

FEBRUARY 2024

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NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER



**THANKS TO OUR
RINK VOLUNTEERS!**

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Bridge Club

Wednesday afternoons

12:00pm

Join with \$10 annual community membership



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On the Cover

Thanks to our rink volunteers for all their hard work this skating season! The cover photo shows Clayton, Gavin, and Anton ensuring the ice was great for community members. We appreciate all their volunteer hours!



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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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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!

Facebook



North Glenmore Park
Community Association

Instagram



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CHURCHES IN AND AROUND NORTH GLENMORE PARK

St. James Catholic Parish

Pastor: Fr. Eligio "Eli" Canete
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: 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)

February is Heart Month

by Alberta Health Services



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.



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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.



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 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.



Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

YOUR CITY OF CALGARY

Help Reduce Single-Use Items Waste

by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.



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CONTACT US



Thank you, Ice Rink Volunteers!

Thanks to our ice rink volunteers who created and maintained ice rinks in Garrison Green's Buffalo Park and next to the North Glenmore Park Community Association building. These rinks were popular with neighbours all season long!

CRIME STATISTICS

North Glenmore Park Crime Activity was Down in December 2023

The North Glenmore Park community experienced 3 crimes in December 2023, in comparison to 8 crimes the previous month, and 7 crimes in December one year ago. North Glenmore Park experiences an average of 3.4 crimes per month. On an annual basis, North Glenmore Park experienced a total of 41 crimes as of December 2023, which is down 40% in comparison to 68 crimes as of December 2022. To review the full North Glenmore Park Crime report visit ngpk.mycalgary.com.

How To Report Crime In North Glenmore Park: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



BRAIN GAMES SUDOKU

8			5		1			9
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		3	1		6			
7			3		5			2

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LAKEVIEW DECEMBER 2023 STATISTICS



NORTH GLENMORE PARK DECEMBER 2023 STATISTICS



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