

MARCH 2016

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

your **NORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



**NORTH HAVEN PRESCHOOL
OPEN HOUSE & REGISTRATION**

**THURSDAY, MARCH 17
6:30PM TO 8:00PM**





Fantastic Finds Market
supporting local families

April 2, 10 am - 5pm
Thorndcliffe Greenview Community Centre
FREE ENTRY | DOOR PRIZES
FREE KIDS ACTIVITIES
When you shop at FFM, you support local families.



SAFETY SYNC
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
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.



CALGARY COIN SHOW
March 19 & 20, 2016
10 am to 5 pm each day

Clarion Hotel
2120 16th Ave. NE

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

ADMISSION \$5,
bring this ad and get \$2 off.
Children under 16 free
www.calgarynumismaticsociety.org



UPCOMING NORTH HAVEN LISTINGS:

- 3000 sq ft 2 story on a double lot!!
Backing onto green space!
- Fully Renovated 4 Level split with all the bells and whistles!!

Currently only one house for sale in North Haven. If you have considered selling, why not beat the spring rush.



Century 21
POWERREALTY.CA

Email: dale@dalegreen.com
403-608-1410



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

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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 March 10, 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
Seating Capacity – 100	
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
Seating capacity: 30	
Meeting Room rental includes use of projector and screen	
Notes:	
• All rentals require a \$300 damage deposit	
• Discount available for North Haven Resident Members	
Call 403-284-2716 to view or book!	

northhavennewsletter@gmail.com
Editorial Content DEADLINE 1st
of each month for the next month's issue

MESSAGE FROM YOUR PRESIDENT

2016 is North Haven Community Association's 50th Anniversary, I hope you have managed to come out and enjoy some of our events already - and that you will mark others on your calendar and make time to join in the celebrations with your board and neighbours!

Perhaps this is the year you will open space in your calendar to volunteer with your community board, we are currently looking for a building and maintenance person.

If you are interested, feel free to contact me, or come to a meeting (second Thursday of the month at 7pm). If you know of someone who might be able to help us out, please ask them to give volunteering for our community a try.

I hope to see many of you at one or all of the upcoming events, the Seniors Tea, April 9, our annual garage sale in May, Pancake Breakfast in June, AGM in June and the 50th anniversary events in August with a Show & Shine of '50s and '60s cars, hot dogs, talent show, movie night and 50th Celebration Gala night in the fall.

Jean

BRAIN GAMES

SUDOKU

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	3			5			8	
5				8	9			
9				1				
8		1					6	
	6		5				3	1

FIND SOLUTION ON PAGE 23

NORTH HAVEN COMMUNITY CALENDAR MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Adult Happy Days Dance – 8 to 11 pm	1 Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be March 10, 2016. NHCA Board Meetings are open to the public.	1 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	1 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	1 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	1 Bridge 7:00 – 11:00 pm	1 Adult Happy Days Dance – 8 to 11 pm
6 Symons Valley Full Gospel Church 10:00-1:00 pm	7 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	7 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	7 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	7 Preschool 9:00 - 11:30am Square Dance 7:00 pm Board Meeting 7 pm	7 Parent and Tots 9:00 – 10:30 am Bridge 7:00 – 11:00 pm	7 Parent and Tots 9:00 – 10:30 am Bridge 7:00 – 11:00 pm
13 Symons Valley Full Gospel Church 10:00-1:00 pm	14 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	14 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	14 Preschool 9:00 - 11:30am Bridge 12:00pm - 3pm	14 Preschool 9:00 - 11:30am Board Meeting 7:00 pm Square Dance 7:00 pm	14 Parent and Tots 9:00 – 10:30 am Bridge 7:00 – 11:00 pm	14 Parent and Tots 9:00 – 10:30 am Bridge 7:00 – 11:00 pm
20 Symons Valley Full Gospel Church 10:00-1:00 pm	21 Preschool CLOSED Bridge 12:00pm - 3pm	21 Preschool CLOSED Bridge 12:00pm - 3pm	21 Preschool CLOSED Bridge 12:00pm - 3pm	21 Preschool CLOSED Bridge 12:00pm - 3pm	21 Bridge 7:00 – 11:00 pm	21 Easter Egg Hunt 10 am
27 Symons Valley Full Gospel Church 10:00-1:00 pm	28 Preschool CLOSED Bridge 12:00pm - 3pm	28 Preschool CLOSED Bridge 12:00pm - 3pm	28 Preschool CLOSED	28 Preschool CLOSED Re-opens April 4	28 Bridge 7:00 – 11:00 pm	28 Easter Egg Hunt 10 am

