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Molly, Elbow Scene



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# NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW  
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Board meetings are held on the second Thursday of the month at 7:00 pm.  
NHCA board meetings are open to the public.



## MEMBERSHIPS NOW AVAILABLE ONLINE!

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



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



- Notes:**
- All rentals require a \$300 damage deposit
  - Rental hours must include set-up and take-down time
  - Discount available for North Haven resident members
- Email [rentals@northhavenyyc.ca](mailto:rentals@northhavenyyc.ca) to view or book!**

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.



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



## News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

I hope everyone is enjoying the summer!

It's quieter around the NHCA in July and August, but don't forget to come support Lil' Green Urban Farm Stand every Wednesday at the hall from 3:30 to 6:00 pm.

Yoga will be on hiatus for July and August but check back for return dates this September.

Details on what's happening in the fall will be posted on our website, [www.northhavenyyc.ca](http://www.northhavenyyc.ca).

Jesse Fowlis

Entertainment Director



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## NHCA Community Food Initiative

Exciting news! Our Community Food Initiative is on the North Haven website [northhavenyyc.ca](http://northhavenyyc.ca) under the "Extras" tab.

### Good Food Box

If you are interested in a Good Food Box, please take notice of order and pick up dates:

Order: July 17 to 20. Pick-up: Thursday, July 31.

Order: August 14 to 17. Pick-up: Thursday, August 28.

For more information and how to make payments, please go to [northhavenyyc.ca/commfood-goodfoodbox](http://northhavenyyc.ca/commfood-goodfoodbox).

### Calgary Food Bank

We had a great turn out for Bike Haven and thank you for those participants who donated non-perishable food items to the Calgary Food Bank. Note that all future North Haven Community events invite participants, if able, to bring a non-perishable food item or cash to support the Calgary Food Bank and to promote our community spirit.

### Community Garden

Thank you to the volunteers that took on a NHCA garden plot. Your efforts in ensuring our community does not have food scarcity is so appreciated.

Free seasonable vegetables will be available every Thursday at 3:00 pm at the community hall. We will start late June and continue until the growing season is over. You can participate by picking up vegetables or bringing extra vegetables from your garden to donate on Thursday at 3:00 pm. For more information or to participate, email [communityfood@northhavenyyc.ca](mailto:communityfood@northhavenyyc.ca) or call 403-282-1075 and leave a message.



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## Bow River

*by Garth Paul Ukrainetz*

Bow River, Bow River, O where is your quiver  
Where are the arrows you hide deep inside  
Take aim for the moon, let them fly thru the heavens  
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver  
Water flows pure from the mountaintops high  
Your destiny's duty to guard and protect it  
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver  
Jubilation you bring to Alberta's dry land  
For water is life, you bestow of it freely  
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider  
While forward you lead, we'll be watching your back  
To be perfectly clear, we can't take you for granted  
Drought and pollution will sneak and attack

# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



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# July Crossword



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## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

# Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

## Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



## Exciting Playground Project Update!

We're thrilled to share the great news that the neighbourhood playground project is now fully funded! This incredible milestone was made possible thanks to the generosity of the Lenzin family, long-time residents of our community, and Mattamy Homes, whose support has been instrumental in bringing this vision to life. Their contributions have ensured that our children and families will soon enjoy a revitalized and exciting new playground.

Construction is scheduled to begin in the coming months and, weather permitting, is expected to be completed before the snow falls. This means that by the time the next school year is in full swing, our community will have a safe, modern, and fun place for kids to play, explore, and make memories.

The upgraded playground will feature new equipment designed to be inclusive, safe, and engaging for children of all ages and abilities. We'll be adding structures that encourage climbing, imaginative play, and social interaction. There will also be shaded seating areas for caregivers and a bike rack for all our local pedal heads. These improvements reflect the community's input and the dedication of the project team to making this playground a place for everyone.

In this issue, we're excited to include some renderings that showcase the design of the upgraded playground. We hope these images help you envision what's coming soon and get everyone excited about what's ahead!

Thank you once again to all the donors, volunteers, and supporters who made this project a reality. Your commitment to our neighbourhood's children and families is deeply appreciated. We can't wait to celebrate the grand opening with you all!

Stay tuned for more updates as construction progresses.





## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

## Community Garden Update

It has been truly exciting to see all of our gardeners actively tending to their individual plots and coming together as a community to maintain our shared garden spaces. The energy and teamwork shown so far this season has been inspiring, and we're looking forward to watching the garden continue to flourish as summer progresses.

As part of our continued efforts to make fresh produce accessible, we're thrilled to share a new initiative: four of our designated garden plots have been set aside to grow vegetables specifically for community distribution. These plots will be maintained collectively, and all harvested vegetables will be made available to community members at no cost. Pick-up will be on a first come, first serve basis every Thursday at 3:00 pm. There will be a designated pick-up location just outside the community hall, so be sure to keep an eye out.

### Garden Tip of the Week: When You Water Matters!

With rising summer temperatures, the time of day you water your plants can make a big difference. For best results, try watering early in the morning before the heat begins or later in the evening after the sun has eased off. Watering during the heat of midday leads to rapid evaporation, meaning much of the water never reaches the roots. Plants also slow or stop water absorption in extreme heat, which can lead to wasted effort and water loss.

Going on vacation? Look back on June's newsletter for our helpful tip about using an Olla to keep your garden hydrated while you're away.

Let's continue working together to conserve water, grow healthy plants, and support one another. Happy gardening!



MLA Calgary - Klein  
**Lizette Tejada**

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✉ @lizettendp | @lizettendp

Happy July!

It's wonderful to be back in Calgary full-time, taking in the joy of community events and the sunshine! I'm looking forward to connecting with all of you in all three quadrants of Calgary-Klein. Keep an eye on my social media for events happening all summer.

Neighbour Day celebrations are always so meaningful as I remember the challenges of the 2013 floods and how Albertans took care of one another. A heartfelt thank you to everyone who hosts, volunteers, and attends the events across our lovely constituency. Your service to community is an example to us all. This year Neighbour Day fell on the same day as Indigenous Peoples Day, one day out of many that I reflect on the importance of our role as Treaty People and how to honour that.

Summer is also AGM season and a time when community associations share their work over the previous year. I'm grateful for your local advocacy, information, and passion. I learn so much from all of you and am honoured to be welcomed to your discussions. Please reach out if your community association or organization needs help with navigating grants or letters of support. Our office is here to help!

I look forward to seeing you at Stampede pancake breakfasts and barbecues. Please do say hello! If you're organizing an event and would like me to attend or support you in any way – please reach out to our office.

In the meantime, I will continue advocating for resources in our communities, classrooms, access to public healthcare when we need it, affordability issues, and all the things we hold dear as Albertans and Canadians! And if you're reading this after July 1 – I hope you had a wonderful Canada Day.

As always, my constituency office is here to help whether you're navigating provincial programs, looking for resources, or simply have a question.



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

**Please select a membership type:**

- ☐ \$ 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
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Please mail or drop off the completed form and payment at:

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

**Go to [northhavenyyc.ca/membership](http://northhavenyyc.ca/membership) to fill out a form online!**

**Purchasing a membership supports local initiatives such as:**

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

**Benefits of your North Haven Community membership include:**

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

**Do you run a business and live in North Haven?**  
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