# **ENORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER





North Haven

50

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 \$30 each until September 30,

\$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

# CONTENTS

Message from your Editor 5
Guiding News 9
In & Around North Haven 10-11
North Haven Preschool 12
News from the
Friends of Nosehill 14

# **NEWSLETTER AD SALES**



Great News Publishing Ltd. 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca





# **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		
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 September 8, 2016. NHCA Board Meetings are open to the public.



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

- All rentals require a \$300 damage deposit
  Discount available for North Haven Resident Members

Call 403-284-2716 to view or book!



# **MESSAGE FROM YOUR**

Hello Neighbors,

My name is Katie Mikalson and I am the new editor for North Haven newsletter. A big thank you to outgoing editor, Ilinca Poon. She has done a wonderful job and her efforts are truly appreciated. Ilinca continues to be active in the community and is keeping the Parent n'Tot group going strong. Thanks again!

My husband and I moved to the neighbourhood just over two years ago and honestly we love it. Whether playing with our daughter in one the many great parks, or walking my big dog all over the place, I feel pretty lucky to live here and be part of this community. Reading the newsletter is one of the first things that helped me feel part of the community and encouraged me to get involved. As the editor, I look forward to have fun with the position and hope to get lots of submissions for pictures, recipes, and sale items. From everyone!

Awesomeness & Gratitude Katie Mikalson

NORTH HAVEN PRESCHOOL

# **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

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

# SEPTEMBER

	e.	2	11	24	
ě					
SATIIRDAY					
1					
	2	<b></b>	-	_	_
	~		<b>16</b> Jam	<b>23</b> Jam	<b>30</b> Jam
		.10:30	1 Parent n Tot's 9-10:30am Bridge 7-11pm	.10:30	3 Parent n Tot's 9-10:30am Bridge 7-11pm
FRIDAY		ot's 9-	ot's 9- 1pm	ot's 9- 1pm	ot's 9- 1pm
		ıt n Tc	Parent n Tot's 9. Bridge 7-11pm	nt n To Je 7-1	nt n To Je 7-1
		Parer	Parer Brid <u>c</u>	Parer Brid <u>c</u>	Pareı Bridç
	-	8 ity	花	<b>8</b> E	ន
-		un me		7-10p	
THIIBSDAY		n Con Boar		cing	
P P		Have ation ng		e Dan	
		North Haven Community Parent n Tot's 9-10:30am Association Board Meeting		Square Dancing 7-10pm Parent n Tot's 9-10:30am Bridge 7-11pm	
1		-	41	<u>ہ</u>	28
WEDNESDAY					ing
M H		des	des	des	ides Danc Opm
		Bridge Girl Guides	Bridge Girl Guides	Bridge Girl Guides	Bridge Girl Guides Square Dancing 7-10:30pm
		ක් ලි •	<b>≅</b> ⊕	<b>8</b>	27 B G G S S
TIIESDAY					
		les	les	es	ges
		Girl Guides	Girl Guides	Girl Guides	Girl Guides
		Girl	<b>12</b> Girl	<b>19</b> Gir	<b>26</b> Gir
	.: 16.		_	_	N
2	/ :h, 20 oublic			₽	
VACINOM	ld every mber 8th, 2010 to the public.			nool Starts	
	e held pteml oen to	ab	ge Jts	ge Jrts Scho	ge
O D ADUNIS	Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be September 8th, 2016. NHCA Board Meetings are open to the public.	Bridge	Bridge Scouts	Bridge Scouts Play Sch	Bridge Scouts
	eetings at 7:0	4	=	<b>2</b>	<b>%</b>
	ard M sday a eting Meel	ospel	ospel	ospel Picnic he Field	ospe
Vanimis	ly Boi I Thur xt me Soard	lley G	lley G	lley G 1pm door l n attl 7 Hall	illey G
	Ոonth Զcond he ne։ HCA I	Symons Valley C Church 10-1pm	ns Va .h 10-	Symons Valley Gospel Church 10-1pm Family Outdoor Picnic from 4-7pm at the Community Hall Field	Symons Valley Gospel Church 10-1pm
	2 % = 2	Symons Valley Gospel Church 10-1pm	Symons Valley Gospel Church 10-1pm	Symons Valley Gospel Church 10-1pm Family Outdoor Picnic from 4-7pm at the Community Hall Field	Symo
EMPED 2016   Call 402 262 2044 for advertising expertunities					



# **Sweet Pepper Poppers**

### **Ingredients**

10 sweet mini multi-colored peppers (about 8 ounces) Kosher salt and cracked black pepper

6 ounces goat cheese

1/4 cup ricotta cheese

1 teaspoon fresh thyme leaves, chopped

1/2 cup panko breadcrumbs

2 tablespoons unsalted butter, melted

Preheat the oven to 400 degrees F.

