

FEBRUARY 2016

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THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER



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Adoptable Pets

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Paris came to AARCS after being hit by a car and suffered a broken spine. She had a successful surgery and spent two months in a loving medical foster home with three other dogs. She is a 4 year old lab cross who is fully house trained and is very loving and has a sweet disposition. She walks well on a leash especially if she is carrying a bone in her mouth. She loves everyone she meets. She is quite uncertain around other dogs and gets frightened when they bark or growl at her. She has the run of the house when we are away and sleeps in her bed at night. She loves to be outside and we are working on teaching her to play with a ball. She is not good with car rides but, with some patience and love, she will adapt. She would be best suited to a quieter home with older children or children that understand and respect dogs. She weighs about 50 pounds.



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Samstag, 6. Februar 2016, 13-16 Uhr

North Glenmore Park Community Association (in der Turnhalle)

(Bei Crowchild Tr & Glenmore Tr SW)

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



German Children Carnival (Mardi Gras)

For children and families living in Calgary, who would like to learn more about and experience the German tradition of carnival. All are welcome!

Activities will be geared towards children under the age of 8.

Admission is \$20 per family and for AGEK members free. Please come in costume!

Saturday, 6 February 2016, 1-4pm

North Glenmore Park Community Association (in the Gym)

(Near Crowchild Tr & Glenmore Tr SW)

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



<https://www.facebook.com/events/1820040994889358/>

germanchildrencarnival@gmail.com | www.germaneducationcalgary.ca



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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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

- Central Memorial (houses community students, National Sports Academy, and the School of Performing and Visual Arts)
- Lord Shaughnessy (houses CBE-learn online program and Career and Technology Center)
- Bishop Carroll High School (Catholic; hosts the Hockey Canada Skills Academy)
- St. James Elementary & Junior High School (Catholic)
- The Emily Follensbee School for severely disabled students
- The Calgary Girls' School

In the immediate vicinity

- Mount Royal University
- Bishop Pinkham Junior High School (public)
- Jenny Elliot Elementary School (public)

NGP COMMUNITY ASSOCIATION



BOARD OF DIRECTORS

President	Jill Mitchell	jill@salopekconsulting.com
Vice-President	Barry Morrisette	ardlight@nucleus.com
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Fundraising		New Committee
Green Energy		New Committee

STAFF

Operation Manager	Marief Buckley
Administration and Communications Coordinator	Marief 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

2231 Longridge Drive SW Calgary, Alberta T3E 5N5

403-246-4243 • Fax: 587-353-4536 • Email: admin@ngpca.ca

Editorial Content 1st of each month for the next month's issue
DEADLINE
newsletter@ngpca.ca

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; Communication Benefits

- Community representation on pressing issues
- Updates on local interests including development, traffic and other key community issues

Events and Programs Benefits

- FREE Family Skate Sundays at Flames Community Arena
- Special events; Stampede Breakfast, Spaghetti Western dinner, Community Recycle and Clean Up Day, Halloween Family Dance, Holiday in the Park, Easter Egg Hunt and much more!
- Open gym, pickleball, Mom's and Tot's

Other Benefits

- 10% discount on room rentals and birthday party packages
- Member rates for programs

- Free community listings of garage sales, activities, meetings and lost and found on the NGPCA website

Purchase your NGPCA Community Membership TODAY!

Good for one year, May 1, 2015 – April 30, 2016

NGPCA Cost

- \$25.00 Family Membership – families living within the community as defined by the City of Calgary
- \$10.00 Senior Membership – 65 years or older as defined by the Canadian Government
- \$35.00 Associate Membership – people living outside the community and using the community facilities

CHURCHES IN & AROUND NORTH GLENMORE PARK

Saint James Catholic Parish

Pastor: Fr. Luciano Cortopassi
Address: 5504 - 20 Street SW
Telephone: 403-243-2680
Website: www.stjamescalgary.org
Sunday Services: 10:00am

