

SEPTEMBER 2025

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# North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

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**SEPTEMBER 13**



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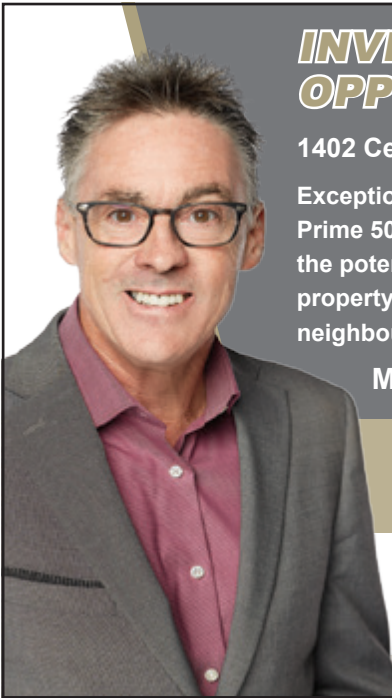


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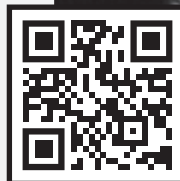
**Monday - Friday: 9am - 8pm**

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# NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW  
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## NHCA Board of Directors 2025

<b>President</b>	Theresa Constantin	<a href="mailto:president@northhavenyyc.ca">president@northhavenyyc.ca</a>
<b>Vice President</b>	Meritt Kularatne	<a href="mailto:vp@northhavenyyc.ca">vp@northhavenyyc.ca</a>
<b>Secretary</b>	Peggy Colborne	<a href="mailto:secretary@northhavenyyc.ca">secretary@northhavenyyc.ca</a>
<b>Treasurer</b>	Karen Boudewyn	<a href="mailto:treasurer@northhavenyyc.ca">treasurer@northhavenyyc.ca</a>
<b>Building &amp; Maintenance</b>	James Hill	<a href="mailto:facilities@northhavenyyc.ca">facilities@northhavenyyc.ca</a>
<b>Hall Manager</b>	Sandra Whitty	<a href="mailto:hallmanager@northhavenyyc.ca">hallmanager@northhavenyyc.ca</a>
<b>Hall Rentals</b>	Kenzie McRae	<a href="mailto:rentals@northhavenyyc.ca">rentals@northhavenyyc.ca</a>
<b>Civic Affairs</b>	Paul MacKenzie	<a href="mailto:civicaffairs@northhavenyyc.ca">civicaffairs@northhavenyyc.ca</a>
<b>Communications</b>	Mark Gervais	<a href="mailto:communications@northhavenyyc.ca">communications@northhavenyyc.ca</a>
<b>Community Engagement</b>	Joshua Grey	<a href="mailto:community@northhavenyyc.ca">community@northhavenyyc.ca</a>
<b>Entertainment</b>	Jesse Fowlis	<a href="mailto:entertainment@northhavenyyc.ca">entertainment@northhavenyyc.ca</a>
<b>Memberships</b>	Susan Noble	<a href="mailto:memberships@northhavenyyc.ca">memberships@northhavenyyc.ca</a>
<b>Fundraising</b>	Rodney Blanco	<a href="mailto:fundraising@northhavenyyc.ca">fundraising@northhavenyyc.ca</a>
<b>Director at Large</b>	Lorraine Moulding	<a href="mailto:lorraine@northhavenyyc.ca">lorraine@northhavenyyc.ca</a>
<b>Director at Large</b>	Celina Baharally	<a href="mailto:celina@northhavenyyc.ca">celina@northhavenyyc.ca</a>

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/](https://NorthHavenYYC.ca/membership/)



## **Celebrate Calgary Culture Days This September**

*by The City of Calgary*

Calgary Culture Days showcases the people, places, and stories that make our city one of a kind. From September 1 to 30, experience this city-wide celebration of local arts, culture, heritage, and community spirit.

Events are taking place downtown and in neighbourhoods across the city—many of them free and family-friendly. Whether you're catching a live performance, exploring a pop-up exhibit, or taking part in a hands-on workshop, there's something to discover around every corner.