Slice each pepper in half lengthwise, keeping the stem intact. Remove the ribs and seeds and discard. hollowing out each of the peppers. Sprinkle with salt and black pepper and place in an 8- by 8-inch baking dish.

Whip the goat cheese and ricotta together until light and airy in a mixing bowl, using a hand mixer, about 2 minutes. Stir in the thyme, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Taste and adjust the seasoning, if necessary. Fill each pepper halfway with 2 teaspoons of the cheese mixture and level off with a small offset spatula.

Place the breadcrumbs in a small bowl. Pour the butter over the breadcrumbs and toss to combine. Sprinkle each pepper with the buttered breadcrumbs. Bake until golden and bubbly, 15 to 20 minutes.

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.

# **RECIPE CORNER** 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







# Membership form

There are great activities at North Haven Community Centre!

Date:		
Event (Scouts, Guides, Snow Remo	val, Soccer, etc.):	
Family Name:		
Address:		Postal Code
Telephone:		
Email		
In providing my email address I am a	greeing to accept an ema	il once a year for membership renewal purposes
Membership Type:  Resident (per household/voor Associate (non resident/noor (65+) Donation Payment Method  For planning purposes only:	_	
I am interested in the community h	naving and/or personall	y attending the following:
☐ Fitness/Aerobics ☐ Outdoor Rink ☐ Adult Dance ☐ McKnight Sports ☐ Comedy Nights ☐ Other:	☐ Preschool ☐ Family Dance ☐ Pub Nights ☐ Craft Sales ☐ Parent & Tots	☐ Teen Drop-In ☐ Pre-Teen Dance ☐ Senior's Programs ☐ Theme parties ☐ Summer Camps
☐ I consent to receiving community		
•		g active in our community please call 77 to discuss your interests.

# Find us on Facebook!



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

# **MEMBERS' CORNER**

Condolences to Denis and Wendy on the loss of their mother Fran Mynarski from North Haven Community.

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.



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

	Average Asking Price	Average Sold Price
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
August 2015	\$620,000.00	\$612,500.00

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

	No. New Properties	No. Properties Sold
July 2016	3	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
July 2015	5	1

To view the specific SOLD Listings that comprise the above MLS averages please visit **north\_haven.great-news.ca** 



September is here and so is the return of fall activities. For the Girl Guides that means camping, games, crafts and service projects. We will get to see old friends again, make some new friends and have lots of fun throughout the year.

The Guiding units will start up on Sept 6 with an information meeting for parents and leaders. Our regular meetings for the girls will start on September 13 & 14. This year the Sparks and Brownies will meet on Tuesday nights and the Girl Guides and Pathfinders will meet on Wednesday nights. We look forward to an exciting fun filled year.

Our chocolate mint cookies will be arriving soon and we will start selling them door to door the last week of September. Please watch the hall sign for the exact date of our big neighbourhood door-to-door sale.

Cookies are still \$5 a box. The funds raised from our cookie sales greatly help our units as well as other levels of Guiding. Remember that if we miss you on cookie night you can call Sandra Whitty and she will help get those cookies to you.

Registration for all youth levels of Girl Guides is now done online through the Girl Guides of Canada website, www.girlguides.ca. It can also be done at the Calgary area Guide office on Brownsea Dr, NW.

For information about cookies, registration or becoming a leader, contact Sandra Whitty at 403-289-7404 or Calgary Area Girl Guides at 403-283-8348.

Guides & Pathfinders at Treehouse Camp



# IN AND AROUND NORTH HAVEN

### **Parents and Tots**

Happy Fall! We are really excited to be starting up our weekly meeting again, opening the Parents and Tots group on Friday, September 9th!

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

### **Entertainment and Events**

Hello North Haven, and welcome to the September version of what's happening in entertainment! We are starting to near the end of our 50th anniversary year. It has been fun to plan some extra events on top of our regular recurring events. We have had some great support, with new volunteers coming out to help at the events, and lots of people coming to enjoy the things happening at the hall.