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 & AROUND SCHOOLS

North Haven Preschool

Come check out North Haven Preschool! On March 17 at 6:30pm we will be holding an open house. It is a chance for you to meet the teacher, tour the school, and see what the preschool has to offer.

Our Philosophy: Kids should be kids and have a chance to fully enjoy this time of creative exploration, new friends and new adventures. North Haven Preschool is a community based preschool committed to helping young children develop social skills, share new experiences and make new friends.

Volunteering: Parents are not required to volunteer, but volunteering in the classroom is strongly encouraged. Volunteers help us maintain a relaxed and fun atmosphere in the classroom, and kids love having their loved ones participate in their development, joys, and new-found self-confidence! We value a sense of community and family – a place where we all belong.

Daily Routine: Our day begins with unstructured play time where the children are free to move between two rooms and explore the variety of toys, games, and activities. We then move on to circle time and story time, a structured time for singing, dancing, sharing experiences and learning. We are learning to take turns, use our listening and cognitive skills. Snack time is a social gathering where we sit down as a group and enjoy each other's company. We encourage healthy snacks so that young bodies have energy and grow healthy and strong. Craft time is a structured time with open ended art experiences. The children are encouraged to express their creativity and have fun. All of the crafts are unique masterpieces treasured by staff and parents. Gym time is an opportunity for the children to enhance their motor and cognitive skills. Math skills are built by playing games like "What time is it Mr. Wolf". We provide a variety of indoor and outdoor, age-appropriate, activities.

We occasionally have special visitors come into the school to provide learning experiences and share fun. Visitors have included firemen, policemen, dentists, and musicians. The 4-year-old class also goes to North Haven Elementary for ECS orientation in late spring.



Further Details: North Haven Preschool operates in the North Haven Community Center, 5003 North Haven Drive NW. We currently have spaces available in both the 3- and 4-year old programs. Our program runs from 9:00-11:30am. The 3-year olds have school on Tuesday/Thursday. The 4 year olds in the two day program come on Monday/Wednesday. There is also the option of a three day program for four year olds which has them attending on Thursday's in a mixed class.

Please visit our website NorthHavenPreschool.com or contact Lila at 403-274-6682 or lilas@telusplanet.net for registration or further information.

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

Our Philosophy
Kids should be kids and have a chance to fully enjoy this time of creative exploration, new friends and new adventures. North Haven Preschool is a community based preschool committed to helping young children develop social skills, share new experiences and make new friends.

For further information, please contact Lila Siewert at 403-274-6682 or via email at lilas@telusplanet.net.

IN & AROUND SCHOOLS

North Haven School

The month of February was filled with exciting learning opportunities for both students and staff at North Haven School! We were excited to welcome two residencies into our learning community during the month. The first was a tennis residency that involved all students and worked to develop students' racquet skills, building on our physical education unit of badminton earlier in the month. The second residency that started in classes was a hip-hop dance residency featuring artists from 'Sound Kreations.' These artists work with both students and staff, creating unique and engaging dance routines to share back with the school community!

This past month also saw both teaching and support staff attend their annual Teachers' and Support Staff Conventions. These conventions take place over two days and are a great opportunity to attend professional development sessions with a wide array of educational leaders and speakers. For teachers this is a time to focus on their own learning and growth, gathering new ideas and resources from which to bring back to their classrooms to share with students.

As you can see we continue to be a learning community that is actively engaged in a variety of learning activities both at school and in the larger community. We will be busy throughout March with upcoming student learning conferences and the chance to share back learning with our parent community.

Should you have any questions please feel free to contact the school or drop by for a visit!

