

FEBRUARY 2023

DELIVERED MONTHLY TO 2,210 HOUSEHOLDS

# NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER

## VOLUNTEERS NEEDED FOR FUNDRAISING CASINO

MARCH 20 AND 21

SEE INSIDE



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# Summer Day Camps



**We're pleased to offer 8 weeks of  
full-day camps again this summer!**

**For details and registration  
visit [www.ngpca.ca](http://www.ngpca.ca)**

## SAFE & SOUND

### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

#### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

#### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

#### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



## NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

### BOARD OF DIRECTORS

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## Community Redevelopment News

Visit [www.ngpca.ca/current-applications](http://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.

## On the Cover

Thank you to Jennifer Waters for this month's cover image, a painted view from the Rockyview General Hospital looking west.

We're always looking for photos or artwork of North Glenmore Park and Garrison Green to feature on our newsletter covers. Submissions can be emailed to [generalmanager@ngpca.ca](mailto: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: Bryan Roller  
65 Richard Way SW  
Sunday Services: 10:45 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)

# **FUNCTIONAL FITNESS**

**Mondays, Thursdays: 10:30am**  
**Fridays: 10:00am**

Join any time. Registration rates will be pro-rated.

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### Community Redevelopment

As development in North Glenmore Park continues to evolve, the community association is receiving more inquiries about potential redevelopment projects. North Glenmore Park Community Association is committed to supporting area redevelopment that complements the existing community, works within the infrastructure, and supports the quality of life that residents wish to uphold.

**Best way to keep apprised of development applications:** For the most up-to-date information on any development application, visit <https://dmap.calgary.ca> and input the address or development permit number. You will then have access to the application details and status, along with contact information for the City of Calgary file manager. This is your best source for current information on specific proposed projects. Additionally, current North Glenmore Park area redevelopment applications are listed on the community association website at <https://npgca.ca/area-redevelopment>, and on our Facebook page under North Glenmore Park Community Association. Due to publishing deadlines, we are unable to provide a list of development applications in this publication.

**Role of the Community Planning and Area Redevelopment Committee (PARC):** The community association's Planning and Area Redevelopment Committee (known as PARC) has no formal jurisdiction or authority in planning matters. Rather than rejecting or approving applications, the committee's role is to provide advice, background information, and community context.

**How the Redevelopment Committee Helps Community Members with Development Issues:** The Planning and Redevelopment Committee (PARC) helps community members advocate for themselves for development that fulfills the vision described in the North Glenmore Park Community Association's Planning Guide but has no jurisdiction over planning decisions. The committee can provide information on developments, advice on how to navigate the planning process, and can advise individual community members on how to engage in the process directly regardless of their views. However, realizing that residents have a variety of viewpoints, the community association maintains a neutral view on development except in special circumstances. Occasionally, the committee hosts an open house for residents to give input and discuss a particular proposed project.

Please consider purchasing or renewing a community membership to add your voice to the vision of North Glenmore Park. Visit [www.ngpca.ca](http://www.ngpca.ca) or submit the form found in this newsletter.

**SCAN HERE**



**To View Additional North Glenmore Park Content**

**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 Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association 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.

## Wednesday Afternoon Bridge Club



**Wednesdays at 1:00pm**

**New players welcome.**  
Play for free with a \$10 annual membership.



**2231 Longridge Dr. SW**

[www.ngpca.ca](http://www.ngpca.ca)  
[admin@ngpca.ca](mailto:admin@ngpca.ca)  
403-246-4243



# NORTH GLENMORE PARK COMMUNITY ASSOCIATION

Or visit [www.ngpca.ca/membership](http://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](mailto:admin@ngpca.ca)

To purchase online, please visit [www.ngpca.ca/membership](http://www.ngpca.ca/membership) or scan the QR code.



SCAN ME



## SUNDAY BRUNCHES, VALENTINE'S DAY TEAS, A NEW EXHIBIT, AND SO MUCH MORE...

Create lasting memories at Canada's largest living history museum. From Sunday Brunches and Valentine's Day Teas, to the grand opening of a Chinatown exhibit in Gasoline Alley Museum, there's something for everyone to enjoy this winter season! Your Annual Membership is the key to a full year of memorable experiences.

### 15% OFF GIFT SHOP PURCHASE!

Valid until Mar. 1, 2023. Must be presented at time of purchase. Excludes ice cream and sale items. Cannot be combined with any other offer. No cash value. [heritagepark.ca](http://heritagepark.ca)



Check out all the upcoming events and activities at [heritagepark.ca](http://heritagepark.ca)

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## Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!





