

JANUARY 2025

DELIVERED MONTHLY TO 2,275 HOUSEHOLDS

# NORTH GLENMORE PARK

## CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER



**HAPPY NEW YEAR!**



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Lakeview Community



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# Your community plan is ready!

Hello West Elbow Communities! That's you - Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park, Richmond, Rideau Park, Roxboro, Scarboro, South Calgary, Sunalta, and Upper Mount Royal.

The West Elbow Communities Local Area Plan is ready.

Starting January 14, 2025, visit [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan) to

- Check out the final draft of the West Elbow Communities Local Area Plan.
- Learn how public input informed the Plan.
- Find out about upcoming public information sessions (online and in-person).

## Wondering what the Plan's all about?

The West Elbow Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

A few of the key ideas in the Plan include:

- Increasing housing choices for people
- Improving mobility in and around the area
- Supporting and respecting historic places and spaces
- Enhancing parks and open spaces
- Providing more daily needs and amenities within walking distance

Change is gradual, but having a plan in place to guide change - from proposals for new homes and businesses to future investment into community spaces - helps ensure change is aligned to the future vision for the area.



Learn more at [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan)



## NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

### BOARD OF DIRECTORS

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Governance	Lisa Burton	admin@ngpca.ca
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Membership	Jess Polson	admin@ngpca.ca
Planning & Redevelopment	Patrick Gobran	redevelopment@ngpca.ca

### STAFF

General Manager	Leah Wilson	generalmanager@ngpca.ca
Office Coordinator	Renee DesRoches	admin@ngpca.ca

## Community Redevelopment News

Visit [www.ngpca.ca/current-applications](http://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 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)

# Bridge Club

Wednesday afternoons

12:00pm

Join with \$10 annual community membership



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admin@ngpca.ca

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www.ngpca.ca



BRAIN  
GAMES

# SUDOKU

8						6		
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SCAN THE QR CODE  
FOR THE SOLUTION



## PRESIDENT'S MESSAGE



by Lisa Burton

Happy New Year!

Maybe you're considering doing something new this year. Why not join FUNctional Fitness, Bridge Club, participate in open gym, or volunteer to help maintain the outdoor rink? See more details within this newsletter for participation and volunteer opportunities!

The community association board of directors and staff are working to bring more fun in 2025. Watch this publication in the upcoming months for more information about summer day camps, Neighbour Day celebrations, and other opportunities to get together with your neighbours and meet new ones.

Wishing you all the best in 2025!



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## Functional Fitness

Try a class for free!

**Mondays and Thursdays at 10:30am.**  
**Winter session runs January 6 to April 10**

**New participants always welcome!**

To register: call 403-246-4243, email [admin@ngpca.ca](mailto:admin@ngpca.ca) or visit [www.ngpca.ca](http://www.ngpca.ca)

# Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



# NORTH GLENMORE PARK COMMUNITY ASSOCIATION

Or visit [www.ngpca.ca/membership](http://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](mailto:admin@ngpca.ca)

To purchase online, please visit [www.ngpca.ca/membership](http://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.
- 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](http://www.ngpca.ca) or complete and return the form found in this publication.



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## Friendship

by Cheryl Dunkley

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

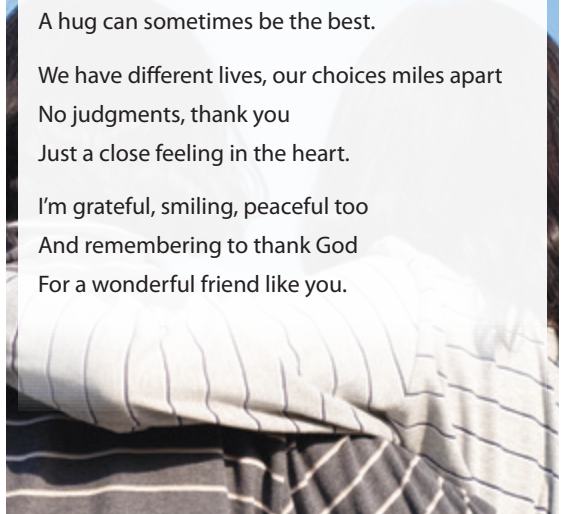
No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.



