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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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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.

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



403-246-4243

admin@ngpca.ca

2231 Longridge Dr. SW

Summer Day Camps



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Limited spaces available for select weeks.**

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Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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Save the date:

Neighbour Day

Friday, June 20

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More details to come.
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updates and community news.



North Glenmore Park Community Association



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

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.



On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!

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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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

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Additional donation: A tax receipt will be provided. Any size donation is appreciated and will be directed to community association programs and operations.

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or emailed to: admin@ngpca.ca

To purchase online, please visit www.ngpca.ca/membership or scan the QR code.



SCAN ME



North Glenmore Real Estate Update

Last 12 Months North Glenmore
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| 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 |
| June 2024 | \$895,000 | \$1,009,999 |
| May 2024 | \$1,097,450 | \$1,134,875 |
| April 2024 | \$949,900 | \$959,900 |

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

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| March 2025 | 12 | 10 |
| February 2025 | 5 | 7 |
| January 2025 | 8 | 1 |
| December 2024 | 3 | 2 |
| November 2024 | 5 | 3 |
| October 2024 | 7 | 4 |
| September 2024 | 5 | 4 |
| August 2024 | 4 | 3 |
| July 2024 | 8 | 4 |
| June 2024 | 4 | 5 |
| May 2024 | 7 | 6 |
| April 2024 | 4 | 9 |

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



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Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

The Art of Finding Work - Job Seekers' Trinity: Focus, Anger, and Evidence

by Nick Kossovan



Though I have no empirical evidence to support my claim, I believe job search success can be achieved faster by using what I call “The Job Seekers’ Trinity” as your framework, the trinity being:

- The power of focus
- Managing your anger
- Presenting evidence

Each component plays a critical role in sustaining motivation and strategically positioning yourself for job search success. Harnessing your focus, managing your anger, and presenting compelling evidence (read: quantitative numbers of achieved results) will transform your job search from a daunting endeavour into a structured, persuasive job search campaign that employers will notice.

The Power of Focus

Your life is controlled by what you focus on; thus, focusing on the positives shapes your mindset for positive outcomes. Yes, layoffs, which the media loves to report to keep us addicted to the news, are a daily occurrence, but so is hiring. Don’t let all the doom and gloom talk overshadow this fact. Focus on where you want to go, not on what others and the media want you to fear.

Bonus of not focusing on negatives: You’ll be happier.

Focus on how you can provide measurable value to employers.

If you’re struggling with your job search, the likely reason is that you’re not showing, along with providing evidence, employers how you can add tangible value to an employer’s bottom line. Business is a numbers game, yet few job seekers speak about their numbers. If you don’t focus on and talk about your numbers, how do you expect employers to see the value in hiring you?

Managing Your Anger

Displaying anger in public is never a good look. Professionals are expected to control their emotions, so public displays of anger are viewed as unprofessional.

LinkedIn has become a platform heavily populated with job seekers posting angry rants—fueled mainly by a sense of entitlement—bashing and criticizing employers, recruiters, and the government, proving many job seekers think the public display of their anger won’t negatively affect their job search.

When you’re unemployed, it’s natural to be angry when your family, friends, and neighbours are employed. “Why me?” is a constant question in your head. Additionally, job searching is fraught with frustrations, such as not getting responses to your applications and being ghosted after interviews.

The key is acknowledging your anger and not letting it dictate your actions, such as adding to the angry rants on LinkedIn and other social media platforms, which employers will see.

Undoubtedly, rejection, which is inevitable when job hunting, causes the most anger. What works for me is to reframe rejections, be it through being ghosted, an email, a call or text, as “Every no brings me one step closer to a yes.”

Additionally, I’ve significantly reduced triggering my anger by eliminating any sense of entitlement and keeping my expectations in check. Neither you nor I are owed anything, including a job, respect, empathy, understanding, agreement, or even love. A sense of entitlement and anger are intrinsically linked. The more rights you perceive you have; the more anger you need to defend them. Losing any sense of entitlement that you may have will make you less angry, an emotion that has no place in a job search.

Presenting Evidence

As I stated earlier, business is a numbers game. Since all business decisions, including hiring, are based on numbers, presenting evidence in the form of quantitative numbers is crucial.