Lakeview United Church

Minister: Jope Langejans
Address: 3023 63 Ave SW
Telephone: 403-242-5760
Website: www.lakeviewunitedchurch.com
Sunday Services: 10:00am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon
Address: 5336 Lakeview Drive SW
Telephone: 403-249-7359
Website: www.lakeviewbc.ca
Sunday Services: 9:30am

St. Laurence Anglican Church

Assistant Priest: Rev. MJ Leewis-Kirk
Rector: Rev. Anna Greenwood-Lee
Address: 5940 Lakeview Dr. SW
Telephone: 403-249-6184
Website: www.stlaurence.ca
Sunday Services: 10:00am

Rainbow Christian Church

Pastor: Yi Zheng
Address: 5336 Lakeview Dr., SW
Telephone: 403-452-8872
Website: www.rainbowchurch.ca
Sunday Services: Chinese Sunday service: 11:15am
English service: 9:30am

First Church of the Nazarene

Pastor: Bryan Roller
Address: 65 Richard Way SW
Telephone: 403-242-1718
Website: www.firstnaz.ca
Sunday Services: 10:45am



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YOUR COMMUNITY business of the month

The Garrison Pub & Eatery North Glenmore Park Community

Your Neighbourhood - What's In a Name?

The neighbourhood you live in is for most people a source of pride and sense of home. But what goes into the name? Usually place names have some ties to history, but often they can be names invented by marketing folks who wish to evoke feelings or emotions in prospective buyers. For example, in Calgary, we have Auburn Bay which is neither auburn nor, really, a bay.

Some names are made up; some are constructed. Marda Loop was named after a theatre. Owners Marc and Mada Jenkins opened the Marda Theatre in 1953. Marda was a combination of their two names. Theatres, then as now, were a destination and a transit loop was named after it.

Other names, like Lakeview, are indicative of a geographical feature. Some place names are both geographic and historic. Calgary's first citizen, Sam Livingston, gave the region now containing the reservoir the name Glenmore which is Gaelic for big valley.

The name Garrison, given to both Garrison Green and Garrison Woods, is in honour of the troops and horses garrisoned there since about 1911. Originally named Currie Barracks, Headquarters Calgary Garrison was formed in 1950 in response to the need to coordinate the administration of army units stationed at and cycling through the Currie Barracks. So the facility also began to use the names Calgary Garrison and Calgary Barracks.

The rich military history of area region can easily be seen through the Military Museum, and the Naval Museum as well as the barracks buildings, which while no longer inhabited by soldiers are still in use by businesses today.

Local business owner Richard Basha saw the historical significance of the military tradition and named The Garrison Pub to honour that history. "Even after the Canadian

Forces base left we saw the significance of the troops and veterans on the area and we wanted to keep that history alive. We're proud of the name Garrison and we certainly honour and support some of the groups, like the Military Museum and like the veterans groups and we want to remember their service." The Garrison Pub is festooned with memorabilia, plaques and posters reminding patrons of the sacrifices made by the tens of thousands of soldiers who lived in the area over the years. The pride in ownership and attachment to history is typical of many who live in the area and feel an attachment to those who came before and served our country.

What's in a name? Sometimes, in our neighbourhoods, quite a lot.

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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 bright summer and dynamic fall seasons in our community. High resolution photos are preferred, all submissions can be sent to admin@ngpca.ca – you will be contacted should your photo be used, and if not, keep shooting! There's a newsletter every month.



NGPCA Birthday Bounce Package

Need the perfect venue for a kids birthday bash in 2015? Celebrate with us, Saturdays here at the North Glenmore Park Community Association we are offering a 'Birthday Bounce' package for members and guests at a very reasonable price! We've gotten so many excellent reviews from members and guests alike that we're continuing the good cheer.

What: Two hours of gym time* (non-transferrable to other spaces without additional hourly rate) **and** use of our **brand new** 'Magine Bounce Castle'.

