

MAY 2025

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

PARADE OF GARAGE SALES

MAY 10

SPRING BIKE HAVEN

MAY 24

MEMBERSHIP DRIVE ON NOW



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Superstore!**

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Located Three Blocks East of Chinook Mall
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SOLD! **SMOOTH SALE!**

212 Silver Valley Rise NW

4 bedroom, 3.5 bath home in Silver Springs. Beautifully maintained with upgrades, a large garage, and in a great location!

MLS A2190399



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.

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 Fowles	entertainment@northhavenyyc.ca
Memberships	Susan Noble	memberships@northhavenyyc.ca
Fundraising	Rodney Blanco	fundraising@northhavenyyc.ca
Director at Large	Lorraine Moulding	lorraine@northhavenyyc.ca
Director at Large	Celina Baharally	celina@northhavenyyc.ca

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



MEMBERSHIPS NOW AVAILABLE ONLINE!

NorthHavenYYC.ca/membership/

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



Notes:

- All rentals require a \$300 damage deposit
- Rental hours must include set-up and take-down time
- Discount available for North Haven resident members

**Email rentals@northhavenyyc.ca
to view or book!**

MAIN HALL 100-person capacity, for receptions, parties, conferences, includes kitchen	
Friday to Sunday and Holidays 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.	
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.



YOUR CITY OF CALGARY

Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.





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:

- ☐ \$ 20.00 North Haven Resident Household - 1 Year
- ☐ \$ 20.00 Non-North Haven Resident Household - 1 Year
- ☐ \$ 10.00 Senior Household (65 and older) - 1 Year

Select payment type:

- ☐ Cash
- ☐ Cheque

_____ **Donation**

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



News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.

Food Initiatives



North Haven Community is known for its neighbourliness and sense of community. We want to take this community spirit one step further to ensure that food scarcity does not exist in our community. Here are initiatives we are considering, and we welcome your feedback.

1. The Good Food Box Program (GFB) offers boxes of fresh fruits and vegetables at an affordable price (about 50% less than the grocery store).
2. Four Community Garden beds to share produce with neighbours. Would you grow an extra row in your home garden and/or bring extra produce to the community hall?
3. Food drives at community events.

Could you use any of these initiatives? Could you spare some time for this endeavour?

If so, let us know at communityfood@northhavenyyc.ca or 403-284-2716 with your name, phone number, and interest in the NHCA Community Food Initiative.

"There is no sincerer love than the love of food."

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.

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Window and Balcony Safety

by Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

Spring has sprung!

Parade of Garage Sales

May 10, 9:00 am to 3:00 pm

One day, so many garage sales! If you'd like to join in and hold a sale, register your address on our website starting April 27 - \$5 for NHCA members, \$7 for non-members. We will put your location on a map of garage sales and put up signage around the community.

Want to shop instead? Cruise the neighbourhood on the 10th and check out all the garage sales, all on one day!

Spring Bike Haven

May 24, 10:00 am to 12:00 pm

Yes, it's a favourite and it's back, with a chalk course for the little ones and ramps for the more adventurous! Free for NHCA members, \$2 for non-members. Pre-register and sign the waiver on our website ahead of time. Volunteers always needed - give a shout if you can help, entertainment@northhavenyc.ca.

And don't forget our weekly events at the community hall:

- Parents and Tots Community Playgroup - Tuesdays, 10:00 to 11:00 am (free)
- Vinyasa Yoga - Wednesdays, 6:00 to 7:00 pm (\$15)
- Farm Stand by Lil Green Urban Farm - Wednesdays, 3:30 to 6:00 pm, beginning in May they will be set up in the hall parking lot.

Jesse Fowles

Entertainment Director



SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Gardening Tip from the NH Community Garden

With hot summer days, and the potential for water restrictions, it's recommended to mulch over the top of your garden bed with straw, hemp, or other light organic material, to keep moisture in the soil and not lose to evaporation.



You're Invited!

Would you like to find out more about what the NHCA does, and how you could be involved?

All community members are welcome to join us at any of our monthly meetings, and our AGM which will be taking place mid-June. All of these take place at the NHCA hall.

Monthly Meetings:

- May 8, 7:00 pm
- June 12, 7:00 pm

AGM:

- June 18, 7:00 pm

If you have any questions or would like more information, you're also welcome to email me, president@northhavenyc.ca.



Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

May Marks The 10th Annual North Haven Membership Drive!

Purchasing an annual North Haven Membership helps to support many projects and events planned by your North Haven Community Association (NHCA). So far in 2025 we have hosted a Family Skating Party, the ever-popular Brew Haven, a Lego Competition, and an Easter Egg Hunt. And there are more great events planned for the rest of the year, including Bike Haven, and the annual Stampede breakfast.

The Community Association also supports initiatives including a mural in the tunnel to Nose Hill, a community garden, and is currently looking into ways to help our neighbours in need of more food security.

Our community is great, and we want to keep finding ways to make it more vibrant each year, but we can't do it without you! Your helping hands and creative ideas help to fuel change in our neighbourhood. Being an NHCA member is a great way to help us make things happen. You can join our board of directors, or volunteer to be part of committees to help bring initiatives to life and make North Haven a safer and more inclusive place to live. Your unique voice is important to us. Buying an NHCA membership is a small act that supports growth and connection in our neighbourhood. A membership is valid for your entire household for one year and costs \$20. If you're a senior (65+), the price is \$10.

