

OCTOBER 2026

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

**OCTOBER 3
SCOUT AND GIRL GUIDES
GUIDE BOTTLE DRIVE**

**OCTOBER 24
HALLOWEEN DANCE**



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Saturday
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NORTH HAVEN COMMUNITY ASSOCIATION

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NHCA Board of Directors 2026

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
Civic Affairs	Paul MacKenzie	civicaffairs@northhavenyyc.ca
Communications		communications@northhavenyyc.ca
Community Engagement	Joshua Grey	community@northhavenyyc.ca
Entertainment	Maike Wittbrood	entertainment@northhavenyyc.ca
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

October:

Our Halloween dance this year will be hosted on the 24th of October, 2026! Feel free to dress up and be prepared to have a blast! Candy and Pop will be available for purchase and a live DJ will also be present. Hope to see you there!

November:

Join us November 28th, 2026 for our Winter Haven Christmas Market! Come and see the handmade creations of Calgary's local vendors and enjoy some much-needed community in these cold months. We look forward to seeing you there!

December:

Light Haven is on again! We are so excited to see everyone's creative light displays. Take a walk through our community in the evening and enjoy the sparkling lights with family and friends. Register your house on the North Haven website to be added to the map!

Maaïke Wittebrood and Jesse Fowlis

Entertainment Director

BRAIN
GAMES

SUDOKU

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	8						9	

SCAN THE QR CODE
FOR THE SOLUTION





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@northhavenyyc.ca to view or book!



Community Garden

Growing Stronger Together: Our Climate Ready Grant

This year, our community garden has continued to grow—not only in the vegetables and flowers we cultivate, but also in the ways our garden serves and welcomes the community.

Thanks to the Climate Ready Grant from the Federation of Calgary Communities (FCC), we have been able to make several meaningful improvements to our garden.

Sharing Seeds and Tools

We have expanded our seed and tool lending library, giving gardeners greater access to resources they can borrow and share. New signage makes the library easier to find and helps raise awareness of this valuable community resource.

Healthier Soil and Water Conservation

We introduced sheep wool pellets into our garden beds. These help enrich the soil while also supporting water conservation by helping retain moisture around plants. This is an environmentally friendly addition that supports healthier growing conditions while helping us use water more efficiently.

Improving Accessibility

We have added stairs to some of our garden tiers, making it easier and safer for gardeners to move between different areas of the garden. These improvements help make our shared garden space more accessible to a wider range of community members.

Connecting with the Community

We increased the garden's visibility through flyers delivered throughout the community in the spring. We also added new signage at our seed and tool lending library, helping more neighbours discover the resources and opportunities available at the garden.

Creating Space for Pollinators

One of the most exciting additions has been our new pollinator garden. By adding plants that provide food and habitat for bees, butterflies, and other beneficial insects, we are helping increase biodiversity while creating a beautiful space for everyone to enjoy.

We are grateful to the Federation of Calgary Communities for supporting these improvements through the Climate Ready Grant. Every addition—from a shared garden tool to a new pollinator plant—helps us build a more accessible, sustainable, and connected community garden.

Thank you to everyone who has helped our garden grow!



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 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**

NHCA Community Food Initiative

"Good food is very often, even most often, simple food." – Anthony Bourdain

Good Food Box

<https://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
October 8 to 11	Thursday, July 30, October 22, 3:00 to 6:00 pm
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 - \$36.75
- Medium Box: 25 to 30 lbs of fruits and vegetables - \$42.00
- Large Box: 35 to 40 lbs of fruits and vegetables - \$47.25

Food Bank Donations

If you are attending our 60 year anniversary celebration on September 19, 2026 from 2:00 to 7:00 pm please bring a nonperishable food item for the Calgary Food Bank.

Community Garden

Thank you to our gracious gardeners who have grown produce! All produce is being taken to the Corpus Christi Church on Northmount Drive and 4 Street NW. The church is happy to distribute the garden produce through their hamper program. What a success this initiative has become.

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

Special Notice

The NHCA and Councillor Kelly are aware of the issues surrounding this bus trap and are working with the City's mobility team to find a long-term solution.

The NHCA, Councillor Kelly and the Ward 4 Office neither recommend nor condone residents photographing drivers or approaching motorists directly. If individuals observe vehicles using the bus trap improperly, concerns should be reported through 3-1-1 so they can be directed to the appropriate City department for review (i.e. Community Traffic Enforcement Team). Residents should not take on an enforcement role themselves.

Photographing vehicles and confronting drivers will not improve compliance, will create unnecessary conflict, and will undermine efforts to address the issue. The Calgary Police Service encourages residents to report concerns rather than engage directly with motorists.

We ask all community members to refrain from this behaviour and allow enforcement and traffic management issues to be handled by the appropriate authorities.





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Halloween Safety

by Alberta Health Services

As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and establish a time for children to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a



tripping hazard. Costumes should not extend below your child's ankles.

- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.

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SCAN ME

Building Financial Confidence Through Action and Turning Insight into Momentum



Over the past four parts of this series, we've explored how beliefs, cognitive biases, and emotions influence financial behaviour and how rewriting your financial story can open the door to better decisions.

Now we arrive at the most important step: Taking Action.

Awareness without action doesn't create change, and in personal finance it's not what we know that drive results, it's what we do.

Why Action Builds Confidence

Many people believe they need to feel confident before they take action. In reality, it works the other way around. Confidence is built through action. Small, consistent steps create evidence that you are capable of managing your financial life. Over time, this replaces hesitation with clarity and uncertainty with momentum. Without action, even the best plans remain ideas. With action, even small efforts begin to compound.

The Power of Small, Consistent Steps

Financial success rarely comes from one major decision. It's the result of many small decisions made consistently over time.

This might include:

- Setting up an automatic, monthly savings plan.
- Increasing investment contributions gradually.
- Reviewing your financial plan on a regular basis.
- Paying down debt with a structured approach.

Individually, these actions may feel modest. Collectively, they create meaningful progress. Consistency builds momentum and momentum builds confidence.

Reducing Friction in Financial Decisions

One of the biggest barriers to action is friction. Small obstacles that make decisions feel harder than they need to be.

This can show up as:

- Not knowing where to start.
- Feeling overwhelmed by too many options.
- Delaying decisions due to uncertainty.
- Relying on willpower instead of systems.

The solution is to simplify and automate wherever possible.

Helpful strategies include:

- Automating savings and investments.
- Creating clear, predefined financial rules.
- Breaking large goals into smaller, manageable steps.

When decisions become easier, follow-through becomes more consistent.

Turning Intentions into Systems

Intentions are important but systems are what create results. Instead of relying on motivation, build structures that support your goals.

For example:

- Rather than planning to "save more," set up automatic contributions.
- Instead of "investing when the time feels right," commit to a regular schedule.
- Rather than reviewing finances occasionally, schedule consistent check-ins.

Systems reduce the influence of emotion, helping you stay on track even when motivation fluctuates.

Progress Over Perfection

A common barrier to financial progress is the belief that decisions need to be perfect. They don't. Waiting for the perfect time, the perfect strategy, or the perfect amount often leads to inaction.

Progress is built through:

- Starting before you feel fully ready.
- Making adjustments along the way.
- Learning through experience.

Small, imperfect actions taken consistently will always outperform delayed perfection.

Staying Consistent Through Uncertainty

Markets will change. Circumstances will evolve. Emotions will come and go. Consistency is what creates stability through all of it.

This means:

- Continuing to follow your plan during market volatility.
- Avoiding reactive decisions based on short-term events.
- Staying focused on long-term goals.

Consistency doesn't eliminate uncertainty, but it helps you navigate it with greater confidence.

The Role of Accountability and Guidance

Taking action is easier when you're not doing it alone. Having a structured plan and an external perspective can help:

- Identify blind spots.
- Keep decisions aligned with long-term goals.
- Provide reassurance during uncertain times.
- Maintain accountability and momentum.

In many cases, progress accelerates when there is support and guidance along the way.

Financial confidence is not built through knowledge alone. It's built through the awareness of beliefs, biases, and emotions, a willingness to challenge limiting patterns and to have consistent, intentional action over time.

When these elements come together, financial decision-making becomes clearer, more confident, and more aligned with long-term success. Own Your Financial Mindset

Karen Boudewyn, Senior Wealth Advisor



News from the Friends of Nose Hill

In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/xdocuments.html.

Word of the Month

Deipnosophist: Noun
(dighp-noss-uh-fist)

A person skilled in table talk.

"I host a monthly dinner for my friends; they are quite the deipnosophists".



Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.



Recycle more packaging this October

Calgary, get ready to recycle more! Starting October 1, 2026, you'll be able to recycle more household packaging than ever before. This includes:

- Flexible bags like chip bags, granola wrappers, and coffee bags
- Foam packaging like cushion blocks, meat trays, and egg cartons
- Tubes like lotion tubes, deodorant, and toothpaste
- Food and body aerosols like cooking spray, hair spray, and sunscreen

Visit calgary.ca/recyclemore to see the full list of materials.

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.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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gofund.me/31fdeef6f

Any help is appreciated ♥



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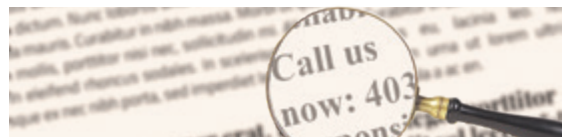
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

HERE, HERE!!! Vote early and easier with mailed ballots for the October 19th referendum! Register online at www.specialballot.elections.ab.ca. Stamped return envelope included and a verification number of acceptance issued by elections Alberta. Save yourself agonizing wait times and frustration at the polls. "Please Vote" from a very concerned Canadian Albertan!

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Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.



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