Where: Contact admin@ngpca.ca for booking inquiries. We have a limited amount of Saturday slots and times, so e-mail and book yours today!

How much: \$250.00 for the entire slot, to be paid **in entirety** at the time of booking to secure booking.

When: We offer two varying slots on Saturday afternoons **only**. The first booking runs 11:30-1:30, the second from 2:00-4:00. *Your set-up time for decoration or table and chair set up; is reflected in the two hour slot.

Bounce castle set up is included in overall price; take down is the responsibility of the party host. Full payment is required to secure your spot upon booking. Cancellation must be within 72 hours of the booked slot or payment in full will be collected. NGPCA staff is not responsible for the set-up or tear down of decorations. All spaces will be left in the condition found, and cleaned up within the 2 hour time slot.

We look forward to hosting your party!

*10% discount for NGPCA members upon showing their card to administration.

North Glenmore Park mybabysitterlist

Name	Age	Contact	Course
Evelyn	12	403-475-0919	Yes
Clara	13	403-283-4412	Yes
Anna	13	403-225-8223	Yes
Brooke	13	403-212-1014	Yes
Sienna	13	403-240-1128	Yes
Maxine	13	403-455-8427	Yes
Kiera	13	403-922-6067	Yes
Josh	14	403-249-0080	Yes
Melanie	14	403-685-8090	Yes
Tyler	14	402-242-6085	Yes
Samantha	15	403-287-3740	Yes
Sam	15	403-287-3740	Yes
Kaitlynn	15	403-874-4034	Yes
Holly	15	403-287-0370	Yes
Shelby	15	403-860-7994	Yes
Lilly	15	403-719-8282	Yes
Henry	15	403-719-8282	Yes
Connie	16	403-862-2081	No
Julianna	16	403-604-0034	Yes
Chiara	16	587-585-5652	Yes
Emma	17	587-439-7989	Yes
Nia	17	403-991-8045	Yes
Bree	17	905-376-9229	No
Kaiden	17	403-926-3399	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Jakarta	18	403-808-8503	No

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016

AvenueCalgary.com/survey

avenue magazine

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Fridays, 1:00pm – 5:00pm

A valid 2014/2015 NGPCA membership will be required and check-in is **mandatory**. Non-member drop in fee is \$5.00 per person. Memberships can be purchased in the administrative office during check-in.

SW Transitway Bus-Rapid- Transit (BRT) Frequently Asked Questions

My office has heard many questions and concerns regarding the SW Transitway BRT project. We've hoped to capture and address many of these here. I encourage you to subscribe to Ward 11 updates to stay connected and ensure you receive information as it becomes available.

For project background information, please check out my SW Transitway BRT Update or visit the project website at calgary.ca/swtransitway.

What is a BRT?

A BRT (Bus Rapid Transit) network is a way to provide reliable, timely multi-passenger transportation without the costly infrastructure associated with LRT projects. The goal is to offer a transportation option that can be considered a competitive alternative to private vehicular travel.

Why are we building a BRT network through Ward 11?

City Council approved this project in 2011, as part of the Route Ahead. Building the transitway now is an investment in meeting the future demand for transit in the southwest part of the City. BRT service will:

- Meet future demand for transit in the southwest part of the City;
- Alleviate overcrowding on the south LRT which is already over capacity;
- Provide efficient service to key destinations in the southwest, including Rockyview Hospital, Mount Royal University, the Currie Barracks Development and Corporate Campus, and Heritage Park.

Many of my neighbours don't take the bus...Why do we need this line?

- Dedicated transitway lanes and priority through intersections make the service more reliable and a more attractive choice for people.
- BRT service will meet future demand for transit service from new development, future growth and

changes in how people choose to travel.