Kevin Howell
Principal

Members Corner

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

Symons Valley Full Gospel Church

Now Meeting at North Haven Community Centre

Sunday Service:

10:00am - 1:00 PM

Sunday School Program

- Prayer
- Counselling
- Weekly Bible Studies

We're dedicated to serving the North Haven Community by reaching out beyond the walls of the building to serve you. Have you got a need? Perhaps we can help. We are a caring, nurturing group who want the best for you and your family. We embrace all who walk through our doors regardless of background or life circumstances.

Join us on Sundays at 10:00am for a time of worship and Bible-based teaching. We believe and teach the principles of God's Holy Word and equip our members through biblical training and the power of the Holy Spirit to proclaim the Gospel of Jesus Christ.

For more information, contact Pastors Brian & Debbie Cooper 403-272-5478 or visit our website: www.symonsvalleychurch.org. Join our community on Facebook!

www.facebook.com/symonsvalleyfullgospelchurch.

Find us on Facebook!



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



Apple Crumble Dessert

- 2/3 cup flour
- ¾ cup brown sugar, packed
- 1/3 cup butter
- 4 cups sliced apples

Combine flour, sugar and cut in butter to make a crumbly mixture. Arrange sliced apples into prepared baking dish. Sprinkle sugar mixture over top. Sprinkle with cinnamon and bake at 375 F about 30 minutes or until top is brown and crunchy.

Serve with ice cream or whipped cream! Yum!

If you have a favourite 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.

Adult Happy Days Dance

March 5
8 to 11 pm

Tickets: \$10 in advance.

Cash Bar, Munchies

Silent Auction – bring your cheque book!

The theme is "North Haven through the decades" – costumes are encouraged!

North Haven Community Association

Main Hall

Contact Elise at 403-233-0092

You're invited to the 2nd annual...

Easter Egg Hunt

Come join us for some Easter fun, please RSVP to EventBrite with your information!

Where: North Haven Community Association, Baseball Diamond

When: March 26, 2016

Time: 10 am



Gillian
Read

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Gillian@gillianread.com

www.gillianread.com



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 |

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.



Spend the Day with your Neighbours

April 9, 2016

Seniors Tea at 10 am

Come share a cup of tea with your friends and neighbours that have been part of this community in the past 50 years!

Potluck Lunch at noon

Bring an item to share and have lunch with friends and neighbours!

Board Games – following lunch

Bring your favourite board game and come share it with your neighbours or learn a new game that a friend has brought! Lots of fun to be had!

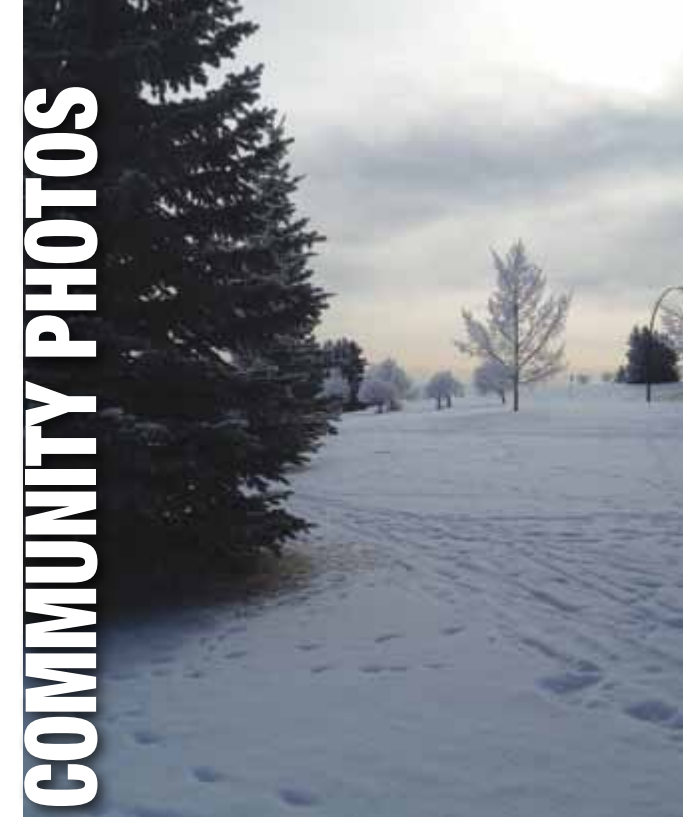
Spend the Day with your Neighbours

Whether you come for one, two or all three of these events it is bound to be a fun time and a chance to meet those you share this great community with!

