

DECEMBER 2024

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NORTH GLENMORE PARK

CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER



LOOK BACK AT 2024
SEE INSIDE



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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.

Follow us on social media for community news and updates!

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North Glenmore Park
Community Association

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CHURCHES IN AND AROUND NORTH GLENMORE PARK

St. James Catholic Church

Pastor: Fr. Domingo Bongalos

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

Weekday Mass: Tuesday through Friday at 9:00 am

First Saturday of the Month: 9:00 am

Lakeview United Church

Minister: Jope Langejans

Sunday Services: 10:00 am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon

Sunday Services: 9:30 am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold

Rector: Rev. Dr. Jane Rowland

Sunday Services: 10:00 am

Rainbow Christian Church

Pastor: Yi Zheng

Sunday Services: Chinese Sunday Service: 11:15 am

English Service: 9:30 am

First Church of the Nazarene

Pastor: Rev. Trent McDowell

Sunday Service: 10:00 am

Free Reformed Church of Calgary

Pastor: Chris Mourik

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)

#HealthyTechnologyUse

by Community Health Promotion Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.



Bridge Club

Wednesday afternoons
12:00pm

Join with \$10 annual community membership



403-246-4243
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2231 Longridge Dr. SW



open gym

free with membership or \$2 drop-in

Fridays
3:30-6:00pm

2231 Longridge Dr. SW
www.ngpca.ca





by Lisa Burton

As I reflect on 2024, there were many highlights at the community association:

Dedicated Volunteers: Whether you served on the board of directors, joined a committee, helped build and maintain one of our outdoor rinks, or worked at our fundraising casino or a special event – thank you! I hope you had fun and met some of your neighbours. Volunteers really do help ensure North Glenmore Park and Garrison Green continue to be great places to live.

Engaged Residents: I'd like to extend a heartfelt thank you to residents who support the community association by purchasing memberships, registering in programs, and attending events. This participation fosters a healthy and engaged community.

Popular Programs: The community association is pleased to run FUNctional Fitness, Open Gym, and to host the Lakeview Bridge Club. Although we were unable to run summer day camps in 2024, we look forward to camps returning next summer (stay tuned for registration details in the new year).

Well-Attended Events: Thanks to everyone who attended the community association's Holiday Craft Market and Kids' Party, the outdoor showing of Jumanji, Neighbour Day food trucks and games, Community Recycling Day, and the Annual General Meeting.

Generous Sponsors: Our special events over the past year were enhanced by the generous support of community sponsors including Lakeview IGA, Lakeview Dairy Queen, and Fresh Air Cinema. Thanks to our sponsors for their generous contributions. Please consider supporting these businesses.

A Completed Renovation: A major project over the past year was the gymnasium building envelope upgrade. This major improvement will keep the gym warmer in the winter, cooler in the summer, and should drastically decrease our electrical bills. Recommended by the City of Calgary as part of the lifecycle plan for the community centre, completion of this project required a significant effort to secure funding and coordinate the project. We were fortunate to receive significant

municipal and provincial funding. The renovation was completed on time and on budget.

A Vibrant Community Centre: The community association building has never been busier. We're grateful for all the cultural, sporting, and school groups that use our building. Not only does the rental revenue help to pay our operational expenses, but these groups contribute to the vibrancy of our community.

Friendly, Dedicated Staff: We are so fortunate to have a team of amazing staff at the community association, led by General Manager Leah Wilson, and supported by Administrator Renee Desroches. These wonderful folks literally keep the lights on and the doors open for our numerous programs and rental groups, in addition to ensuring a clean, safe, inviting, and welcoming space for all users.

Thanks to all the community association staff, volunteers, members, and sponsors for making 2024 such a successful year! Wishing you a safe and happy holiday season.

On the Cover

This month's cover photo of a winter scene in North Glenmore Park was taken by Mel De Cook several years ago.

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.

Eye Matey!

It is common for media to portray pirates wearing eye patches, but it is likely not for the reasons you think! Eye patches were used to keep one eye adjusted to low light conditions so when the pirate went below deck, they could immediately see by swapping the eye patch to the other eye. What a bright eye-dea!

