

MARCH 2017

DELIVERED MONTHLY TO 1,600 HOUSEHOLDS

your **NORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

COMEDY AND PUB NIGHT

MARCH 11!

TICKETS ON SALE NOW!

PRE-TEEN DANCE

MARCH 18

**MARCH IS COMMUNITY
ASSOCIATION AWARENESS
MONTH!**





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3 Unbelievable Days • 100 KM
From K-Country to Calgary

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NORTH HAVEN COMMUNITY ASSOCIATION

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

Delivered monthly to 1,600 households and businesses for 8 years!

Editorial Submissions

newsletter@northhavenyyc.ca
All editorial content must be submitted by the 5th of the month for the following month's publication.

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Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



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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 any advertisements should not be considered an endorsement of any goods or services.

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

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!	

Best Price, Service & Warranty

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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.

2017 Spring Events Calendar

Dates	Times	Description	Location
March 11	Evening	Comedy and Pub Night	Community Hall
March 18	Evening	Pre-Teen Dance	Community Hall
April 15	10am	Easter Egg Hunt	Community Hall
April 18	7-9pm,	Transportation Open House	Community Hall



NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
Hall (403) 282-1075 • Rentals (403) 284-2716 • hello@northhavenyyc.ca

Board of Directors 2016-2017

Directors

President	Jean Togstad	403-274-4177	president@northhavenyyc.ca
Vice President	Jody Breen	403-284-9775	vp@northhavenyyc.ca
Secretary	Lucas Van Boeschoten	403-220-0288	secretary@northhavenyyc.ca
Treasurer	Judy Huber	403-230-8195	treasurer@northhavenyyc.ca
Building & Maintenance	VACANT		facilities@northhavenyyc.ca
Civic Affairs	Terry Arnett	403-547-0237	civic.affairs@northhavenyyc.ca
Entertainment	Elise Konoff	403-233-0092	entertainment@northhavenyyc.ca
Building Manager	Marie Heffernan	403-282-1075	manager@northhavenyyc.ca
Memberships	Sandy Cooper	403-286-0902	memberships@northhavenyyc.ca
Newsletter	Katie Mikalson	403-863-2184	newsletter@northhavenyyc.ca
Preschool	Annette Darel	403-668-9709	preschool@northhavenyyc.ca
Sports/Communications	Alex MacKinnon	403-807-7700	communications@northhavenyyc.ca
Casino and Fundraising	Hans Huber	403-230-8195	

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	Katie Mikalson	403-863-2184	tots@northhavenyyc.ca
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	snow.removal@northhavenyyc.ca
Hall Rentals	Marie Heffernan	403-284-2716	rentals@northhavenyyc.ca

Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be March 9th, 2017. NHCA Board Meetings are open to the public.

DEVELOPMENT REVIEW COMMITTEE UPDATE

The Development Review Committee has been active in reviewing several discretionary development permits. We are preparing for an April public meeting with the City of Calgary Transportation engineers to review the future plans for the John Laurie and McKnight intersection.

North Haven Preschool

Interested in the North Haven Preschool? Learn about it at <http://northhavenyyc.ca/preschool>

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Pre-Teen Dance

March 18

Students in grades 4-6

Tickets are \$4 in advance, \$5 at the door.

Tickets will be sold at NH school at lunch on March 15 and 16



CLIMB FOR WILDERNESS

SATURDAY, APRIL 22, 2017 THE BOW BUILDING

CLIMB 1188 STAIRS

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climbforwilderness.ca

IN AND AROUND NORTH HAVEN

Entertainment & Events Update:

Hello North Haven!

We have some exciting events coming up! First off, on March 11, we will be hosting comedy and pub night at the hall! Our very own Cory Mack is co-headlining this event with Jasen Fredrickson. Our cash bar will be serving craft beer, wine, and liquor drinks. Tickets are \$20 each, and are available through Eventbrite, or direct from Elise (403-233-0092 or entertainment@northhavennyc.ca). Advance ticket sales only – tickets will NOT be available at the door. Details and bios of the comedians are on our website, northhavennyc.ca.

