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# North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



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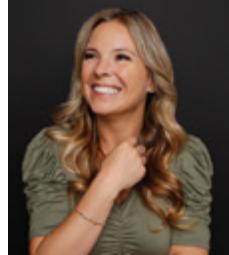
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## SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



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# NORTH HAVEN COMMUNITY ASSOCIATION

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## NHCA

### Board of Directors 2026

<b>President</b>	Theresa Constantin	<a href="mailto:president@northhavenyycc.ca">president@northhavenyycc.ca</a>
<b>Vice President</b>	Meritt Kularatne	<a href="mailto:vp@northhavenyycc.ca">vp@northhavenyycc.ca</a>
<b>Secretary</b>	Peggy Colborne	<a href="mailto:secretary@northhavenyycc.ca">secretary@northhavenyycc.ca</a>
<b>Treasurer</b>	Karen Boudewyn	<a href="mailto:treasurer@northhavenyycc.ca">treasurer@northhavenyycc.ca</a>
<b>Building &amp; Maintenance</b>	James Hill	<a href="mailto:facilities@northhavenyycc.ca">facilities@northhavenyycc.ca</a>
<b>Hall Manager</b>	Sandra Whitty	<a href="mailto:hallmanager@northhavenyycc.ca">hallmanager@northhavenyycc.ca</a>
<b>Hall Rentals</b>	Kenzie McRae	<a href="mailto:rentals@northhavenyycc.ca">rentals@northhavenyycc.ca</a>
<b>Civic Affairs</b>	Paul MacKenzie	<a href="mailto:civicaffairs@northhavenyycc.ca">civicaffairs@northhavenyycc.ca</a>
<b>Communications</b>	Mark Gervais	<a href="mailto:communications@northhavenyycc.ca">communications@northhavenyycc.ca</a>
<b>Community Engagement</b>	Joshua Grey	<a href="mailto:community@northhavenyycc.ca">community@northhavenyycc.ca</a>
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<b>Director at Large</b>	Lorraine Moulding	<a href="mailto:lorraine@northhavenyycc.ca">lorraine@northhavenyycc.ca</a>
<b>Director at Large</b>	Celina Baharally	<a href="mailto:celina@northhavenyycc.ca">celina@northhavenyycc.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/](http://NorthHavenYYC.ca/membership/)

Hello North Haven.

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

### Brew Haven

**Saturday, February 21, 6:30 to 11:00 pm**

Join us for a fun night out sampling local craft beer and other spirits at the hall.

Tickets for entry and flights are available on our website.

Best of Kin, Citizen, Two Pillars Brewing, and Confluence Distillery will be there along with a few more yet to be confirmed.

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

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

### Lego Competition

Calling all LEGO® builders! North Haven is holding our second LEGO® Competition on Saturday, March 28! There will be two categories: Myths and Fantasy and Mechanical Marvels.

It will be held at the hall from 10:00 am to 4:00 pm.

The drop off, judging, and public viewing will run throughout the day.

Details for entry requirements, age groups, and registration are on our website.

### Yoga

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

### Parent and Tot Play Group

Parent and Tot Play Group now meets on Tuesdays from 10:00 to 11:00 am at the hall. Free to attend.



## News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

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



## 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

#### 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@northhavenyc.ca](mailto:rentals@northhavenyc.ca) to view or book!

## Snow Shovelling Program

The North Haven Snow Shovelling program matches youths who want to shovel with residents who would like their sidewalks cleared. This program runs from November 1 to March 31 and is available to North Haven residents who hold community association memberships. The program is off to a quiet start in terms of weather, but winter is coming! We have 36 shovellers servicing over 50 houses this season! If you are still in need of shovelling services, please email [snow@northhavenyc.ca](mailto:snow@northhavenyc.ca) for a quote. We can do short-term contracts to cover your vacation or start a contract for December 1 to March 31 to cover the rest of winter. Thank you to all the residents who are supporting our program and to the shovellers for all their upcoming hard work.



## Help Keep Our Community Rink Skating Strong!

We're looking for volunteers to join our outdoor rink team this season. Whether you can lend a hand with flooding, daily maintenance, or helping set up and take down the boards, every bit of support makes a big difference. It's a great way to stay active, meet neighbours, and help keep this beloved winter space open for everyone. If you're able to spare a little time, we'd love to have you on the crew!

Please contact Jeff at [jeff.bergeson@shaw.ca](mailto:jeff.bergeson@shaw.ca) if you can help out!





## NHCA Community Food Initiative Update



### Good Food Box

Just a reminder that the prices have changed for the Good Food Box:

- Small Box: 15 to 20 lbs of fruits and vegetables - \$36.75 includes 5% service fee
- Medium Box: 25 to 30 lbs of fruits and vegetables - \$42 includes 5% service fee
- Large Box: 35 to 40 lbs of fruits and vegetables - \$47.25 includes 5% service fee

It's great so many residents are taking advantage of fresh produce and fruit for a minimal cost.

A reminder of order and pick up dates:

- Order: February 19 to 22. Pick-up: Thursday, March 5.
- Order: March 12 to 15. Pick-up: Thursday, March 26.

Since its inception, NHCA has increased its customer base, and we are growing as a depot for the Good Food Box!

**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

### Community Garden

Garden Plots open for registration on March 15, 2026. Existing gardeners will be given the opportunity to keep or change their plot for the 2026 season. All other plots are first come first served.

### Calgary Food Bank Donations

Thank you all who continue to bring donations to the events held a NHCA! The Calgary Food Bank is always so grateful for the donations.

