

AUGUST 2016

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

# your **NORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



**NORTH HAVEN PRESCHOOL**

SPACES STILL AVAILABLE  
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Welcome to your private resort, min to DT!! DBL 84 foot wide lot, with Sport Court backyard.

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**LEARN to SQUARE DANCE**  
GREAT FUN and EXERCISE  
**FREE INTRODUCTION CLASS - SEPT 22, 2016**  
7:30 TO 9:30 PM, Dress Casual  
At NORTH HAVEN COMMUNITY HALL  
5003 NORTH HAVEN DRIVE NW  
*HI-LAND SWINGERS SQUARE DANCE CLUB*



ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.



**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.




North Haven Community Association  
5003 North Haven Dr. NW  
Calgary, AB – T2K 2K3  
Phone: 403-282-1075

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## NEWSLETTER AD SALES

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**GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING NORTH HAVEN FOR 7 YEARS!**



# NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW  
Hall (403) 282-1075 Rentals (403) 284-2716

## BOARD OF DIRECTORS 2015-2016

### Directors

President	Jean Togstad	403-274-4177
Vice President	Jody Breen	403-284-9775
Secretary	Lucas Van Boeschoten	403-220-0288
Treasurer	Judy Huber	403-230-8195
Building & Maintenance	Peter Mickelson	403-615-0315
Civic Affairs	Terry Arnett	403-547-0237
Entertainment	Elise Konoff	403-233-0092
Building Manager	Marie Heffernan	403-282-1075
Memberships	Sandy Cooper	403-286-0902
Newsletter	Ilinca Poon	403-454-4104
Preschool	Annette Darel	403-668-9709
Sports	Derrick Pearson	403-589-1824
Casino GM	Cam McRae	403-226-4855
Fundraising	Cam McCrae	403-226-4855

### Contacts

President	Jean Togstad	403-274-4177
Block Parent Association		403-269-6460
Building Custodian.	Dennis Mynarski	403-282-5607
McKnight Sports	www.mcknight.ca	
Nose Hill Park	Anne Burke	403-239-1285
Parents and Tots	Ilinca Poon	403-454-4104
Playschool Contacts	Lila Siewert	403-274-6682
Scouts	Stephanie Graham	403-275-1225
Sparks, Brownies and Guides	Sandra Whitty	403-289-7404
Snow Removal Program	Twyla Anderson	403-220-1131
Hall Rentals	Marie Heffernan	403-284-2716

**Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be September 8, 2016. NHCA Board Meetings are open to the public.**

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



MAIN HALL	
Friday, Saturday and Holidays	\$400/day, includes use of kitchen
Monday - Thursday	\$50/hour, minimum 2 hr rental
Friday - Sunday	\$50/hour, minimum 2 hr rental
<b>Seating Capacity - 100</b>	
MEETING ROOM	
Monday - Thursday	8am-5pm - \$100/day
Friday, Saturday and Holidays	\$150/day
Monday - Thursday	5pm-2am - \$25/hour Min. 2 hour rental
Friday - Sunday	\$50/hour Min. 2 hour rental
<b>Seating capacity: 30</b>	
Meeting Room rental includes use of projector and screen	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• All rentals require a \$300 damage deposit</li> <li>• Discount available for North Haven Resident Members</li> </ul>	
<b>Call 403-284-2716 to view or book!</b>	

northhavennewsletter@gmail.com  
**Editorial Content DEADLINE 1<sup>st</sup>**  
of each month for the next month's issue

We finally have a  
**website!**  
Check us out at

[northhavenyyc.ca](http://northhavenyyc.ca) **SEARCH**



## Show & Shine

Movie/music  
Lawn chair theater in the park  
Saturday Aug 27, 2016  
Afternoon/Evening  
Soccer field

## NORTH HAVEN PRESCHOOL A COMMUNITY PRESCHOOL

for Children ages 3-4 years  
**NEW** 3-day program option for 4 year olds

Spaces available  
in 3 and 4 year old classes

We are a play-based community preschool dedicated to creating a safe and supportive environment where children use play to explore and learn about the world around them.

There are still spaces available in the 3 and 4-year-old class.

Check out the school's website, northhavenpreschool.com or call Lila at 403-274-6682 for more information.