- Calgary Transit is working on how existing transit routes (e.g., 302, 20) will connect to, and possibly be replaced by, BRT service.
- Demand will increase as a result of future development at Mount Royal and Currie Barracks, Glenmore Landing and with people switching from LRT to BRT service.
- Demand will also come from Rockyview Hospital as more people choose transit over their car.
- Connections with the new South Crosstown BRT will provide better transit access to other areas of the city.

How has the City engaged residents and stakeholders so far?

- In 2010, the City held multiple public engagement sessions with residents, and focused meetings with the stakeholders of major activity centres along the route. The public sessions were held at Rockyview General Hospital, Southland Leisure Centre, Mount Royal University, and Braeside Community Association. All comments were recorded, and are available at calgary.ca/swtransitway.
- The Community Associations were contacted in regards to these sessions as soon as possible.
- 50,000 information pamphlets were sent via Canada Post to residents directly adjacent to the route.

Why didn't I get more notice about the public sessions held in October?

The BRT project was approved by Council in 2011, however it was put on hold until dedicated funds could be found. This past September, the Province dedicated funds via their GreenTrip initiative. As Transportation was already scheduled to hold public sessions on the Ring Road, they took the opportunity to re-introduce the SW Transitway project to the public as well. Notification was given to the Community Associations as soon as possible, and there were BOLD signs distributed within the Communities. Additionally, the Ward 11 office issued an information link in our September electronic newsletter. Anti-spam legislation forbids us from contacting you if you haven't given us your explicit permission to do so. Please subscribe here if you haven't already. There will be more information sessions in early 2016...please stay tuned!

Is 14th Street going to be widened?

The six existing lanes will be shifted within the existing

road right-of-way. Two additional bus only lanes will be added on the west side of the road, with much of the space donated by more space-effective medians. No private properties or park space will be expropriated for this project.

Are there going to be big parking lots in my community?

No. The BRT system is designed to work with local foot traffic, existing bus lines, and the recreational pathway system. The City of Calgary will work with communities should commuter parking issues arise.

Will we be losing parks and trees?

No.

How long will the construction take? How will it affect me?

Construction is scheduled to start in the summer of 2016, and to be completed by late 2018.

How will the bus lanes affect my drive along the corridor?

The BRT line will have a very minimal effect on traffic patterns once construction is done. The busses will travel along their own lanes, separated from 14th street, from Southland Drive to 75th avenue. At this point, there will likely be a signal adjustment to accommodate bus service joining regular traffic at the Glenmore overpass. Along Crowchild Trail, the busses will travel in the shoulder lanes that are there now.

Will the busses make it harder for emergency vehicles to get into the hospital?

No. The City is working with the Rockyview Hospital and Alberta Health Services to ensure that access will not be affected.

Will there be more pollution?

Each BRT is able to accommodate 70 passengers and replace many vehicles, which will result in less overall pollution coming from the roadway.

The City is embracing natural gas busses after determining that they offer no cold weather operational issues, and will be buying these units exclusively going forward. However, more than half of the diesel fleet currently has measurable particulate emissions with only a negligible difference to the emissions levels of the natural gas fleet. This is due to the use of two technologies, which are Selective Catalytic Reduction (SCR) and Diesel Particulate Filters (DPF).

Published on calgary.ca/ward11 December 2nd, 2015



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OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.



Making your city work for you

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted

Day camps are coming to North Glenmore Park Community Association!

Summer 2016

Please check back in February for more information or contact Kate at programs@ngpca.ca.

Wind Up Party Package!

Slots will fill up quickly, so NGPCA is rolling out its newest package for the winter months. Do you coordinate or play on a sports team? So often it can be difficult to find the perfect space in which to host a season wrap up event. Here at the Community Association, we offer all of our sports equipment and nets to host the perfect party.

Outside food and beverage is welcome on site, liquor and beer for parents must be accompanied with a liquor license.

What the package includes:

- two hours of gym time with the attached kitchen
- two hours of time in the upstairs lounge with full use of the media centre

Total cost: \$325

Time slot allows a fifteen minute window before and after for set up and tear down. Additional time will be billed at the hourly rate.