**ELECT**  
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AND SCHOOLS



# Outdoor ice rink volunteers needed!



**For rinks in Buffalo Park and at the  
community association building**

**Contact 403-246-4243 or [admin@ngpca.ca](mailto:admin@ngpca.ca)**

**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS,  
EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**NORTH GLENMORE  
PARK**



**GARRISON  
GREEN**



## Joke of the Month

*Why did the pony  
get detention?*

*Because he was  
horsing around.*



## Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 5

### Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

### Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

### Directions:

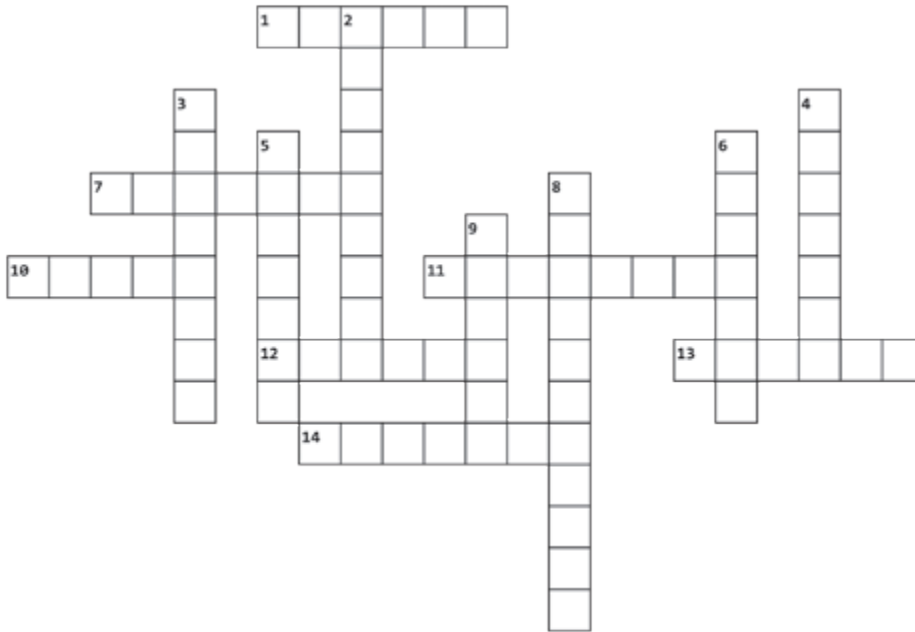
- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

### Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.

## Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



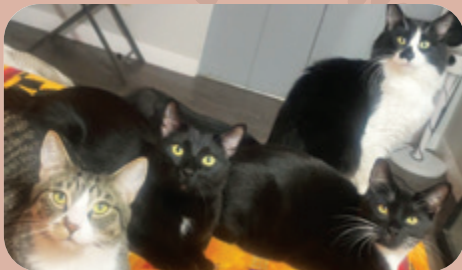
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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**6914 Livingstone Drive SW / Lakeview Village**  
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**SOLD**



**6918 Lefroy Court SW / Lakeview Village**  
**2,402 Sq.Ft / \$2,300,000**

**SOLD**



**5711 Lawson Place SW / Lakeview**  
**1,259 Sq.Ft / \$800,000 / Represented Buyer**

**SOLD**



**3424 54 Avenue SW / Lakeview**  
**1,009 Sq.Ft / \$799,900**

### LAKEVIEW NOVEMBER 2024 STATISTICS



### NORTH GLENMORE PARK NOVEMBER 2024 STATISTICS



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## RANKED #1 AGENT IN THE OFFICE IN 2024

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