

NOVEMBER 2017

DELIVERED MONTHLY TO 1,600 HOUSEHOLDS

# your **NORTH** HAVEN

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



**NHCA CASINO**

NOV 1 & 2

**ADULT BOOZE AND BOARD GAMES**

NOV 18



**FAMILY BOARD GAMES**

NOV 19

**PRE-TEEN DANCE**

NOV 25

[www.northhavenyyc.ca](http://www.northhavenyyc.ca) • Facebook & Twitter: @NorthHavenYYC



*Love*  
DENTAL

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

**Core Values**

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

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

**403-275-6424**  
[www.lovedental.ca](http://www.lovedental.ca)

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

**SAFETYSYNC**

Manage Your Workplace Safety

[safetysync.com](http://safetysync.com)



**Great News 28!**

Did you know that your restaurant can put a menu in our newsletter?



**YOUR INSERT  
HERE**

Turn local residents into local customers.

Contact us:  
403-263-3044  
[sales@great-news.ca](mailto:sales@great-news.ca)



40 Member Community Newsletters  
30,000+ Households

**ACHILLES  
FOOT CLINIC**

Work, Play, Live  
Pain FREE!

Heel Pain • Ingrown Toenails • Plantar Fasciitis • Foot/Achilles Injuries  
Fungal Nails • Custom Orthotics • Foot Surgery • Diabetics

North Clinic: 8606 - 1701 Centre St. NW • 403-277-9476

Oasis Medical at Deerfoot City • 403-910-4576

South Clinic: 8203 6707 Elbow Dr. SW • 403-777-0085

[www.achillesfootclinic.com](http://www.achillesfootclinic.com)

**NO REFERRAL NEEDED**  
Saturday hours available



# CONTENTS

---

- 5 SNOW SHOVELLING PROGRAM
- 5 WINTER EVENTS CALENDAR
- 7 BOARD GAMES
- 8 ENTERTAINMENT
- 9 NEWS FROM THE FRIENDS OF NOSE HILL
- 10 CALGARY PUBLIC LIBRARY
- 12 PRE-TEEN DANCE
- 13 WALKING YOUR DOG DAILY? UNLEASH YOUR INNER VOLUNTEER!
- 15 BUSINESS CLASSIFIEDS
- 17 AT A GLANCE...





## 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 5<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
 All advertisements must be submitted by the 1st of the month for the following month's publication.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
 Calgary, AB  
 T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*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 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		511
Gamblers Anonymous	403-237-0654	

# Snow Shovelling Program

North Haven Snow shoveling program will run again for the winter of 2017/2018. Bruce Kaufman will be organizing it this year, thank you so much to Gillian for organizing it for the last year! Anyone interested in either having their sidewalk shoveled or doing the shoveling, can make inquiries and sign up for the program starting in mid October. Bruce will make contact with interested parties to arrange a match of shovellers 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, 2017 – March 31, 2018. Fees are based on the size/how much of their property the customer would like shoveled whenever it snows. Shovellers 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 shovelling.

Please email Bruce with any questions at [kaufman@shaw.ca](mailto:kaufman@shaw.ca)



## The Snow Shovelling Program is Back!

**Runs November – March**

Looking for Shovellers and Households

Contact Bruce with any questions or to enroll at [kaufman@shaw.ca](mailto:kaufman@shaw.ca).

# Winter Events Calendar



Adult Only Booze and Board Games	Nov 18, 7-11pm	At the Hall
Family Board Games	Sunday, November 19, from 1-3pm	At the Hall
Pre-teen Dance	November 26 - 6:30-8:30pm	At the Hall
Skating Party	January 13	At the Rink
Adult-only Comedy and Pub Night	January 27	At the Hall



# NORTH HAVEN COMMUNITY ASSOCIATION

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

## Board of Directors 2017-2018

### Directors

President	Jean Togstad		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	Kai Fahrion	403-689-1536	facilities@northhavenyyc.ca
Civic Affairs	Terry Arnett	403-547-0237	civic.affairs@northhavenyyc.ca
Communication Technology	Alex MacKinnon	403-807-7700	communications@northhavenyyc.ca
Entertainment	Elise Konoff	403-233-0092	entertainment@northhavenyyc.ca
Memberships	Sandy Cooper	403-286-0902	memberships@northhavenyyc.ca
Newsletter	Katie Mikalson	403-863-2184	newsletter@northhavenyyc.ca
Hall Rentals	Marie Heffernan	403-284-2716	rentals@northhavenyyc.ca
Director at Large	Bryan Goehringer	587-227-2677	bryan@northhavenyyc.ca
Director at Large	Mark Gervais	403-651-4063	mark@northhavenyyc.ca

