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PARTY SEPTEMBER 19, 2:00 TO 7:00 PM



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Moose on the Move

Moose are excellent swimmers! They can swim up to 10 kilometres without stopping and reach speeds of about 10 km/h in the water. They even dive underwater—sometimes as deep as 6 metres—to munch on tasty aquatic plants!



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NORTH HAVEN CONTENT**

**News, Events,
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NHCA Board of Directors 2026

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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/

60th Anniversary Celebration Carnival!

Join us September 19, 2026, from 2:00 to 7:00 pm, as we celebrate with an afternoon of fun for all ages!

Enjoy live music performed by talented students from Chinook School of Music, browse our community history display, and take part in a day filled with carnival games, face painting, delicious food, and friendly competition. Adults can also relax in our beer garden, and don't miss your chance to see DJ Kelly take a plunge in our dunk tank!

Cast your votes in our community chili cookoff, featuring entries from Lizzette, Michelle Rempel, Haven

House, Pelican Pier, and our Community Association President, Theresa Constantin. Come into the hall to catch a glimpse of our community's history.

In other entertainment news, we are excited to be offering Toastmasters Youth Leadership Program. It is a registered, 8-week public speaking program. The Youth Leadership Program is presented by local Toastmasters volunteers and is an opportunity for youth ages 13 to 17 to develop communication and leadership skills through practical experience.

Check out our entertainment calendar on northhavenyc.ca.



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@northhavenyc.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



Community Garden

As summer begins to wind down, September is one of the busiest and most rewarding months in the community garden. We get to harvest in abundance, and it's the perfect time to prepare our gardens for a successful finish to the growing season and lay the groundwork for next spring.

Harvest

A reminder to fellow gardeners, if you have any extra produce, remember that we are delivering to Corpus Cristi Church every Thursday for their food hamper program. They deliver between 35 and 55 hampers a week and can definitely benefit from having fresh produce included. If you are wanting to contribute, please drop it off to the community garden on Thursdays at 6:00 pm.

Watch the Weather

Keep an eye on the weather! Calgary's first fall frost can arrive as early as mid-September. Protect tender plants with row covers or sheets if frost is forecast. Hardy crops

like kale, carrots, brussels sprouts, and spinach often improve after light frost.

Plant for Fall and Next Spring

Sow spinach, radishes, leaf lettuce, and Asian greens. Plant spring bulbs such as tulips, daffodils, crocuses, and alliums before the ground freezes.

Garden Cleanup Tips

Remove diseased plants, compost healthy material, and add finished compost or well-rotted manure to empty beds.

Save Seeds

Collect mature seeds from open-pollinated vegetables and flowers. Dry and label them for next year.

Water Wisely

Continue deep watering as needed, especially for trees, shrubs, and perennials, until freezing.

Garden Reminder

Keep pathways clear, remove weeds, and harvest ripe produce regularly. Thank you to everyone who has helped make our community garden thrive this season. Enjoy the beautiful colours of a Calgary autumn!



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 Box:

<https://northhavenyyc.ca/commfood-goodfoodbox>.

Reminders for Order and pick up dates:

Customer Orders	Pick-Up Dates
September 10 to 13	Thursday, July 30, September 24, 3:00 to 6:00 pm
October 8 to 11	Thursday, October 22, 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

We continue to work on this initiative. Contact with the North Haven Elementary School did occur and they are suggesting we contact them in September once school starts up. The plan would include involving the children and community to a food initiative.

We will do another non-perishable food initiative at our 60th Community Association Celebration

Community Garden

As you may know the North Haven Community Food Garden has plots and community members volunteer to grow produce for the community. Producing the produce has been going well and 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.

Volunteering

Many thanks to those that want to volunteer for such a great initiative! If you are interested in joining the committee with small but mighty responsibilities to continue making this a viable Community Program that all can benefit even if it's one time or to assist on the committee, your time and involvement would be so appreciated.

Please contact us if you can assist,
Email: communityfood@northhavenyyc.ca
Phone: 403 284 2716 and leave a message

"Food tastes better when you eat it with a sprinkle of humor."



by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, "Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?" I responded that my city contact would ask our Infrastructure folks to see if they knew.

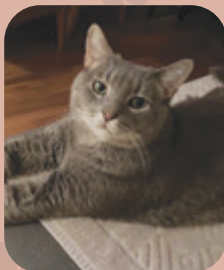
A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City's permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named "White Cloud" and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of "mountain" and "flat", so "flat-faced mountain". In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday's Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.

