

AUGUST 2016

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

# NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER



## Zumba with Glenda



**FRIDAY 7-8 PM**

**Northglenmore Park  
Community Association**

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Tuesday – 7:00 a.m. to 4:00 p.m.  
Wednesday – 10:00 a.m. to 6:00 p.m.  
Thursday – 7:00 a.m. to 4:00 p.m.  
Friday – 8:00 a.m. to 2:00 p.m. (reception only)

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**Dr. Violet Newman, General Dentist.**

# Ron Garneau *Area Specialist*

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\$648,800 MLS: C4065880



**5724 Lakeview Drive SW**  
3+1 Bed / 2 1/2 Bath  
\$679,000 MLS: C4066402



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[rongarneau@remax.net](mailto:rongarneau@remax.net)



## NGPCA CORE VALUES

We strive to uphold the following values:

*Trust* - We are committed to earn, maintain, and enhance the trust of each other and the community.

*Integrity* - We conduct our work in an atmosphere of honesty, respect, and courtesy.

*Quality* - We will provide excellent service in a cost-effective manner.

*Teamwork* - We nurture successful working relationships with all our partners.

*Accountability* - We take responsibility for our actions.

*Openness* - Our actions are transparent to all our community members, users, supporters, volunteers and ourselves.

*Innovation* - We encourage and support new ideas and creative approaches.

*Diversity* - We respect the uniqueness of our employees and community members.

*Community* - We believe in our employees and our community members.

*Environment* - We believe in fostering a positive environment where residents of all ages can be active & healthy.

## NORTH GLENMORE PARK SCHOOLS

**Schools in and around North Glenmore Park include:**

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary & Junior High (CCSD)

## NGP COMMUNITY ASSOCIATION



### BOARD OF DIRECTORS

President	president@ngpca.ca	Barry Morrisette
Vice President	vp@ngpca.ca	Jill Mitchell
Treasurer	treasurer@ngpca.ca	Lisa Frehlich
Secretary		Vacant
Directors at Large		Jim Dejewski Kyla Zalapski Peter Teppler Amir Eisenberg

COMMITTEES	CONTACT INFO	CHAIR
Executive*	president@ngpca.ca	Barry Morrisette
Finance and Audit*	treasurer@ngpca.ca	Lisa Frehlich
HR and Governance*	vp@ngpca.ca	Jill Mitchell
Facility Life Cycle & Building	facility@ngpca.ca	Jim Dejewski
Community Engagement	communityevents@ngpca.ca	Lisa Frehlich
Area Redevelopment	redevelopment@ngpca.ca	Kyla Zalapski
Traffic	traffic@ngpca.ca	Vacant
Fundraising		Volunteers needed
Green Energy		Volunteers needed
<b>STAFF</b>		
Communications		Mariel Buckley
Programs & Events		Kate Hume

Like us on Facebook: North Glenmore Park Community Association

Follow us on Twitter: @NGPCA

See our Website: [www.ngpca.ca](http://www.ngpca.ca)

2231 Longridge Drive SW Calgary, Alberta T3E 5N5

403-246-4243 • Fax: 587-353-4536 • Email: [admin@ngpca.ca](mailto:admin@ngpca.ca)

newsletter@ngpca.ca

**Editorial  
Content  
DEADLINE**

**1st**

of each month  
for the next  
month's  
issue



## North Glenmore Park Community Association

2231 Longridge Dr. SW, Calgary, AB T3E 5N5

Phone: 403.246.4243 • Fax: 403.353.4536

admin@ngpca.ca • www.ngpca.ca

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## NEWSLETTER AD SALES

**GREAT NEWS** PUBLISHING **27** YEARS

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GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING NORTH GLENMORE PARK  
FOR 2 YEARS!



# NGPCA PHOTO CONTEST

## Call for Submissions!

We have received some beautiful photographs in recent months from talented residents, showcasing the vast beauty in and around North Glenmore Park.