## MEMBER BENEFITS

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

- **Free drop-in playgroup** for kids aged 0 to 5 and their caregivers. Watch for updates.
- **Join our babysitter and/or snow shoveling registries** if you are in need of help or looking for work.
- **Free drop-in gym time on Friday afternoons** from 3:30 to 6:00 pm (call ahead for availability during other times of the week).
- **Free family skating** at Flames Community Arenas (Sunday afternoons between October and February).
- **Access to drop-in pickleball.** For updates, go to [www.ngpca.ca](http://www.ngpca.ca) to add your name to the mail list.
- **Discounted programs** such as FUNctional fitness for adults.
- **Access to summer day camps** for kids aged 6 to 12 years.
- **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](http://www.ngpca.ca).

**Follow us on social media for community news and updates!**

Facebook



North Glenmore Park  
Community Association

Instagram



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# BUSINESS CLASSIFIEDS

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**NORTH GLENMORE PARK MORTGAGE BROKER: SAVE A BUNCH OF CASH!** As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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.



## The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!

# **VOLUNTEERS NEEDED**

## **Casino Fundraiser**

Monday, March 20th and  
Tuesday, March 21st  
at Deerfoot Inn & Casino

**For details  
or to sign up:**  
[www.ngpca.ca](http://www.ngpca.ca)  
403-246-4243





Please allow us to introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

*Friendships  
Social Events  
Picnics  
Role Models  
Companionship  
Coffee &  
Cookies  
Movie Nights  
Connecting  
with Youth  
Making a  
Difference  
Being Proud  
Celebrations*





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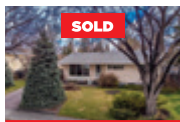


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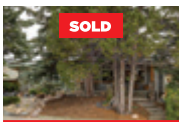
lakeviewnorthglenmore.com/marketreport

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## MY COMMUNITY SALES IN 2022



**SOLD**  
6312 Lynch Crescent SW  
Lakeview / List Price \$905,000



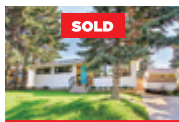
**SOLD**  
6232 Longmoor Way SW  
Lakeview / List Price \$675,000  
REPRESENTED BUYER



**SOLD**  
6701 LARCH Court SW  
Lakeview / List Price \$995,000  
REPRESENTED BUYER



**SOLD**  
3619 Logan Crescent SW  
Lakeview / List Price \$651,000  
REPRESENTED BUYER



**SOLD**  
5612 Ladbrooke Drive SW  
Lakeview / List Price \$606,000



**SOLD**  
2906 Lathom Crescent SW  
Lakeview / List Price \$1,900,000



**SOLD**  
5820 Londonderry Crescent SW  
Lakeview / List Price \$745,000  
REPRESENTED BUYER



**SOLD**  
6312 Lynch Crescent SW  
Lakeview / List Price \$855,000  
REPRESENTED BUYER



**SOLD**  
2040 56 Avenue SW  
N.Glenmore / List Price \$780,000  
REPRESENTED BUYER



**SOLD**  
3131 63 Avenue SW #515  
Lakeview / List Price \$325,500  
REPRESENTED BUYER



**SOLD**  
2808 Lionel Crescent SW  
Lakeview / List Price \$800,000  
REPRESENTED BUYER



**SOLD**  
3105 Leduc Crescent SW  
Lakeview / List Price \$640,000



**SOLD**  
6443 Laurentian Way SW  
N.Glenmore / List Price \$2,275,000



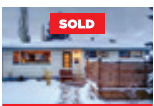
**SOLD**  
6107 Lloyd Crescent SW  
Lakeview / List Price \$1,060,000



**SOLD**  
6432 Lombardy Crescent SW  
N.Glenmore / List Price \$1,987,500



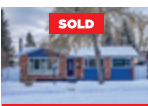
**SOLD**  
2811 63 Avenue SW  
Lakeview / List Price \$652,000



**SOLD**  
2228 Langrville Drive SW  
N.Glenmore / List Price \$585,000



**SOLD**  
5415 Lakeview Drive SW  
Lakeview / List Price \$620,000



**SOLD**  
2203 Lincoln Drive SW  
N.Glenmore / List Price \$850,000

### LAKEVIEW DECEMBER 2022 STATISTICS



### NORTH GLENMORE PARK DECEMBER 2022 STATISTICS



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