Call or e-mail Mariel today to book your slot! 403-246-4243 / admin@ngpca.ca



North Glenmore Park Real Estate Update

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

	Average Asking Price	Average Sold Price
January 2016	\$0	\$0
December 2015	\$1,500,000	\$1,380,000
November 2015	\$765,000	\$740,000
October 2015	\$631,562	\$608,333
September 2015	\$1,130,000	\$1,090,000
August 2015	\$647,000	\$626,250
July 2015	\$671,950	\$650,416
June 2015	\$696,933	\$678,000
May 2015	\$627,437	\$612,475
April 2015	\$724,450	\$685,000
March 2015	\$686,333	\$656,666
February 2015	\$571,166	\$567,500

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

	No. New Properties	No. Properties Sold
January 2016	2	0
December 2015	6	1
November 2015	3	1
October 2015	4	3
September 2015	9	1
August 2015	4	4
July 2015	8	6
June 2015	8	6
May 2015	8	4
April 2015	4	2
March 2015	6	3
February 2015	6	3
Total	68	34

To view the specific SOLD Listings that comprise the above MLS averages please visit north_glenmore_park.great-news.ca



Although the winters in Alberta are more than most of us can bear, there are small seasonal comforts around our beautiful, blustery province. While outdoor growing conditions for the prairies are tough during this torrid, back and forth season; hydroponics and greenhouses have made startling advances with seed, flower and root growth in the last five years. The differences in quality, taste and size are remarkable; and with cauliflower being my chosen winner for the month of February – I present to you my all-time favourite soup recipe.

Roasted Cauliflower & Cumin Puree

Ingredients:

- 4 large cauliflower heads, stripped of leaves and cored
- 2 Tbsp olive oil
- 2 Tbsp ground cumin
- 2 peeled russet potatoes, cut into 1/4" chunks
- 2 cups of 2% milk
- 4 cups of chicken or vegetable stock
- 1/4 cup of butter, kept cold, cut into 1" squares

1. Strip the cauliflower heads of the core and green leaves. Although you can save the cores and use them in the soup, the flavour is a bit harsh and they take a long time to cook out. Alternatively, you can dice them up into very small pieces and freeze them for a stir-fry or larger chunks for stew.
2. Cut the cauliflower into pieces about 4" around. Toss them in the olive oil and ground cumin, a heavy pinch of salt and pepper, and roast on a flat metal pan at 375 degrees for around 15 minutes. Roast until the cauliflower is beginning to brown, a

couple of burnt pieces are alright.

3. While the cauliflower is roasting, pour the stock into a soup pot on the stove. Place the peeled, cut potatoes into the stock. Heat until it comes to a light simmer, the stock should be warm enough that the cauliflower doesn't cool the temperature.
4. Remove the cauliflower from the oven, pour into the soup pot and cook for around 20 minutes. Season with salt and pepper twice. Once when you add the cauliflower, and once after you've tasted the cooked soup before it is pureed.
5. While the soup is cooking, slowly heat your 2 cups of milk on the side in a small pot. Once the milk is scalded (slightly warmed), pour into the soup just before blending.
6. Blend the soup with a handheld mixer or in a blender. Do not be afraid of over blending. The smoother this soup, the better.
7. While you are blending, add one cube at a time of your cut butter pieces. This will add a smooth texture to the finished product and a velvety texture.
8. Immediately after blending, taste again. Season if needed, remove from heat and pour into containers. If you can, try to store the hot soup in wide and flat containers, in the fridge while it cools. Stir often as the temperature drops. Bacteria has an easy time forming in the middle of cooling sauces and stocks if it is not stirred, and it can take up to 15 hours for the centre to cool if not mixed to allow steam to escape.
9. After it is fully cooled, cover immediately.
10. Let the soup sit for a day. I cannot stress this enough. All soups, stocks and sauces are infinitely better after they sit for a day or two.
11. Reheat, perhaps with a small handful of grated Austrian Gruyere stirred in. Enjoy!