In upcoming months, we are looking for new photos that demonstrate the beautiful changing of seasons in our community. High resolution photos are preferred, all submissions can be sent to [admin@ngpca.ca](mailto:admin@ngpca.ca) – you will be contacted should your photo be used and, if not, keep shooting! There's a newsletter every month.

Winner will receive their photo on the cover of our newsletter and a complimentary Tim Horton's Gift Card!

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## CHURCHES IN & AROUND NORTH GLENMORE PARK

### Saint James Catholic Parish

Pastor: Fr. Luciano Cortopassi  
5504 - 20 Street SW • Telephone: 403-243-2680  
Website: [www.stjamescalgary.org](http://www.stjamescalgary.org)  
Sunday Services: 10:00am

### Lakeview United Church

Minister: Jope Langejans  
3023 63 Ave SW • Telephone: 403-242-5760  
Website: [www.lakeviewunitedchurch.com](http://www.lakeviewunitedchurch.com)  
Sunday Services: 10:00am

### Lakeview Baptist Church

Pastor: Reverend Rick Gordon  
5336 Lakeview Drive SW • Telephone: 403-249-7359  
Website: [www.lakeviewbc.ca](http://www.lakeviewbc.ca)  
Sunday Services: 9:30am

### St. Laurence Anglican Church

Assistant Priest: Rev. MJ Leewis-Kirk  
Rector: Rev. Anna Greenwood-Lee  
5940 Lakeview Dr. SW • Telephone: 403-249-6184  
Website: [www.stlaurence.ca](http://www.stlaurence.ca)  
Sunday Services: 10:00am

### Rainbow Christian Church

Pastor: Yi Zheng  
5336 Lakeview Dr., SW • Telephone: 403-452-8872  
Website: [www.rainbowchurch.ca](http://www.rainbowchurch.ca)  
Sunday Services: Chinese Sunday service: 11:15am  
English service: 9:30am

### First Church of the Nazarene

Pastor: Bryan Roller  
65 Richard Way SW • Telephone: 403-242-1718  
Website: [www.firstnaz.ca](http://www.firstnaz.ca)  
Sunday Services: 10:45am

### Free Reformed Church of Calgary

Pastor: Hans Overduin  
2419-54 Avenue, SW  
Telephone: 403-259-6591  
Website: [www.calgaryfrc.com](http://www.calgaryfrc.com)  
Sunday Service: 9:30 a.m. & 4:00 p.m.

## JOEY'S CORNER

I'm definitely more of a winter-loving dog. I love to play in the snow, and I've perfected my thick, warm winter coat. Summers come with a few drawbacks for me; the grey days with clouds that crack and boom freak me out, and the sunny days are often too hot. I spend a lot of my summer days in the cool basement, or my shady dugouts in the yard.



Keeping dogs cool in the summer is important, but everyone knows not to leave us in cars, and to make sure we have plenty to drink. This month, I've got a few other suggestions for helping out your "hot dog." Canines cool from the bottom up. This means that a nice, cool towel is more helpful under us than on top of us. I mentioned my shady dugouts, as digging into the ground is a natural trick that we, and other animals, use to keep cool. Indoors, we might enjoy laying on a cool tile or cement floor. These warmer months are also a great time for long-haired dogs to show off their shorter hairdos.

Exercise is still important to us, but the best time of day for this is in the morning or the evening. Walking or exercising in the heat of the afternoon can be hard on us, especially for my more senior or thick-coated friends. I happen to fit both of those categories, which is why you might see me walking my humans at night! Water is another great way to cool down, and can be a good way to exercise at the same time. While we are not allowed in the Glenmore reservoir, I like to swim in the river at the Weaselhead Park. Alternatively, some dogs will have a blast with a plastic kiddie pool in the yard.

