

NOVEMBER 2016

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

your **NORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER





Dr. Philip Love
 Dr. Michele Spooner
 Dr. Huda Jergeas
 Dr. Tanya Chacko

Core Values

- Gentle care
- Your comfort
- Cost effective treatment plans
- Quality work

Monday: 7-4
 Tue & Wed: 7-7
 Thursday: 7-4
 Fri & Sat: 9-4

(403) 275-6424

125-8220 Center St. NE
 Beddington Co-op Mall
 Next to Royal Bank



North Haven Community Association

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

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WELCOME TO YOUR COMMUNITY CLINIC



Experience our beautiful and friendly new location, offering state-of-the-art Ultrasound, Mammography, Bone Mineral Densitometry and X-ray (walk-in).

Located at Coventry Hills Centre, just east of the Superstore (457, 130 Country Village Road NE). All our services are covered by Alberta Health Care. We're open Monday to Friday 8 a.m. to 4 p.m.

APPOINTMENTS: 403.777.3000
 or requestappointment@radiology.ca

MEDICAL IMAGING REIMAGINED

radiology.ca



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 2016-2017

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		
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:	Katie Mikalson	403-863-2184
Preschool:	Annette Darel	403-668-9709
Sports/Communications	Alex MacKinnon	
Casino GM	Hans Huber	403-226-4855
Fundraising		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:	Gillian Read	403-831-6118
Hall Rentals	Marie Heffernan	403-284-2716

Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be November 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 VICE PRESIDENT

The month of November is upon us. The days are noticeably shorter, the air is colder and the snow is falling. It's the time of year when we want to hibernate, however when you are out and about, take some time to talk to your neighbour. By neighbour I mean the one next door, but also the one living 1, 2, or 3 blocks away or even on the other side of the bus trap. Say "hi" when you pass on the street or chat while the kids play at the park or toboggan, and say "good morning" while waiting for the bus. It's amazing how good you feel from that simple social interaction. The more we get to know each other, the better our community will be. We will all feel more comfortable knowing that a friendly face is just around the corner.

Also, November is the month of remembrance. Please take a moment to remember the courageous men and women who gave their lives or were injured to make this country such a wonderful place. From the Boer War to Afghanistan and the many wars in between, all the soldiers did their part. As well, please do your part by helping to teach the younger generations of the sacrifices that were made.

Lest We Forget.

Jody Breen

Vice President

**NHCA Board currently recruiting
Building and Maintenance
Director**

Contact our President Jean or simply attend a meeting.

NORTH HAVEN COMMUNITY CALENDAR NOVEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Symons Valley Gospel Church 10-1pm	6 Bridge 12-3pm Scouts Square Dancing 7-10pm North Haven Community Association Board Meeting	7 Girl Guides	8 Bridge 12-3pm Girl Guides	9 Square Dancing 7-10:30pm	10 Parent n Tot's 9-10:30am Bridge 7-11pm	11 Parent n Tot's 9-10:30am Bridge 7-11pm
12 Symons Valley Gospel Church 10-1pm	13 Bridge 12-3pm Scouts	14 Girl Guides	15 Bridge 12-3pm Girl Guides	16 Square Dancing 7-10:30pm	17 Parent n Tot's 9-10:30am Bridge 7-11pm	18 Parent n Tot's 9-10:30am Bridge 7-11pm
19 Symons Valley Gospel Church 10-1pm	20 Bridge 12-3pm Scouts Square Dancing 7-10pm	21 Girl Guides	22 Bridge 12-3pm Girl Guides Square Dancing 7-10:30pm	23 Square Dancing 7-10:30pm	24 Parent n Tot's 9-10:30am Bridge 7-11pm	25 Parent n Tot's 9-10:30am Bridge 7-11pm
26 Symons Valley Gospel Church 10-1pm	27 Bridge 12-3pm Scouts	28 Girl Guides	29 Square Dancing 7-10:30pm	30 Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be November 10 th , 2016. NHCA Board Meetings are open to the public.		

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.

