

DECEMBER 2023

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NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER

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North Glenmore Park
Community Association

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@ngpca_yyc

A Tiny Gift

University nanotechnologists created the smallest Christmas card ever in 2010! Unbelievably, this card is invisible to the human eye as it is thinner than a human hair. You could lay out 8,276 of these cards onto the front of a postage stamp. It may be the perfect little thing to give that person you just never know what to buy for!



Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



Guapo, Douglas Glen



Jeni, Patterson



Molly, Renfrew

To have your pet featured, email news@mycalgary.com

NORTH GLENMORE PARK COMMUNITY ASSOCIATION

2231 Longridge Drive SW Calgary, Alberta T3E 5N5 • Ph: 403-246-4243

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Community Redevelopment News

Visit www.ngpca.ca/current-applications for updates and a list of all development applications. The website includes instructions on how to comment on proposed developments.

Send Us Your Photos



We're always looking for photos to feature on the cover of the newsletter. Pictures can highlight North Glenmore Park's natural beauty, or residents enjoying their favourite activities within the community. Please send your high-resolution photos

in jpeg format to generalmanager@ngpca.ca.

CHURCHES IN AND AROUND NORTH GLENMORE PARK

St. James Catholic Parish

Pastor: Fr. Eligio "Eli" Canete

5504 20 Street SW

Weekday Mass: Tuesday through Friday at 9:00 am

First Saturday of the Month: 9:00 am

Weekend Mass: Saturday 5:00 pm, Sunday 10:00 am and 12:00 pm

Lakeview United Church

Minister: Joep Langejans

3023 63 Ave SW

Sunday Services: 10:00 am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon

5336 Lakeview Drive SW

Sunday Services: 9:30 am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold

Rector: Rev. Dr. Jane Rowland

5940 Lakeview Dr SW

Sunday Services: 10:00 am

Rainbow Christian Church

Pastor: Yi Zheng

5336 Lakeview Dr SW

Sunday Services: Chinese Sunday Service: 11:15 am

English Service: 9:30 am

First Church of the Nazarene

Pastor: Rev. Trent McDowell

65 Richard Way SW

Sunday Service: 10:00 am

Free Reformed Church of Calgary

Pastor: Chris Mourik

2419 - 54 Avenue, SW

Sunday Service: 9:30 am and 4:00 pm

NORTH GLENMORE PARK SCHOOLS

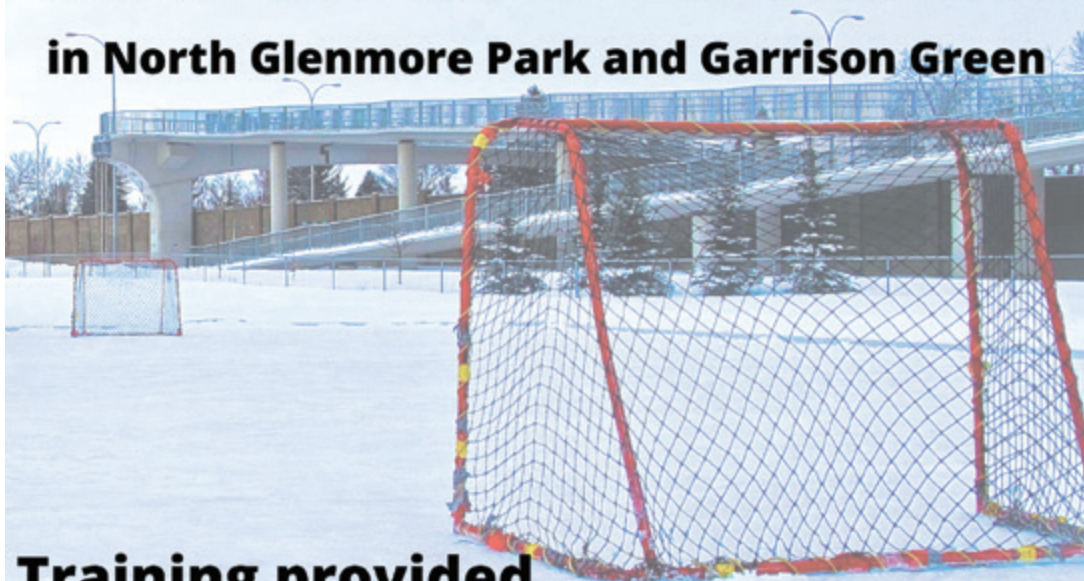
Schools in and around

North Glenmore Park include

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career and Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Ecole Sainte-Marguerite Bourgeoys
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary and Junior High (CCSD)

Volunteers needed for outdoor ice rinks

in North Glenmore Park and Garrison Green



**Training provided.
Flexible scheduling.**

**Contact:
403-246-4243
admin@ngpca.ca**



Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.



Functional Fitness

Try a class for free!

Mondays and Thursdays at 10:30 am.
Winter session runs January 8 to April 11.
New participants always welcome.