Cheers!  
Joey



## North Glenmore Park Real Estate Update

### Last 12 Months North Glenmore Park MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$459,900.00	\$422,000.00
May 2016	\$799,000.00	\$775,000.00
April 2016	\$702,000.00	\$669,700.00
March 2016	\$925,000.00	\$885,000.00
February 2016	\$898,750.00	\$866,500.00
January 2016	\$0.00	\$0.00
December 2015	\$1,500,000.00	\$1,380,000.00
November 2015	\$765,000.00	\$740,000.00
October 2015	\$624,888.00	\$610,000.00
September 2015	\$1,130,000.00	\$1,090,000.00
August 2015	\$629,000.00	\$600,000.00
July 2015	\$684,400.00	\$675,000.00

### Last 12 Months North Glenmore Park MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2016	4	3
May 2016	2	3
April 2016	4	8
March 2016	8	3
February 2016	7	2
January 2016	0	0
December 2015	6	1
November 2015	2	1
October 2015	4	3
September 2015	7	1
August 2015	4	4
July 2015	8	6

To view the specific SOLD Listings that comprise the above MLS averages please visit [north\\_glenmore\\_park.great-news.ca](http://north_glenmore_park.great-news.ca)



# Cook's in the Corner



For those of you who read the section on crab apples, here are two delicious recipes to use up your fruit. Both recipes use a water bath canning method and will produce jars that can be stored for use throughout the year.

## Crab Apple Jelly

### Ingredients:

6 lbs crab apples  
4 ½ cups granulated sugar

### Method:

Remove both stem and blossom ends from crab apples. Do not peel or core. In large Dutch oven, bring crab apples and six cups water to boil. Reduce heat, cover and simmer, stirring occasionally, for about 10 minutes or until softened. Using potato masher, crush crab apples; cook for five minutes longer.

Wet and wring out a jelly bag; suspend on frame over large measuring cup or bowl. Fill with crab apples; let drip, without squeezing bag, for about two hours or until juice measures 6-½ cups, adding 1-½ cups water if necessary.

In large clean Dutch oven, bring juice with sugar to full rolling boil over medium-high heat, stirring constantly; boil for 15 to 18 minutes or until gel stage (See gel test stage notes below). Remove from heat; skim off foam.

Using funnel, fill one-cup canning jars, leaving ¼ inch headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in water canner for 10 minutes.

### Notes on gel test stage:

Remove jelly from heat while doing test. Have two or three chilled small plates in freezer. Place 1 tsp hot jelly or jam on plate and freeze for one minute. Remove from freezer. Surface should wrinkle when edge is pushed with finger. If surface doesn't wrinkle, continue cooking and repeat test every few minutes.

*Recipe from Canadian Living*

## Homemade Apple Sauce

### Ingredients:

4 pounds apples  
½ apple cider or water

### Optional add-ins:

2 pieces star anise  
1 Tbsp cinnamon  
1 tsp nutmeg  
½ tsp cloves  
Sugar

### Method:

Quarter apples. Put them in a large, non-reactive pot. Add liquid and star anise (if using), put on lid and bring to a simmer. Let fruit cook for approximately 15-20 minutes, until the fruit has broken down. Use tongs to fish out apple skins.

Remove star anise. Using a potato masher or immersion blender, break down the fruit until it has reached your desired consistency. Add any spices you are using. Taste and add sugar as necessary.

Pour applesauce into prepared jars. Wipe rims, apply lids, and screw on rings. Process in a boiling water canner for 15 minutes for half pints or pints, 20 minutes for quarts.

When the time has elapsed, remove jars from canner and let them cool on a towel-lined countertop.

To store, remove rings and keep in a cool, dark place. Applesauce will keep in storage for up to one year.

*Recipe From Food in Jars*



## Trivia

### Ann Franklin

1762 – 1<sup>st</sup> woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.

# MEMBERSHIP INFO



### What is a Community Association?

Community associations exist in every neighbourhood in Calgary and are run by your neighbours! They bring together residents and act as a voice for the community. Most importantly community associations are dedicated to making your community a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live. Join the North Glenmore Park Community Association and receive these great benefits.