# NORTH HAVEN COMMUNITY CALENDAR AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be September 8th, 2016. NHCA Board Meetings are open to the public.						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
						Movie in the Park, Norquay Drive
28	29 30	31				

Events are subject to change from the time of submission to time of publication so please check the North Haven Facebook page for any changes. Private rentals of the hall do not appear in this calendar, if you are looking to rent the hall, please check for availability at 403-284-2716.

## IN AND AROUND NORTH HAVEN

### Parents and Tots

The Parent and Tots group meets on Fridays from September through June from 9:00 to 10:30 am in the basement of the Community Hall. The group is open to parents, grandparents and caregivers of children 0 to 5 years of age. As we share the space with our community preschool, any snacks brought during Parent and Tots time need to be peanut free.

We will be starting up on Friday, September 9<sup>th</sup> - we would love to see you!

Have a wonderful end of the summer,  
*Ilina, Janice and Katie*

### Entertainment and Events Update

Hello North Haven!

Here we are in the middle of summer, still working on making events happen for you! We hope you have enjoyed our series of 50th anniversary events so far! On August 27, we are having a movie in the park. We will be screening Back to the Future II in the Norquay Dr Park.

On Sunday, September 18 from 4-7pm, we will be having another North Haven family picnic. This is a fun and low-key event, just bring your favourite outdoor game and your dinner and come out and play with your neighbours! If you don't feel like cooking, there's great pizza to be purchased at Mona's!

On Saturday, October 15, we are holding our big 50th Anniversary Gala at the hall. This adults-only event will be filled with entertainment. Ticket pricing will be in two stages, with the discounted early-bird tickets available until September 15. Part of this event will include a time and talent silent auction. So far we have donations of 2 hours of tutoring, a decorated birthday cake, and much more. Please think about how you could contribute to this auction, and help raise some money to keep our community continuing to be fantastic! Please contact [elisekonoff@gmail.com](mailto:elisekonoff@gmail.com) if you have questions about tickets or donations.

North Haven now has a website, [northhavenyc.ca](http://northhavenyc.ca), so please have a look there for information on any of our events! You can also get updates through the North Haven Community Association Facebook page, or on Twitter at @northhavenyc.

Enjoy the rest of summer!  
Elise Konoff

**Find us on Facebook!** NHCA is now on Facebook, just search for North Haven Community Association and Like us to receive updates!

Please respect your community and do not deposit garbage, compostable, or used clothing in the North Haven Community Association parking lot.

**Calgary Neuropathy Association Support Group** meets on the third Wednesday of each month, September through May (12:45 – 3:00 p.m.) at Northmount Baptist Church Hall, 451 Northmount Drive N.W. [info@calgaryneuropathy.com](mailto:info@calgaryneuropathy.com); [www.calgaryneuropathy.com](http://www.calgaryneuropathy.com) 403-668-9777

### 2015-2016 Entertainment and Event calendar

Date	Time	Event Description	Location
<b>50<sup>th</sup> Anniversary Year Events</b>			
Sat Aug 27, 2016	Afternoon/Evening	Movie in the Park	Norquay Dr Park
Sun Sept 18, 2016	4-7pm	Outdoor Picnic/amazing race/ games	Soccer field
Sat Oct 15, 2016	7-11pm	50 <sup>th</sup> Anniversary Gala	Main Hall
Sat Oct 29, 2016	6-8pm	Family Halloween Dance	Main Hall
Sat Nov 5, 2016	10-4	Finish your craft day - tentative	Main Hall

# Membership form

There are great activities at North Haven Community Centre!

Date: \_\_\_\_\_

Event (Scouts, Guides, Snow Removal, Soccer, etc.): \_\_\_\_\_

Family Name: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

Email \_\_\_\_\_

In providing my email address I am agreeing to accept an email once a year for membership renewal purposes

### Membership Type:

Resident (per household/voting)	\$15.00
Associate (non resident/non voting)	\$15.00
Senior (65+)	\$5.00
Donation	\$ _____
Payment Method	Cheque _____
	Cash _____

### For planning purposes only:

I am interested in the community having and/or personally attending the following:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Fitness/Aerobics | <input type="checkbox"/> Preschool     | <input type="checkbox"/> Teen Drop-In      |
| <input type="checkbox"/> Outdoor Rink     | <input type="checkbox"/> Family Dance  | <input type="checkbox"/> Pre-Teen Dance    |
| <input type="checkbox"/> Adult Dance      | <input type="checkbox"/> Pub Nights    | <input type="checkbox"/> Senior's Programs |
| <input type="checkbox"/> McKnight Sports  | <input type="checkbox"/> Craft Sales   | <input type="checkbox"/> Theme parties     |
| <input type="checkbox"/> Comedy Nights    | <input type="checkbox"/> Parent & Tots | <input type="checkbox"/> Summer Camps      |
| <input type="checkbox"/> Other: _____     |  |  |

I consent to receiving community reminders on an occasional basis.