Cats, Canines, & Critters of Calgary



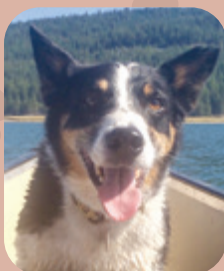
Chet, Auburn Bay



Chet, Erlton



Georgia Bell, Auburn Bay



Jack, Dalhousie



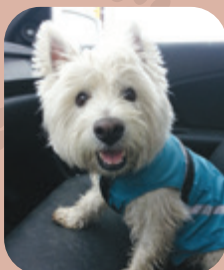
Pete, Rosemont



Rear Admiral Zao,
Crescent Heights



Theodore, Cranston



Tokio, Crescent Heights

To have your pet featured, email news@mycalgary.com

Curbside Treasure Hunt: One Weekend, Countless Finds.

On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying “free” for neighbours to take and/or explore your neighbourhood for free finds as well. It’s a fun and easy way to give your things a second life and keep usable items out of the landfill.

How it Works:

1. Clear the Clutter
Look around your home for items you no longer need, but someone else might love.
2. Label it “Free”
Clearly mark each item with a “free” sign so people know it’s part of the Treasure Hunt. Download a template at calgary.ca/treasurehunt.
3. Set it Out
Place your items neatly at the curb Saturday morning.
4. Remove Items That are Not Part of the Hunt.
Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured, so it’s clear what’s free to take and what’s not.
5. Treasure Hunt!
Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled free).
6. Wrap it up
By Sunday, September 13 at 5:00 p.m., remove any untaken items from your curb and consider donating them to a local charity.

For safety reasons, please don’t put out items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location. Let’s keep good things out of the landfill. Happy treasure hunting!

Changing Your Financial Narrative

Karen Boudewyn | Senior Wealth Advisor



In the earlier parts of this series, we explored how beliefs, cognitive biases, and emotions shape financial behaviour. Now we arrive at a pivotal step; changing the narrative.

Awareness is powerful, but transformation happens when we begin to rewrite the beliefs that no longer serve us. Many of the financial patterns people experience like hesitation, avoidance, lack of confidence are not simply about knowledge or income. They are often rooted in long-standing beliefs that quietly influence decisions over time.

The encouraging reality is this: beliefs are learned and they can be changed.

Recognizing Your Financial Story

Everyone has a financial story. It is the internal narrative that shapes how you think and feel about money.

This story is often formed early and reinforced through experience:

- Messages from childhood about money.
- Past financial successes or mistakes.
- Cultural or family attitudes toward wealth.
- Experiences during economic uncertainty.

Over time, these experiences form beliefs that feel factual even when they may be incomplete or outdated.

Common examples include:

"I'm not good with money", "Investing is too risky", "I'll

never get ahead", "It's too late to start."

These beliefs don't just sit in the background, they actively influence behaviour.

From Fixed Mindset to Growth Mindset

One of the most important shifts in rewriting your financial story is moving from a fixed mindset to a growth mindset, a concept popularized by Carol Dweck.

A fixed mindset assumes abilities are static:

- "I've always been bad with money."
- "I don't understand investing."
- "This is just how things are."

A growth mindset, on the other hand, recognizes that skills and understanding can be developed:

- "I can learn how to manage money effectively."
- "I can improve my financial knowledge over time."
- "Small steps can create meaningful progress."

This shift doesn't change your situation overnight, but it changes how you respond to it.

Reframing Limiting Beliefs

Rewriting your financial story begins with identifying and reframing limiting beliefs.

This doesn't mean ignoring reality — it means challenging assumptions and creating more constructive perspectives.

Examples of reframing include:

"I'm bad with money" → "I haven't learned the right strategies yet"
"It's too late to invest" → "Starting now is better than not starting at all"
"I'll never have enough" → "I can make consistent progress over time"
"Investing is too risky" → "Not investing may carry its own risks"

These small shifts in language can significantly influence behaviour and decision-making.

Building Evidence Through Action

Beliefs don't change through thinking alone they change through experience.

One of the most effective ways to rewrite limiting beliefs is by creating small, positive financial actions that build evidence over time.

This can include:

- Setting up automatic savings contributions.
- Reviewing your finances regularly.
- Making gradual increases to investment contributions.
- Tracking progress toward specific goals.