**Buy your membership by dropping by the facility, 2231 Longridge Drive SW or online here**

### Member Benefits

**• Programs and activities:** - In the past year, the Association hosted several events including a St. Patrick's Day social, an Easter Eggstravaganza, "Spaghetti Western" (dinner and entertainment), a Stampede Breakfast, Community Cleanup, and a Christmas craft market. Programs and activities run by the Association include open gym times and Pickleball, to name a few.

### • Social, environmental and civic affairs

- The Association keeps updated on key issues including rezoning, transportation and redevelopment issues, advocating for the community on behalf of members. This includes liaising with the City of Calgary and provincial governments. Information is communicated to members.

**• Government Liaison** - With The City of Calgary and Government of Alberta

**• Weigh-in on Commercial Applications** - Community representation on key issues, development issues, zoning, traffic corridor, businesses, key community issues, etc.

**• Insurance and Administration** - Covers annual operating costs and applicable insurance cost to operate yearly.

The North Glenmore Park Community Association has been working hard to cover all the views, opinions, and concerns for all matters concerning residents and facility operations.

**The Cost of membership: Family - \$25, Senior - \$10. Includes:** 10% discount on room rentals and birthday party packages, discounted program rates, and free activities including

pickleball and open gym times.

Buy your membership by dropping by the facility, 2231 Longridge Drive SW or online here.

Other benefits of membership include: 10% discount on room rentals and the birthday party package, member rates for programs, free community listings of garage sales, activates, meetings and the lost and found on the NGPCA website, open gym times, pickle ball and Mom & Tots group.

Please consider becoming a member if you are not already one. We are a non-profit organization and your membership goes towards community events, programs, and operating costs as mentioned above. Additionally all membership fees and donations are eligible for a tax deductible receipt.

Volunteers play an integral part in supporting our programs and fundraising activities such as bingos. Please consider volunteering for one of these events as we need your assistance and would greatly appreciate it. We host a volunteer appreciation night to thank those who donate a bit of their time to assist with these events.

## IN & AROUND CALGARY

### Calgary's Mobile Adventure Playground

#### A space for kids to play in a new way!

The City of Calgary will be piloting a free mobile adventure playground in your community from 10 a.m. to 4 p.m. on the following days:

#### North Glenmore Park

(west entrance near snowy owl picnic site)

August 17, 19 & 20

August 24 - 27

September 23 & 24

Note: events are weather dependent and may be subject to change.

The mobile adventure playground is a space where kids are free to explore, build, imagine and learn in their own way using a variety of materials, such as boards, tires, rope and cardboard.

On-site staff will serve as play ambassadors who will supervise, but not direct or facilitate play. You are encouraged to stay and watch your children, see their creativity soar and discover their limitless imaginations in this new adventure play space.

For more information about The City's mobile adventure playground, visit [calgary.ca/play](http://calgary.ca/play).

### How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

## Member Benefits

Purchasing an annual North Glenmore Park Community Association membership is a cost-effective investment in your community and comes with many benefits including:

- **Free and discounted events.** The association hosts several events throughout the year. In the past year, these included a Stampede Breakfast, Community Clean Up and Swap, an Easter 'Eggstravaganza' a Christmas Craft Market and fair, and the 'Spaghetti Western' (dinner and entertainment). These events are a fun way to get to know your neighbours and there's something for all ages.
- **Free drop-in gym times.** Members can drop in to our open gym times for free. We supply a variety of sports equipment for you to enjoy.
- **Free pickleball.** Watch for pickleball drop-in times – offered free to members!
- **Discounted summer camps.** We are running summer daycamps this year. A membership entitles you to a discount to these reasonably priced camps, held right here in the community.
- **Discounted birthday packages.** Take advantage of a 10% discount on birthday party packages.
- **Discounted room rentals.** NGCPA has multi-purpose rooms, a newly renovated lounge and commercial kitchens, plus our gym available for rent. As a member, you qualify for a 10% discount on all rental rates.
- **A liaison for social, environmental, and civic affairs.** The association keeps updated on key issues including rezoning, transportation and redevelopment. We advocate for the community on behalf of members, providing community representation to the city. When you purchase a membership, you add your voice to the vision of North Glenmore Park.