### Contacts

President			
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	
Scouts			
Sparks, Brownies and Guides	Sandra Whitty	403-289-7404	
Snow Removal Program	Bruce Kaufman		kaufman@shaw.ca
Casino and Fundraising	Hans Huber	403-230-8195	
Kids In The Haven	Jody Breen	403-284-9775	

**Monthly Board Meetings are held every second Thursday at 7:00 pm.  
NHCA Board Meetings are open to the public.**



*Remember, Remember the Fifth of November*

**G**uy Fawkes Night is celebrated annually in Great Britain every November 5th, celebrating that King James I survived an assassination attempt on his life on that day in 1605. The people celebrated by lighting bonfires, a tradition that continues to this day.



AT THE HALL

# BOARD GAMES

**ADULT BOOZE AND BOARD GAMES**  
**NOV 18, 7-11PM**

**ALL AGES GAMING**  
**NOV 19, 1-3PM**

**Details at [northhavennyc.ca](http://northhavennyc.ca)**



## The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".



# 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

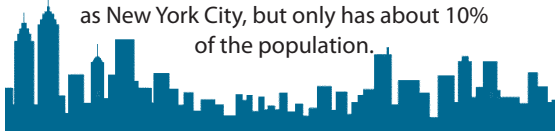
### Notes:

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

**Call 403-284-2716 to view or book!**



The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.



## ENTERTAINMENT

Wow, it's November already! We have several more events before Christmas. First – Booze and Board Games on November 18 from 7-11pm. Pub Night at the hall, with board games provided by Revolution Games on Northmount Drive—or bring your favourite game from home! Tickets are available on our website, at \$3 per person for NHCA members and \$5 for non-members. We'll be selling drinks and snacks. Whether you want to come and play board games or just want to hang out and have a beer with friends, come on down to the hall and have some fun!

The next day we'll host an all-ages afternoon of Board Games at the hall! This will be held on Sunday, November 19, from 1-3pm. Revolution Games will be providing us with a bunch of games to play, but feel free to bring your favourite game from home to play! This event is free for community members, and \$2 per person for non-members. We will have our concession open for snacks. Come out and get together with some friends and neighbours!

On November 25th from 6:30-8:30pm we will host a pre-teen dance. This event is open to kids in grades 4-6. This is a great opportunity for kids to come and dance and spend time with friends in a fun and safe environment. And there's chips and candy at the concession! It is an unparented event, but we do need a few people to chaperone, so if you'd like to help us out with that, please contact Joan at tyme@shaw.ca. Advance tickets will be available for \$4 at North Haven School in the days leading up to the event, or can be bought on our website. Tickets can also be bought at the door for \$5 each.

We will take a break from events for December, but we'll be back in full force in January! Our annual Skating Party will be held on January 13th, and on January 27 we will be hosting another adult-only Comedy and Pub Night. February 10 will see us doing the annual Winter Carnival, and we're planning more fun for after that too. Note that our events are cheaper with a membership so buy yours on our website to take advantage of member pricing!

If you'd like to help out with any of our events, please contact Elise at entertainment@northhavenyyc.ca. We love to see more and more people come to our events, and enjoy organizing them, but it is a lot for one person to organize. A social committee would be wonderful – you can assist here and there, or you can be the primary organizer of an event – any help is appreciated!

