NORTH GLENMORE E CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK





WE TREAT YOU LIKE FAMILY

UNIT 21A - 4604 37 STREET SW ✓ INFO@SARCEEFAMILYDENTAL.COM (403) 233-7369 • CALLUS TODAY

WHY CHOOSE US?

- Open evenings & weekends
- Following ADA fee guide
- Direct billing to Insurance
- Free on-site parking
- Same Day Bookings available
 - Accepting Canadian Dental Care Plan
 - Multiple languages spoken: English, Ukrainian, Korean, and Tagalog



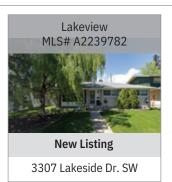






6836 Livingstone Dr. SW







Lakeview Specialist for 25 Years









NORTH GLENMORE PARK COMMUNITY ASSOCIATION

2231 Longridge Drive SW Calgary, Alberta T3E 5N5 • Ph: 403-246-4243

BOARD OF DIRECTORS			
Lisa Burton	president@ngpca.ca		
	admin@ngpca.ca		
Catherine Franssens	treasurer@ngpca.ca		
Andrea LaRochelle			
Amir Eisenberg Jess Polson	Beth Michener Patrick Gobran		
Lisa Burton	president@ngpca.ca		
Catherine Franssens	treasurer@ngpca.ca		
Lisa Burton	admin@ngpca.ca		
Renee DesRoches	admin@ngpca.ca		
Jess Polson	admin@ngpca.ca		
Patrick Gobran	redevelopment@ngpca.ca		
Leah Wilson	generalmanager@ngpca.ca		
Renee DesRoches	admin@ngpca.ca		
	Catherine Franssens Andrea LaRochelle Amir Eisenberg Jess Polson Lisa Burton Catherine Franssens Lisa Burton Renee DesRoches Jess Polson Patrick Gobran		

Community Redevelopment News

Visit developmentmap.calgary.ca for an updated list of all current development applications. You can search by address or application number to view details and submit comments.

Facebook Follow us on social media for community news and updates! North Glenmore Park

Instagram (



@ngpca_yyc

Community Association

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)



Ballet School Lakeview Susie Von Hellermann

Specializing in Ballet

- · Over 40 years of teaching experience
- Holder of The Solo Seal Certificate
- Former member of the Munich Opera Ballet Company
- Teaches the Royal Academy of Dance
- Trained in the Cechetti, Vaganova and Royal Academy of Dance
- Worked for the Alberta Ballet, the Alberta Opera and Mount Royal College
- Choreographed for the Austrian Society "A Night in Vienna" on numerous occasions

North Glenmore Park Community Centre 2231 Longridge Dr. SW Phone Susie: 403.246.2208

PRESIDENT'S MESSAGE



Save the Dates!

Food Truck Friday on August 22: Enjoy an easy Friday night dinner and support local businesses! Food trucks will be set up in the community centre parking lot on Friday, August 22. There will be outdoor seating, and the gym and equipment room will be available for all to use.

Community Fun Night on Friday, September 12: Join your neighbours for an evening of family-friendly fun on September 12. In addition to a movie shown in the gym (complete with concession!), there will be outdoor games, face painting, food trucks, and pony rides! This is a free event and a great opportunity to connect with others who live in the community.

Here's wishing you a safe and happy August!

Lisa Burton

We're looking for community members to join the association's volunteer board of directors this fall.

If you are interested in helping to shape the direction of North Glenmore Park and Garrison Green and have a few hours per month to spare, we'd love to hear from you!

Email generalmanager@ngpca.ca or call 403-246-4243 for more information.



RESIDENT PERSPECTIVES

Finding the Right Counselling Support in Your Calgary Community

by Rod Mitchell, MC, MSc, R. Psych.

Calgary winters can feel endless. Job markets shift. Relationships face stress. Life throws curveballs that leave even the strongest people feeling overwhelmed.

Seeking counselling support shows wisdom, not weakness. You're taking action to improve your mental health and well-being. Calgary offers many excellent counselling options, but each quadrant has different resources and accessibility factors.