Next up in our schedule is the Family Outdoor Picnic on Sunday September 18 from 4-7pm. Bring some dinner (or order some pizza from our friendly neighbourhood restaurant), bring a blanket and an outdoor game to play, and come visit with some neighbours on the field at the hall!

An active social life helps you live longer
Maintaining a strong social network may foster good health in part

because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

We have been working hard to get ready for our big 50th Anniversary Gala. This adult-only event will be held on Saturday October 15 at 7pm. Come see the hall transformed like never before! This is a drinks and appetizers sort of evening which will include lots of mingling, music, presentations, a silent auction, and of course the Anniversary Video. We had a vision to create a video celebrating North Haven's roots, and are working hard to make this a reality! Thank you to everyone who has been involved, through sharing your stories or networking and fact finding to make this as accurate and interesting as possible! We are still looking for more of the following:

- photos from North Haven through the years (scenery, community events, people having fun in the community) to use in a slide show
- donations of "time and talent" for the silent auction. Examples of this could include donating a few hours of yard work, babysitting, errand running, baking, tutoring, fixing... whatever your talent is! Contact Lynda Greuel at 403-289-4001 or by email at lynda.greuel@ shaw.ca to talk about what you'd like to share! The silent auction will take place at the Gala, and the time and talent will be shared at a date mutually agreed upon by the buyer and donor.
- great people to come to the event! Tickets are available through EventBrite. They will be priced at \$30 each for the month of September, and after that they go up to \$40. Please check our website for the link to tickets and event updates: northhavenyyc.ca. If you would rather not buy your tickets online, call Elise at 403-233-0092.

Please also mark your calendars for the last events of the year – the ever-popular Family Halloween Dance will be held on Saturday October 29. Tickets will only be available in advance this year, in order to better manage our sell-out crowd, so please plan ahead! On Saturday November 5, we will be hosting a Finish Your Craft day at the hall. Bring whatever craft you want to work on, and escape to the hall for some focused crafting time while visiting with your neighbours!

If you have any questions, or want to help out with any of the events, please contact Elise at 403-233-0092 or by email atelisejkonoff@gmail.com.

See you at the Hall!

## -Discover magazine

# IN AND AROUND NORTH HAVEN ...cont'd

### 2015-2016 Entertainment and Event calendar

Date	Time	Event Description	Location
50 <sup>th</sup> Anniversary Year Events			
Sun Sept 18, 2016	4-7pm	Outdoor Picnic	Soccer field
Sat Oct 15, 2016	7-11pm	50 <sup>th</sup> Anniversary Gala	Main Hall
Sat Oct 29, 2016	6-8pm	Family Halloween Dance	Main Hall
Sat Nov 5, 2016	10-4	Finish your Craft Day	Main Hall

**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.

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: ncecmap@weconnectyou.ca.

# **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.





# North Haven Preschool

### **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. 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 snack time which 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. This is followed by 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. 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 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.



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

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

Pictures need to be at least 1 megabyte in size.

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

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

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

Please contact Lynda Greuel at 403-289-4001 or lynda. greuel@shaw.ca before the end of June!

Could you please make the above highlighted text stand out?

# IN & AROUND SCHOOLS

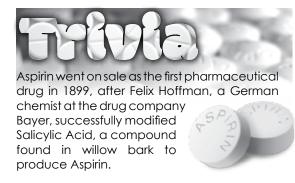
# **Huntington Hills School**

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

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

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



# News from the Friends of Nose Hill by Anne Burke

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

# Highwood Lutheran Church 419 Northmount Drive NW Calgary Communion Service Sundays at 10:30

- Sunday School Registration throughout September Classes start on the Sept. 25th
- Confirmation Class:
   First meeting September 11
- Commemorative concert November 18th
- More events coming Check our web site

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

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was to control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at calgary.ca/goats.

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effectiveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact steven.snell@calgary.ca.

# **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."

**ACTION LAWN CARE:** Lawn Cuts, Seasonal Clean-Ups. Aerate-Power rake. Eaves trough clean. Fertilize, Rototilling, Hedge Trimming. Karl 403-651-3900.

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.

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

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

**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.

**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. Fertilization 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 piece 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.





# **CALGARY**

# The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doodoo:

- 1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
- 2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
- 3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
- 4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
- It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



# MP CALGARY NOSE HILL HON. MICHELLE REMPEL

201-1318 Centre Street NE, Calgary, AB, T2E 2R7 Phone: 403-216-7777

Email: michelle.rempel@parl.gc.ca Website at www.michellerempel.ca

An important change that will significantly impact Canadian democracy is about to happen. The Federal government has announced that it will change the way that we elect our representatives.