RECIPE CORNER



Quinoa with Stir-Fried Winter Veg

- 200g quinoa
- 5 tbsp olive oil
- 2 garlic clove, finely chopped
- 3 carrot, cut into thin sticks
- 300g leek, sliced
- 300g broccoli cut into small florets
- 100g sundried tomato, drained and chopped
- 200ml vegetable stock
- 2 tsp tomato purée
- juice 1 lemon

1. Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of the oil in a wok or large pan, then add the garlic and quickly fry for 1 min. Throw in the carrots, leeks and broccoli, then stir-fry for 2 mins until everything is glistening.
2. Add the sundried tomatoes, mix together the stock and tomato purée, then add to the pan. Cover, then cook for 3 mins. Drain the quinoa, then toss in the remaining oil and the lemon juice. Divide between warm plates and spoon the vegetables on top.

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.

Snow Shoveling Program

Runs November to March 2017

Looking to have your snow shoveled this winter? Interested in making a little money shoveling snow?

Contact Gillian Read
403-831-6118
gillian@gillianread.com



FIND US ONLINE AT

northhavenyyc.ca



Functional breathing strategies for asthma, improving core stability after injury, or transitioning to fitness safely after pregnancy. Available at Calgary Winter Club Sport Physiotherapy. 403-289-0040



Breathe Well Physio
Breathe Well Move Well Be Well
breathewellphysio.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 |
| <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.



Community Book Exchange

Did you know that North Haven has a Free Library? In fact, we have at least 3 Free Little Libraries in our neighborhood and an additional two just over the John Laurie walking overpass in Highwood. The idea behind the Little Free Libraries is simple, it is community book exchange, where anyone is welcome to take a book and leave a book. LFL come in many shapes and sizes, but the most common version is a small wooden box of books. In our neighborhood alone you can find titles such as Dan Vyleta's The Crooked Maid, Scooby-Doo's Laugh Out Loud Jokes, and Applied Fung Shui. Make sure to take advantage of these little community gems.

Pre Teen Dance

November 19th

6:30pm to 8:30 pm

Grades 4 to 6

Visit northhavenyyc.ca for ticket information



Find us on Facebook!



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

MEMBERS' CORNER

Thanks Quinn McSwiney for this month's cover photo!

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.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.



Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



IN & AROUND SCHOOLS

Huntington Hills School

Back in September, The School Council and the staff of Huntington Hills School received the community for our Welcome Back BBQ! The weather was perfect, the food was great and the community turnout was outstanding.

During the week of October 17th to 21st Evergreen Theatre worked with our students. The "Grow a Show" program is a weeklong science theatre residency program that will involve the entire school.

As a school we are very excited to be converting our loft space into a Learning Commons/Makerspace. Thanks to the support of our School Council for making this a reality for Huntington Hills School.



North Haven School

The month of October has been filled with engaging learning opportunities for all of our students! We have taken advantage of our close proximity to Nose Hill Park and have had many classes take their learning outdoors. Having the park so close provides us with the opportunity from which to visit the park on an ongoing basis throughout the year.

This past month also saw our grade 5/6 students take their learning into the outdoors with a 4-day trip to Kamp Kiwanis. This was a great week for our students as they connected curricular outcomes with the natural environment outside of Calgary. Both students and teachers were excited to share their learning and memories from camp!

We were also able to contribute to the Canadian Cancer Foundation through our annual Terry Fox run in late September. Our students did a fantastic job raising funds in support of cancer research and

spent time outside running to support this fantastic cause. We were able to raise almost \$500 through our efforts!

In addition to all of these experiences for our students we also hosted our Student/Parent/Teacher conferences this month. This followed our 'Curriculum Evening' in September and was a great opportunity for families to contribute to the learning of their child through feedback and conversation.

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 November with upcoming report cards and student learning conferences.

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

Kevin Howell
Principal



In late September the Pathfinders had fun camping at camp lasg. Camp lasg is a Girl Guide wilderness camp.

If we missed you on our door to door cookie sale night and you would like to buy a box of the mint chocolate cookies, please call Sandra and she would be happy to direct a girl to your door.

If you would like information about any of the groups or are interested in being a leader, call. Sandra Whitty at 289-7404 or email: sandrawhitty@yahoo.ca.



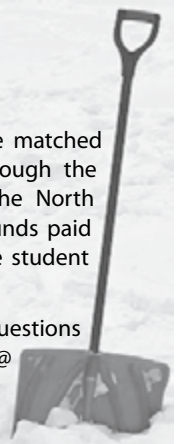
Snow Shovelling

North Haven Snow shoveling program will run again for the winter of 2016/2017. Anyone interested in either having their sidewalk shoveled or doing the shoveling get in contact with Gillian!