The key is knowing where to look and what questions to ask. Finding the right therapeutic fit takes some research, but the effort pays off when you connect with someone who truly understands your needs and can help you move forward.

Know Your Neighbourhood Network

Start your search close to home. These community resources often know local mental health practitioners.

Immediate Resources:

- Family Doctor or Walk-In Clinic Best starting point for professional referrals
- Community Associations Many maintain lists of local therapists and host wellness workshops
- Calgary Public Library Branches Staff provide mental health resource guides and information about local support groups

If You Have Children:

- School Counsellors Excellent source for family-friendly therapist recommendations
- Recreation Centres Staff know about local support groups and wellness programs

Cultural and Faith Communities:

 Religious Centres and Cultural Organizations - Often provide counselling or referrals to culturally sensitive practitioners. These resources understand your Calgary neighbourhood's unique needs and can point you toward practitioners who work well with people from your area.

Vetting Your Counselling Options

Ask these essential questions when contacting potential therapists.



Qualifications and Experience:

- What are their credentials? (Registered psychologist, clinical social worker, counselling therapist)
- Do they have experience with your specific concerns?
- What therapy approaches do they use?

Practical Considerations:

- How flexible is their scheduling?
- What are their fees and payment options?
- Do they offer sliding scale pricing?
- Can they provide virtual sessions during Calgary's harsh winters?
- What's their cancellation policy?

Treatment Approach:

- How do they typically work with clients facing your situation?
- What does a typical session look like?
- Do they involve family members or partners when appropriate?
- · How do they handle confidentiality?

You don't need to understand every therapeutic technique, but you should feel comfortable with their general approach. Most therapists will answer these questions during a brief initial consultation.

Next Steps

Taking that first step toward counselling shows strength. Whether you're dealing with anxiety, relationship challenges, or life transitions, support exists in your Calgary community.

Your mental health matters, and the right support is available when you're ready to seek it.











Food Truck Friday

at North Glenmore Park Community Association

August 22 4:00 - 7:00pm

Food trucks with free open gym. Dine outdoors with seating provided.







2231 Longridge Dr. SW

Community Fun Night

Friday, September 12

4:00-7:00pm 7:00pm movie







With food trucks, free pony rides, face painting and outdoor fun!

2231 Longridge Dr. SW

TAKE ON WELLNESS

Organ and Tissue Donation

by Alberta Health Services



One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives.

How to Act on Your Good Intentions

A deceased person can donate organs such as lungs, heart, kidneys, and liver – and/or tissues such as eyes, skin, bone, and tendons. If you're interested in leaving these gifts, please register your decision online at GiveLifeAlberta. ca or in person at a motor vehicle registry office. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with donation or not. Many previous donor families have found that decision was easier if they knew what their loved one wanted.

Sharing Your Donation Decision

Donation discussions don't need to be grim. The national award-winning Give Life Alberta public awareness campaign All the Ways portrays creative ways one could tell their family they'd like to be a donor, for example in the form of a cake, a card, or even a t-shirt. Families could also spark the conversation by watching public awareness videos and real-life donor and transplant recipient stories on Givel ifeAlberta.ca.

Constant Need for Organs and Tissues

While Alberta marked another record year in 2024 – with 317 deceased organ and tissue donors — there are more than 500 people waiting for life-saving transplants in our province. Last year, 33 people on the wait list died.

For contact information and to learn more about organ and tissue donation, visit GiveLifeAlberta.ca.

MEMBER BENEFITS



Please consider buying a community association membership, a cost-effective way to support your community. Benefits include:

- Free 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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Or visit www.ngpca.ca/memership to purchase or renew online. Name(s): (Please include full names of both partners, if applicable) Address: Postal Code: Phone Number: E-mail: ☐ Yes I'd like to receive e-mails regarding community news, events & programs: 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.... Special Events Casino / Fundraising Other: ☐ Membership 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.



