

OCTOBER 2016

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

your **NORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER





North Haven
50th
Anniversary
Gala

Saturday, October 15
at 7pm

Join us for an interactive evening of entertainment, delicious appetizers, great conversation - all in celebration of our community!

Come see the hall transformed as never before!
Tickets, \$40 from Oct 1-12.

Visit northhavenyyc.ca to purchase tickets.



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

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GREAT NEWS PUBLISHING HAS BEEN
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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	Cam McRae	403-226-4855
Fundraising	Cam McRae	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 October 13, 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 EDITOR

As I write this message it is late August, the weather is finally great and we are enthusiastically trying to wring every last drop of fun out of summer before school starts. When you read this, we will be settled into our fall routine and looking forward to celebrating 50 yrs of NHCA at the Gala on October 15.

I hope you have your tickets - it promises to be a very special evening. Many people have invested many hours of effort to ensure this is truly a celebration of 50 years of our wonderful community. I would like to thank in particular Lynda Greuel, Elise Konoff and Marie Heffernan.

Come out to our monthly meetings (2nd Thurs of the month) and meet your new Board members elected at our AGM in June. If you have an idea for an event you would like to see happen in our community or would like to participate in we would love to see you.

Come out and help us plan the next 50 years!
Jean

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.

OCTOBER 2016

NORTH HAVEN COMMUNITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Symons Valley Gospel Church 10-1pm	2 Bridge 12-3pm Scouts	3 Girl Guides	4 Bridge 12-3pm Girl Guides	5 North Haven Community Association Board Meeting	6 Parent n Tot's 9-10:30am Bridge 7-11pm	7 Parent n Tot's 9-10:30am Bridge 7-11pm
8 50th Anniversary Gala	9 Symons Valley Gospel Church 10-1pm	10 Bridge 12-3pm Scouts Square Dancing 7-10pm	11 Bridge 12-3pm Girl Guides	12 Bridge 12-3pm Girl Guides	13 Square Dancing 7-10:30pm 50th Anniversary Gala	14 Parent n Tot's 9-10:30am Bridge 7-11pm
15	16 Symons Valley Gospel Church 10-1pm	17 Bridge 12-3pm Scouts	18 Bridge 12-3pm Girl Guides	19 Bridge 12-3pm Girl Guides	20 Parent n Tot's 9-10:30am Bridge 7-11pm	21 Parent n Tot's 9-10:30am Bridge 7-11pm
22	23 Symons Valley Gospel Church 10-1pm	24 Bridge 12-3pm Scouts Square Dancing 7-10pm	25 Bridge 12-3pm Girl Guides	26 Bridge 12-3pm Girl Guides Square Dancing 7-10:30pm	27 Square Dancing 7-10:30pm Family Halloween Dance	28 Parent n Tot's 9-10:30am Bridge 7-11pm
29 29 Halloween Family Dance	30					

Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be October 13th, 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.



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

	Average Asking Price	Average Sold Price
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
September 2015	\$499,800.00	\$491,000.00

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

	No. New Properties	No. Properties Sold
August 2016	6	3
July 2016	2	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
September 2015	3	3

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

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

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.

Membership form

There are great activities at North Haven Community Centre!

Date: _____

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

Family Name: _____

Address: _____ Postal Code _____

Telephone: _____

Email _____

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

Membership Type:

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

For planning purposes only:

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

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

I consent to receiving community reminders on an occasional basis.

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

Find us on Facebook!



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

MEMBERS' CORNER

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

RECIPE CORNER



Girl Guides Chocolate Mint Halloween Hats

Recipe Ingredients:

- 1 Chocolate Mint Cookie
- 1 Hershey's Kiss
- Orange icing

Method:

Dab a little icing on the bottom of the Hershey Kiss and place it in the middle of the chocolate mint cookie.

Pipe orange icing around the base of the Hershey Kiss to make it look like a Witch's Halloween Hat.

A yummy spooktacular treat!

ENJOY!