It's your chance to connect with Calgary's creative scene and celebrate the vibrant cultures that shape our city.

See what's happening near you at [calgary.ca/culturedays](http://calgary.ca/culturedays).



## **News from the Friends of Nose Hill**

*by Anne Burke*

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

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# 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

**Seating Capacity: 100**

Includes access to non-commercial kitchen. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$40 per hour, minimum 3-hour rental
Monday to Friday – 6:00 to 11:00 pm	\$45 per hour, minimum 3-hour rental
Saturday and Sunday – 8:00 am to 6:00 pm	Not Available
Saturday and Sunday – 6:00 pm to 1:00 am	\$55 per hour, minimum 3-hour rental
Holiday Mondays – 8:00 am to 1:00 am	\$55 per hour, minimum 3-hour rental
December 25, 26, and 31	Not Available

## BOARDROOM

**Seating Capacity: 35**

The Boardroom is for meetings and small trainings. It has a projector screen but does not include a projector. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$30 per hour, minimum 2-hour rental
Monday to Thursday – 6:00 to 10:00 pm	\$30 per hour, minimum 2-hour rental
Friday Night, Saturday, Sunday, and Holidays	Not Available



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# FUNambulist



Philippe Petit is famous for walking a high wire between the two twin towers of the World Trade Center in 1974. Did you know that a tightrope walker is actually called a funambulist? I'm not sure how fun that sounds, but it sure is impressive!

## Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

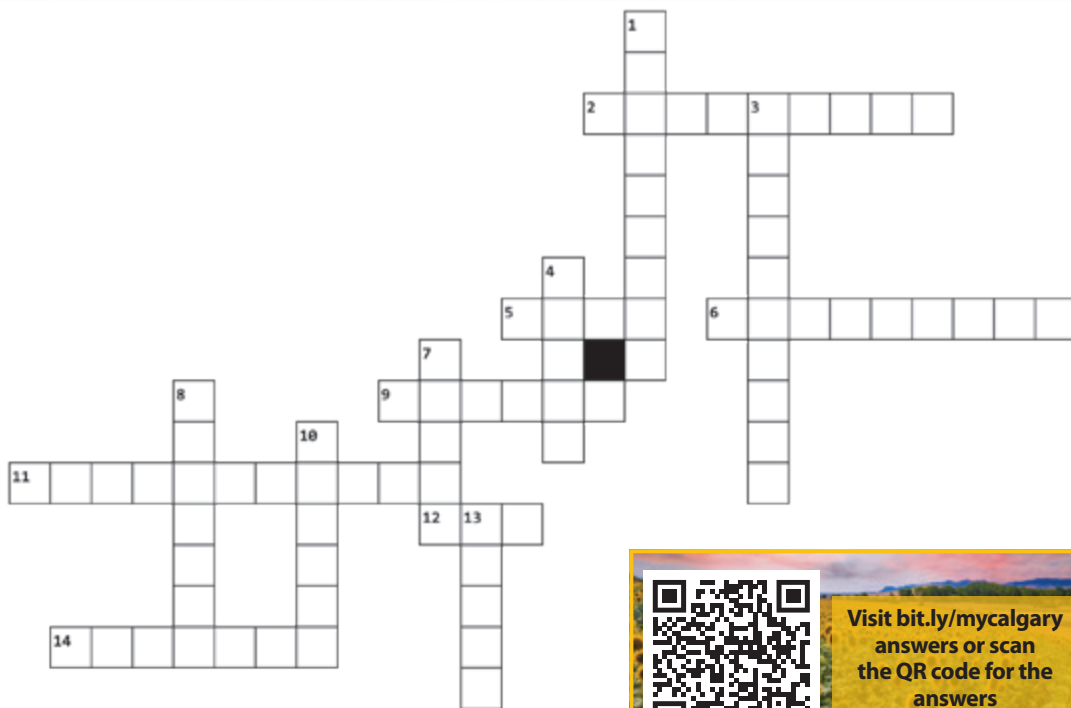
- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

# September Crossword



## Across

2. Ernest \_\_\_\_\_'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the \_\_\_\_\_ Islands.
9. *The \_\_\_\_\_ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in \_\_\_\_\_, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William \_\_\_\_\_, *Star Trek* premiered on September 8, 1966.

## Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in \_\_\_\_\_, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard \_\_\_\_\_ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international \_\_\_\_\_ match.
10. On the first Monday of September, \_\_\_\_\_ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin \_\_\_\_\_ and Hugh Grant, were both born in September 1960, just one day apart.



We have Square Dance on September 5 and 12 at the hall - this is a free class, from 7:00 to 8:30 pm. Come see what it's all about!

Bike Haven is back on September 13 from 10:00 am to 12:00 pm.

Yoga is back on Wednesdays from 6:00 to 7:00 pm in the hall. Drop in and you can pay at the door.

Details on all these events can be found on our website, [www.northavenyy.ca](http://www.northavenyy.ca).

*Jesse Fowlis*

Entertainment Director



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## NHCA Community Food Initiative

### Good Food Box

We are well underway with 23 orders put in so far for the months of June and July. The Good Food Box is loaded with a variety of fresh fruits and vegetables and available to everyone! If you are interested in a Good Food Box the dates to order are from September 11 to 14 and pick up is Thursday, September 25 from 3:00 to 6:00 pm.

For more information and how to make payment to order visit [northavenyy.ca/commfood-goodfoodbox](http://northavenyy.ca/commfood-goodfoodbox).

### 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. For more information go to [calgaryfoodbank.com](http://calgaryfoodbank.com).

### Community Garden Produce

Thank you to those that still offered produce on Thursdays at the Community Hall at 3:00 to 3:30 pm to assist people who needed some extras. For more information or to participate in either bringing extra produce on Thursdays, ordering a good food box, or volunteering your time for these ventures, email [communityfood@northavenyy.ca](mailto:communityfood@northavenyy.ca) or call 403-284-2716 and leave a message.



## Cartoon Month

Yabba Dabba Doo! September seems to have been a lucky month for the animation studio Hanna-Barbera. Many of their iconic cartoons premiered in September, including *The Flintstones* (1960), *The Jetsons* (1962), *Scooby-Doo, Where Are You!* (1969), and their production of *The Smurfs* (1981).



\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Last Name \_\_\_\_\_ First Name(s) \_\_\_\_\_

\_\_\_\_\_ Address \_\_\_\_\_ Postal Code \_\_\_\_\_

\_\_\_\_\_ Email Address (Please print clearly) \_\_\_\_\_ Phone Number \_\_\_\_\_

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

**Please select a membership type (prices include GST):**

- ☐ \$ 21.00 North Haven Resident Household - 1 Year
- ☐ \$ 21.00 Non-North Haven Resident Household - 1 Year
- ☐ \$ 10.50 Senior Household (65 and older) - 1 Year

\_\_\_\_\_ Donation

**Select payment type:**

- ☐ Cash
- ☐ Cheque

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

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

**Go to [northhavenyyc.ca/membership](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?**  
**Join our Business Directory at**  
**[northhavenyyc.ca/businessdirectory](http://northhavenyyc.ca/businessdirectory)**

# Cats, Canines, & Critters of Calgary



Harley, Cranston



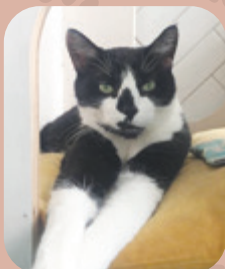
Jasper, Glenbrook



Lulu, Signal Hill



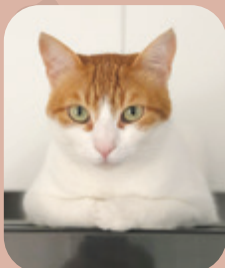
Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## September Garden Update

Happy fall! A friendly reminder that there will be garden plots available for the 2026 planting season!



### September Garden Tip: Protect Your Fall Bulbs from Squirrels and Garden Critters

Fall is the perfect time to plant spring-flowering bulbs, but if you've ever had your hard work dug up by squirrels or other critters, you're not alone. Fortunately, there are several simple ways to keep your bulbs safe this season.