**If you are interested in volunteering or becoming active in our community please call Jean Togstad, President, at 403-274-4177 to discuss your interests.**

## Find us on Facebook!



Just search for North Haven Community Association and "Like" us to receive updates!

## MEMBERS' CORNER

Any North Haven Member that would like to submit an announcement please contact northhavennewsletter@gmail.com. Examples could include notes to say thank you or offer sympathy, acknowledge birthdays or wedding anniversaries.

## RECIPE CORNER



### Homemade Caesar Salad Dressing

- 2 small garlic cloves (minced)
- 1 teaspoon anchovy paste (found near tuna in supermarket)
- 2 tablespoon freshly squeezed lemon
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 cup mayonnaise Hellman's real
- 1/2 cup freshly grated Parmigiano Reggiano
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about one week.

*If you have a favorite recipe, one you would be willing to share that is, please pass it along. We are always looking for new recipes. Please email your recipe to [northhavennewsletter@gmail.com](mailto:northhavennewsletter@gmail.com).*



## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

**PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT**

### TAX-SMART INVESTMENT AND ESTATE STRATEGIES

#### GUEST SPEAKERS:



**PETER BOWEN**, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
[kara.weber@rbc.com](mailto:kara.weber@rbc.com)

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided  
Complimentary parking on site  
Includes access to interactive sports,  
Hall of Fame Gallery & Museum Tour

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## IN & AROUND CALGARY



### Chip in “Fore” Communities on August 12!

Support Calgary’s community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a foursome, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit [calgarycommunities.com](http://calgarycommunities.com) for more information or to register today!

### North Haven Girl Guides

The North Haven Girl Guides wish everyone a great summer!

You can call or email Sandra Whitty for more information about being a leader, our Guide programs, Girl Guide cookies or registration.

Wishing everyone a safe and happy summer

Sandra Whitty

403-289-7404

[sandrawhitty@yahoo.ca](mailto:sandrawhitty@yahoo.ca)



1. As we are entering our community’s 50<sup>th</sup> year, we are looking to feature pictures from our community, both new and old, on the cover of our community newsletter.

If you have a photo that you would like to submit, please send it to [northhavennewsletter@gmail.com](mailto:northhavennewsletter@gmail.com) along with the name of the person who took the picture so that we can print that as well.

Pictures need to be at least 1 megabyte in size.

2. **Calling all native North Haven residents! We want to hear your story! If you have lived in the community of North Haven for 50 years, we would like to hear from you!**

**The organizers of the 50<sup>th</sup> Anniversary Gala would like to ask you a few questions about what life was like in North Haven in 1956! As we are planning a gala event for Saturday, October 15<sup>th</sup>, we would like to have some stories to share with those that are interested in hearing them! We would like to record an interview with you!**

**If there are individuals capable of videoing and editing and interested in volunteering for this project – we would like to hear from you too!**

Please contact Lynda Greuel at 403-289-4001 or [lynda.greuel@shaw.ca](mailto:lynda.greuel@shaw.ca) before the end of June!

Could you please make the above highlighted text stand out?

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in North Haven. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. “Showering you with great service.”

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**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](http://www.communitymediation.ca), 403-269-2707.

**OUT ON A LIMB PROFESSIONAL PRUNING:** Tree and shrub pruning, shaping and restoration. Tree removal and stump grinding. New tree and shrub selection and installation. Fertilization and insect pest management. Licensed & Insured. Journeyman Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email [outonalimbprofessionalpruning@live.ca](mailto:outonalimbprofessionalpruning@live.ca).

**NORTH HAVEN PLUMBING AND HEATING:** Experience the great service and knowledge of a master plumber/gasfitter that has lived in North Haven for over 15 years. Exclusive to North Haven residents: mention this ad and receive \$50 off your first service call. Call Todd at 403-815-3318 for complete plumbing and heating services.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project large or small. City Qualified Trade, Master Electrician, Based in the NW, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service Panel upgrades from 60 amp to 200 amp. Sub-panels, Aluminum re-wiring, custom kitchens and basements. Free estimates. [celectric.com](http://celectric.com) or call Clayton at 403-970-5441.