On March 18, we'll be hosting another pre-teen dance. This dance is open to students in grades 4-6. The DJ, candy concession, and the opportunity to go to an event without parents are always an exciting reason for kids to attend this dance! Tickets are \$4 in advance, \$5 at the door. Tickets will be sold at NH school at lunch on March 15 and 16. We will need a few parents to help out at the dance as chaperones, as well as a few parents with school clearance to help with ticket sales so please let us know if you can help out! Contact Joan at tyme@shaw.ca for tickets or volunteering.

On Saturday, April 15 at 10am we will be hosting another Easter Egg Hunt. Signup will be through EventBrite. This is a fun event for kids and a great chance to socialize for the parents! You won't want to miss it.

For details on all our events, including links to ticket sales, please check our website, northhavennyc.ca, and our Facebook page. For any other info or details, feel free to contact Elise at entertainment@northhavennyc.ca.

Elise, Anne, and Margaret

Parents and Tots Update:

Parent and Tot's is in the midst of transition and we are looking for some new faces to help keep things running. Would you be interested in volunteering in some way?! Email Katie at tots@northhavennyc.ca to discuss. As of March, we will no longer be hosting Friday morn-

ing playgroups in the basement of the Community Hall. Please stay tuned to our FaceBook page for exciting updates on pop-up playgroups that we hope will accommodate more residents. The group is encourages all parents, grandparents and caregivers of kids 0 to 5 years of age to join us. We are looking forward to seeing and hearing from you soon!

Katie"

Guides Update:

The Guiding groups in North Haven have been having lots of fun. The Sparks and Brownies went sledding, skating, bowling, to the movie theatre and went to Home Depot to do some woodworking. They have learned about Guiding around the world, different cultures and earned many badges. In March they are going to the Telus science centre for a sleepover. The Guides have been busy with a murder mystery sleepover, a swim night, spaceport, district bridging events, helping at the community carnival and doing program work for badges. The Pathfinders had an all night laser tag event, went to youth link for an amazing teen program, had 2 sleepovers, volunteered at the Mustard Seed and helped at the community carnival. They have also earned many badges in the last few months. The girls have been doing a great job of planning their own program. They are looking forward to planning snowy spring camps and doing more service projects and outings.

It's soon cookie time again. On Tuesday March 21st all the North Haven Guiding groups plan to sell their classic sandwich cookies door to door in North Haven. Please watch the hall sign as this date may change if the weather is very cold. Our cookie sales help to fund our fun activities and the girls learn a lot by selling too. They learn how to communicate, manners, safety, money skills and responsibility. We truly appreciate all of the community support we receive during our sale. If we miss you on our sale night and you would like to buy some cookies, please call Sandra Whitty (403-289-7404) and she will be sure to get you some cookies. The cost for a box of cookies is \$5.00 a box.

Saturday
March 11

Comedy Show and Pub Night



at the Community Hall
With Cory Mack
and Jasen Fredricksen

Tickets on sale now! Pre-Sale only
Serving Trolley 5 Beer!

Tickets can be purchased on EventBrite, or contact Elise at 403.333.1170

Cory Mack is a comedian, writer, and farmer's daughter. Performance highlights over the last 27 years include performing for audiences across the prairies, starring in her own *Comedy Now* special and being featured on CBC Radio's *Madly Off in All Directions*, *The Go Show!* and *The Debaters*. Cory has performed at *Just for Laughs International Comedy Festival*, been nominated for two Canadian Comedy Awards and is the founder and co-producer of the *YYComedy Festival*. Originally from Dodson, SK, Cory has called Calgary home for the last 34 years (and North Haven for the last 15 years).

News from the Friends of Nose Hill

by Anne Burke

We are often contacted by individuals concerned about loss of green space, such as linear parks, golf courses, and other connectors used as wildlife routes. People need the outdoors for healthy lifestyles. In a recent media interview, I was asked to describe what Nose Hill means to the quality of life in North Calgary. In addition to hiking, walking, and cycling, I thought of wildlife sighting and plant studies, especially in the spring. However, there are butterfly enthusiasts too. Nose Hill has been the subject of photography, for decades, and there are paintings of the park in different seasons.