Contact Marie 403-282-1075 if coming!



COMMUNITY PHOTOS



As we are entering our community's 50th 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 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.

Photo submitted by community member Jacob



Plant Trivia

What is the most common type of plant in the world?
Answer: Grass

MARCH MOON CALENDAR



IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to “be part of it” and find out what your community association can do for you! It’s easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child’s own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1.**



News from the Friends of Nose Hill

by Anne Burke

The goal of Nose Hill Park is to perpetuate the natural character of the landscape while providing compatible, quality recreational opportunities (Nose Hill Natural Area Management Plan 1994). Some of these are hiking, cycling, running, and dog-walking. However, there is work to do in protecting this precious natural grassland through conservation of its ecologically significant areas.

A restoration plan was proposed to close park trails with damaged vegetation; for rehabilitation and reseeding; removing priority areas of brome and replacement with native grasses. Now there is potential for re-populating wildlife, ground-nesting birds such as the sharp-tailed grouse.

Nose Hill is important to people and their wellness, especially during times of economic stress and strain; it is a source of wildlife and bird study, historical resources, green space for nature, and outdoor activities. The Hill is a winter birding location for certain species, particularly raptors. In summer the prairie habitat attracts 14 species of sparrow. It is an accessible area for native grassland. Some species are no longer present due to changing vegetation, human impact, and the overall decline in grasslands.

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This

applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

The Biodiversity Policy was approved by Council in March, 2015. There are four principles: ecological literacy, resilience, collaboration, and integration. The first is to support biodiversity by knowledge and understanding about ecology, personal stewardship, and Calgary’s natural heritage.

The Advisory Committee on Biodiversity meets monthly and one subcommittee fosters ecological literacy, which means to promote public understanding of biodiversity and ecology to encourage positive actions that support environmental conservation.

Some commitments are:

- a) Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.
- b) City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.
- c) Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.
- d) Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary’s open space and neighbourhoods.

THE HUMAN BODY trivia

Worldwide, the average life expectancy at birth was 71.0 years (68.5 years for males and 73.5 years for females) over the period 2010–2013 according to United Nations World Population Prospects 2012 Revision, or 70.7 years (68.2 years for males and 73.2 years for females) for 2009 according to The World Factbook.



IN AND AROUND NORTH HAVEN

Parents and Tots Update



This winter we had a great number of families attend Parents and Tots on Friday mornings and we have been happy to see each and every one of you. We look forward to continuing that in the spring. We will have the library come for a story time again on March 17 at 10 am. Keep an eye out for the details on the North Haven Parents Facebook page!

We will be closed on Friday, March 25 for Good Friday.

We are also looking forward to seeing many of you at the second annual Easter Egg Hunt, which is organized by our very own parent volunteer Janice, who many of you also know for being the Parent and Tots group leader.

The Parents and Tots group meets every Friday from 9 to 10:30 am in the basement of the North Haven Community Association. Come join us for play time! You are welcome to bring a peanut free snack for your child to enjoy during this time. The group is open to parents, grandparents and caregivers of children ages 0 to 5.

Hope to see you soon,
Ilinca, Janice and Samara

Entertainment and Events Update

Hello North Haven! We are entering the third month of our 50th anniversary year! So far, we have had a skating party and the Winter Carnival. Both events were very successful! It was great to see so many people turn out for the first skating party. The weather was gorgeous, the ice was in great shape, and we had skaters on the ice until the very last song was played by our fabulous DJ Creed! The Winter Carnival was also a success, thanks to all those of you who came to both volunteer and participate.