Girl Guides Mint Cookie Spiders

Recipe Ingredients:

- Chocolate mint cookies
- Icing
- Black and Red String Liquorice

Method:

Take two cookies and spread a little icing between them.

Cut black liquorice into 4-inch lengths.

Lay four across the body and place another cookie on top.

Cut red liquorice into small bits to make eyes. Use a little icing to stick 8 eyes on the spider.



Guides
Canada

GUIDING NEWS

The Guiding groups that meet at North Haven Community hall are off to a busy year. We have started earning badges, gone to camp, learned about our community, sold cookies, played lots of games and made some new friends. We will soon have enrollment ceremonies, start service projects, go to Storybook theatre and on other outings, earn more badges and go to more camps.

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

Happy Halloween from the North Haven Guiding Units



IN AND AROUND NORTH HAVEN

Parents and Tots

We are so happy to be back! Thank you to everyone who joined us in September and we are looking forward to this month! As per tradition, we will have a little Halloween celebration on the last Friday of this month! Come on out or keep an eye out on the North Haven Parents Page for more details.

A big thank you to the Calgary Public Library for coming out to do story time again this year! We are working on a schedule for the remainder of the year and will post that as soon as we have it all figured out!

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.



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and loves this neighbourhood!
Www.NorthHavenHomes.ca

GILLIAN
Read

403-831-6118

We are looking forward to seeing you soon!
Ilinca, Janice, and Katie

Entertainment and Events

Hello North Haven, Our 50th anniversary year is quickly drawing to a close. It has been such a fun year of events! I would like to extend my sincere thanks and appreciation to all the people who have helped make it all happen!

We do have a few events left this year. On October 15, we are hosting our big 50th anniversary gala!! If you haven't bought your ticket yet, please consider joining us at this fine event! Our hall will be transformed as never before, there will be a variety of entertainment, and plenty of time to socialize with old and new friends! You will want to be in the audience to see the unveiling of the video celebrating the great community in which we live! Tickets are available through EventBrite. Check out northhavenyyc.ca for the link. You can also phone me at 403-233-0092 for direct ticket purchases.

Later this month, on October 29, we are hosting our hugely popular annual family Halloween dance! Tickets will only be available IN ADVANCE this year (as last year we ran into hall capacity issues!). \$10 per family for NHCA members and \$15 per family for non-members. We will have a DJ, prizes, concession and cash bar. Costumes are not mandatory but highly encouraged!!

Our last event of the year will be a relaxed "finish your craft" day on Saturday November 5. Please RSVP to me at 403-233-0092 or elisejkonoff@gmail.com!

If you want to help out with any of these events, or the ones coming up in the new year, please contact me anytime!

Elise Konoff, director of entertainment

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IN AND AROUND NORTH HAVEN ...cont'd

2015-2016 Entertainment and Event calendar

Date	Time	Event Description	Location
50th Anniversary Year Events			
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	Main Hall

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

From conception up-to six are some of the most vital years in a child's life.

The Calgary NW ECD (Early Childhood Development) Coalitions, consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional

Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We do this through providing opportunities for parent and children to learn, grow, share, and participate in a variety of different programs, workshops, and events. We are always looking for interested parties to join our coalitions. If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nccemap@weconnectyou.ca.

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.

Snow Shoveling

North Haven Snow shoveling program will run again for the winter of 2016/2017. Gillian Read will be organizing it this year, thank you so much to Twyla for organizing it for the last several years! Anyone interested in either having their sidewalk shoveled or doing the shoveling, can make inquiries and sign up for the program starting in late September. In early October, I'll make contact with interested parties to arrange a match of shovelers with clients, and sign contracts for the season.

How it works:

Customers pay fees to the North Haven Community Association for shovelling 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.

Halloween
FAMILY DANCE
OCTOBER 29
DJ, PRIZES, CONCESSION, CASH BAR
Spooktacular Fun
TICKETS WILL BE AVAILABLE IN ADVANCE! \$10 PER FAMILY WITH NHCA MEMBERSHIP OR \$15 WITHOUT.