The Citizens for Nose Hill was an early preservationist group.
~continued on page 11~

NORTH HAVEN COMMUNITY CALENDAR MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Board Meetings are held every second Thursday at 7:00 pm. The next meeting will be March 9th, 2017. NHCA Board Meetings are open to the public.			1 Bridge 12-3pm Girl Guides	1 Square Dancing 7-10:30pm	2 Bridge 7-11pm	4
5 Symons Valley Gospel Church 10am – 1pm	6 Bridge 12-3pm Scouts	7 Girl Guides	8 Bridge 12-3pm Girl Guides	9 Square Dancing 7-10:30pm	10 Bridge 7-11pm	11 Comedy and Pub Night
12 Symons Valley Gospel Church 10am – 1pm	13 Bridge 12-3pm Scouts	14 Girl Guides	15 Bridge 12-3pm Girl Guides	16 Square Dancing 7-10:30pm	17 Bridge 7-11pm	18 Pre-Teen Dance
19 Symons Valley Gospel Church 10am – 1pm	20 Bridge 12-3pm Scouts	21 Girl Guides	22 Bridge 12-3pm Girl Guides	23 Square Dancing 7-10:30pm	24 Bridge 7-11pm	25
26 Symons Valley Gospel Church 10am – 1pm	27 Bridge 12-3pm Scouts	28 Girl Guides	29 Bridge 12-3pm Girl Guides	30 Square Dancing 7-10:30pm	31 Bridge 7-11pm	

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.

Meet Your Board Volunteer – Sandy Cooper

Get to know your board volunteers in 5 questions:

1. Briefly describe yourself, how long you have lived in North Haven and your role on the board.

I've been a resident of North Haven since 1999 when my husband David and I moved here with our daughter. We had our son 2.5 years later. We were thrilled to be able to buy a house in a community that had a school within walking distance as this is what David and I experienced growing up. Most of our friends grew up near us and went to the same elementary, junior high and high schools and we wanted this for our family. We had actually looked into moving to the interior of B.C. because we wanted the small town feel but after trying that out for a summer, found we couldn't do it! We were both raised in Calgary and missed all the hustle and bustle of a bigger city.

My role on the board is Membership Coordinator. I love getting to know everyone in the community, name by name, face by face, event by event. It will likely take me many more years to get to know everyone so I hope to continue doing this for a while!

2. How would someone recognize you on the street in the community?

I am mostly known as Lindsay and Alex's mom, or David's wife. I guess as an introvert that's par for the course! Currently, I also work at North Haven Elementary School so many parents of children that attend there know me as well.

3. What three words would you use to describe North Haven?

A Safe Haven for sure with so many people that we have gotten to know. I met some of my best friends at the Parent's and Tot's group, took my kids to the pre-school and now, enjoy attending junior high sports events with the same families! Also, its proximity to Nose Hill Park makes it an actual haven! It is a wonderful, small town community and a great place to raise kids!

4. If you could invite five famous or noted people (past or

present) to dinner who would you choose?

That's a hard one: but any of the Beatles (John Lennon in particular), Major Nenshi, Johann Sebastian Bach, The Dalai Lama, and Tom Selleck (J).

5. If you could give the community a gift valued up to \$1 million what would it be?

Easy! The gift of providing low cost housing for the homeless in Calgary.

News from the Friends of Nose Hill cont'd

Two other Calgary parks (which had been recognized as property of City-wide significance) were recently re-designated as municipal historical resources, under Section 26 of the Alberta Historical Resources Act. The aim is to protect each site in perpetuity, since they are eligible for provincial grant funds, in order to support on-going conservation.

Confederation Park was once known as the rough and featureless North Hill Coulee This Park was added to Calgary's inventory of evaluated historic resources, in 2010, based on the community effort to establish the park, on the centennial of Canadian Confederation. Harry Boothman, a Superintendent of Parks, and Eric Musgreave, founder of the Centennial Ravine Park Society in 1965, were influential in its 18th-century garden design. Boothman was a long-time supporter and board member of the Canadian Parks and Recreation Association. There is a bursary operated in his name.