How it works:
Customers pay fees to the North Haven Community Association for shoveling done Nov. 1, 2016 – March 31, 2017. Fees are based on the size/how much of their property the customer would like shoveled

whenever it snows. Shovelers will be matched with customers to do the work through the winter, and will be paid through the North Haven Community Association. All funds paid by customers do directly back to the student doing the shoveling.

Please call or email Gillian with any questions or to sign up at 403-831-6118 / gillian@gillianread.com.





North Haven Preschool

The three year old students have really enjoyed settling into school routines and have quickly made new friends. While exploring the playroom, classroom and gym they have been focusing on taking turns, listening to directions and sharing with one another. In the classroom they have learned about colours, nursery rhymes, thanksgiving and autumn.

The four year old class was very excited after the summer break to see many familiar faces and to be able to make new friends as well. They have begun their year learning about manners, making good choices, the four seasons and 'all about me'. They had a lot of fun on their

bowling field trip in October. A big thank you to everyone who helped with the trip.

The month of October wrapped up with a fun Halloween party in each class. The children really enjoyed going to school in costumes, playing themed games and sharing special treats.

Registration is always ongoing so if you, or someone you know, are interested in registering your child in preschool there are still spaces available in the three and four year old class. Check out the schools website, northhavenpreschool.com or call Lila at 403-274-6682 for more information.

IN AND AROUND NORTH HAVEN

Parents and Tots

We had such a fun time at our little Halloween party in October! Thank you to everybody who came out and spent the morning with us! We are looking forward to having the library come out again this month, keep an eye out on our Community and North Haven Parents Facebook pages for the date announcement!

The Parent and Tots group meets on Fridays from September through May from 9:00 to 10:30 am in the basement of the Community Hall. Throughout the month of June, we will be meeting at local playgrounds as the weather permits. 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 are looking forward to seeing you soon!

Ilinca, Janice and Katie



Our September Library Visit



Entertainment and Events

We are nearing the end of our 50th anniversary year. Our final event will be the "finish your craft" day on November 5 from 10am-3pm. If there is interest, we can combine this with another board game day!

We are working on a calendar of events for next year – keep an eye on the newsletters, the hall sign, the North Haven Community Association Facebook page, and our new website, northhavenyyc.ca, to get the latest info on what's happening at the hall! We have great things planned for what looks like it might be a long, cold, snowy winter. I look forward to seeing everyone at the next event!

Elise Konoff, director of entertainment

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

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

Annual Fall Bazaar & Luncheon hosted by the Canadian Martyrs CWL happening November 19th, 835 Northmount Dr NW, 10:30am -2:30pm. Don't miss out on the Gingerbread House Raffle, kids table, craft table, bake sale, Christmas table, religious items and so much more.

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



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GILLIAN
Read

403-831-6118



Daylight Saving Time

Ends Sunday, November 6th at 2:00 a.m.

When changing the time on your clocks, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.

STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

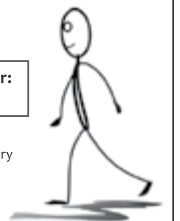
You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.





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

	Average Asking Price	Average Sold Price
September 2016	\$569,900.00	\$545,000.00
August 2016	\$549,900.00	\$530,000.00
July 2016	\$499,900.00	\$485,000.00
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

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

	No. New Properties	No. Properties Sold
September 2016	4	5
August 2016	6	3
July 2016	1	3
June 2016	5	5
May 2016	7	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

To view the specific SOLD Listings that comprise the above
MLS averages please visit north_haven.great-news.ca



MP CALGARY NOSE HILL HON. MICHELLE REMPER

201-1318 Centre Street NE, Calgary, AB, T2E 2R7
Phone: 403-216-7777
Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

November presents Canadians with an annual reminder of the sacrifices made by brave men and women who have defended our country and our freedom. As we pause to reflect on their selfless acts, at Remembrance Day ceremonies across the country, let us also be reminded to always be thankful for the country we call home and the service members that have given us so much. I encourage you to attend a ceremony this November 11 at one of the many locations throughout Calgary.