As I'm planning to make this a monthly instalment of my research and best local recipes, I feel I should let you all in on a few of my philosophies as a retired cook:

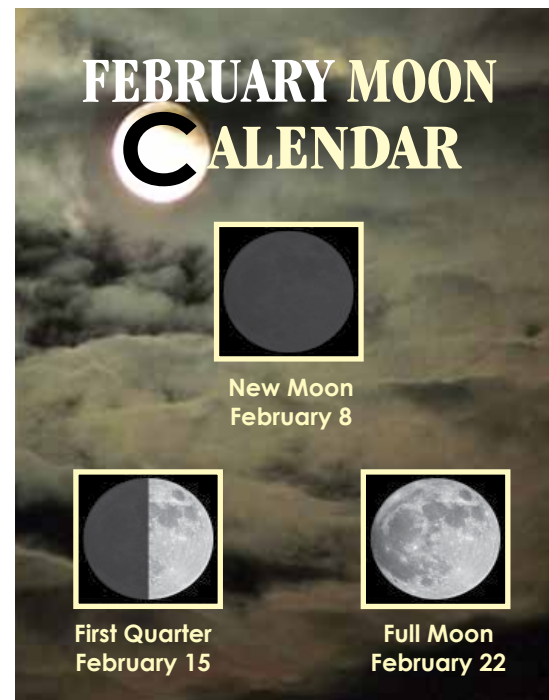
- Salt and pepper are never listed on my ingredients list. Seasoning is dependent on so many variables – ripeness of your vegetables and fruit, the length of cook time, strength of stocks and added fats... To have the best possible outcome always taste

Cook's In The Corner cont.

as you go. Salt and pepper quantities will vary greatly recipe to recipe. *Do not be afraid of salt. It enhances all natural flavour.

- Always taste everything, everything! All of your ingredients, raw and cooked, get a feel for the recipe and don't fear including your own twists.
- My recipes are almost always a guideline. Let me clarify; meat cookery and specific marinades are an exact science so don't go rogue on those ones just yet. But if after you've made your soup it seems watery or too thick, don't be shy, and fix it up! A peeled, cooked potato is a perfect thickener, or a 1/4 cup of rice will do the trick in a pinch. A touch of heated stock or milk will thin out your soup nicely as well if it seems too mealy.

Sincerely,
 Mariel Buckley
 Retired sous chef
 Communications at North Glenmore Park Community Association



IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

• Heart attack risk factors include:

- Obesity*
 - Sedentary lifestyle*
 - Smoking*
 - High cholesterol*
 - Age / Gender
 - Family history
- Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



In a Pickle for a weekend activity?

One of the fastest growing sports in North America is coming back to the NGPCA Gymnasium! Pickleball is an innovative combination of badminton, tennis and table tennis and we are thrilled to be sharing it with everyone!

Don't worry, if you're not skilled at the art of preserves, you'll still be able to play this skill sport. Mix up teams, meet new friends, all while learning racquet skills and getting engaged with your fellow community members. How can you go wrong?

Anyone aged 12 and up can swing by our gymnasium on the following dates 12pm – 4pm:

- Sunday, February 7
- Sunday, February 21
- Sunday, March 6
- Sunday, April 3
- Sunday, May 1
- Sunday, May 15

If you have your NGPCA membership card, the drop-in fee is \$2. If you do not have a membership, we would still love to have you, with a drop-in fee of \$5.

This Is My Neighbourhood



Many people in North Glenmore Park participated in The City's This Is My Neighbourhood project this spring and summer. They told us about their vision for the neighbourhood, what the love about NGP and what they think needs to improve. In fall, City staff reviewed the list to see what's possible to do in 2016. Now we need you to prioritize what should be done. Visit www.calgary.ca/thisismyneighbourhood and click on North Glenmore Park for details of how to get involved in the New Year.