We have many more events planned for this year – but we are counting on you to help make them happen. Every event needs volunteers and we would love to see some new faces out there! Volunteering doesn't have to take much time – the planning is all done in advance, we mostly need help with the execution of the events, and we usually just need people for 1 hour shifts. Please contact Elise if you can help out.

Now, for the fun stuff – upcoming events!

On **Saturday, March 5** we are hosting an **adult dance** from **8-11pm**. Tickets are \$10 in advance. We'll have a cash bar, and some munchies. We're also having a silent auction so bring your cheque book! The theme is "North Haven through the decades" and we'd love to see some costumes! Remember, North Haven was created in the '60s. There is plenty of opportunity for dressing up with that theme in mind!

Following the dance, the next event is the second annual **Easter Egg Hunt**, to be held on **Saturday March 26** at



10am. There will be a Facebook post about signing up – you must RSVP for this event! Meet at the baseball diamond at 10am and start having fun from there!

On **Saturday April 9**, we are hosting two events back to back. At **10am**, we'll have a **Seniors Tea**. Come visit with your friends and neighbours from the past 50 years! Please contact Marie at the hall to sign up. It's a free event but we need to know who will be there! Following the tea, at **noon**, we will have a **potluck lunch** to carry us through to the next event – an **afternoon of board games** at the hall. Bring your favourite games and meet some new friends! The potluck will be open to anyone who wants to come – seniors following the tea, and people just coming to board game day. Please contact Marie at the hall to sign up for tea, potluck, and board games. Come to one, two, or all three of these events!

We look forward to seeing many of you at these upcoming events! If you have any questions, please contact Elise at 403-233-0092 or email elise-jkonoff@gmail.com.

Your event team,
Elise and Ilinca

2015-2016 Entertainment and Event calendar

Date	Time	Event Description	Location
50th Anniversary Year Events			
Sat Feb 6, 2016	1-3pm	Winter Carnival	Main hall and outside
Sat March 5, 2016	8-11pm	Adult Happy Days Dance, photo contest, silent "time and talent" auction	Main hall
Sat March 26, 2016	10am	Easter Egg Hunt	Green Park/ ball diamond
Sun April 9, 2016	Morning... 2-5pm	Seniors Tea... Followed by Board Game Day	Main Hall
Sat May 7, 2016	10-1	Garage Sale	Soccer field
Sat June 11, 2016	9-11am	Pancake Breakfast	Main hall/ outside
July TBA		Camp in your community	Field/fire pit
Fri Aug 26, 2016	Afternoon/ Evening	Show & Shine/ Movie/ music/lawn chair theater in the park	Soccer field
Sun Sept 18, 2016	4-7pm	Outdoor Picnic/amazing race/games	Soccer field
Sat Oct 15, 2016	7-11pm	50th 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

2015-2016 Entertainment and Event calendar

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; www.calgaryneuropathy.com 403-668-9777

Easter

at **Highwood Lutheran Church**
419 Northmount Drive NW Calgary

Come and join us for Holy Week:

March 20, Palm Sunday 10:30 AM
March 24, Seder Service 6:00 PM
March 25, Good Friday 10:30 AM
March 27, Easter Sunday 10:30 AM

Need more information?
Call the office 403-289-8206
Check us out on Facebook
or visit www.highwoodlutheran.com



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The Year of Reading Guide is a series with one guide for each of preschoolers, kids, teens, and adults and features librarian-approved recommendations for everyone!

Your family can make use of tons of FREE Library e-resources. Just download ebooks directly to your device (librarybooks.ca); check out free movies, TV, music and audiobooks with Hoopla (libraryhoopla.ca); load virtually every popular magazine you'd ever want to read (libraryzinio.ca). All you need is your FREE Calgary Public Library card.

Consider giving a guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at calgarylibrary.ca/card.



KEYBOARD SHORTCUTS

You are working in a document and you want to:

Right Align a Paragraph
CTRL+ R

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results policies and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, www.cbe.ab.ca under About Us, School Culture & Environment.

calgary reads

Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together ... 1, 2, 3 ..."

Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

If you are bilingual, talk to your child mostly in your first language – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

Embrace baby-talk – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

Read aloud to your child. Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: www.thirtymillionwords.org

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: www.calgaryreads.com.