**YARDBUSTERSLANDSCAPING.COM:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

## IN & AROUND CALGARY

### Vision for Chinatown

The City of Calgary is undertaking a scoping project and public engagement around the vision for Chinatown to better understand issues, opportunities and outcomes that are important to the community.

Engagement activities are planned for this summer. Visit [engage.calgary.ca/planningchinatown](http://engage.calgary.ca/planningchinatown) to get involved and learn more.



**4928 Norquay Drive NW \$684,900**

This 4 level split with over 2100 sq/ft of living space is an amazing home! It is fully renovated: new doors and windows, the kitchen is the star of the home with maple cabinets with Espresso stain, under counter and upper cabinet lighting, new appliances including, gas range, designer granite countertops, garburators in main and prep sink. Total of 5 bedrooms and 3 baths, two of which have in floor heating! The "mudroom/back entry" has storage lockers and shoe storage.



### North Haven Real Estate Update Last 12 Months North Haven MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$529,900.00	\$515,000.00
May 2016	\$559,900.00	\$535,000.00
April 2016	\$524,900.00	\$505,000.00
March 2016	\$0.00	\$0.00
February 2016	\$399,900.00	\$395,000.00
January 2016	\$415,000.00	\$392,500.00
December 2015	\$0.00	\$0.00
November 2015	\$599,000.00	\$606,650.00
October 2015	\$444,450.00	\$421,750.00
September 2015	\$499,800.00	\$491,000.00
August 2015	\$620,000.00	\$612,500.00
July 2015	\$538,800.00	\$525,000.00

### Last 12 Months North Haven MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	5	5
May 2016	8	3
April 2016	4	5
March 2016	5	0
February 2016	2	1
January 2016	1	1
December 2015	0	0
November 2015	2	1
October 2015	3	4
September 2015	3	3
August 2015	3	5
July 2015	5	1

To view the specific SOLD Listings that comprise the above MLS averages please visit [north\\_haven.great-news.ca](http://north_haven.great-news.ca)

## BRAIN GAMES SUDOKU

	7			3	8			5
				5			8	9
5		9	2		7			
	5				9	3		
9								8
		8	4				9	
			7		1	4		3
7	3			2				
1			5	9			7	

**FIND SOLUTION ON PAGE 14**

## IN & AROUND SCHOOLS

### Huntington Hills School

Huntington Hills School is proud to be a community based, neighbourhood public school of the Calgary Board of Education.

In September, our school will be hosting Canadian author Sigmund Brouwer at our school. His presentation is entitled Rock and Roll Literacy! He is the author of over 40 novels for young adults and has a Boy's book club on his website. We look forward to hearing about his passion for writing, reading, and telling stories.

In October, our entire school will be taking part in a residency with Evergreen Theatre. All students will be creating stories and acting out their ideas with the support of this professional company. Our theme will look at keeping our Naturalization area a vital outdoor learning classroom and we hope to utilize it in our play! As well, our Grade 5 and 6 students will be participating in a three-day residency at the Bennett Centre.

Finally, our School Council and our Staff will be hosting a Back-to-School BBQ for all Huntington Hills School Families on Wednesday, September 14 from 4-6pm. We look forward to seeing all of our new and returning families!

*Respectfully submitted by Christine McCrory, Assistant Principal*



## Trivia Ann Franklin

1762 – 1<sup>st</sup> woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.

## IN & AROUND CALGARY

### EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

#### Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

#### Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

#### Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



# News from the Friends of Nose Hill

by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: [calgaryplaygroundreview.com/nose-hill-park](http://calgaryplaygroundreview.com/nose-hill-park). In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPP/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

The program was replaced with two new programs. The Green Leaders program for community volunteers pro-

vides oversight to doing projects in the community to enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged but also respond to the community desire to continue to care and have pride in their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

## BRAIN GAMES SUDOKU

6	7	1	9	3	8	2	4	5
4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
1	4	6	5	9	3	8	7	2



## Children and Dog Safety

### How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. **BE A TREE!** Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, **BE A LOG!** They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then **WAIT** for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.





# Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

## Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

## Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

## Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

## Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!



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As a member of the Standing Committee on Immigration and Citizenship, my duties require that government decisions are held up to scrutiny, and where necessary, improved upon. An unprecedented number of refugees have arrived and will be arriving in Canada and it is of crucial importance that the federal government provides the services they need to integrate into our country, our culture and our economy.

The Minister of Immigration and his officials have been unable to address the total expenditures on the Syrian refugee initiative to date, when appearing before committee to discuss Supplementary Estimates. The government told Canadians during the campaign that the total cost of the initiative would be \$250M, now it's climbing towards \$1B, they haven't calculated the downstream impact on provinces and municipalities, and frontline service groups are testifying at committee saying that their funding has been cut.

The government needs to show Canadians a fully costed plan to support the refugees that they've brought to Canada.

For weeks now at parliamentary committee, as well as in the media, we have been hearing how Syrian refugees are struggling now that they are in Canada. We've heard that they haven't been able to make long term arrangements for affordable housing, access language training services, or find employment. All of these issues put refugees at risk of isolation and poverty. Supporting refugees means more than taking pictures with them when they arrive.

Front line agencies providing services to Syrian refugees are also struggling. Many groups in recent weeks have told a parliamentary committee that they have faced funding cuts, and have been overloaded by the rapid influx of refugees precipitated by the government's Syrian refugee initiative. School boards have described having to raise class sizes and defer maintenance due to the influx of refugees. By the Minister of Immigration's own remarks in the House of Commons and in parliamentary committee, Canada's intake of refugees has increased by nearly 400%, while funding for resettlement has only increased by 4%.

This committee study will conclude in September. I will continue to advocate on this issue on your behalf.



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Greetings everyone,

## In case of an emergency, know your location

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls. It takes a team of over 300 employees, working in a 24-7 environment to answer those calls and get citizens the help they need.

The most important piece of information a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting you the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. While the 9-1-1 officer may receive your approximate location, it's not always accurate. That's why it is so important to always pay attention to your surroundings and know your location.

It's easy if you're at home where you can provide your home address to the 9-1-1 officer. But what if you were outside, enjoying your day in one of Calgary's parks, when you suddenly need to call 9-1-1? If you're in Fish Creek Park, Glenmore Reservoir or on the Bow River pathway, you can look for our emergency locator signs. These signs are an initiative between Calgary Parks and Calgary 9-1-1. Taking note of them will help crews locate you in an emergency.

Whether you're at home or out enjoying the summer in our city, Calgary 9-1-1 is there to help you stay safe.

For more information on Calgary 9-1-1, visit [Calgary.ca/911](http://Calgary.ca/911)

## New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit [calgary.ca/newcomers](http://calgary.ca/newcomers).

Have a great Summer!

# COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit
- ◆ Deadline – 1st of each month for the next month's publication. Contact news@great-news.ca

**BABY SITTING:** Local student available for babysitting. Contact Nicole at 403-399-6045.

**FACE PAINTING:** Grade 9 student would love to come and face paint at your party. \$20 for 1st hour, and \$15 for each additional hour. Please call Kenzie at 403-284-9775.

**DROP IN YOGA:** Join us for Multi-level Flow Yoga on Tuesday mornings at the North Haven Community Centre. Class runs from 8:15 - 9:30 am and drop-ins are \$10. All are welcome. Please contact Luann at 587-896-2086 with any questions. Next session starts March 29th.

**DOG WALKING:** My name is Nicole a high school student and I am starting dog walking. I have a few years of experience and I am willing to get some references if anyone requests one. Please call 403-399-6045 if you are interested or have any questions.

**KALEIDOSCOPE 2016:** August 27. Enjoy art, music and dance at this free, family event from 10:00 a.m. to 5:00 p.m. Confederation Park 55+ Activity Centre. Live demonstrations and performances. Art displays, kid's zone & food truck on site. www.k2016.ca

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# IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## Are these tough financial times getting you down?

Would you like to learn practical steps to reduce your debt?

Please join us for Financial Peace University featuring Dave Ramsay.

Courtesy of Symons Valley Full Gospel Church.

Please join us in October to watch these helpful video presentations.  
**October 1, 8, 15, 22 & 29.**

Meeting in the North Haven Community Centre.

Address: 5003 North Haven Drive NW

Start time: 10:15 a.m.



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