To see what The City learned about your main street neighbourhood through this work, visit [calgary.ca/mainstreets](http://calgary.ca/mainstreets).

Upcoming opportunities to get involved" There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit [calgary.ca/mainstreets](http://calgary.ca/mainstreets) to become a subscriber and receive email updates about event dates and on-line input opportunities.



## Membership Form

#

### 2015/2016 MEMBERSHIPS

Name(s): \_\_\_\_\_  
(please include full names of both partners, if applicable)

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Your personal information will be used for Association purposes only and will not be given to third parties

Would you like association news and updates by e-mail: \_\_Yes\_\_No

Yes, I would like to volunteer my time, interest or experience in the areas of:

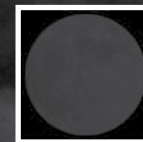
- Communications: Newsletter, events committee meetings
- Events: Planning, volunteering, committee organization
- Canvassing: Membership drives, volunteer recruitment
- Fundraising: Casino, grants, bingo
- Facilities: Ice rink maintenance, roads and pathways, greenspace

#### Membership Fees

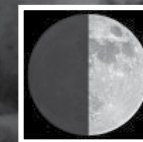
- Family Membership:**  
Families living within the community as defined by the City of Calgary FEE: \$25/year
- Senior Membership:**  
65 years or older as defined by the Canadian Government FEE: \$10/year
- Associate Membership:**  
People living outside the community and using the community facilities FEE: \$35/year

A **FREE** Community Membership available to any resident over 18 who agrees to assist with one bingo in the calendar year.

## AUGUST MOON CALENDAR



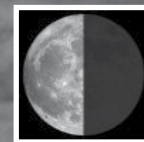
New  
Moon  
Aug 2



First  
Quarter  
Aug 10



Full  
Moon  
Aug 18



Last  
Quarter  
Aug 24



## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

### TAX-SMART INVESTMENT AND ESTATE STRATEGIES

#### GUEST SPEAKERS:



**PETER BOWEN**, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided  
Complimentary parking on site  
Includes access to interactive sports,  
Hall of Fame Gallery & Museum Tour

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## How To: Deal With Crab Apples

If you have an apple or crab apple tree in your yard, you may find yourself bogged down by little apples all over your lawn each summer. For those of you who use all your apples every year, we applaud you! For the rest, here are some ideas on how to deal with them. The best thing you can do if your tree blooms is to use them. This prevents food waste and the task of picking them off the ground. If you like to eat apples and you don't mind the sourness of the smaller ones, you can thin the amount of fruit on the tree earlier in the season in an effort to produce bigger fruit in smaller yields.

Tart green apples contain natural pectin, and therefore make great apple jelly. While jelly can be a two-day process, it is delicious spread on toast. You can also use your apples to make applesauce, which you can process in jars and use all winter long. This makes a great gift, snack, or you can use it in recipes and baking. If you are new to canning, be sure to follow trusted recipes closely to ensure that your canning techniques produce preserves that can be safely stored. If you're already familiar with the process, why not teach a friend or neighbour how it's done! The busy canning process is usually much more efficient, and fun, when done with a friend. (For apple recipes, see our Cooks in the Corner section).

Finally, if you're not feeling up to the task of dealing with your apples yourself, you can let others deal with them for you. If you know someone who would use the apples, maybe they would pick them for you. Kijiji is a helpful tool for this as well, as people can post their unused tree to anyone interested in doing the work in exchange for free fruit.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

# BUSINESS CLASSIFIEDS

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**YARDBUSTERSLANDSCAPING.COM:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

**DOUBLE DIAMOND PLUMBING AND HEATING LTD:** A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

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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.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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403-244-1880  
www.KentHehrMP.ca

### Growing the Middle Class in Canada

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more so secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada's middle class the help it needs to grow and prosper.