North Haven Preschool

The children at North Haven Preschool started a little later this year but have quickly started to settle into the new routines. They have already personalized their spaces by making placemats and name tags. The four year old class was very excited to see so many familiar faces and some new ones as well. The three year old class is fairly small currently, however, we are hoping new children will join soon.

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 2-day program come on Monday/Wednesday. There is an option for a 3-day program which has them coming on a Tuesday or Thursday in a mixed class in addition to attending Monday and Wednesday. Please contact Lila at 403-274-6682 or lilas@telusplanet.net for a tour, registration, or further information.

News from the Friends of Nose Hill
by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at www.fonhs.org. Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was mostly used for dairy farms, while the plateau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that

they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.



Calgary Public Library is looking for adult and youth volunteers!

Opportunities exist for special events volunteers as well as in programs that support literacy, computer technology, newcomers, and job seekers. Visit our website to learn more about our volunteer opportunities and to fill out an application: calgarylibrary.ca/volunteer

Share your skills and passions as a Calgary Public Library volunteer and help your community thrive!

Keep in touch — follow us on Facebook and Twitter!

www.calgarylibrary.ca



IN & AROUND SCHOOLS

North Haven School

We are excited to be starting another year of learning here at North Haven! I have eagerly anticipated the start of a new school year and the possibilities that it brings. As a staff we have spent time planning and collaborating to prepare for the upcoming year. These meetings have provided me with great insights into the designing of learning tasks at North Haven and demonstrated the level of commitment on the part of teachers to offer the best possible learning experiences for each of our students. It is important to me that we continue with the exemplary work that recognizes the uniqueness of each student's learning style and academic, social and emotional needs.

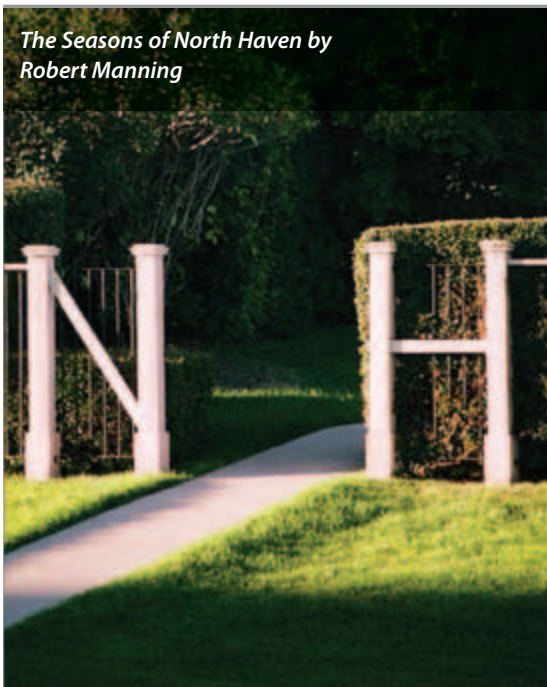
As the school year begins, we as a staff are focused on building strong connections and relationships that are keys to student success. This includes the relationship that exists between the home and school community. I believe that we are all partners in education and it is this partnership that helps build both a strong school community and is a critical factor in each child's growth and continued success. We will spend September building relationships within classes and across our whole school community.

Our first month will be busy and we are hoping for warm fall weather so that we can take advantage of the green spaces in our community. This includes our annual 'Terry Fox Run' and other outdoor activities that bring us together as a community.

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

Huntington Hills School

Huntington Hills School is proud to be a community based, neighbourhood public school of the Calgary Board of Education. We are looking forward to a spectacular start on September 6th for our 240 students in grades kindergarten through six. Summit Kids is our before and after school care provider with exceptional program right in our school! Registrations are on-going. In October, our entire school will be taking part in a residency with Evergreen Theatre. All students will be creating stories and acting out their ideas with the support of this professional company. Our theme will look at keeping our Naturalization area a vital outdoor learning classroom and we hope to utilize it in our play! As well, our Grade 5 and 6 students will be participating in a three-day residency at the Bennett Centre.



