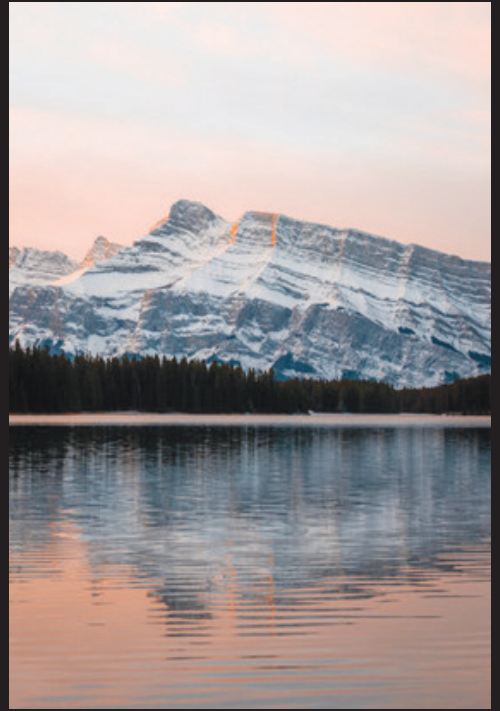
Thank you for doing your part to make Ward 4 a safe and thriving community. Stay safe this winter!

Councillor Sean Chu

Ward 4

# Photo Gallery

by Jirapan Nilmanee (Mik)



# The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovian

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

### Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

**Bad:** "I'm a software engineer at Yoyodyne."

**Good:** "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

### Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

**Bad:** "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

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**Good:** "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

## Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

**Bad:** "I'm a financial lawyer."

**Good:** "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

## Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



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**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.



## We Are Looking For A Volunteer!

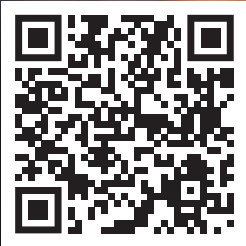
The Hall Rentals volunteer will assist the hall manager in coordinating hall rentals. Duties may include responding to emails about rental inquiries, meeting and showing the hall to potential renters, and greeting renters the day of their event.

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