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JANICE PIET YOGA: 403-889-5223 Monday & Wednesday at Lakeview Community Centre 9:00-10:30AM 6110 - 34th St SW Wednesday at Anahata Yoga Studio 6:15-7:30 PM Friday at Anahata Yoga Studio, 5:30-6:45 PM 7711 Macleod Tr SE (north side entrance) Anahata Studio located upstairs at the "Market on Macleod".

DO FINANCES OVERWHELM YOU? Face your fear and take action with my hands-on, judgement-free, practical coaching. We'll start where you are and go from there. Call or email Sheryl at 587-436-7755 or sheryl@evolutionabundance.com.

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.

HEAL YOUR LIFE: Licensed and Certified Teacher of Heal your Life Workshops, Coaching and Training is accepting clients and workshop participants. The philosophies of Louise Hay revolutionized the wellness industry; join me in learning to Love Yourself and Heal Your Life. Contact Sheryl at 587-436-7755 or visit www.evolutionabundance.com.

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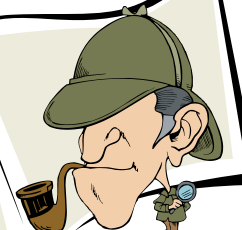
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Book Trivia

Professor Moriarty was Sherlock Holmes' arch enemy.





**COUNCILLOR, WARD 11
BRIAN PINCOTT**

www.ward11calgary.ca

Assessment

In early January the Assessment Department mailed out the 2014 Assessment Notices to property and business owners in Calgary. The City is currently in the Customer Review Period, which ends on March 7, 2016. If you have not already done so, I encourage you to review your assessment notice to ensure that the information it contains is accurate. The Assessment Department can be reached via telephone at 403-268-2888, and many questions can be answered at www.calgary.ca/assessment.

Any inquiries received within the 2015 Customer Review Period will be reviewed by an assessor, and appropriate action taken. This sometimes includes amending an assessment to ensure that it is accurate.

When reviewing your 2015 property assessment, please remember that under provincial legislation the value of your property reflects the market value of the property on July 1, 2014 and the physical condition as of December 31, 2014, meaning any improvements made in this timeframe will appear on your assessment.

Southwest BRT

There is lots of talk on the SW BRT Transitway and how it affects you and your community. The Southwest Transitway will provide high-quality, efficient and a reliable level of service for communities in southwest Calgary. The Transitway will serve southwest communities,

downtown and major destinations including Southland Leisure Centre, Glenmore Landing, Heritage Park, Rockyview Hospital, Mount Royal University, and Currie Barracks. The service includes constructing new bus stations, which will provide transit customers with heated waiting facilities and real-time travel information. Buses will run every 10 minutes in peak hours, and every 20 minutes in off-peak hours.

BRT Ridership Figures

The Southwest Transitway infrastructure will be used by both the new BRT service as well as local bus routes which may be able to use a portion of the Transitway. Calgary Transit recently completed existing ridership counts for current routes that will connect with, or are anticipated to use the infrastructure built as part of by the Southwest Transitway Project. Ridership numbers shown are average all day passenger trips and take into account both directions of travel (see attached Southwest Transitway Ridership figure for reference):

Crowchild into Downtown (Routes 18, 20, 63, 112, 181): 5,200 passengers/weekday

Glenmore Trail over the Reservoir (Routes 20, 47, 72, 73, 182): 3,500 passengers/weekday

Rockyview Hospital (Routes 20, 306): 1,300 passengers/weekday

Southland Drive at 14th St SW (Routes 16, 56, 79, 80, 84): 1,600 passengers/weekday

The Transitway Team is going out to Ward 11 communities with more public information sessions this month and next. Additional facts and information are available online at calgary.ca/swtransitway, as well as through the Ward 11 office.



**MLA CALGARY-ELBOW
GREG CLARK**

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

Hello,

The Alberta Legislature will resume sitting this month. I have enjoyed the opportunity to spend more time at home in Calgary-Elbow working on constituency issues, and I also managed to have some personal and family time over the holidays. I hope you got a break as well.

