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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





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NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
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NHCA Board of Directors 2026

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Vice President	Meritt Kularatne	vp@northhavenyyc.ca
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Memberships	Susan Noble	memberships@northhavenyyc.ca
Director at Large	Lorraine Moulding	lorraine@northhavenyyc.ca
Director at Large		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/

ENTERTAINMENT

Thank you so much to all of our volunteers and sponsors who helped us celebrate our Community Association's 60th anniversary! Thank you to Lizette, our MLA, Haven House, Theresa, our Association president, the garden committee for participating in the chili competition, and congratulations to our winner, Pelican Pier! A big thank you also to DJ Kelly for participating in our dunk tank! It was such a success, and we could not have done it without you. Thank you to everyone who came, and we hope you all had a marvelous time! Also, an amazing thank you to everyone who helped with our annual Halloween dance this year! The costumes were amazing and so fun to see!

Flu shot season is starting up! To get ahead of this year's bug, come to the North Haven Community Center to get your flu shot on November 14, 2026.

Our Annual Winter Craft Market is fast approaching! On November 28, 2026, come and check out some local vendors and their wonderful creations. Everyone will have something unique to share. All the vendors will be in the hall upstairs. Registration for the craft fair vendors is unfortunately already closed as of October 15, 2026. We look forward to seeing everyone there!

Snow Shoveling

The NHCA Snow Shoveling Program is getting ready for another season!

The program matches North Haven youths with North Haven customers who would like to have a snow shoveling service at reasonable rates. It also provides many youths with their first employment opportunity.

The Program runs from November 1 to March 31, with individual contracts priced according to shoveling area (this is assessed on an individual basis).

If you are interested in participating as a customer or shoveler in the program, please contact us at snow@northhavenyyc.ca. If you do not use email, please call Terra at 403-461-6683. Customers are matched with shovelers based on availability and location, and parents of shovelers are required to express an interest in their children participating in the program.

Please note that customers and shovelers' families must have a current Community Association membership, and the program is for residents of North Haven only.

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 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

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road

space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

Looking Back, Giving Thanks, and Preparing for Winter



As November arrives in Calgary, our gardens have settled into their winter rest. The growing season may be over, but there is still plenty to celebrate and look forward to as we reflect on another wonderful year in our community garden.

September Garden Cleanup

A big thank-you to everyone who came out for our September garden cleanup! Volunteers helped tidy garden beds, remove spent plants, clear pathways, and prepare the garden for the colder months ahead.

The cleanup was a great opportunity to work together, share gardening knowledge, and make sure our garden was ready for winter. Community gardens are successful because of the time, care and enthusiasm that volunteers contribute, and we appreciate everyone who helped make the day a success.

A special thanks to the garden committee, Lorraine, Kelly, Anne, Cristine, and Dominik for all the help this year!

Preparing the Garden for Winter

By November, Calgary's cold temperatures mean most outdoor gardening is finished for the season. Leaving some plant material and natural debris in appropriate areas can provide shelter and food for beneficial insects and other wildlife over winter.

Our garden's soil and growing spaces will have time to rest under the snow, while the work we completed throughout the season will help set us up for a strong start next spring.

Looking Ahead to Spring

Even though the garden is quiet now, planning for next season can begin during the winter months. This is a great time to think about what worked well this year, what you would like to grow next year and any changes that could make your garden plot even more productive.

Keep an eye out for information about spring registration, garden preparation, and upcoming community garden activities as we get closer to the 2027 growing season.

Thank You, Gardeners!

Thank you to all of our gardeners, volunteers, and community members who helped make this year's garden a welcoming and productive space. From planting and watering to harvesting, maintaining the garden and helping at community events, every contribution made a difference.

We hope everyone enjoys a restful winter, and we look forward to welcoming you back to the garden in the spring!

Happy gardening and see you next season!

★ Christmas KICK-OFF ★

Join us for an evening of music and community.

Live performances • Baked goods • Hot chocolate & cider

All are welcome • Family-friendly • Free!



GRACE CITY
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★ SATURDAY, DECEMBER 5
CONCERT AT 6:00 PM
Doors open at 5:30 PM
823 64th Avenue N.W.

Joke of the Month

What's the smartest month
of the year?

Know-vember.

NHCA Community Food Initiative



Good Food Box

northhavenyyc.ca/commfood-goodfoodbox

These are the last times to order in 2026. There are no orders in December. Take advantage of this great supply of fresh produce for your home and family.

Reminders for Order and pick up dates:

Customer Orders	Pick-Up Dates
November 12 to 15	Thursday, November 26, 3:00 to 6:00 pm

Cost of a Good Food Box:

- Small Box: 15 to 20 lbs of fruits and vegetables for \$36.75
- Medium Box: 25 to 30 lbs of fruits and vegetables for \$42.00
- Large Box: 35 to 40 lbs of fruits and vegetables for \$47.25

Food Bank Donations

The NHCA 60 years anniversary celebration on September 19, 2026, brought \$80.00 and a full Food Bank Box of donations which will go directly to the Calgary Food Bank. Thank you to the generosity of our community members who so kindly donated. A huge shout out to Renate and Chauntel for their Stellar job at the Community Food Initiative Display!

Community Garden

Thank you to our gracious volunteer gardeners who have grown produce for others, conquering all the weather, insects and other gardening challenges to add to the hamper program at Corpus Christi Church!

What a success this initiative has become and its all because of the volunteers, those that built the garden and those that made the applications to the City of Calgary for us to have the equipment to grow such a beautiful and bountiful garden this year.