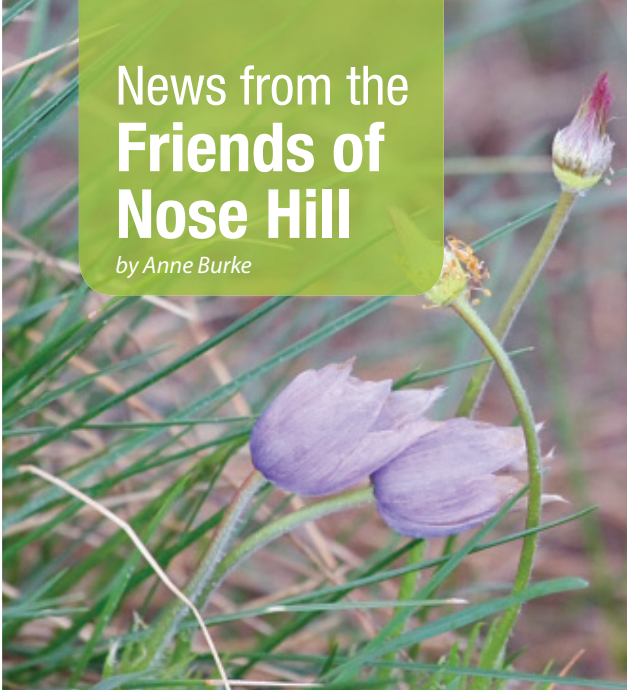
Elise Konoff

**Entertainment Director**



# News from the Friends of Nose Hill

by Anne Burke



Join us on Wednesday November 15 at Triwood Community Centre Lounge at 7 p.m. for our annual members meeting. Details on [www.fonhs.org](http://www.fonhs.org).

The Supreme Court of Canada played a role in the creation of Nose Hill Park. Planned public purchase of land for a park can be a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area and requiring investigation by the City of "all available means" to acquire the land. In 1976, the City reduced the size of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there will be a plan for Nose Hill Park. Then the City passed an area structure plan called Crowchild III which refers to the "proposed Nose Hill Park".

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated and with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. (There was a Master Plan Review in 1993). With approval of its plan

for Nose Hill Park, the City authorized the purchase of land in the park.

The Court determined that: when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, this does not mean that the municipality must create the park immediately.

Under the 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, it had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1984, the Court observed that the law has gradually moved away from the rights of the property owner as paramount to planning flexibility and public interest as more important. Alberta decided that, if the rights of individuals and the public conflict, then to the extent necessary, the "greater public interest" must prevail. Ottawa agreed. In other words, *there is nothing inherently wrong with a development freeze*. The Appeal was dismissed with costs.





**Explore expanded access to TumbleBookLibrary**

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

**\$1M grant transforms early learning at the Library**

The Calgary Foundation Early Learning Centre at Saddletowne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

**What does Calgary Public Library mean to you?**

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

**Math is No. 1 at this free after-school program**

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.



## Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

**Benefits of Snow Angels**

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website ([calgarycommunities.com](http://calgarycommunities.com)) under the Building Safe Communities menu item.

**Make Your Move...**  
 Check out Advertising Rates and Information at [sales@great-news.ca](mailto:sales@great-news.ca) or phone 403.263.3044

## Good Sport

by Bev Watson

All my life I've been very competitive and a little contrary, but that has served me well. I've learned there's really nothing you can't do or learn if you find out what it takes, then break it down in tiny steps and go for it.

So, my life has been full of all kinds of interesting challenges and adventures. But here I want to talk about cancer and how Wellspring Calgary has helped me.

I had been a triathlete for 15 years when I won the 2013 World Championship Ironman in Hawaii. After that, biking and swimming started getting hard. I kept pushing myself, but something didn't feel right.

I went to the doctor but tests showed nothing was wrong. I started losing my balance when I was walking or swimming, but I kept training.

I went in to see my dermatologist about another issue and when I told him my symptoms, he said he thought

I might have a brain tumour. At his insistence, I went to Rockyview Hospital. They did a CT scan and saw a big dark spot, so they ordered an MRI. They took one look at the results and I was ambulated to Foothills Hospital.

It took a while to get the diagnosis. Brain tumour – malignant. Metastatic melanoma. I had brain surgery and vigorous treatment. I was told I had months, then weeks to live. That was two years ago, and I'm still here.

I'm here and I still have things to do. I go to Wellspring Calgary several times a week. They have all kinds of programs - free for people with cancer. Everyone is so caring and welcoming there. It doesn't matter how bad you are at painting, or playing ukulele, you are always encouraged. If you have cancer – find Wellspring – it's a life-saver!

*Bev Watson with her sister and caregiver, Jan Watson.  
This is Bev's art she made at Wellspring Calgary.*

## BRAIN GAMES SUDOKU

					2		9	3
	5	8					4	
			4			1	6	8
	2					6	7	4
		4		6		8		
5	6	9					1	
6	3	5			4			
	7					9	2	
9	8		6					

FIND SOLUTION ON PAGE 15

**GREAT NEWS PUBLISHING 28th**

FYI - Great News Publishing  
Chooses to Forge Ahead During  
All Economic Downturns.

If You Feel the Same Let's Talk.  
**403-263-3044**



A young woman with blonde hair, wearing a green hoodie and a pink top, is captured in a dynamic dance pose. She is set against a dark background filled with vibrant blue and green starburst effects and glowing particles. The overall aesthetic is energetic and futuristic.

