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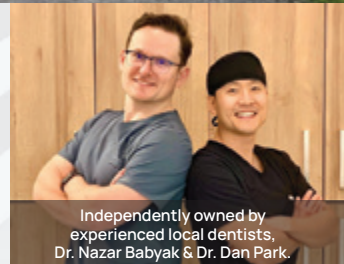
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Not ONLY will she be accepting new patients, but she will also be seeing WALK-INS!

Please contact us to be put on her waitlist or to confirm our walk-in hours.

We look forward to hearing from you at 403-455-2550.

## Cats, Canines, & Critters of Calgary



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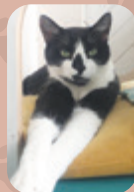
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## NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

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## Community Redevelopment News

Visit [developmentmap.calgary.ca](http://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!

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Community Association

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## 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)

## PRESIDENT'S MESSAGE



Happy September!

We were pleased to again run summer camps in July and August after a year off due to construction on our gym exterior. A big thanks to our amazing leaders and all the great campers who participated! The feedback on camps was overwhelmingly positive with comments about how much fun it was to try all the activities including frisbee lessons from Frisbee Rob (13-time Guinness World Record holder!), Alien In-line Skating, lacrosse instruction from Elev8 Lacrosse, dragon boating at the Calgary Canoe club, padel and tennis at Aforza, cycling around the reservoir, and lots of games, sports, and water activities at the community centre. We are already excited about next year's camps! Watch for registration information in February.

The community association is heading into another busy season, and you can try a new activity!

### Try An Activity

**FUNctional Fitness** for older adults runs on Monday and Thursday mornings at the community centre. This fun and friendly class is designed for a variety of fitness levels and aims to increase strength, flexibility, balance, and coordination for active living. Try a class for free! Visit [ngpca.ca/programs](http://ngpca.ca/programs) for more information.

**Lakeview Bridge Club** runs out of the North Glenmore Park Community Association on Wednesday afternoons. Join for free with a valid annual community membership (can be purchased at [www.ngpca.ca/membership](http://www.ngpca.ca/membership)). No need to register – just show up on a Wednesday at noon. All skill levels welcome!

**Drop-in Gym Time.** All ages are welcome to drop-in gym, held every Friday afternoon from 3:30 to 6:00 pm. Residents holding a valid community membership can use the gym for free during this time and non-members pay just \$2. Access the equipment room including nets, balls, floor hockey sticks, and more. Bring a friend and have some Friday afternoon fun!

Wishing you a fun start to fall!

Lisa Burton



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# Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

## 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](mailto:generalmanager@ngpca.ca) or  
call 403-246-4243 for more information.



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- 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





# Functional Fitness

Try a class for free!

**Mondays and Thursdays at 10:30-11:30am**

**Fall session starts September 8 and runs until December 22.**

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

## Bridge Club

Wednesday afternoons  
12:00pm

Join with \$10 annual community membership



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# 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**





## The Library Ship

by Garth Paul Ukrainetz

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Grace horizon ahead

She's at one with her ocean  
Step on board you'll agree  
Yes, the world is her oyster  
Blue Sky City her sea



## 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](http://www.ngpca.ca) or complete and return the form found in this publication.



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# NORTH GLENMORE PARK COMMUNITY ASSOCIATION

Or visit [www.ngpca.ca/membership](http://www.ngpca.ca/membership) to purchase or renew online.

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(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.

\$ \_\_\_\_\_

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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.



SCAN ME

## Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Bake Time:** 30 minutes

**Servings:** 5 to 6

### Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

### Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

As a relationship counsellor many women ask me: "Why is my partner so emotionally unavailable?" or "Why won't he open up to me?". If you're in a relationship with a man who seems emotionally distant, you're not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it's often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

"Don't cry." "Man up." "Be strong." are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear "in control," which means avoiding emotions, both their own and others'.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn't be met. Perhaps their caregivers were:

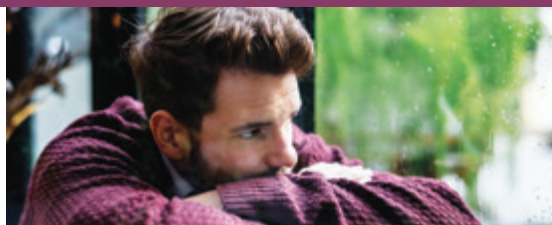
Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as "not enough".

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn't mean they don't care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven't been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they're feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

"I don't know what I'm feeling." "I'm fine." (when they're clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn't show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally "lost" and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

### Bringing Wildflowers to the Alley

by Paula McGarrigle

There are few things we can control in life, and these days the news cycle can feel overwhelming. But sometimes small things, like planting flowers, can make a difference.

I was inspired by Wildflower Alley in Belfast, a neighbourhood space once known for garbage dumping and vandalism. In 2015, about 40 neighbours came together to repaint fences, and add planters filled with flowers and herbs. Today, the alley has become a vibrant green hub that's sparked over 50 similar projects across Belfast.

After watching a feature on Wildflower Alley on Gardeners' World, I thought: Why not try something similar here?

One brisk April morning, I made a simple poster encouraging neighbours to put out some flowers for the summer. I printed 40 copies and walked around the block, dropping them into mailboxes. I also offered extra empty pots and a few seedlings I had grown from seed.

I felt a bit awkward ringing doorbells and interrupting people's day, but the idea sparked curiosity for some. People asked more about what had been done in Belfast and said they were interested.

After the May long weekend, flowers slowly started to appear. One neighbour, who always maintains a lovely plot behind their fence, led the way. Others followed, placing pots and planters around the alley.

Ironically, I was the last to get mine out. I picked up some discounted flowers with bright yellow and purple blooms



and arranged them in a few favourite pots. I spent the morning tidying the alley and backyard. But just ten minutes after I placed them out... they were gone.

I was frustrated, but I didn't want to give up. I went back to the drawing board with a new plan. I brought out older, heavier pots that were hard to carry off. I filled them with compost, added some Bachelor Buttons from the front garden, threw in a few wildflower seeds, and reused an abandoned insect hotel. I also reinforced a couple of hanging baskets to make them harder to remove.

Today, we have ten homes participating and more than 20 flowerpots out in the alley. Every time I walk through and see the blooms, some big, some just beginning—I smile.

It's not changing the world, but it is a start. For me, it's a reminder that small acts, done together, can transform shared spaces.



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## La La La...

In September 2001, Kylie Minogue released "Can't Get You Out of My Head" - and the world couldn't! The hypnotic pop song topped charts in over 40 countries and became the biggest smash hit of her career. La la la... you'll be humming it all day now.





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## MY RECENT COMMUNITY LISTINGS & SALES

**SOLD**



**5312 37 Street SW / Lakeview**  
**Was listed at \$810,550 / Represented Buyer**  
**1,325 SQ.FT | 5 BEDROOMS | 3 BATHS**

**FOR SALE**



**6419 Larkspur Way SW / N. Glenmore Park**  
**New Build - 5,128 sq. ft total developed space**  
**ATTACHED 3-CAR GARAGE | \$2,930,000**

### LAKEVIEW JULY 2025 STATISTICS

SALES	NEW LISTINGS	AVERAGE DAYS ON MARKET	AVERAGE SALES PRICE
9	8	32	\$877,604

### NORTH GLENMORE PARK JULY 2025 STATISTICS

SALES	NEW LISTINGS	AVERAGE DAYS ON MARKET	AVERAGE SALES PRICE
3	5	35	\$1,716,667

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