Each small win helps reinforce a new narrative: “I am capable of managing my financial life.”

The Role of Consistency

It's important to recognize that changing beliefs is not a one-time event — it's a process.

Old patterns may resurface, especially during times of stress or uncertainty. This is normal.

What matters most is consistency:

- Returning to your plan.
- Continuing small, positive actions.
- Reinforcing new ways of thinking.

Over time, consistent behaviour begins to reshape belief systems.

Creating a More Empowering Financial Identity

As beliefs begin to shift, something deeper starts to change — your financial identity.

You begin to see yourself as:

- Someone who is learning and improving.
- Someone who takes thoughtful financial action.
- Someone who is building long-term stability.

Bringing It All Together

Rewriting your financial story doesn't require perfection or dramatic change. It starts with awareness, followed by small, intentional shifts in thinking and behaviour.

Over time, these steps create meaningful and lasting change.

Your financial story is not fixed. It evolves with your experiences, your decisions, and your willingness to challenge old assumptions. Own Your Financial Mindset

BRAIN
GAMES

SUDOKU

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9			1		8		6	

SCAN THE QR CODE
FOR THE SOLUTION

MOON FESTIVAL

The Moon Festival, or Mid-Autumn Festival, takes place on September 25 this year. This is the second most celebrated Chinese holiday bringing good fortune and prosperity. Often celebrated by eating moon cakes, lighting lanterns and gathering for large family meals, the celebration dates back over 3,000 years and has variations that are celebrated all over East and Southeast Asia.

When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

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.



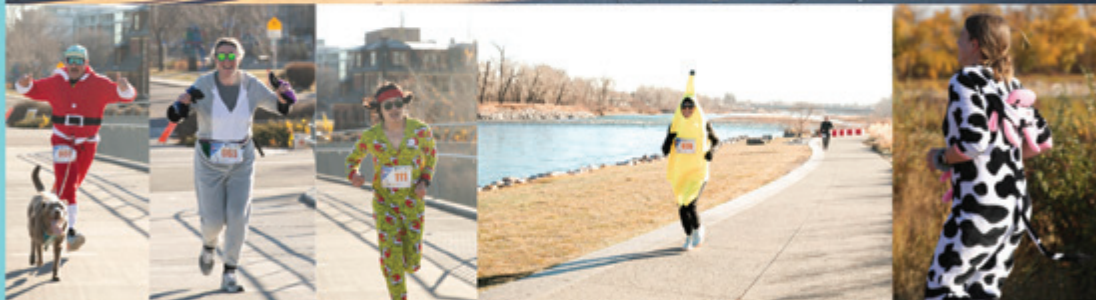
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SATURDAY, NOVEMBER 14TH 2026

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Councillor, Ward 4
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✉ ward4@djkelly.ca
📧 @djkelly.ca
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Hey, neighbour!

While this September promises a few more great weeks of weather, it also means kids going back to school. Over the summer my office has heard from many parents who are concerned about the safety of their children. They want safe routes to school, with more crosswalks and safe ways to cross roads along those routes.

This September I plan on bringing forward a notice of motion before council to introduce safer timing for pedestrian cross lights at intersections. This motion, if passed, will improve safety for pedestrians and provide more certainty for drivers by ensuring that there is less conflict for people crossing roads and turning through intersections. We know that distraction is frequently the cause for traffic collisions, and this motion will reduce conflict between pedestrians and vehicles using the same part of the road at the same time.

This is one way that I am working towards addressing the pedestrian danger crisis in our city, but it isn't the only way. I have been working with the City of Calgary's mobility department to improve safety on some of the most dangerous roads in Ward 4. I also co-sponsored a motion that would allow additional locations for rapid flashing beacons each year.

Though, we can do more, and I want your feedback on what my office can do to even further improve traffic safety. From new turning lights, pedestrian rapid flashing beacons, speed signs, speed bumps, or more, I want to hear from you about what makes sense to make your street safer. You can email me at any time at ward4@calgary.ca.

In the meantime, please slow down and watch for cars and pedestrians, and let's make this the safest back to school September ever for Ward 4.

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at 403-720-0762 or sales@greatnewsmedia.ca

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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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Medicine Place

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Hunterhorn Clinic • 6564 - 4th Street NE, Calgary

11:00 AM to 2:00 PM



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