As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Albertan families, and give Calgaryans more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes like previous child tax benefits. Families will not need to apply – it will be automatically recalculated based on their previous year's tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more

money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To keep OAS and GIS at pace with the rising costs faced by seniors each year, we introduced a Seniors Price index.

Additionally, we increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!

## KEYBOARD SHORTCUTS

### SENDING E-MAIL MESSAGES

Use the following keys (if you are emailing a document or a message) when the insertion point is in the email header. To move the insertion point into the email header, press **SHIFT+TAB**.

### ALT +S

Send the active document or message.

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**Calling All PARENTS**  
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## BINS, BOXES, BANNERS

### 'This is my neighbourhood' – Public Art Projects coming for North Glenmore Park!

Introducing North Glenmore Park's Public Art Community Project Team (CPT)! Thank you to Diarmuid O'Mahoney, Renee Desroches, and Robert Corrigan, three residents who have volunteered with your community association to facilitate the public art projects that will be installed in your neighbourhood over the next year!

Over the last year, through the 'This is my neighbourhood' program, residents of North Glenmore Park identified ways to help their neighbourhood become an even better place to live, work and play.

Residents outlined what was important to them, focusing on the themes of people, places, programs and possibilities. These discussions led to the development of North Glenmore Park's community vision: *A vibrant, local focused and people friendly place with a strong sense of identity where residents are connected, involved, feel safe and enjoy the best green spaces in the city.*

The City then worked with residents to identify projects that would support the vision and be possible in their neighbourhood. Residents prioritized the projects and City Administration ensured they could be implemented. Visit [www.engage.calgary.ca/TIMN/north-glenmore-park](http://www.engage.calgary.ca/TIMN/north-glenmore-park).

Among the several TIMN projects in NGP, installing public art on garbage bins, utility boxes and community banners are exciting public art displays to look forward starting this summer!

### Bins

To begin, you will start to notice some garbage bins being transformed into attractive pieces of art. Bins will be wrapped in several designs and the CPT encourages you to be on the lookout for these bins.

### Boxes

Several utility boxes will be painted by selected artists from The City of Calgary's 'Painted City Artist Roster'. Each artist will be hosting some form of community engagement throughout the summer and fall months.

There will be opportunities for you to participate in exploring utility box art that suit your neighbourhood.

Keep posted about these opportunities on The City of Calgary and North Glenmore Park Community Association and websites, as well as your neighbourhood's newsletters, Twitter feed and email communications.

### Banners

This fall, the CPT is looking forward to putting a call out to local artists who will create art to be on community banners/flags that will make North Glenmore Park stand out! An information package for with details on becoming a local artist for this project will be released in the fall.

Contact North Glenmore Park Community Association for more information on any of these public art projects or 'This is my neighbourhood'.

North Glenmore Park Community Association  
2231 Longridge Drive S.W.  
403-246-4243  
[admin@ngpca.ca](mailto:admin@ngpca.ca)

**BRAIN GAMES SUDOKU**

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1			5	9			7	

**FIND SOLUTION ON PAGE 16**





**MLA CALGARY-ELBOW**  
**GREG CLARK**

Leader - Alberta Party  
(403) 252-0346  
calgary.elbow@assembly.ab.ca  
Twitter: @GregClark4AB

As I travel around Calgary-Elbow I am impressed with the variety of recreational opportunities that exist within our boundaries. I grew up in this community, yet I continue to find new places to explore and share with my children, and I hope you can too.

I was saddened to see a score of D- for overall physical activity in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. The report also gives Canadian children an F in Sedentary Behaviours. The full report can be found at: [www.ParticipACTION.com/reportcard](http://www.ParticipACTION.com/reportcard).

The report paints a troubling picture of how our children are spending their time and the effect this is having on their sleep and ability to perform well in other areas of their lives.