**KIDS GRADE 4-6**

**PRE-TEEN  
DANCE**

**NOV 25 6:30-8:30PM**

**Northavenyyc.ca For Details**

**At the Hall**

## NORTH HAVEN GUIDING NEWS

The girls had great fun selling cookies and the parents did too. It was a beautiful night to take a walk and say hi to so many friendly people. Thank you to everyone for supporting our neighbourhood cookie sales. The money raised from it will help our units with many camps and events that we are planning for this year.

October was busy month of camping and Halloween activities. All units had a chance to go camping. Some camped in tents and others camped in warm cozy buildings. In November, we will focus on service projects, badge work and will participate in a Remembrance Day ceremony.

For any information on the Guiding groups that meet at North Haven Hall, please call Sandra Whitty at 403-289-7404.



## MEET YOUR BOARD VOLUNTEER

Hello North Haven, my name is Bryan Goehringer (that's pronounced go-ringer). My wife Kaleigh, son Brody and dog Dooker moved into the neighbourhood three years ago, across the alley from our dear friends the Ngai's. I am one of the newly elected members of the NHCA board. My wife and I have both worked in the not-for-profit sector a combined 30+ years working with teenagers, mental health, higher education and homelessness.

What I love about North Haven is that on any given day you'll find myself and/or my family walking the dog on Nose Hill; cycling the various paths, trails and roadways; out with neighbours at our great community association events; or skating on the rink in the winter, which from our front window frames the festivities like a Norman Rockwell painting.

I am passionate about building community and empowering people. You'll often find me where people gather, sporting events, cafes, concerts and churches. I'd like to see more gathering places for North Haven residents and spaces to play that are safe and easy to access. I look forward to getting to know you better, feel free to reach out I love a good coffee!

## YOUR CITY OF CALGARY



### Walking Your Dog Daily? Unleash Your Inner Volunteer!

Become an Off-Leash Ambassador and be a *pawsitive* role model in your community! We are recruiting volunteers to participate in the City of Calgary's Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.

To learn more or sign up, visit [calgary.ca/offleashvolunteer](http://calgary.ca/offleashvolunteer) or contact 311.

# Membership form

There are great activities at North Haven Community Centre!

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

Date: \_\_\_\_\_

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

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone: \_\_\_\_\_

Email \_\_\_\_\_

Email is requested for the delivery of membership card

## 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, specifically membership renewal notice.

*If you are interested in volunteering or becoming active in our community please call to discuss your interests.*



**MEMBERSHIPS NOW  
AVAILABLE ONLINE!**

[NorthHavenYYC.ca/membership/](http://NorthHavenYYC.ca/membership/)



# 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](http://www.communitymediation.ca), 403-269-2707.

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

**RELIABLE SNOW SHOVELING!** Seniors' discount. We also fix and install eavestroughs, downspouts, fascia, soffit, siding and roofs. A+ rated BBB member, 2017 Consumers Choice Award winner, 2017 Reader Choice Award winner, WCB covered and fully insured. We are Gutter Doctor! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**HOME MAINTENANCE:** Painting, repairs, and small renovations. Over 20 years' experience. Call David at 403-830-4453 or email [dncoutay@gmail.com](mailto:dncoutay@gmail.com).

**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](mailto:outonalimbprofessionalpruning@live.ca).

## BRAIN GAMES SUDOKU

1	4	6	7	8	2	5	9	3
3	5	8	1	9	6	2	4	7
2	9	7	4	3	5	1	6	8
8	2	3	5	1	9	6	7	4
7	1	4	2	6	3	8	5	9
5	6	9	8	4	7	3	1	2
6	3	5	9	2	4	7	8	1
4	7	1	3	5	8	9	2	6
9	8	2	6	7	1	4	3	5

### Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).





MLA Calgary-Klein  
**Craig Coolahan**

#9, 2400 Centre St NE Calgary, AB, Canada T2E 2T9

☎ 403-216-5430 📠 403-216-5432 ✉ calgary.klein@assembly.ab.ca

### Alberta Cannabis Framework Announced

This past summer, the Alberta Government heard from the public and stakeholders about Alberta's approach to cannabis legalization. More than 45,000 Albertans responded to the online survey! Based on these results, the draft of the Alberta Cannabis Framework has been released.

The Alberta Cannabis Framework proposes who will be able to buy and use cannabis once it is legal, where they will be able to buy it and where they will be allowed to use it.