At the end of our membership drive, there will be a draw for great prizes for all active members. Keep an eye on our social media for more information throughout the month! Don't forget to renew your membership to be entered to win!



Membership Fees

Did you know that the price of a membership has never gone up in North Haven? This year, after much consideration, the North Haven Community Association Board has decided to increase the price of a membership so we can continue to provide great events and programs for the community. Benefits of your membership include discounted fees for community programs, discounted rental fees at the hall, the option to be included in the Business Directory, voting privileges at the Annual General Meeting, and more!



GAMES & PUZZLES

Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called _____; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called _____.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



SCAN THE QR CODE FOR THE ANSWERS!

Scouts About - 4th Elks Triwood

Spring 2025 Updates

This has been a busy season for all our scouting sections this year. The beavers had a sleepover dance party event in March while the Cubs and Scouts did a winter camp at Alford Lake where they learned about firearms safety, archery, and tried their hand at ice fishing. Scouts had a great time at SAIT's 3D print lab this past February. The Cubs took the pool in February for another session of scuba diving.

The Scout Section was successful in getting a grant from the Chinook Councils Grizzly Den to help fund their five-day canoe adventure in June.

The Beavers and Cubs are going to close out their season with a camp in Dinosaur Country.

Registration

If you're interested in registering your youth or learning more about our group, feel free to email, check out our Facebook page, or see our website for details.

Fundraisers

Thanks to those who provided bottles at our bottle drive this past April. We have completed our fundraising campaigns for the year. We look forward to seeing you next year for our coffee and popcorn sales and bottle drive events!

Become a Leader

We need leaders to make these programs happen. If you are new to scouting or want to get back into Scouting and are interested in building your outdoor skills along with your youth, there is a place for you at 4th Elks. Contact us at 4thElksTriwood@gmail.com.



The Scouts at SAIT's 3D print lab.



Beavers doing a campfire story at the sleepover dance party.



Cubs learning archery skills at the winter camp at AHEIA's Alford Lake camp.



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!

GREAT NEWS MEDIA

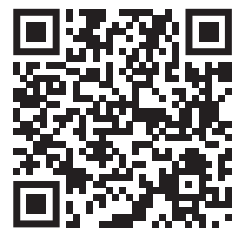
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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Quintuplet Success!



In the village of Corbeil, Ontario, the Dionne quintuplets were born on May 28, 1934, making history as the first known quintuplets to survive infancy.



Councillor, Ward 4

Sean Chu

📞 403-268-3727

✉ ward04@calgary.ca

🌐 www.calgary.ca/ward4

🌐 www.seanchu.ca

Be Ready: Emergency Preparedness in Calgary

Dear Ward 4 Residents,

Emergencies can happen at any time, and being prepared is the best way to keep yourself, your family, and your community safe. The City of Calgary is committed to ensuring residents have the resources and information they need to be ready for anything.

Why Preparedness Matters

Natural disasters, extreme weather, and unexpected situations can disrupt daily life. Having a plan in place can reduce stress and increase safety in critical moments.

What You Can Do

The City of Calgary has put together a comprehensive guide on how to prepare for emergencies. Here are a few key steps you can take today:

Create an Emergency Plan – Know how to communicate with your family and where to go in case of evacuation.

Build a 72-Hour Kit – Ensure you have essential supplies like food, water, medications, and important documents.

Stay Informed – Follow official sources for real-time updates and alerts.

Know Your Risks – Be aware of local hazards such as floods, wildfires, and extreme weather events.

Resources Available to You

The City of Calgary provides a variety of resources to help residents stay informed and prepared. Visit calgary.ca/emergencies/preparedness for detailed checklists, planning tools, and information on local risks.

Being proactive today can make a big difference when an emergency strikes. Stay safe and stay prepared, Ward 4!

Sincerely,

Councillor Sean Chu

Ward 4, City of Calgary



MLA Calgary - Klein

Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉ Calgary.Klein@assembly.ab.ca

✉ @lizettendp | @lizettendp

Happy May, everyone!

The sunshine is finally here, I hope you're all getting a chance to enjoy the warmer weather and spend some time outdoors!

We have been in session at the Alberta Legislature since late February. We have just concluded budget discussions, where I asked important questions and advocated for the needs of everyone in our communities. We were dismayed to learn about allegations of bloated contracts and questionable procurement in our healthcare system. As stewards of public monies – all MLAs must defend the ethical use of your tax dollars and call for the government to serve the community's needs. One of the biggest concerns I hear about is healthcare, including access to a family doctor (which 800,000 Albertans don't have) and timely surgeries (wait times have gone up). I will continue to advocate for this.

The first week of April was constituency week and I relish the time I spend with you in the community. I'm thankful for the constituent meetings in my office or a location near you if transportation is an issue. I've had some thoughtful conversations with many of you about education, healthcare, disability benefits, and even tariffs. In addition to meeting with you, I'm honoured to be included in community celebrations, volunteer appreciation, and events like Tuxedo Park's story time. Please let us know if you'd like me to join your event!

Do you have any concerns about provincial government matters? Is there anything you would like me to keep in mind when I'm in the Legislature? You can write to us and let us know if you'd like me to share your thoughts in the Legislature. And as always – our office is here to help you if you have questions about government services or need to know about local resources.



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