William Reader, a garden designer, was a City Parks Superintendent from 1913 – 1942. Reader Rock Garden, established in 1914, was added to the inventory in 2007, with native plants, local materials, gardens and rock pathways. It reflects the optimism in our city's early 1900s. It was the first Legacy Park to open. (www.readerrock.com)

This bylaw protection is intended to prevent demolition but will pertain to the parks by ensuring any future changes or conservation work follow best practices in handling historical resources. The change has no impact on City operating or capital budgets.

However, the conservation of cultural landscapes can often have significant environmental benefits, as many have biodiversity being conserved as part of the landscape. In turn, their conservation contributes to biodiversity in Calgary.

There were letter of support for this designation from both the Calgary Parks Department and Calgary Heritage Authority.

IN & AROUND SCHOOLS

North Haven Preschool

North Haven Preschool has continued to revisit and explore kindness and friendship this term. Students have used a variety of ways to look at how to respect themselves and others. They have made friendships wreaths, shared and discussed stories such as Rainbow Fish, created Valentine folders and celebrated together during their Valentine parties. Children have also enjoyed having the opportunity share with others when it is their day to provide snack for their classmates, as well as showing a favourite item during show and tell.

The children will be seeing some very big changes to the school in the upcoming month as windows will be installed in one of the classrooms! The windows are scheduled to be installed over spring break so there should be no impact to student learning.

Now is a great time to think about registering for next year. If you have a child who will be 3 or 4 years old next year check out our Preschool. The school website is northhavenpreschool.com or call Lila at 403-274-6682 for more information.

North Haven School

The month of February was filled with exciting learning opportunities for both students and staff at North Haven School! We were excited to welcome the 'Mad Science' residency into our school, providing our students with in-class workshops that connect to our Program of Studies. Students were engaged through an inquiry-based, hands-on experience that also allowed them to ask questions and connect with their own learning in class! Students also had the opportunity to participate in both yoga and volleyball clubs this past month, which allows students the chance to join intramurals that interest them and build on skills taught in our daily physical education program.

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

As you can see we continue to be a learning community that is actively engaged in a variety of learning activities both at school and in the larger community. We will be busy throughout March with more opportunities to take our learning out into the larger community.

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

Kevin Howell, Principal



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.

Please mail or drop off to the North Haven Community Centre, 5003 North Haven Drive NW, Calgary T2K 2K3

Highwood Lutheran Church

Easter

419 Northmount Drive NW Calgary

Lent Studies
Wednesdays at 7:00 PM

Come and join us for Holy Week:

April 9, Palm Sunday	10:30 AM
April 13, Seder meal	6:00 PM
April 14, Good Friday	10:30 AM
April 16, Easter Sunday	10:30 AM

For more information
Call the office, 403-289-8206
facebook, @HighwoodLutheran
or visit www.highwoodlutheran.com

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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



"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."
- Oscar Wilde



March is Community Association Awareness Month! How Will You Be Part of It?

As proclaimed by Mayor Nenshi, March is Community Association Awareness Month!

Did you know that there are 151 community associations in Calgary providing you with endless opportunities right in your backyard, events that bring you together as neighbours, and a voice on behalf of your community on issues that affect you.

Did you also know that these community associations are run by volunteers? Your neighbours, your friends, and maybe even your family. In fact, there are over 20,000 volunteers involved, making it the largest collective volunteer movement here in Calgary!

How Will You Be Part of It?

Do you know what your community association offers you? Find out! It's easy and you may be surprised by the many benefits and options available to you as a resident.

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

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

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

Want to follow along with the action all month long? Keep an eye on the hashtag #HowWillYOUBePartOfIt on Twitter!

Helping Your Children with Social and Emotional Skills Part 3

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a preschool child:

1. Help them give a name to their emotions. Big emotions can be scary; having a name helps calm the scary.
2. Play games that teach emotions and body language
3. Calmly talk to them about what is troubling them and discuss the problem.
4. Teaching family values and how to have a positive attitude.

The Calgary NW ECD 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 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: nwecdcoalitions@gmail.com.

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."

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: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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WMS GENERAL SERVICES: Craftsman with bespoke tier 1 abilities with over 40 years of experience. Home repair, construction, and maintenance. Custom anything. Call Mark at 403-818-9915 or email gpsw@telusplanet.net.