The framework supports four policy priorities for legalization: keeping cannabis out of the hands of children, promoting public safety on roads, in workplaces and in public spaces, protecting public health and limiting the illicit market.

Details regarding the draft framework include:

- A minimum age of 18 to purchase and consume cannabis.

- Provincial oversight and regulation of wholesaling and distribution of cannabis products through the Alberta Gaming and Liquor Commission (AGLC).
- A public possession limit for adults of 30 grams.
- The ability to grow up to four cannabis plants, no taller than one metre, at home for personal use.
- Restrictions on retail locations selling alcohol, tobacco or pharmaceuticals together with cannabis.
- Strict rules around zoning retail locations and training for employees.
- Province wide restrictions on where cannabis can be used in public, with an emphasis on protecting children and limiting second-hand exposure.
- Ability for municipalities to introduce additional restrictions on public consumption.
- New tools to expand the ability of police to address drug-impaired driving.
- Development of an extensive public education program.

Full details of the draft Alberta Cannabis Framework are available online and Albertans are encouraged to provide feedback to the government. For more details, please visit <https://www.alberta.ca/cannabis-legalization.aspx>.

### Holiday Open House

I'll be hosting my annual Holiday Open House on December 8th from 4pm – 7pm. Feel free to drop by my office for some festive treats, warm beverages and some great conversation!

As always if you have any questions or concerns, please contact my office.

## North Haven mybabysitterlist

Name	Age	Contact	Course
Addie	34	403-472-3142	No
Christina	37	403-975-0736	Yes
Courtney	34	403-835-1853	Yes
Elizabeth	22	587-966-7071	Yes
Iris	12	403-202-1371	Yes
Jessica	22	587-580-5696	No
Julia	15	587-897-1825	No
Marissa	16	403-923-9012	Yes
Peyton	13	587-579-7827	Yes
Tate	13	587-216-9222	Yes
Zuzanna	14	403-612-3989	No

#### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

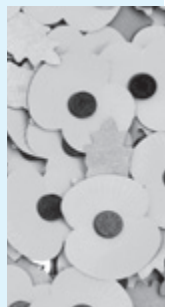
#### Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

## REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



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

## **International Christmas Market – Spruce Meadows, Dec 1 - 3**

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: [sprucemeadows.com](http://sprucemeadows.com).

## **Boy film screening – Esker Foundation, Dec. 7**

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. [www.eventbrite.ca/e/boy-registration-37158757845?aff=es2](http://www.eventbrite.ca/e/boy-registration-37158757845?aff=es2).

## **A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9**

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebeee-Jeebees, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: [cowtownoperacompany.com](http://cowtownoperacompany.com).

## **The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10**

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: [hitmenhockey.com/teddy-bear-toss](http://hitmenhockey.com/teddy-bear-toss).

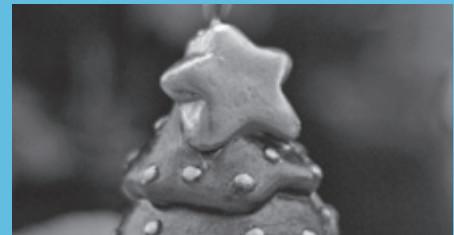
## **THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23**

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: [lunchboxtheatre.com/the-santaland-diaries/](http://lunchboxtheatre.com/the-santaland-diaries/)



## **TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5**

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2>.



## **A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17**

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: [artstarcreations.net/category/news/](http://artstarcreations.net/category/news/).



DECEMBER DECEMBER DECEMBER





Calgary Nose Hill  
**Hon. Michelle Rempel, MP**  
 201-1318 Centre Street NE, Calgary,  
 AB, T2E 2R7  
 ☎ 403-216-7777  
 ✉ michelle.rempel@parl.gc.ca  
 🌐 www.michellerempel.ca

Small businesses are vital to the Canadian economy. Business owners work hard and have often sacrificed a great deal in order to become successful. That is why I am deeply concerned about the small business tax increases that the Federal Government has proposed. Any changes to Canada's tax system must ensure that small businesses are given every opportunity to grow, create good paying jobs, and contribute to our economy. With those principles in mind, I have supported legislation in the past, and will continue to support legislation in the future, that lowers taxes for small and medium-sized businesses, reduces government red tape, and allows entrepreneurs to create jobs.

The formal consultation on the Federal Government's proposals closed on October 02, 2017 but, if you would like to learn more about the proposed changes please visit my website [www.MichelleRempel.ca](http://www.MichelleRempel.ca).