North Glenmore Real Estate Update Last 12 Months North Glenmore MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$1,189,900	\$1,192,000
May 2025	\$846,500	\$830,000
April 2025	\$1,097,450	\$1,091,200
March 2025	\$1,056,450	\$1,110,950
February 2025	\$1,244,900	\$1,238,000
January 2025	\$699,900	\$660,000
December 2024	\$1,312,450	\$1,329,999
November 2024	\$775,000	\$780,000
October 2024	\$987,450	\$982,500
September 2024	\$1,062,400	\$1,069,950
August 2024	\$2,095,000	\$1,950,000
July 2024	\$1,150,000	\$1,070,000

Last 12 Months North Glenmore MLS Real Estate Number of Listings Update

	0 1	
	No. New Properties	No. Properties Sold
June 2025	8	3
May 2025	11	6
April 2025	10	6
March 2025	9	10
February 2025	4	7
January 2025	6	1
December 2024	2	2
November 2024	5	3
October 2024	7	4
September 2024	5	4
August 2024	4	3
July 2024	8	4

To view more detailed information that comprise the above MLS averages please visit **ngpk.mycalgary.com**







Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

Child-resistant medication bottles are not child proof.
 They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.









MLA Calgary-Elbow Samir Kayande

205 - 5005 Elbow Drive SW T2S 2T6

403-252-0346

□ calgary.elbow@assembly.ab.ca

Dear Neighbours,

There is no denying that there is an affordability crisis in our province. It is truly heart wrenching that although we live in the richest province in the country, many of our neighbours, friends, and family are struggling to make ends meet.

Our province has the highest auto insurance premiums in Canada and under the current Alberta government they are going to go up by 15 percent or more. To make matters worse, the Alberta government is also going to remove the right to sue insurance companies if they don't provide the benefits that injured people are owed.

It's called no-fault insurance, and this government's privately delivered, no-fault insurance is the worst of all possible insurance models: expensive and unaccountable.

The price we pay for electricity has quadrupled under the provincial government but instead of focusing on bringing those rates down, the Alberta government smothered investment by putting a ban on new electricity projects.

With rents sky-high, the government increased property taxes by \$250 on every Calgary household and increased real-estate transfer taxes by hundreds of dollars to make buying your own home even more expensive.

And just a few weeks ago, the Alberta government announced they will raise the prices seniors pay to get their prescriptions filled, and they are also going to start charging Albertans at least \$100 for their COVID booster shots.

Albertans deserve better.

All Albertans deserve a government that is focused on real plans to create opportunities and good jobs for every Albertan. All Albertans deserve to live free of worry about how they are going to pay their bills and provide for their families.

Please reach out to my office to discuss these issues or any other issue that is top of mind.

There is hope for a better future.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

NORTH GLENMORE PARK MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase,

refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

NORTH GLENMORE PARK PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www. fivestarpainting.com.

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.





Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?



Simply sign up for our Monthly Market Report and we'll send you a gift card for a FREE coffee at Sierra Café!

AKEVIEW NORTHGLENMORE.COM

SCAN THIS QR CODE WITH YOUR CAMERA APP ON YOUR PHONE OR GO TO

lakeviewnorthglenmore.com/marketreport

MY RECENT COMMUNITY LISTINGS & SALES



3207 Alfege Street SW Upper Mt. Royal / \$3,199,900 2,971 SQ.FT | 4 BEDROOMS | 5 BATHS



6428 Law Drive SW / Lakeview / \$2,725,000



1020 Premier Way SW Upper Mt. Royal \$2,300,000



6972 Leaside Drive SW Lakeview \$1,900,000

LAKEVIEW JUNE 2025 STATISTICS



14

NEW LISTINGS

AVERAGE DAYS ON MARKET

AVERAGE SALES PRICE \$1.189.062 NORTH GLENMORE PARK JUNE 2025 STATISTICS



NEW '

AVERAGE DAYS ON MARKET

AVERAGE SALES PRICE \$1.093.000

SAVE YOURSELF FROM COMMON COSTLY MISTAKES

RANKED #1 AGENT IN THE OFFICE IN 2024



I'M A LOCAL RESIDENT & AREA SPECIALIST

DANIELWEINER.CA 403-389-7969 REALTY PROFESSIONALS

FREE HOME EVALUATIONS

FO⊗ in ⊞ @DANIELWEINERYYC



403,389,7969

DANIEL@DANIELWEINER.CA

DANIELWEINER.CA