At present, when you vote in a federal election, you cast a vote for the person you want to have represent you in Ottawa. The candidate who receives the most votes is then selected to serve our community. They are directly accountable to the electorate in their community for their decisions.

The Federal government is going to change this process.

However, they have not told us how they are going to change the system. Instead, they've indicated that they likely will not let Canadians have a direct say on whatever they propose via referendum.

I'll point out the obvious; any politician will have a self-interest in changing the voting system. As such, I believe that it is highly inappropriate for politicians to change how they are elected without direct approval from Canadians.

My town-hall meeting last May featured a lively discussion on electoral reform and I thank all the participants for their insight and input. But, in order to directly consult with you, all households in my riding will receive a survey from me, with information on this vital topic and asking your own opinion on the subject. When you receive this please return it to me with your comments. You may also complete the survey online at www. michellerempel.ca/survey.

I need your voice and thoughts on this urgent and highly important issue.

You may also contact me directly with your concerns on this vital issue, or any others, by email at: Michelle. Rempel@parl.gc.ca.

Or by mail to: Suite 201, 1318 Centre Street NE, Calgary, Alberta, T2E 2R7. Mailings to M.P. offices are postage free.

# MPORTANT 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

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the North Haven Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The North Haven Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

# 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

# Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 415,000 HOUSEHOLDS
ACROSS 141 CALGARY COMMUNITIES

DELIVERED BY

Canada Post

Phone: 403-263-3044 | sales@great-news.ca



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!

It's the middle of the summer, and time to look back at another successful Stampede season. There's been a lot of amazing events taking place, and one of those events was our 2<sup>nd</sup> Annual Calgary-Klein Stampede BBQ. On July 8<sup>th</sup>, 2500 Calgarians joined us at our 2400 Centre St N plaza for our office's BBQ in collaboration with Palmer Salmon Insurance and Registries Direct.

I really valued getting to meet so many constituents a second year in a row, and it was a great opportunity to hear directly from Calgary-Klein constituents on what they think about everything our government has accomplished this past year. I talked to people about our plan to end predatory lending, the Climate Leadership Plan, and what diversifying our economy looks like.

Our little contribution to the Calgary Stampede 2016 truly had a great atmosphere, and with such delicious burgers and classic country music why wouldn't it! I want to say a big thank you to all the incredible people, who put so much effort into the event. We are extremely grateful to all our volunteers, who helped us run the Stampede BBQ without a hitch.

Until next year Calgary,

Yahoo!!!





# COUNCILLOR, WARD 4 SEAN CHU

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

Greetings Residents,

### **Safety Reminders for Back to School**

Safe driving goes beyond the first week of September, drivers need to exercise caution the rest of the year, too. Have a great school year and drive safely! Visit www. canadasafetycouncil.org/child-safety/safety-reminders-back-school.

### **Calgary AfterSchool**

Trying to figure out what to do with your child once school starts? Calgary AfterSchool offers, 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 p.m. – 6 p.m., 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.

### **Subsidies are available for City services**

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

- 1. Calgary Transit Low-Income Transit Pass Program
- 2. Recreation Fee Assistance Program
- 3. Property Tax Assistance Program
- 4. No Cost Spay/Neuter Program
- 5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

RBC Dominion Securities Inc.



Looking to Build & Retain a Productive, Motivated Workforce?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



**RBC Wealth Management**Dominion Securities

There's Wealth in Our Approach ™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. Whenescandian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a businesse-gement of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. Used under licence. @ RBC Dominion Securities Inc. 2015. All rights reserved. 15, 90073, 180, 100.



**LEARN to SQUARE DANCE** 

**GREAT FUN and EXERCISE** 

FREE INTRODUCTION CLASS - SEPT 22, 2016

7:30 TO 9:30 PM, Dress Casual

At NORTH HAVEN COMMUNITY HALL

5003 NORTH HAVEN DRIVE NW

HI-LAND SWINGERS SQUARE DANCE CLUB







# Are these tough financial times getting you down?

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

Please join us for Financial Peace University featuring Dave Ramsay.

Courtesy of Symons Valley Full Gospel Church.

Please join us in November to watch these helpful video presentations. NEW DATES: November 6, 13, 20, 27.

Meeting in the North Haven Community Centre. Address: 5003 North Haven Drive NW

Start time: 10:15 a.m.