Calgary's Christmas Markets

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

From malls to promenades to markets, there's plenty of heritage tied to Calgary's history as a bustling commercial city and trading centre.

Christmas markets date back to medieval Europe, with the first in Vienna in 1296. Early markets were not explicitly for Christmas, they were opportunities to gather provisions before winter. By 1310 in Munich, crafts, confectionaries, and roasted chestnuts were on sale at a Saint Nicholas market. As the tradition spread across German-speaking regions, markets became stylized as "Christkindlesmarkt".

Today the winter and Christmas season is marked by annual markets all around Calgary. Two are especially interesting for their heritage aspects. First up is Heritage Park's Once Upon A Christmas, complete with carol singing and wagon rides.

Heritage Park Historical Village opened in 1964 with the goal of connecting people to history and preserving our culture and heritage. It's a living museum spanning the history of the West from Indigenous cultures and the 1860s fur trade to the 1960s.

Many Calgary and area heritage buildings were relocated here, including Banff's NWMP Barracks and Bruderheim Windmill. While it's preferable to retain heritage buildings at their original locations to best interpret local history, relocation is sometimes the only option to preserve a structure. And then there are reconstructions, like the Wainwright Hotel.

At Gasoline Alley Museum, there's a public collection of antique vehicles and artifacts. You can also experience 19th-century travel either by steam train or lake paddle steamer.

Another market happens at Spruce Meadows. Its International Christmas Market began in 2001, following cities worldwide in a revival of markets in the 1990s. The location is a premier international horse sports venue. It was opened in 1975 by the Southern family, who sought a down-to-earth atmosphere for the sport.

The facility hosts equestrian show jumping and breeds and trains Hanoverian horses. In 2019, it became the home of Cavalry FC, Calgary's Premier League soccer team.

Let's not forget the markets held all around Calgary. Check out your neighbourhood's event information for one near you.

And stay tuned in 2025 for a special series of articles for Calgary's 150th anniversary year.

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"Wainwright Hotel, Wainwright, Alberta.", [ca. 1911-1912], (CU1126598) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. The hotel burned down in 1929. A reconstruction is in Heritage Park, Calgary, Alberta. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FJKK33?WS=SearchResults>.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJNK83?WS=SearchResults>. "First Nations parading on 7th Avenue at the Santa Claus parade, Calgary, Alberta.", 1931, (CU1107062) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First Nations parading on 7 Avenue, Calgary, Alberta. At the Santa Claus parade. Courthouses and land titles building to rear.



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Amy Millar for Canada at Spruce Meadows, photo by daveblogs007, 2016 (This image is licensed under the Creative Commons Attribution 2.0 Generic license). [https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_\(2897354363\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(2897354363).jpg).



NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

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(Please include full names of both partners, if applicable)

Address: _____

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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.

\$ _____

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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.
- 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 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.



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BRAIN GAMES

SUDOKU

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

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**NORTH GLENMORE
PARK**



**GARRISON
GREEN**



A CHRISTMAS CAROL

The first edition of the Christmas classic *A Christmas Carol*, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- 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;
- Call 9-1-1 or seek further medical attention as required.

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. Call 9-1-1. 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.



**MLA Calgary-Elbow
Samir Kayande**

205 – 5005 Elbow Drive SW T2S 2T6
📞 403-252-0346
✉️ calgary.elbow@assembly.ab.ca

Seasons Greetings Neighbours!

For many of us, December is one of the happiest times of the year. It's a time to gather with friends and family and celebrate the holidays. It's also perhaps the one month of the year where Calgarians are excited about receiving a snowfall.

For others though, the holidays can serve as a stark reminder of the financial pressures of daily life. Where the costs of food and housing supersede the giving of gifts. With the affordability crisis that the province is going through right now, those pressures can feel even more overwhelming.

Yet despite these grim economic forecasts, Calgary remains one of the wealthiest cities in Canada and to my mind, one of the most generous. Which is why I encourage anyone with the means to contribute in any way that they can. Whether it's a donation to a local charity or volunteering at your local shelter, your contribution can help make the holidays a little more joyous for those in need. And to paraphrase a famous, "covetous, old sinner" -formerly- "Honour the holidays in your heart and try to keep it all the year."

