APRIL 2025 DELIVERED MONTHLY TO 2,275 HOUSEHOLDS **NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER**

COMMUNITY RECYCLING DAY APRIL 27





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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!FacebookImage: Colspan="3">North Glenmore Park
Community AssociationInstagramImage: Colspan="3">Image: Colspan="3">Image: Colspan="3">Image: Colspan="3">Image: Colspan="3">Image: Colspan="3">Image: Colspan="3">Image: Colspan="3"

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

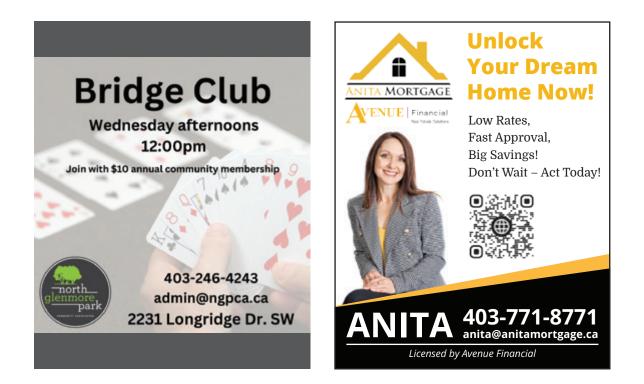
Pastor: Chris Mourik Sunday Service: 9:30 am and 4:00 pm



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)





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PRESIDENT'S MESSAGE



by Lisa Burton

Mark your calendar for Sunday, April 27!

Community Recycling Day (9:00 am to 1:30 pm): Spring is

officially here, and we've got a great way to help get your spring cleaning started! The community association is pleased to have been granted a Community Recycling Day again this year. Sponsored by the City of Calgary, this is a great opportunity to recycle and dispose of unwanted household items at no cost. Bring your household waste that would normally go to the landfill, plus metals, electronics, cans and bottles for recycling. The community swap table is always a hit – donate what you don't use and take what you need. Please see www.ngpca.ca for items that cannot be accepted.

Bottle Drive Fundraiser (9:00 am to 4:00 pm): All funds from any recyclable bottles and cans brought to the Community Recycling Day will be directed to community association programs and operations.

Volunteers are needed to ensure a successful event. If you would like to help on April 27, please contact the community centre office at 403-246-4243 or generalmanager@ngpca.ca.

We hope to see you at the community cleanup!



North Glenmore Park and Garrison Green's Community Recycling Day

Sunday, April 27 9:00am - 1:30pm 2231 Longridge Dr. SW

Accepted: household waste, scrap metal, electronics recycling, clothing, and items for donation.

Not accepted: yard waste, hazardous materials, paint, tires, chemicals, fridges, freezers and microwaves.



Visit www.ngpca.ca for a complete list of accepted items.

Bring your bottles and cans, with all proceeds to be donated to community programs!

For more information or to volunteer: 403-246-4243 admin@ngpca.ca

🗲 April Fools... Not!

On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them – Gmail was real, and it's still one of the most popular email services today.



Bottle Drive

Sunday, April 27 9:00am-4:00pm

Bring your bottles and cans to the community centre.

2231 Longridge Dr. SW

Proceeds will support community programs and operations.





Say Cheese! It's Grilled Cheese Month!

April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?



NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

Name(s):			
Address:			
Postal Code: Phone Number:			
E-mail:			
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	inseran i		
By mail:			
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: <u>admin@ngpca.ca</u>			
To purchase online, please visit <u>www.ngpca.ca/membership</u> or scan the QR code.	SCAN ME		

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.



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.

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Summer Day Camps



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Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move Enrolled in courses, paid tuition Embarked upon a journey bold Nothing worthwhile makes it easy

She hit the books and studied hard Placed hopes and dreams upon her desk Homework structured every evening The future more important now

From class to class, through rain and snow Lectures, essays, midterms, finals And once a week she volunteered Community, connection, care

Good coffee always faithful friend Wide awake for morning learning Then soon, bright shining GPA No more her forward path unknown

She pushed with all her might, she did Propelled that boulder up the mountain She's reached the top, SAIT graduation A new career, a rolling stone



GAMES & PUZZLES

Guess the Flower!

- 1. This flower's colour depends on the acidity of the soil.
- 2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
- 3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
- 4. This prickly pink plant became Alberta's floral emblem in 1930.
- 5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth approximately 300 million years!
- 6. This flower's Greek name, Galanthus, translates to "milk flower".



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Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

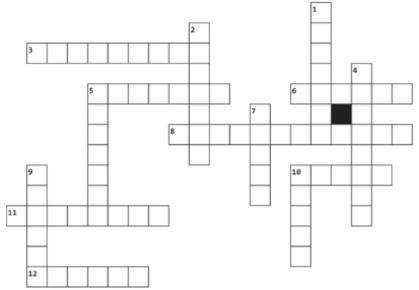
• Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

April Crossword



Across

- 3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
- 5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the ______ flu pandemic.
- 6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
- 8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
- 10. This meteor shower takes place in April every year.
- 11. ABBA won the 1974 Eurovision Song Contest with their song ______ on April 6.
- 12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

- 1. April's birthstone is the _____, a popular choice for engagement rings.
- 2. Stanley Kubrick's sci-fi adventure film, *2001: A Space* _____, premiered in April 1968.
- 4. The Royal ______ Air Force was officially established on April 1, 1924.
- 5. _____ Island by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
- 7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
- 9. The World _____ Organization was established by the United Nations on April 7,1948.
- 10. On April 16, 2018, Kendrick ______ won the Pulitzer Prize for Music, becoming the first rapper to do so.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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