*The Seasons of North Haven by
Robert Manning*

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, 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 rewir-

ing, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

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

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.

VOLUNTEERING....
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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






Time to downsize? This 18+ complex may be for you! Heated, underground parking, Organized social activities, plus a media room, library, guest suites & parking, car wash, rec center, exercise room, workshop area, fireplaces & large common area. Walk to shopping, restaurants, the bus stop & c-train station. This social lifestyle could be for you! I can take you on a tour.



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

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

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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

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

FOUND: A Good Condition 2 Seat Stroller at the NHCA. Please contact Marie Heffernan 403-282-1075.

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Greetings Residents,

Check your smoke detectors

Did you know that smoke detectors should be replaced every 10 years?

Fire Prevention Week is Oct. 9-15 and this year's theme is Don't Wait – Check the Date: replace smoke alarms every 10 years.

For more information on how to check the expiration date of your smoke alarms, and special events happening during Fire Prevention Week, visit us at calgary.ca/fire or contact 311.

A park worthy of exploring

Home to the historical Lawrey Gardens, a seasonal cafe, four playgrounds and two off-leash areas, Edworthy Park has something for everyone.

Bring your family and friends for our free A Walk in the Park event on October 1 from 10 to 11:30 a.m. to discover (or re-discover) Edworthy Park. Come explore its rich history, learn about the plants and wildlife in the area and enjoy the breathtaking views of Calgary's north-west and beyond.

To participate, simply put on your walking shoes and meet at 5050 Spruce Dr. S.W. — no registration required! Wheelchairs, strollers and park enthusiasts of all ages are welcome. Hope to see you there.

For more information, visit calgary.ca/parksevents.

Leaf & Pumpkin composting program is underway!

Bring your leaves and pumpkins to a depot near you until November 6.

Fall is in the air – and on the ground. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.



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

Parliament resumed in September and I have been in Ottawa working hard on behalf of our community. I would like to thank those of you who took the time to complete the survey on Electoral Reform and send me your thoughts on this important issue. I will continue to keep you informed on the Federal Government's plans on this important issue. I have continued my work as the Official Opposition Critic for Immigration, Refugees and Citizenship as we push the Federal Government for answers on the costs and implementation plans for their refugee program. The genocide of Yazidis in Syria and Iraq continues to be of great concern and as you know, I successfully pushed the government to study "Immigration Measures for the Protection of Vulnerable Groups" over the summer. I encourage you to visit my website for more information on the committee's findings and my response to the Federal Government. Finally, my primary focus of concern remains the economic situation here at home and the impact it is having on Albertans. I believe the Federal Government can be doing much more to encourage investment and support skilled workers. I will continue to speak out loudly on the economic crisis facing Alberta and demand action from this Government.

There are many important pieces of legislation that are being debated in the House of Commons and I appreciate your feedback and thoughts on issues important to you. If you are not already signed up to receive email updates from me I encourage you to do so. It is the best way for me to stay in regular contact with our community. You can sign up at www.michellerempel.ca/subscribe. As always, you can contact my office at any time.

Phone: (403) 216-7777,
Email: michelle.rempel@parl.gc.ca,
Website: www.michellerempel.ca.

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Calling All BABYSITTERS

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



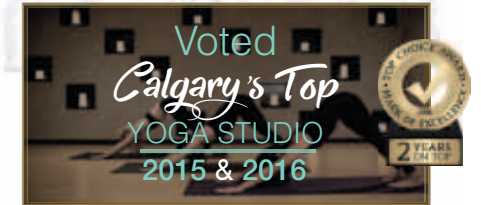
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Visit mybabysitter.ca and find available babysitters in and around your community.



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This Blood Cancer Awareness Month



**Shine a Light
on Blood Cancers**

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