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.
- **Only 24%** of 5 to 17 year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes. And the average 5 to 17 year-old Canadian spends 8.5 hours being sedentary each day.
- **15% of children** aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; only 24% of those aged 5 to 17 meet the guideline of no more than 2 hours of screen time per day.
- **High school students in Canada** spend an average of 8.2 hours in screen-based sedentary behavior.

But it's not all bad news! The report gives community and environment an A- rating and reports that "less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood". So, let's turn off the screens, get outside and play! Here is a small sample of places and activities in Calgary-Elbow:

- **South Calgary Pool:** located at 3130 16 Street S.W. (403-245-0379)
- **Talisman Centre:** located at 2225 Macleod Trail South (403-233-8393) [www.talismancentre.com](http://www.talismancentre.com)
- **Stanley Park:** 4011 1A St. S.W.
- **Stanley Park Lawn Bowling:** 350 42 Avenue S.W. (403-532-8006) [www.calgarybowls.com](http://www.calgarybowls.com)
- **Lakeview Golf Course:** 5840 19 St S.W. (403-300-1003)
- **Mount Royal University Recreation:** 4825 Mount Royal Gate S.W. (403-440-6517) <http://www.mtroyal.ca/CampusServices/Recreation/Public>
- Or go for a stroll on one of the many river pathways!


If at all possible, I strongly encourage you to start the school year off by walking or biking to school with your children. Getting into a routine while the weather is nice and make it a habit that continues all year!

While you are out and about in the constituency, please feel free to pop by my office, located above the Sunterra in Britannia.

I hope you're enjoying a safe and active summer!

**BRAIN GAMES SUDOKU**

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3	6	8	4	1	2	5	9	7
8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
1	4	6	5	9	3	8	7	2



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Thank you for taking the time to join in on the budget discussion through June and July. I valued the thoughts, comments and feedback you added to the discussion. If you missed it, please check out the blog series on my website at [www.ward11calgary.ca](http://www.ward11calgary.ca). If you do not have internet access, please know you are welcome to contact my office, and will find an alternate way to share the information with you.

To ensure that you're part of the conversation, I would like to encourage you to contact me and sign up to receive updates from my office. I send out one or two email updates a month to let residents of Ward 11 know about upcoming events in your community, city programs and opportunities to have input into the city's public engagement programs. You can sign up by emailing my office at [ward11@calgary.ca](mailto:ward11@calgary.ca) and asking to start receiving our updates.

The summer is a great time to consider joining your community association. Community Associations work for you at the very local level of your neighbourhood. The people who volunteer with your community association are committed to making your community better. They plan events, work to represent you to the City and to me, and are always looking for new ways to help neighbours connect with neighbours. They are a very important part of what makes our communities great. Please support your community association by getting a membership, by volunteering and helping out to make your neighbourhood event better.

There are a ton of events taking place in Ward 11, and in Calgary, this summer, and I would like to encourage everyone to take part in some of them! Ward 11 is blessed with very active community associations that are hosting stampede breakfasts and parade, pub nights, movie-in-the-park nights and all kinds of other events. Enjoy the festivities, I hope you have a safe and great summer!

## IN & AROUND CALGARY

### EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

#### Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

#### Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

#### Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and 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 when 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 or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

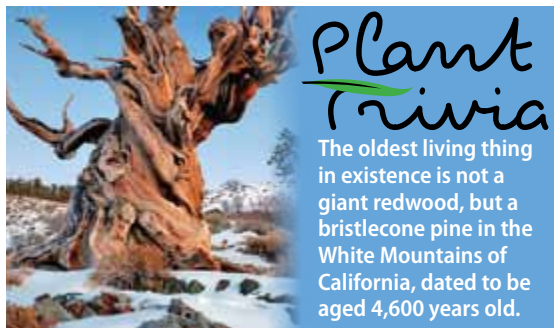
# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**NOT SURE WHAT TO DO WITH YOUR CLUTTER?** The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit [www.diabetes.ca/clothesline](http://www.diabetes.ca/clothesline).



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# IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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