The Chrysler building attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.



Guides
Canada

GUIDING NEWS

The Guiding groups in North Haven have been having lots of fun with skating, snowshoeing, camps, sleepovers and special guests.



On Tuesday, March 29, all the North Haven Guiding groups plan to sell the classic sandwich cookies door to door in North Haven.

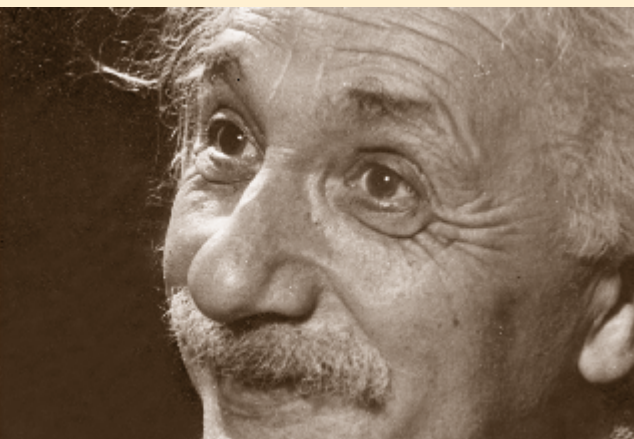
Please watch the hall sign as this date may change.

If we miss you on that night and you would like to buy some cookies, please call Sandra Whitty (289-7404) and she will be sure to get you some cookies. The cost for a box of cookies is \$5.00 a box.



Albert Einstein was often asked to explain the general theory of relativity.

“Put your hand on a hot stove for a minute, and it seems like an hour,” he once declared. “Sit with a pretty girl for an hour, and it seems like a minute. That’s relativity!”



Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate

excessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.

**APRIL 8 TO 9
DANCE AT NIGHT:**

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca



**APRIL 10 TO 11
EXTREME PLANET
WITH PHOTOGRAPHER
CARSTEN PETER:**

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artsccommons.ca



**APRIL 14
THE VIEW FROM BEHIND
BARS – AN EVENING WITH
PIPER KERMAN:**

Spend a special evening with Piper Kerman, best-selling author of *Orange is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. www.tasteofbraggcreek.ca
- **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. www.calgaryphil.com
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. www.tourismcanmore.com
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. www.scpa.ucalgary.ca
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! www.musicandplay.ca
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. www.vertigotheatre.com
- **April 26 to 29 – Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. <http://calgary.broadway.com/>
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. www.calgaryexpo.com

**CALGARY CATHOLIC SCHOOL DISTRICT
BOARD OF TRUSTEES**

Website: www.ccssd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to thoughtexchange@ccsd.ab.ca.
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.



**Help Your Children
Succeed in Life!**

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems... while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!

BUSINESS CLASSIFIEDS

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.

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.

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.

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. cejelectric.com or call Clayton at 403-970-5441.

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MP CALGARY NOSE HILL
HON. MICHELLE REMPEL
 Phone: 403-216-7777
 Email: michelle.rempel@parl.gc.ca
 Website at www.michellerempel.ca

As the 1st session of the 42nd Parliament resumes, I will continue to be a strong voice on your behalf in Ottawa, representing the interests of Calgary Nose Hill. In these uncertain economic times, it is necessary to be vigilant in holding the government to account, both for the manner and the amount of your money that they are spending. I will remain consistent in calling for a balanced and prudent approach to the federal budget.

Within the riding, I have already begun meeting with our community association presidents to discuss issues of local importance such as federal infrastructure spending on projects like the LRT Greenline, and I will continue meeting with our provincial and city representatives on matters that cross governmental boundaries.

The current downturn in the energy sector in Alberta has affected many of you or your families, and the following federal government contacts may be of interest to you.

- Service Canada general enquiries: 1-800-622-6232 www.servicecanada.gc.ca
- Service Canada job bank: www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml
- Unemployment insurance (EI) general enquiries: 1-800-206-7218
- Canada Pension Plan and Old Age Security general enquiries: 1-800-277-9914

As always, my constituency office remains available to provide the usual services for the people of Calgary Nose Hill and I hope that you will feel free to contact my office with any issues or concerns you may have. Please contact me at: 403-216-7777, michelle.rempel@parl.gc.ca or visit my website at www.michellerempel.ca.