But I am itching to get back to the important work in the Legislature. People often ask me how I can be effective as a single MLA from my party. The answer is simple, I choose to not just oppose everything the government does, but to propose ideas I think would put Alberta on a better path. Those of us in opposition have a basic choice, and I choose to contribute new ideas and provide insight into what they I would do, rather than only providing criticism without contribution.

In the fall session, I prepared an Alternative Budget, and a Climate Change strategy I worked with members of the opposition to propose and pass amendments to government legislation. On an issue of particular importance to me and I know too many of you in Calgary-Elbow, I was able to advocate to the Minister of Municipal affairs to call for floodway buyout properties to be resold once flood mitigation is in place. I will also continue to push hard for the Springbank mitigation project to stay on track.

In the House I talked about the important work being done by not-for-profit organizations and urged the government to partner with the many efficient and cost-effective organizations delivering services around Alberta rather than replacing them with top-heavy government services. I also presented a motion urging the Government to require all public, separate, private, and charter school boards to implement a clear policy for how they will support LGBTQ youth (including gay-straight alliances) as required by Bill 10.

This spring the government will present a budget for the upcoming fiscal year. Given the challenging economic circumstances facing Alberta they have some tough choices to make. I will again release my own budget to show Albertans how I would address these challenges. We'll focus on job creation and support for the energy industry, and ensure high-quality front line services are maintained while keeping the deficit to a minimum.

You have a voice in the Legislature too. I can ask your questions directly to Government during question period, or I can write a letter to a Minister on your behalf. Please contact my office to learn more.

Another way you can be heard by the Government is to have me present your petitions. While it is not within the Assembly's power to perform the functions of the Government, it can urge the Government to govern in a certain way. If you are interested in petitions that you check out this short guide: www.assembly.ab.ca/pro/Petition_guide.pdf

In these difficult times, and at all times, it is important that I represent the views of my constituents in the Legislature. I look forward to hearing from you.



Interesting ARCHITECTURE

The Colosseum is the largest Roman amphitheatre ever built This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.

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Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2016 Festival, April 18 to May 7 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.



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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
Kerby Centre for the 55 plus	403-265-0661
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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HOW TO SAFEGUARD YOUR RETIREMENT INCOME?

Ask an Expert



Sheri MacMillan,
Senior Trust & Estate Practitioner,
CEO of MacMillan Estate Planning Corp.
Sheri is featured on *The Strongroom*
9:00 AM Saturdays on News Talk 770

Recently on a Saturday morning on *The Strongroom* radio program I was surprised to hear you say your clients aren't concerned about the big fall in oil prices in the past year. How can that be? I know I'm worried about what it could mean for my retirement years.

The reality is that we are going to face multiple market downturns in our lives. The good news is that our retirement income doesn't have to fluctuate with the markets! One of the great opportunities we have in Canada is that we have trust laws that allow us to buy good quality investments that are not only principle guaranteed, but offer a rate of return and exceptional credit protection. The fact that our clients aren't concerned means they have a plan that is working. That for me is a fundamental result we want for every family we have the privilege to work alongside. If you have an appropriate plan design for your lifestyle for decades ahead, then when markets correct, you can weather the storm. So you won't have to wonder, "Do I have enough? Did I protect it well? Am I going to outlive my wealth?"

We have experienced a variety of market fluctuations in our almost 20 years of experience, and these market cycles have shown that being proactive and building in those safety nets and benchmarks actually works.

When we've created affluence in our life, we're going to rely upon it for decades ahead as part of our life plan. We're endeavouring to build wealth so we can enjoy a wonderful lifestyle of freedom in the retirement phases of life.

We need to be proactive in designing our estate plans to make sure we don't jeopardize the wealth that we have created.

MacMillan Estate Planning Corp. will be hosting a complimentary
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