

JULY 2024

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NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER



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AUGUST 14 AND 15
DETAILS INSIDE**



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- A** **Arms**
can you raise both?
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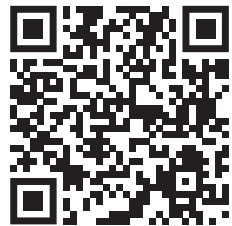
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**NORTH GLENMORE
PARK**



**GARRISON
GREEN**



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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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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)



Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Happy July!

CPKC Women's Open at Earl Grey Golf Club: As you may know, the City of Calgary will play host to the CPKC Women's Open at Earl Grey Golf Club (situated in the southeast corner of our community association boundaries) from July 22 to 28. Golf Canada is working in partnership with the City of Calgary to ensure a safe and successful event. We have been assured that waste collection and public transit in our community will not be impacted during the tournament. Spectator and volunteer parking for the event will be located at Mount Royal University with no parking permitted in the North Glenmore Park neighbourhood south of Glenmore Trail. City of Calgary bylaw enforcement will be enforcing parking restrictions during the tournament. For more information and updates, please visit www.cpkcwomensopen.com/community-info.

Community Association Fundraiser Casino: The community association's most important fundraiser is scheduled for Wednesday, August 14 and Thursday, August 15. We need many volunteers to make this event a success! The event will be held at Deerfoot Inn & Casino. Daytime and evening shifts are available, and we can provide transportation if needed. You'll get a free meal and snacks, and the opportunity to meet your neighbours. If you can help, please use the QR code to sign up for a shift or contact the community association office at 403-246-4243 or generalmanager@ngpca.ca. Thanks for considering this volunteer opportunity.

Wishing you a safe and happy summer!

Lisa Burton

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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.
- 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.



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CRIME STATISTICS

North Glenmore Park Crime Activity was Up in May 2024

The North Glenmore Park community experienced 1 crime in May 2024, in comparison to 0 crimes the previous month, and 5 crimes in May one year ago. North Glenmore Park experiences an average of 2.5 crimes per month. On an annual basis, North Glenmore Park experienced a total of 30 crimes as of May 2024, which is down 39% in comparison to 49 crimes as of May 2023. 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.

VOLUNTEERS NEEDED

Casino Fundraiser

Wednesday, August 14th and
Thursday, August 15th
at Deerfoot Inn & Casino

For details and to sign up visit:

www.ngpca.ca

Or scan the QR code



The Many Faces of Canada

by Danielle Robbartz

"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent." – Tommy Douglas



July 1, 1867, marks the day the British North America Act was decreed which set the way for the celebration of Canada Day. As an immigrant of Canada, it is always such a delight to see the diversity in culture, race, religion, and ethnicity being celebrated. I understand, as with any country, there is always room for improvement in establishing a truly democrat, equal society. However, I feel Canada is often a leader in this regard and an exemplary example of equity, diversity, and national pride.

Canada is not represented by only one face but by many. It is important to honour those who first called Canada home. The First Nations, Métis, and Inuit peoples have overcome significant adversity to shape the foundation of this beautiful country. Never giving up, they continue to impart their important cultural contributions all over the nation.

Canada is one of the most welcoming nations, with over 8 million immigrants according to 2021 statistics. This means that nearly one-quarter of Canada's population consists of immigrants or former immigrants (who have now obtained citizenship). Immigrants help shape the diverse fabric of Canada, contributing positively to its multiculturalism and fostering a culture of acceptance for all people.

Canadian citizens cannot be defined by just one race, ethnicity, or culture and this is something I find so fascinating and which I hope others do too. Throughout the year, there are so many festivals and gatherings that celebrate the diversity of Canada, and I know this will be no different on July 1.

Happy Canada Day to everyone who calls this wonderful jewel of a country home.

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How to Grieve the Loss of a Pet

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

Cannabis and Youth

by Alberta Health Services

Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is it the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask



questions and try to understand why they want to use and what they know about the substance.

- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modelling and applying the same expectations for yourself will support maintaining consistency.

References:

- Protecting children and adolescents against the risks of vaping | Canadian Paediatric Society (cps.ca).
- How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction (drugfree.org).
- Mental Health Literacy. (2024). Cannabis. Retrieved March 21, 2024, from, Cannabis - Mental Health Literacy.

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Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

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After several months where many of my weeks have been spent in Ottawa, I am thrilled to be back in Calgary Centre full time to kick off summer with the collection of events that take place in and around the riding.

Late spring and early summer are always an exciting time as the graduating classes of 2024 get set to celebrate one of life's early accomplishments. Let me join proud parents in congratulating all the high school graduates on this achievement and wishing them well as they journey off to pursue further education, a trade, or whatever else life may have in store for them.

Naturally, July in Calgary means Stampede time and I am excited to get out to the many events to meet with constituents. Feedback from constituents is such an important part of my job in ensuring that the people of Calgary Centre receive the best representation possible.

It is an interesting time to be a member of the Opposition in federal politics, as I hear from more and more people not just in Calgary Centre, but all across Canada, that they have seen enough mismanagement from the current government and are anxious for a change. Canadians are feeling the pain in their day to day lives, in so many ways.

My office will be open all summer serving you, so please do not hesitate to contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880. Also, keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

Word of the Month

Tintinnabulation: noun (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

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ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish's brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!



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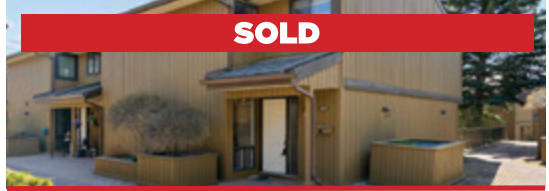
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SOLD



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Lot only - rendering is for the City approved plans that are included with the sale

JUST LISTED



2263 Longridge Drive SW / Lakeview Village
3,328 Sq.Ft / \$2,650,000
3,328 Sq.Ft | 4 BEDROOMS | 5 BATHS

JUST LISTED



6914 Livingstone Drive SW / Lakeview Village
3,796 Sq.Ft / \$4,599,900
3,796 Sq.Ft | 5 BEDROOMS | 5 BATHS

LAKEVIEW MAY 2024 STATISTICS



NORTH GLENMORE PARK MAY 2024 STATISTICS



SAVE YOURSELF FROM COMMON COSTLY MISTAKES

RANKED #1 AGENT IN THE OFFICE IN 2024

I'M A LOCAL RESIDENT & AREA SPECIALIST

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403-389-7969

RE/MAX REALTY PROFESSIONALS



DANIEL WEINER REALTOR

FREE HOME EVALUATIONS

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