What once started out small has grown into an amazing community endeavour that is now providing a hand up to not only our community but to those that need a food source through the Corpus Christi Church on Northmount Drive and 4 Street NW.



"Food brings people together on many different levels."
- Giada De Laurentiis

Volunteering

If you are interested in joining the committee that is taking food to the next level of accessibility, please consider joining.

Please contact us if you can assist be it a one-time event or some minimal committee work. All is appreciated!

Email: communityfood@northhavenyyc.ca

Phone: 403 284 2716 and leave a message

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*A Bloom
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Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.

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SCAN ME

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Aramant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

Modest Millionaire

by Karen Boudewyn, Senior Wealth Advisor



When you picture a millionaire, what comes to mind? Perhaps someone who sold a business, received an inheritance, or had an extraordinary career.

But many people approaching retirement have built substantial wealth in a quieter way. They earned a salary, managed their expenses, lived within their means, and invested what they could over many years. Some earned additional income from a rental property or another source, but there was no single windfall. Their progress came from choices repeated over time.

These are The Modest Millionaires. They understood their numbers: what came in, what went out, and what was available to save. They invested for the long term, knowing markets would have both strong years and pullbacks. They did not need to make a new investment decision every day.

The foundation is simple: earn, spend with intention, and invest the difference. Time and compounding can then do the heavy lifting. Of course, people start with different opportunities and face different challenges. The point is that steady habits can have a powerful effect over a working life.

Perhaps the most meaningful choice these people made was to give their future selves a place in today's decisions.

As retirement approaches, though, the question changes. It is no longer only "Have I saved enough?" It is also "What kind of life have I been saving for?"

Wealth is More Than a Number

Financial wealth creates options, but it is only one of the six priorities of wealth I encourage people to consider:

- **Financial Wealth:** Having the resources to support your needs, goals, and choices.
- **Physical Wealth:** Caring for your health and ability to enjoy daily life.
- **Mental Wealth:** Supporting your sense of clarity, resilience, and peace of mind.
- **Time Wealth:** Having room for the people and activities that matter to you.
- **Social Wealth:** Building and maintaining meaningful relationships.
- **Spiritual Wealth:** Living with purpose and in keeping with your values, however you define them.

These priorities are connected. Money may give you the freedom to travel, but physical health helps you enjoy the trip. More free time can be a gift, but relationships and a sense of purpose help make that time meaningful.

Ten Questions to Shape Your “Enough” Life

A million dollars is a number. A fulfilling retirement is personal. As you think about your next chapter, ask yourself:

- 1. What Does an “Enough” Life Look Like to Me?** What would make my days feel satisfying?
- 2. Where Do I Want to Live?** Does my home and community support my health, relationships, and lifestyle?
- 3. What Qualities Do I Want to Bring into This Stage of Life?** Perhaps curiosity, generosity, independence, or a willingness to try something new.
- 4. Who Do I Want to Share My Life With?** Which relationships do I want to nurture?
- 5. What Do I Want to Do and Learn?** How would I like to use my time when work takes up less of it?
- 6. Which Material Things Matter to Me?** What adds value to my life, and what simply takes up space or money?
- 7. How Much Flexibility Do I Want in My Spending?** What would I like to be able to say yes to?
- 8. What Feels Missing Today?** Is there something important I have been postponing?
- 9. What Role Do I Want Work to Play?** Would I like to retire fully, work part-time, mentor others, or pursue a new goal?
- 10. What Are My Family Priorities?** How do I balance supporting others with caring for my own future?

From Questions to Action

Your answers may reveal gaps between the life you have built and the life you want to live. Some gaps may be financial. Others may involve your health, relationships, time, peace of mind, or sense of purpose.

Choose one or two priorities to start. Then look at the numbers and the practical steps behind them. A thoughtful financial plan can help you understand what is possible, where adjustments may be needed, and how to use your resources with intention.

Building financial wealth matters. So does making room for the other kinds of wealth that make life rich. The goal is to align your money with your life—and give yourself permission to enjoy the future you spent so many years preparing for.

Create More Memories and Less Waste this Holiday Season



The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.



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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

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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 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



Councillor, Ward 4
D.J. Kelly
 ✉ ward4@djkelly.ca
 @djkelly.ca
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Hey, neighbour!

As I have said to my council colleagues, the City budget that will be approved later this month may be the most important decision that council makes during this term in office. This decision is more than just a tax rate: it sets the service you will receive from the City of Calgary for the next four years.

I want to be clear that we don't have a budget yet, and council has definitely not arrived at a final tax rate. Council has a lot of work to do this month before we get there, and that means being diligent and serious about the trade-offs we're going to have to make.

Repaired roads, sidewalks, bridges, and water treatment plants, alongside having safety responses to issues in our communities are what I am working towards. I also want to be clear, putting off spending again could mean reduced transit service, more risk from aging infrastructure, more broken pipes, gaps in our pathways and sidewalks, and not making progress on traffic and pedestrian safety in your neighbourhood. Council has to balance all of that—making sure that your priorities are advanced, and your neighbourhood isn't forgotten as it has been in the past—against keeping taxes affordable for everyone.

My debate will be to make sure your needs—your priorities that you have told me about for the past year—are front and center for all of my colleagues. The budget debate begins on November 23, and I want you to get involved. I want your feedback, I want your advice, but most importantly I want to hear from you at ward4@calgary.ca so that we can confidently say all of council has heard from you and your neighbours.

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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.

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