

MARCH 2024

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THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER

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Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using #postyourpurple

MARCH 26
Purple Day



epilepsycalgary.com

Real-Life Fairy Tale

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.



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!

Facebook



North Glenmore Park
Community Association

Instagram



@ngpca_yyc

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)



by Lisa Burton

Happy spring!

I am pleased to be the new President of the North Glenmore Park Community Association and am excited to be working with my fellow board members and community centre staff to plan programs and events for all ages. I look forward to several opportunities to connect with community members in the upcoming months.

In order to assist with the cost of the association's programs and operations, we have three community fundraisers planned and we'd appreciate your support.

Bottle Drive: Saturday, March 23 from 9:00 am to 4:00 pm. Please consider saving your recyclables for donation to the community association. Drop your bottles and cans at the community centre parking lot (2231 Longridge Drive SW).

Spring Plant Sale: Order by April 10, pick up on Saturday, May 11. Back by popular demand, the spring plant sale allows you to conveniently purchase your hanging baskets, patio planters, and tomato plants with up to 30% of the proceeds going directly to the community association. Visit www.ngpca.ca for details and to order or call the community centre office at 403-246-4243.

Casino: August 14 and August 15. Volunteers needed! The AGLC fundraising casino is the community association's most important fundraiser and requires many community volunteers to make it a success. Please mark your calendar if you can help – more details to follow.

Thank you for considering supporting the community association.

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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JOKE OF THE MONTH



What do you call two monkeys who share an Amazon account?

Prime mates!





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.



Bottle Drive

Saturday, March 23
9:00am-4:00pm

Bring your bottles and cans to
the community centre.

2231 Longridge Dr. SW

Proceeds will support
community programs
and operations.



Hunting for Luck

Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



Spring Plant Fundraiser

Order your spring plants through the community association with up to 30% of proceeds going to community association programs and operations. No minimum purchase.

Order plants online at www.ngpca.ca

or call 403-246-4243



**12" Tomato Planter
with Cage**

various types

\$20



**12" Premium
Patio Planter**

various colors

\$30



**10" Premium
Hanging Basket**

various colors

\$25

Order Deadline: April 10
Plant Pickup: May 11



Plant pickup: May 11th at the community centre. Volunteers needed.
Please contact admin@ngpca.ca or 403-246-4243.

“Beyond the Beats” The Healing Power of Frequency

by Jonni Fox



In a world increasingly aware of holistic wellness, the concept of healing through frequency is gaining traction. This idea isn't just a new-age belief; it's rooted in the scientific understanding of how life, at its core, is a complex symphony of patterns and vibrations. Every living being, from humans to plants and animals, is composed of fractals, intricate patterns repeated at different scales. These fractals thrive on frequency, the invisible yet powerful force that envelops us.

What if the key to wellness lies not in complex medical treatments but in the ancient and simple art of sound therapy? Healing modalities like crystal bowls, gongs, drum circles, music, and dance aren't just entertainment or relaxation tools. They are conduits of healing frequencies that resonate with our body's natural patterns. Exposing ourselves to these therapeutic sounds can have profound effects, aligning our inner vibrations to a state of harmony and health.

This isn't just conjecture. There are programs that delve into numerous scientific facts about fractals, frequencies, and their effects on the human body.



By understanding these concepts, we can unlock a powerful source of healing. As the world grapples with widespread health issues, often struggling to understand the root causes of unwellness, this knowledge becomes invaluable.

Integrating sound therapy into our lives is a gentle yet potent way to invite healing. Unlike many medical interventions, this approach bears no adverse side effects. The only 'side effects' one might experience are profound well-being, happiness, joy, vitality, and relief from suffering.

In this era of rediscovery, frequency-based healing stands out as a beacon of hope. It reminds us that sometimes, the most profound healing can come from the simplest sources. Let the rhythmic pulse of the universe be your guide to a healthier, more vibrant existence.



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.



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PARK**



**GARRISON
GREEN**



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Fridays
3:30-6:00pm

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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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MY RECENT COMMUNITY LISTINGS & SALES

CONDITIONALLY SOLD

as of February 6, 2024



6232 Longmoor Way SW / Lakeview
List Price - \$2,395,000.00

SOLD



6428 Law Drive SW / Lakeview
List Price - \$799,900.00
Represented Buyer

LAKEVIEW JANUARY 2024 STATISTICS



NORTH GLENMORE PARK JANUARY 2024 STATISTICS



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