### NHCA 2026 Event Dates:

- February 21 - Brew Haven, 6:30 to 10:30 pm
- April 5 - Easter Egg Hunt, 9:30 to 10:30 am
- March 28 or 29 - Lego Competition, 11:00 am to 4:00 pm
- May 16 - Parade of Garage Sales, 9:00 am to 3:00 pm
- May 24 - Spring Bike Haven, 10:00 am to 12:00 pm
- June 6 - Preteen Dance
- June 20 - Pancake Breakfast, 10:00 am to 12:00 pm

### Get Involved

We're always looking for passionate community members to help out. If you'd like to volunteer with any of our food programs even if it's a one time, your involvement is so appreciated. Community Food—North Haven Community, please reach out:

- Email: [communityfood@northhavenyyc.ca](mailto:communityfood@northhavenyyc.ca)
- Phone: 403-284-2716 (leave a message)

*"Food is our common ground, a universal experience."*  
- James Beard

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News, Events,  
& More



Crime  
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Real Estate  
Statistics



# Who's Making Life Better for Calgarians with Disabilities? The Advisory Committee on Accessibility Wants You to Nominate Them for an Award

by The City of Calgary



Now is the time to nominate an individual or group that's helping people with disabilities live a good life in Calgary. Nominations run from February 9 to 23, 2026.

The Advisory Committee on Accessibility's annual awards program started in 2006. The committee is a City Council committee consisting of citizens with disabilities and a keen interest in access issues. Working closely with the community and The City of Calgary, the committee makes recommendations to City Council on policy and systems issues, and barriers impacting people with disabilities in Calgary.

The last Accessibility Awards were presented to Lionel Migrino (Advocacy Award for an Individual), Lacrossing Barriers (Advocacy Award for an Organization), Skye Luk (Transportation and Mobility Award), and Pamela Butvin (Universal Design Award).

To submit a nomination or learn more about the awards (including award categories, criteria, winners and their work), visit [Calgary.ca/accessibilityawards](http://Calgary.ca/accessibilityawards).

# Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit [calgary.ca/yechiring](http://calgary.ca/yechiring) for ongoing announcements and advice on how to get prepared!

# Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit [calgary.ca/stormwater](http://calgary.ca/stormwater).



## Community Garden

With our short Calgary growing season, getting a jump on indoor seedlings is one of the best ways to ensure a productive community garden. Starting seeds inside gives tender and slow-growing plants the head start they need to mature before our early fall frosts return.

In Calgary, crops like tomatoes, peppers, onions, leeks, cabbage, broccoli, herbs, and many flowers do best when they're started indoors six to ten weeks before the last frost. Since our final frost often arrives in late May or even early June, it's important to plan ahead. Beginning seeds indoors in March and April allows plants to be strong and ready for transplanting once the soil has warmed.

You don't need a fancy setup to get started. A bright windowsill or a simple grow light will do. Use a light seed-starting mix, sow seeds according to packet instructions, and keep the soil lightly moist. Consistent warmth helps germination, so placing trays in a warm area or using a heat mat for peppers and tomatoes can make a big difference. Once seedlings sprout, provide plenty of light and good airflow to keep them sturdy and healthy.

As we prepare for spring, the community garden committee has many exciting things coming your way this season. Whether you're new to indoor seed starting or a seasoned grower, we're here to support you.

Keep an eye for plot registrations on March 15, 2026, to secure your spot! Together, we can make this year's community garden our most abundant yet.



## 4-H INTRO CLUB

### Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

#### Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at [4hab.com/member-programs/](http://4hab.com/member-programs/) or email [introclubs@4hab.com](mailto:introclubs@4hab.com).

# February Is Heart Month

by Alberta Health Services



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

### Common Signs of a Heart Attack

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

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

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

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

### What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

# Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

#### **1. Separate “preferences” from “deal-breakers”**

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

#### **2. Replace fantasy with reality statements**

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

#### **3. Translate irritation into meaning**

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

#### **4. Use compassion without justification**

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

#### **5. Practice present-tense acceptance language**

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

#### **6. Stop future-bargaining**

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

#### **7. Name your choice clearly**

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

#### **8. Practice grief, not resistance**

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

#### **9. Anchor acceptance in boundaries**

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

#### **10. Use curiosity over judgment.**

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



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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

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](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)



## MLA Calgary - Klein Lizette Tejada

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Hello Calgary-Klein!

As we head into February, I hope you're all staying warm and taking in the winter happenings around the city and your community! With Valentine's Day on the horizon, I remember that it is also Heart and Stroke Month. This month is an opportunity to learn more about cardiovascular health, the risks of heart disease and stroke, and what steps we can take toward prevention.

I'm committed to advocating for more family doctors and wraparound health services so you can access the care you need, when you need it. Working closely with your family health team is an important part of that effort. It is also critical that on a provincial level we commit to strengthening public funding and delivery of healthcare to better meet the needs of Albertans.

Winter is also a great time to explore our beautiful neighbourhoods! Whether it's cross-country skiing in Confederation Park or snowshoeing near the creek at Queens Park Cemetery, there's so much to enjoy. A few weeks ago, I had the pleasure of touring the hidden creek behind the cemetery with the Friends of Confederation Creek—it was a real gem! What's your favourite hidden treasure or historical spot in the riding?

We head back to the Legislature at the end of this month, and as I prepare for session and budget deliberations – I'd like to have a conversation with you! Please join me for a town hall to talk about what your vision is for the province, and what your priorities are. We will be gathering on Thursday, February 19, 7:00 pm at Crossroads Community Association. For registration details, please email us at [Calgary.klein@assembly.ab.ca](mailto:Calgary.klein@assembly.ab.ca) or call 403-216-5430. Hope to see you there!

Lizette

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