In order to hear directly from those in our community on this issue I held a Town Hall Meeting at the end of September that was attended by over 300 individuals. Due to the short notice of the event I was unable to advertise the meeting via billboard signs and apologize if you were not aware of the event. The overwhelming majority of the individuals who attended, and who have contacted me through my office, are opposed to the proposed changes.

Now that the consultation period has closed the debate shifts to Parliament. Please continue to send me your feedback and suggestions on this topic as we debate these changes.

I have also sponsored an online petition which you can access via: [www.e1239.ca](http://www.e1239.ca)

Thank you to those who have contacted me on this issue already. I will continue to bring the voices of small business owners in our community forward as the debate proceeds.



## North Haven Real Estate Update

### Last 12 Months North Haven

### MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$534,000	\$515,000
August 2017	\$495,000	\$485,000
July 2017	\$559,800	\$554,000
June 2017	\$535,000	\$522,000
May 2017	\$494,900	\$468,750
April 2017	\$422,400	\$434,750
March 2017	\$509,950	\$500,000
February 2017	\$498,500	\$488,750
January 2017	\$429,000	\$400,000
December 2016	\$475,000	\$480,000
November 2016	\$424,900	\$425,500
October 2016	\$474,900	\$465,500

## Last 12 Months North Haven

### MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2017	8	3
August 2017	4	3
July 2017	3	1
June 2017	3	5
May 2017	6	4
April 2017	6	4
March 2017	5	4
February 2017	4	6
January 2017	5	1
December 2016	1	5
November 2016	5	2
October 2016	2	2

To view more detailed information that comprise the above MLS averages please visit [north\\_haven.great-news.ca](http://north_haven.great-news.ca)

RBC Dominion Securities Inc.

## QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

Member Advisory Group of RBC Dominion Securities



**Michael Murray, MSc, CMA, CFP**

Investment Advisor

403-208-9555

[michael.murray@rbc.com](mailto:michael.murray@rbc.com)

If asset volatility is making you second-guess your investment strategy, contact me today for a no-obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

[www.rbc.com/wealth](http://www.rbc.com/wealth)



McWealth Management  
Dominion Securities

There's Wealth In Our Approach.™



# THORNCLIFFE FAMILY DENTAL

403.274.7033

Family Dental Centre  
Thorncliffe – Greenview – North Haven

Direct Insurance Billing  
Evenings & Saturdays Available

**Dr. Muoi Leong**  
**Dr. James Peng**  
*General Dentists*

Preventative Hygiene Program  
Wisdom Teeth Extraction  
Sedation Dentistry • Invisaligns  
Children's Dentistry • Emergencies

#4, 5602 – 4 St NW

Next to Shoppers Drug Mart

[www.thorncliffefamilydental.com](http://www.thorncliffefamilydental.com)



All services are provided by general dentists.

# Hoffman INSTITUTE

"The Hoffman Process helped me enormously.  
It was pivotal, enlightening and life-changing"

*W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate*

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Make peace with your past  
Release from negative behaviors  
Emotionally heal and forgive  
Discover your authentic self

Email [shift@hoffmaninstitute.ca](mailto:shift@hoffmaninstitute.ca) to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.

shift



**Dale Green | #1 Office Realtor since 2000**



## Condo Inventory

Oakwood - Inside Corner Unit - 2 Bed, 2 Bath - **\$390,000**

Oakwood - South Mountain View - 2 Bed, 2 Bath - **\$319,000**

Oakwood - Courtyard View - 2 Bed, 2 Bath - **\$275,000**

Sandwich Ridge - Plus Den - 1 Bed, 1 Bath - **\$185,000**

Louisa Mansart Royal - Convent - 1 Bed, 1 Bath - **\$319,000**

Century  
21  
POWERREALTY.CA

dale@dalegreen.com  
403-608-1410

## Bag to Earth® Food Waste Bags



Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag is made entirely of renewable and sustainable resources
- Features Unique Leak-Resistant Cellulose Lining.. it's "clear paper" - not plastic
- Tough.. **No need to double-bag as with other bag products**
- Environmentally Friendly.. **and completely compostable**
- Certified Compostable.. **Meets BPI/ASTM industry standards**
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandise, Pharmacy and Home Improvement stores in the Calgary Area. **Made in Canada** 🍁

Visit [www.bagtoearth.com](http://www.bagtoearth.com)

for more product information & how to purchase