With that, I want to wish everyone very happy holidays!

Sincerely,

Samir

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. My door is always open.



**MP Calgary Centre
Greg McLean**

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✉️ greg.mclean@parl.gc.ca

The festive season is almost upon us, and I hope you enjoy the time with your family and friends.

Modern societies create silos of knowledge and perspectives, but democratic processes should combine these to achieve better outcomes, acknowledging necessary trade-offs. Above all, our democracy must not be compromised for any narrative. If everything else fails, the foundation of our self-governance must endure.

As the Liberal government enters its final year, many Canadians recognize their divisive messaging. Our role as His Majesty's Loyal Opposition is to hold the government accountable, respecting parliamentary rules and the supremacy of Parliament. Executive authority and judicial speculation do not override Parliament's responsibilities. We have lost much in governance over the past decade, and we must not let democratic norms be the next casualty.

My Conservative colleagues and I will uphold these norms, even if it is a lonely effort. In this final year of Parliament, the government will continue to try and shift the narrative to gain voter support. After all, 'tis their final season to do so. We must remain aware of these efforts and ensure manufactured divisions do not lead to a more fractured nation.

As we approach the holiday season, let us reflect on the values that unite us as a nation. Despite our differences, we share a common goal of creating a better future for our children and grandchildren. Our democratic governance is one of the core building blocks from which we have grown a great society. Let's ensure we keep that cornerstone.

Warmest wishes for the holidays to you and your loved ones. May this season bring you joy, peace, and a renewed sense of hope for the future.

Greg McLean, MP



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Word of the Month

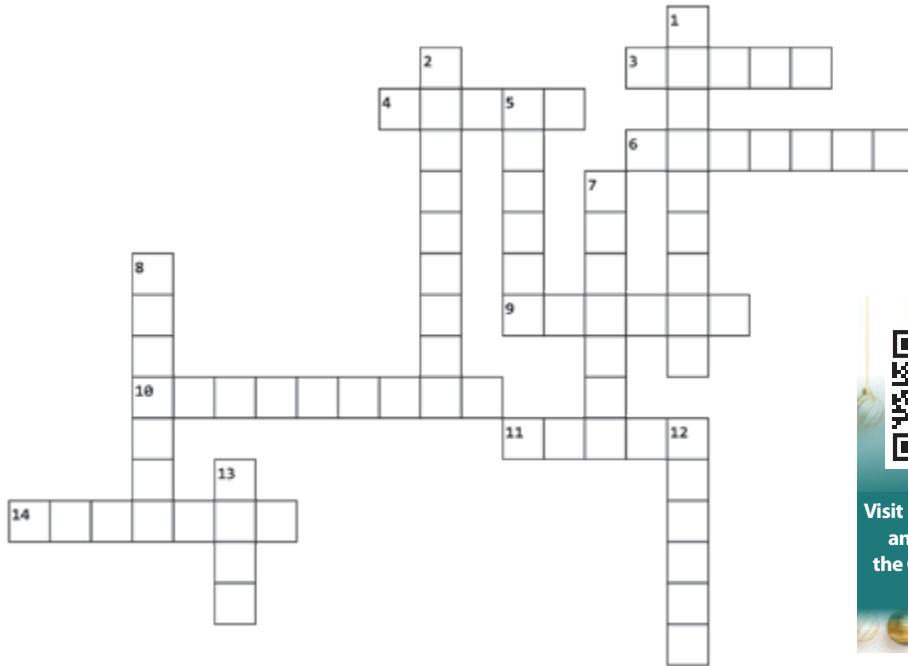


Absquatulate: Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.

The sneaky cat managed to absquatulate any time the door was open.

December Crossword



Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.

ONCE UPON A CHRISTMAS

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LAKEVIEW OCTOBER 2024 STATISTICS



NORTH GLENMORE PARK OCTOBER 2024 STATISTICS



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COMMON COSTLY MISTAKES**

**RANKED #1 AGENT IN
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