# NORTH GLENMORE &

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER







Vivienne Huisman Senior Vice President, Sales



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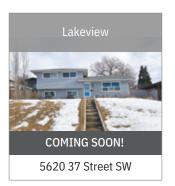
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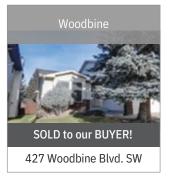












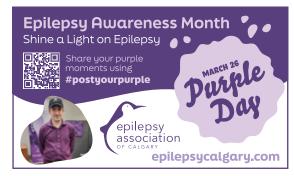


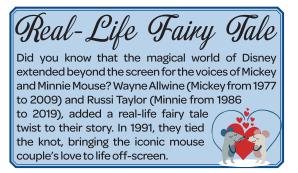
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- Tork Dispensers and Supplies





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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.

# Facebook Instagram Follow us on social media for community news and updates! North Glenmore Park Community Association @ngpca\_yyc

### CHURCHES IN AND AROUND NORTH GLENMORE PARK

#### St. James Catholic Parish

Pastor: Fr. Eligio "Eli" Canete

Weekday Mass: Tuesday through Friday at 9:00 am

First Saturday of the Month: 9:00 am

Weekend Mass: Saturday 5:00 pm, Sunday 10:00 am and 12:00 pm

#### **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)



# No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



#### **OUR OZONE PROCESS**

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#### PRESIDENT'S MESSAGE



by Lisa Burton

Happy spring!

I am pleased to be the new President of the North Glenmore Park Community Association and am excited to be working with my fellow board members and community centre staff to plan programs and events for all ages. I look forward to several opportunities to connect with community members in the upcoming months.

In order to assist with the cost of the association's programs and operations, we have three community fundraisers planned and we'd appreciate your support.

**Bottle Drive:** Saturday, March 23 from 9:00 am to 4:00 pm. Please consider saving your recyclables for donation to the community association. Drop your bottles and cans at the community centre parking lot (2231 Longridge Drive SW).

**Spring Plant Sale:** Order by April 10, pick up on Saturday, May 11. Back by popular demand, the spring plant sale allows you to conveniently purchase your hanging baskets, patio planters, and tomato plants with up to 30% of the proceeds going directly to the community association. Visit www.ngpca.ca for details and to order or call the community centre office at 403-246-4243.

**Casino:** August 14 and August 15. Volunteers needed! The AGLC fundraising casino is the community association's most important fundraiser and requires many community volunteers to make it a success. Please mark your calendar if you can help – more details to follow.

Thank you for considering supporting the community association.





Or visit www.ngpca.ca/memership to purchase or renew online. Name(s): (Please include full names of both partners, if applicable) Postal Code: Phone Number: E-mail: \_\_  $\square_{No}$ ☐ <sub>Yes</sub> 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 ☐ 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.

| rayment.                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------|
| 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: <a href="mailed:admin@ngpca.ca">admin@ngpca.ca</a> |
| To purchase online, please visit www.ngpca.ca/membership or scan the QR code.                                                      |



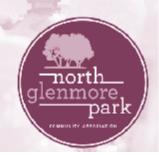
# **Bottle Drive**

# Saturday, March 23 9:00am-4:00pm

Bring your bottles and cans to the community centre.

# 2231 Longridge Dr. SW

Proceeds will support community programs and operations.



# Hunting for Luck

Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



## **Spring Plant Fundraiser**

Order your spring plants through the community association with up to 30% of proceeds going to community association programs and operations. No minimum purchase.

#### Order plants online at www.ngpca.ca

or call 403-246-4243



12" Tomato Planter with Cage various types

\*\*\*

\$20



12" Premium Patio Planter

various colors

\$30



10" Premium Hanging Basket

various colors

\$25

Order Deadline: April 10 Plant Pickup: May 11



Plant pickup: May 11th at the community centre. Volunteers needed. Please contact admin@ngpca.ca or 403-246-4243.

#### RESIDENT PERSPECTIVES

#### "Beyond the Beats" The Healing Power of Frequency



by Jonni Fox

In a world increasingly aware of holistic wellness, the concept of healing through frequency is gaining traction. This idea isn't just a new-age belief; it's rooted in the scientific understanding of how life, at its core, is a complex symphony of patterns and vibrations. Every living being, from humans to plants and animals, is composed of fractals, intricate patterns repeated at different scales. These fractals thrive on frequency, the invisible yet powerful force that envelops us.

What if the key to wellness lies not in complex medical treatments but in the ancient and simple art of sound therapy? Healing modalities like crystal bowls, gongs, drum circles, music, and dance aren't just entertainment or relaxation tools. They are conduits of healing frequencies that resonate with our body's natural patterns. Exposing ourselves to these therapeutic sounds can have profound effects, aligning our inner vibrations to a state of harmony and health.

This isn't just conjecture. There are programs that delve into numerous scientific facts about fractals, frequencies, and their effects on the human body.



By understanding these concepts, we can unlock a powerful source of healing. As the world grapples with widespread health issues, often struggling to understand the root causes of unwellness, this knowledge becomes invaluable.

Integrating sound therapy into our lives is a gentle yet potent way to invite healing. Unlike many medical interventions, this approach bears no adverse side effects. The only 'side effects' one might experience are profound well-being, happiness, joy, vitality, and relief from suffering.

In this era of rediscovery, frequency-based healing stands out as a beacon of hope. It reminds us that sometimes, the most profound healing can come from the

simplest sources. Let the rhythmic pulse of the universe be your quide to a healthier, more vibrant existence.

#### 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.
- Access to our babysitter and/or show shoveling registries. Join if you are in need of help or looking for work.
- 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.













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6232 Longmoor Way SW / Lakeview List Price - \$2,395,000,00



6428 Law Drive SW / Lakeview List Price - \$799,900,00 **Represented Buyer** 

LAKEVIEW JANUARY 2024 STATISTICS



NEW LISTINGS

AVERAGE DAYS ON MARKET 32

AVERAGE SALES PRICE \$1,426,286 NORTH GLENMORE PARK JANUARY 2024 STATISTICS



NEW '

AVERAGE DAYS ON MARKET 51

AVERAGE SALES PRICE

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