Start by choosing bulbs that critters tend to avoid. Daffodils, alliums, snowdrops, and fritillaria are all naturally pest-resistant and less likely to be disturbed. Tulips and crocuses, while beautiful, are more appealing to squirrels and may need extra protection.

A physical barrier is one of the most effective methods. After planting your bulbs, lay down a sheet of chicken wire or hardware cloth over the soil and secure it with landscape pins. The bulbs will grow through the holes, but animals won't be able to dig them up. You can also plant bulbs inside wire cages made from hardware cloth to keep them safe underground.

Natural deterrents can help too. Sprinkle blood meal, crushed red pepper, or garlic powder over your bulb beds. These strong scents discourage digging and add nutrients to the soil. Just remember to reapply after rain.

Watering after planting is another helpful tip—this settles the soil and masks the scent of freshly disturbed earth, which can attract curious critters. For persistent problems, motion-activated sprinklers or fake predators like owl statues can provide an extra line of defence.

With a few of these tricks, you can enjoy a colourful and critter-free spring bloom. Happy planting!





### Bringing Wildflowers to the Alley

by Paula McGarrigle

There are few things we can control in life, and these days the news cycle can feel overwhelming. But sometimes small things, like planting flowers, can make a difference.

I was inspired by Wildflower Alley in Belfast, a neighbourhood space once known for garbage dumping and vandalism. In 2015, about 40 neighbours came together to repaint fences, and add planters filled with flowers and herbs. Today, the alley has become a vibrant green hub that's sparked over 50 similar projects across Belfast.

After watching a feature on Wildflower Alley on *Gardeners' World*, I thought: Why not try something similar here?

One brisk April morning, I made a simple poster encouraging neighbours to put out some flowers for the summer. I printed 40 copies and walked around the block, dropping them into mailboxes. I also offered extra empty pots and a few seedlings I had grown from seed.

I felt a bit awkward ringing doorbells and interrupting people's day, but the idea sparked curiosity for some. People asked more about what had been done in Belfast and said they were interested.

After the May long weekend, flowers slowly started to appear. One neighbour, who always maintains a lovely plot behind their fence, led the way. Others followed, placing pots and planters around the alley.

Ironically, I was the last to get mine out. I picked up some discounted flowers with bright yellow and purple blooms and arranged them in a few favourite pots. I spent the morning tidying the alley and backyard. But just ten minutes after I placed them out... they were gone.

I was frustrated, but I didn't want to give up. I went back to the drawing board with a new plan. I brought out older, heavier pots that were hard to carry off. I filled them with compost, added some Bachelor Buttons from the front garden, threw in a few wildflower seeds, and reused an abandoned insect hotel. I also reinforced a couple of hanging baskets to make them harder to remove.

Today, we have ten homes participating and more than 20 flowerpots out in the alley. Every time I walk through and see the blooms, some big, some just beginning—I smile.

It's not changing the world, but it is a start. For me, it's a reminder that small acts, done together, can transform shared spaces.



# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

### What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](https://calgary.ca/contamination).

### Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at [calgary.ca/planyourtrip](https://calgary.ca/planyourtrip).

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Happy September!

It's been wonderful to see Calgary come alive over the past few months—from the energy and excitement of Stampede to the many vibrant community events that make summer in our city so special. I hope you had a chance to enjoy the festivities, spend time outdoors, and connect with neighbours in celebration of our shared spirit.

It's also been incredibly meaningful to connect with folks—whether at the doors, at events, or simply out and about. One message that has come through loud and clear is how proud people are to be Canadian. From seeing Canadian flags proudly displayed on homes to witnessing the enthusiastic support for local businesses and organizations, it's a beautiful reminder of the power of community and the values we share.

As we transition into fall, I'm looking forward to continuing these conversations and staying engaged with the issues that matter most to you. If there's an event in your neighbourhood that you'd like me to attend, please don't hesitate to reach out—we'd love to be there.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources.

You can reach us by email at [calgary.klein@assembly.ab.ca](mailto:calgary.klein@assembly.ab.ca) or by phone at 403-216-5430. To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

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