Which candidate would you contact to set up an interview if you were hiring a social media manager:

"Managed Fabian Publishing's social media accounts, posting content daily."

or

"Designed and executed Fabian Publishing's global social media strategy across 8.7 million LinkedIn, X/Twitter, Instagram, and Facebook followers. Through consistent engagement with customers, followers, and influencers, increased social media lead generation by 46% year-over-year, generating in 2023 \$7.6 million in revenue."

Numerical evidence, not generic statements or opinions is how you prove your value to employers. Stating you're a "team player" or "results-driven," as opposed to "I'm part of an inside sales team that generated in 2023 \$8.5 million in sales," or "In 2023 I managed three company-wide software implementations, all of which came under budget," is meaningless to an employer.

Despite all the job search advice offered, I still see resumes and LinkedIn profiles listing generic responsibilities rather than accomplishments backed by numbers. A statement such as "managed a team" doesn't convey your management responsibilities or your team's achievements under your leadership. "Led a team of five to increase sales by 20%, from \$3.7 million to \$4.44 million within six months" shows the value of your management skills.

Throughout your job search, constantly think of all the numbers you can provide—revenue generated, number of new clients, cost savings, reduced workload, waste reduction—as evidence to employers why you'd be a great value-add to their business.

The Job Seekers' Trinity—focusing on the positive, managing your anger, and providing evidence—is a framework that'll increase the effectiveness of your job search activities and make you stand out in today's hyper-competitive job market, thus expediting your job search to a successful conclusion.

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Create a Beautiful and Resilient YardSmart Yard This Spring!

by *The City of Calgary*

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.





MLA Calgary-Elbow
Samir Kayande
205 – 5005 Elbow Drive SW T2S 2T6
📞 403-252-0346
✉ calgary.elbow@assembly.ab.ca

Dear Neighbours,

Spring is here and as the days heat up, many of us will be well into planning our summer holiday.

In Calgary, we are extremely fortunate to live at the feet of the Rocky Mountains, a breathtaking statement of the majestic beauty this corner of our province has to offer all who live here and those who come to visit.

So close to home, perhaps many of us can be guilty at times of taking those Rockies for granted. The same can be said for our incredible country and all it has to offer from coast to coast to coast.

The on-again, off-again threat of tariffs and Donald Trump's musings of Alberta becoming the U.S.'s 51st state have galvanized Albertans and Canadians in a newly ignited nationalism.

As Canadians, we have so much to be proud of, in addition to the natural beauty that surrounds us. Our public health care system that ensures everyone has access to essential medical services. A public education system that provides young minds with the knowledge and skills they need to thrive. Our world-class universities that attract students from around the world, reinforcing Canada's reputation as a leader in higher education.

There is no denying these are uniquely challenging times for our nation, but I am confident our pride, unity, and resilience will power the strength that will carry us through to a better, stronger future filled with prosperity.

Perhaps consider a staycation this summer and explore a corner of our beautiful country you have always wanted to visit.

I have no doubt that by supporting each other we will remain strong and free.

A reminder that my office is located at 205 5005 Elbow Drive SW. I am always happy to meet with constituents and hear what is on your mind.

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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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3,516 SQ.FT | 5 BEDROOMS | 5 BATHS

SOLD



2259 Longridge Drive SW / N Glenmore Park / \$2,925,000
3,737 SQ.FT | 5 BEDROOMS | 5 BATHS | REPRESENTED BUYER & SELLER

SOLD



6431 Larkspur Way SW / N Glenmore Park / \$2,795,000
3,734 SQ.FT | 5 BEDROOMS | 5 BATHS

SOLD



2966 Lathom Crescent SW / Lakeview / \$800,000
1,290 SQ.FT | 3 BEDROOMS | 1 BATH | REPRESENTED BUYER

LAKEVIEW MARCH 2025 STATISTICS

| SALES | NEW LISTINGS | AVERAGE DAYS ON MARKET | AVERAGE SALES PRICE |
|-------|--------------|------------------------|---------------------|
| 8 | 16 | 7 | \$1,041,750 |

NORTH GLENMORE PARK MARCH 2025 STATISTICS

| SALES | NEW LISTINGS | AVERAGE DAYS ON MARKET | AVERAGE SALES PRICE |
|-------|--------------|------------------------|---------------------|
| 10 | 12 | 34 | \$1,431,980 |

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