A bird requires more food in proportion to its size than a baby or a cat.



MLA CALGARY-KLEIN
CRAIG COOLAHAN
 #9, 2400 Centre St NE
 Calgary, AB, Canada T2E 2T9
 Phone: (403) 216-5430 • Fax: (403)216-5432
 calgary.klein@assembly.ab.ca

Hello Calgary-Klein!

I hope this newsletter finds you well. It's been a busy few weeks for the Government of Alberta, so I've got a few news items to share with you.

Royalty Review

The Government of Alberta recently adopted the recommendations of the Royalty Review Advisory Panel, and they will come into effect beginning in 2017. The modernized royalty system will provide a simpler, more transparent and efficient system that will promote jobs and investment activity, while increasing revenue to Albertans over time. In addition, the unprecedented level of transparency that the changes will bring about -- through reports and disclosures on prices, production, and costs, all accessible through a website-- will ensure that all citizens can monitor the new system and ensure that it meets the priorities of Albertans. The new royalty system will also reward producers who reduce drilling costs below the industry average through innovation, which over time, will grow net revenues industry-wide.

The panel listened to industry, labour, environmental groups, academics, business leaders, community leaders and thousands of Albertans who provided their input in-person and online. The new changes will ensure that Alberta's resources provide the right rewards to our partners, and the right return for Albertans for future generations.

Petrochemical Diversification Program

The Government of Alberta is taking action on the economy, helping to create jobs, attract investment and diversify the economy through the recently-launched Petrochemicals Diversification. By encouraging companies to invest in new facilities in Alberta by providing royalty credits, the development of new facilities could create up to 3,000 new jobs in construction as well as 1,000 jobs once operations begin. Furthermore, these facilities could attract between \$3 billion and \$5 billion in investment.

Safe and Caring Schools

At the request of Alberta school boards, Education Minister David Eggen has released a new resource to aid school boards in drafting policies to support welcoming, caring, respectful and safe schools. The document, *Guidelines for Best Practices: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Expressions and Gender Identities*, will assist educators as they work to accommodate their students in situations that they have not previously encountered. It has received good feedback from the Alberta Teachers' Association.

Our guidelines have identified that not all students are supported in their homes when it comes to their expressed gender identity. A 2015 Canadian Trans Youth Health Survey found that 70 per cent of respondents felt their family didn't understand them and one in three did not have an adult they could discuss their problems with. Schools can be the place where students struggling at home can feel safe. It's our legal responsibility to support them as best we can, and these guidelines help educators to do so.

BRAIN GAMES SUDOKU

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COUNCILLOR, WARD 4 SEAN CHU

403-268-3727 • ward04@calgary.ca
www.calgary.ca/ward4

Greetings Ward 4 Residents,

Cool camps for your little critters

Send your kids on an action-packed nature adventure this spring break! The City of Calgary's nature day camps connect children with the natural world through hands-on activities and outdoor play. Campers will explore the exciting world of bugs, birds, plants and animals, and gain a better understanding of nature and their place within it.

Spring nature day camps run from Monday, March 21 to Thursday, March 24 and are located at the Inglewood Bird Sanctuary, Ralph Klein Park and Devonian Gardens.

Nature Fun Camps, designed for children 4 and 5 years old, introduce preschoolers to the natural world using games, crafts and stories. Camps run from 9 am to noon and are \$92 per child.

Nature Spring Camps, designed for children ages 6 to 10, focus on nature's amazing transformation during the spring season, including insect, plant and animal adaptations. Camps run from 9 am to 4 pm and are \$180 per child.

The City of Calgary also offers nature day camps during July and August for children 4 to 12 years old. These week-long adventures are offered at the Inglewood Bird Sanctuary. Half- and full-day camps are available. Summer camp registration begins February 29.

Worried about childcare? We have you covered. Before- and after-camp care is available upon request at a cost of \$25 per timeslot.