To register: call 403-246-4243, email admin@ngpca.ca or visit www.ngpca.ca



MEMBER BENEFITS



Please consider buying a community association membership, a cost-effective way to support your community. Benefits include:

- Free Friday morning drop-in playgroup for kids aged 0 to 5 and their caregivers. Watch for updates.
- Access to our babysitter and/or show shoveling registries. Join if you are in need of help or looking for work.
- Free drop-in gym time with access to the equipment room on Friday afternoons from 3:30 to 6:00 pm (call ahead for availability other times of the week).
- Free family skating at Flames Community Arenas (Sunday afternoons between October and February).
- Discounted programs such as FUNctional fitness for adults.
- Access to summer day camps for kids aged 6 to 12 years.
- Access to Lakeview Bridge Club. Members can join the Wednesday afternoon bridge club at no cost.
- Discounted birthday parties including two hours of gym time and a bouncy castle.
- Discounted gym and room rentals at the community association facility.
- A community advocate for development and civic affairs, and a vote at the community association's annual general meeting.

To purchase a community membership, visit www.ngpca.ca or complete and return the form found in this publication.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**NORTH GLENMORE
PARK**



**GARRISON
GREEN**



MP Calgary Centre

Greg McLean

445 – 1414 8 Street SW

Calgary, AB T2R 1J6

☎ 403-244-1880 📠 403-245-3468

✉ greg.mclean@parl.gc.ca

As the world becomes less secure, with regional conflicts flaring in many parts of the world, we need to remind ourselves of the importance of National Defence. It's an essential service of our government that frequently gets overshadowed by more politically attractive issues. The risks of under-delivering on this service is a hazard, and a risk that will only be clear in retrospect. Yet, the current scenario reveals an alarming picture; our Canadian Armed Forces face a 16,000 personnel shortfall, coupled with a cumbersome procurement system and significant underfunding. This is merely the surface of issues facing the forces.

Protecting our Arctic region is of utmost importance. It is rich in untapped resources and has emerged as a focal point of interest from numerous foreign parties. Events like Russia's invasion of Ukraine have heightened concerns about the vulnerabilities of this strategic region. Presently, the defence infrastructure in the Arctic oscillates between being outdated and entirely non-existent, emphasizing the area's exposure. It is an expensive environment in which to operate, but our presence there is paramount to enforcing our sovereignty.

Another layer of complexity is our substantial reliance on the United States for our defence needs. Should Americans gravitate towards more self-interest, our mutual priorities may diverge. While it is not feasible to advocate for a completely independent defence policy, Canada must bolster its armed forces to act autonomously in some matters, including taking the funding of our defence partnerships like NATO and NORAD seriously. Consider peacekeeping where we were once pioneers, but now our contributions pale in comparison. Simply put, our Armed Forces do not have the essential resources to fulfil their fundamental role of defending our own territory – let alone create a significant impact internationally. For the sake of our brave and committed armed forces personnel, and the proud history they uphold on our behalf, this needs to change.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in parliament on my website, Greg.McLean.mp.ca.

Sincerely,
Greg McLean



NORTH GLENMORE PARK COMMUNITY ASSOCIATION

Or visit www.ngpca.ca/membership to purchase or renew online.

Name(s): _____
(Please include full names of both partners, if applicable)

Address: _____

Postal Code: _____ Phone Number: _____

E-mail: _____

I'd like to receive e-mails regarding community news, events & programs: ☐ Yes ☐ No

Your personal information will be used for North Glenmore Park Community Association purposes only.

Yes, I would consider volunteering my time, interest, or experience in the areas of....

- ☐ Casino / Fundraising ☐ Special Events
- ☐ Membership ☐ Other: _____

Membership Fees:

Family: Includes up to two adults and their children living in the same household and residing in North Glenmore Park, Garrison Green, or Lakeview.

FEE = \$25 \$ _____

Senior: Includes up to two adults over the age of 65 living in the same household.

FEE = \$10 \$ _____

Associate: Includes up to two adults and their children living in the same household outside of North Glenmore Park, Garrison Green, or Lakeview.

FEE = \$35 \$ _____

Additional donation: A tax receipt will be provided. Any size donation is appreciated and will be directed to community association programs and operations.

\$ _____

Payment:

In person: With cash, cheque, debit, Visa, or Mastercard

By mail:

- ☐ I have enclosed a cheque
- ☐ Please call me to process my credit card (Visa or Mastercard)

Form can be mailed to: 2231 Longridge Dr. SW Calgary, AB T3E 5N5
or emailed to: admin@ngpca.ca

To purchase online, please visit www.ngpca.ca/membership or scan the QR code.



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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.

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A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor.

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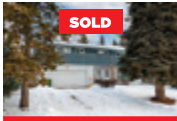
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Lakeview
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SOLD
2740 Lionel Crescent SW
Lakeview
List Price \$1,155,500



SOLD
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Lakeview
List Price \$1,520,000

LAKEVIEW OCTOBER 2023 STATISTICS



NORTH GLENMORE PARK OCTOBER 2023 STATISTICS



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