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 outonlimbprofessionalpruning@live.ca.



Name	Age	Contact	Course
Tate	12	587-216-9222	Yes
Marissa	16	403-923-9012	Yes
Jessica	21	587-580-5696	No
Christina	36	403-474-1979	No

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.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



Councillor, Ward 4
Sean Chu
 403-268-3727
 ward04@calgary.ca
 www.calgary.ca/ward4
 www.seanchu.ca

Greetings Residents,

City crews ready for spring street sweeping program

Spring is just around the corner! That means The City's annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

Once the program begins, visit Calgary.ca/sweep to:

- Find answers to all of your questions on our FAQ
- Track sweeper progress across the city on a live map
- Learn if there will be a parking ban in your neighbourhood, and
- Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood once the program begins.

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.

Year-Round 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.

Cheers,

Councillor Sean Chu, Ward 4.



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,

Alberta's diversity is one of its greatest strengths. Alberta has always been a home to those seeking refuge, and this will not change. Refugees and immigrants to Canada enrich our society beyond measure, and make incredible contributions to our communities, our economy, and our thriving cultural fabric.

Alberta will welcome those fleeing persecution, terror and war with open arms because all people deserve to live in peace and security. My family and I feel incredibly fortunate to enjoy these things in Alberta. Our country was largely built by wave after wave of immigrants, who made new lives, sharing lands long home to Indigenous peoples. And so just as previous generations made their homes here thanks to the kindness of others, so too should we offer this same kindness to those starting new lives here. Hard work and a commitment to building strong and diverse communities have shaped this great province. As our economy recovers, let's work together to welcome newcomers and offer them care and opportunities to succeed.

Let's work together for a prosperous, diverse, and fairer Alberta.

Government goes back into session this month. Our office is happy to hear from you, and may be reached at calgary.klein@assembly.ab.ca or 403-216-5430. I'll be available for the next *Coffee with Craig* at the Velvet Café (502 25 Ave NW) on April 8th, from 9am-11am.



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

Last month my colleagues and I presented the government with our Alberta Jobs Taskforce report. The report was a result of our collective effort to consult with Albertans who have been affected by the jobs crisis here at home. For those of you who have not yet read the report, you can read it here: www.michellerempel.ca/alberta_jobs_report.

I would like to thank the many of you who have taken the time to write me and share your personal stories about how you, your families, and businesses have been impacted by various economic and financial stresses. I am continuing to work hard on your behalf to advocate for our community and its needs.

Unfortunately, there are many in our community who are still hurting due to the jobs crisis. That's why I will once again be hosting a "Career Services event" next month. For more details and to sign up please visit my website: www.MichelleRempel.ca.

A positive piece of news I received for our community, earlier this year, was Huntington Hill's successful application to the Canada 150 Infrastructure Program. The Huntington Hills Community Centre has been undergoing a large capital project to expand and renovate a portion of the facility that adds some much needed recreation space to our community. Congratulations to all the association volunteers and staff who have undertaken a great deal of work in order to make this project and application a success.

As always you can contact me at my office, about issues important to you, using the contact information above.



A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.
<https://en.wikipedia.org/wiki/Shamrock>

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Dr. Liang Zhao

DEC, DMD

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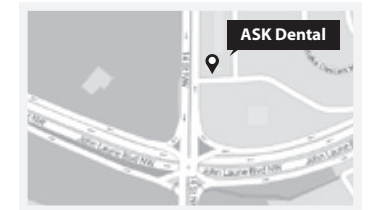
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Dr. Liang Zhao, DMD, DEC
- ASK Dental -

#200N, 4400 – 14th Street NW
 (403) 457-9760
askdrzhao@gmail.com
www.askdrzhao.com



MCKNIGHT SOCCER

Recreational Soccer – Boys & Girls

Ages 3 to 13

Age at January 1, 2017

On-line Registration only from February 13 – March 31, 2017, at
www.mcknightsoccer.ca

Required for Registration:

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

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

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

**GAMES are PLAYED Tuesday and Thursday evenings
 April 25 – June 15, 2017**

McKnight Soccer is sponsored by:

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

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