For more information or to register for a spring nature camp, visit calgary.ca/parksguide or call 403-268-3800.

Youth Employment Centre Hiring Fair

Looking for a job? Visit the FREE Youth Employment Centre Hiring Fair on Tuesday, April 5 from 1:30 pm to 6:00 pm at the Big Four Building. Connect with employers offering hundreds of positions that need to be filled now. Dress to impress and be prepared to be interviewed.

Get a job and start your dream career at Calgary's only hiring fair exclusively for youth ages 15-24. Visit next-steps.org for more information and to view the list of employers attending the event.

Calgary AfterSchool

Calgary AfterSchool offers free, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3:00 pm – 6:00 pm, when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills.

For more information, including a listing of all programs, visit calgary.ca/afterschool.

Art of the world



Las Meninas, 1656 By: Diego Velazquez

Diego was a Spanish painter who was the leading artist in the court of King Philip IV and one of the most important painters of the Spanish Golden Age. Las Meninas, or The Maids of Honor, depicts a room in the Madrid palace of Spain's King Philip IV. The painting is famous for its complexities regarding reality and illusion. Uncertainty is played out in the relations between the viewers and the figures, as well as between the figures themselves. These complex uncertainties have welcomed much discussion and analysis among critics and scholars.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
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
Kerby Centre for the 55 plus	403-265-0661
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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COMMUNITY ANNOUNCEMENTS

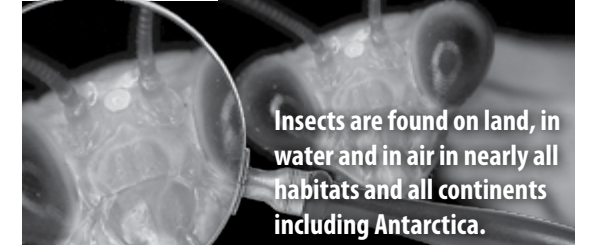
Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

BABYSITTING: 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 the first hour and \$15 for each additional hour. Please call Kenzie at 403-284-9775.

Insect Trivia



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Donz' Wheels of Time Restoration

North Haven Community

Donz' Wheels of Time Restoration is the company to call when you want the very best custom car work available. If you're passionate about your cool ride or your antique car, Donz' Wheels of Time has the experts on hand to restore, rebuild and finish your machine exactly the way you want it.

Donz' passion for building street rods began when he was just 14 years old, when he customized a 1923 Ford Model T quarter-ton pickup. Since then, his craftsmanship and experience have come along way and made him an expert in the custom car business. You can't beat 40 years of experience. People are doing today what Donz was doing 40 years ago, and as an edge he is still perfecting his skills with the coolest projects and the most passionate car people.

Owner Donz is renowned for his award-winning custom paint work. And he employs only the top people to customize cars for his clients. Donz' Wheels of Time was established in 1972 and he has over 40 years of custom car building experience, so you know you'll get the expert workmanship that comes from decades of experience.

Every project is documented and photographed so you can rest assured that you're getting quality workmanship during every step of the customization process.

Donz' Wheels of Time Restoration takes any custom build requests - from rat rod to classic. Call us when you want perfect satisfaction.

Specialties

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- Antique Car Restoration
- Street Rods
- Paint Specialist
- Body Fabrication
- From Classics to New

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MCKNIGHT SOCCER

Recreational Soccer – Boys & Girls

Ages 3 to 13

Age at January 1, 2016

On-line Registration only from February 14 – March 31, 2016, at
www.mcknightsoccer.ca

Required for Registration:

1. Registration fee of \$75 per child
2. Valid community membership from one of the communities listed below
3. Volunteer commitment (see website for list of volunteer positions) or \$75 fee per family if unable to volunteer in some capacity.

Volunteers are required for a variety of positions during the soccer season.

Position descriptions and sign-up are available on the web page.

**GAMES are PLAYED Tuesday
and Thursday evenings
April 26 – June 16, 2016**

McKnight Soccer is sponsored by:

Cambrian Heights Community Association
Highwood Community Association
Highland Park Community Association
North Haven Community Association
Rosemont Community Association