The 42nd Parliament has included debate on a number of important issues. I continue to work hard on your behalf and I appreciate the feedback you provide me on topics of importance to you. Of course, the issue of most critical importance remains the condition of Alberta's economy and the current job situation here at home. I have received countless emails and phone calls from individuals who are concerned about their future. I share these concerns and am committed to raising the issue of Alberta's economy and job situation in Parliament and the media whenever possible. In October I, along with several other Alberta M.P.s, launched the Alberta Jobs Taskforce in response to the growing jobs crisis here at home. You can find more information about the Taskforce, its objectives, and how you can help on my website: www.MichelleRempel.ca/ABJobs As always, please continue to contact me on any issue. I care deeply about our community and I appreciate the time you take to write, email or call me about issues of importance to you.



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

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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.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or 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.

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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

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.

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. Fertilizing and insect pest management. Licensed & Insured. Journeyman Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email outonalimbprofessionalpruning@live.ca.

TLC CLEANING: Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

WMS GENERAL SERVICES: Craftsman with bespoke tier 1 abilities. Home repair, construction, and maintenance. Custom anything. Call Mark at 403-818-9915 or email gpsw@telusplanet.net.



MEAL DEAL

Store bought 100%
"real" orange juice is
100% artificially flavoured.





COUNCILLOR, WARD 4 SEAN CHU

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www.calgary.ca/ward4 • www.seanchu.ca

Greetings Residents,

Fall/Winter Programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.

Crews ready for winter snowfall

Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining City streets as soon as snowflakes hit the ground.

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.

We know how important it is for Calgarians to get to where they want to go safely, and winter driving can be challenging because of snow and icy conditions. Stay informed during every snowfall by following @yyctransport on Twitter and downloading the Road Conditions App for frequent updates. See where our crews are plowing on the live map at Calgary.ca/RoadConditions.

After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit Calgary.ca/snow.

311 Calgary is your access to The City anytime, anywhere

311 Citizen Services is your single point of contact for local government information and non-emergency services. Whether you connect with us through a mobile application, website or by calling 311, we are ready to assist you 24 hours a day.

- CALL 911 to report life threatening emergencies.
- REPORT a power outage call ENMAX at 403-514-6100.
- VERIFY the status of a current power outage visit ENMAX.
- Call **Calgary Parking Authority** at 403-537-7000 or 1-888-544-4011 for all parking-related inquiries.

Thank you for your attention.



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
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

DISCLAIMER

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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. .

DOG WALKING: Local high school student available for dog walking. She is experienced and comes with references. All sizes and breeds are welcome! Please call (403) 399-6045 if you are interested or have any questions.

Neighbourhood BABY SITTING SWOP: Any mom/dads interested in some sort of babysitting co-op? Call or email Katie at 403 863 2184 or herroyalopinion@gmail.com.

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Prophets of Music is dedicated to supporting emerging Canadian artists in the creation of exceptional original music. We provide resources, mentorship and education in music fundamentals, artistic development, performance, production, business essentials, brand development, and promotion.



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!

Economic diversification is a key element of Alberta's economic recovery. Alberta's economy must become more resilient to changes in the international price of oil. Our government is supporting small businesses to create jobs and get Albertans back to work.

Alberta's small businesses and investors create new jobs and diversify our economy. Small businesses in Alberta have a bigger economic impact than small businesses anywhere else in Canada, and make 35 per cent of all jobs in Alberta.

As part of the Alberta Jobs Plan, our government is creating a tax credit for investments in small Alberta businesses that will support up to 4,400 new jobs over three years, and contribute up to \$500 million to the province's GDP.

The Alberta Investor Tax Credit (AITC) will offer a 30 per cent tax credit for investments in Alberta small business made between April 14, 2016 and December 31, 2019. The tax credit will be offered to investors who provide capital to Alberta small business in a variety of sectors, including:

- Research, development, and commercialization of proprietary technology, products and processes,
- Development of interactive digital media and game products,
- Post-production, visual effects, and digital animation, and
- Tourism operations – like resorts, skiing facilities, amusement and recreation industries, hunting and fishing camps, and scenic and sightseeing tours.

Legislation establishing the AITC is being introduced this session. We know from similar legislation in other jurisdictions that this will provide a strong incentive for Alberta investors, increasing access to capital when and where small businesses need it most.

As always, my office is happy to hear from constituents. If you have any feedback about this initiative, or any other matter, feel free to contact my office at calgary.klein@assembly.ab.ca or 403-216-5430.

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



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