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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

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

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaughnessy (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

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Treasurer	treasurer@ngpca.ca	Lisa Frehlich
Secretary		Vacant
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COMMITTEES	CONTACT INFO	CHAIR
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Finance and Audit*	treasurer@ngpca.ca	Lisa Frehlich
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Green Energy		Volunteers needed
<b>STAFF</b>		
Communications		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](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)



## North Glenmore Park Community Association

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

Phone: 403.246.4243 • Fax: 403.353.4536

[admin@ngpca.ca](mailto:admin@ngpca.ca) • [www.ngpca.ca](http://www.ngpca.ca)

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# Outdoor Group Fitness Class

## New Classes in North Glenmore Park

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[contact@revivelifestylefitness.ca](mailto:contact@revivelifestylefitness.ca)



## We're looking for a treasurer!

North Glenmore Park Community Association is looking for a treasurer to sit on the board starting in fall 2016. This two-year volunteer commitment is a great way to get more involved in the community. The Board meets on the first Monday of every month from 7 – 9. If you have accounting and bookkeeping experience and are looking for a great way to meet new people and contribute to the vision and future success of North Glenmore Park, please get in touch!

Contact Mariel Buckley at 403-246-4243 or email [admin@ngpca.ca](mailto:admin@ngpca.ca).

## 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.calgaryfrfc.com](http://www.calgaryfrfc.com)  
 Sunday Service: 9:30 a.m. & 4:00 p.m.

## AARCS ADOPTABLE PET OF THE MONTH:

Photos courtesy of Photography and Design by Tanya Plonka



### Misty (Roo)

Misty, is a tripod pit bull x (she is know by Roo) and loves all people and adapts almost instantly to new homes/new people. Her energy levels are high and not well suited for a home with babies/toddlers- this is only due to her energy level and her tendency to jump up; she is in no way aggressive towards people/children.

Roo loves to play catch – especially with balls that squeak (we have Kong balls for her that are indestructible-her favourite)! Her high energy means she requires a good run twice every day. Her other favourite game is tug-of-war.

Roo is a fast learner and responds well to her name, toys and treats when off leash. She loves to go to the dog park and run and greet everyone.

She is usually okay with most larger dogs but remains reactive to most smaller dogs, an experience owner with knowledge of the breed will be best to keep working on reactivity with certain dogs. In her foster home she lives with two resident dogs and she does very well with them, Roo, definitely has learned very quickly that she is not the dominant dog in this pack. We are working on “Hand Feeding” games and the “Name Game” to get them to accept each other, she loves it and has been doing very well at them. Roo prefers to be the only dog, but with an experienced family she could be a second dog in a home with a medium/large breed canine friend.

Roo is fully house and crate trained. She does excellent on long car rides/road trips.

She has some skin allergies, but responds very well to daily oils (fish and coconut oil). She loves peanut butter, green beans, snap peas and apples as a treat but cucumbers are her absolute favourite!

Her best trait is her huge love for everyone that she meets. She loves multiple couch cuddles a day and the occasional morning snuggle in bed!

Roo is a fantastic dog that would make an excellent companion to a person/couple with a very active lifestyle.

## NGPCA UPCOMING EVENTS

### Lawn Chair Theatre

When: Thursday, July 7  
 Where: 2231, Longridge Drive SW  
 What: Have a seat, we'll have them out and ready for you! Family friendly entertainment in the greenspace of NGPCA on the evening of July 7th. Come and dive in to Calgary's rich arts and culture from the comfort of your own back yard! Save the date!



### Mobile Skate Park at NGPCA – KICKOFF PARTY!

When: Skate Park open Tuesday, August 3 – Friday, August 17  
 KICKOFF PARTY: Saturday, August 6, 12pm – 3pm  
 Where: 2231, Longridge Drive SW; Greenspace  
 What: The City of Calgary's Mobile Skate Park will be temporarily placed on our property for the whole Community to enjoy! Hours of operation TBD, contact [admin@ngpca.ca](mailto:admin@ngpca.ca) for more details.

### City of Calgary Playdate

When: Saturday, September 11  
 Where: 2231, Longridge Drive SW and various locations within the Community  
 What: Summer camps with a wide variety of activities including: multi-sport, dance, art, cooking and more!  
 Contact [programs@ngpca.ca](mailto:programs@ngpca.ca) for more details.



# Neighbours needed!

## Participate on a Community Public Art Project Team

Through 'This is my neighbourhood', The City of Calgary has approved the following public art installations in North Glenmore Park to occur in 2016/2017:

1. Flags/Banners
2. Garbage bins
3. Utility boxes

NGPCA is looking for group of 3-5 neighbours to take the lead from now until public art is installed (possibly until Spring 2017).

- Meeting dates/times would vary throughout the project's time period (e.g.: twice/month, monthly, or as needed)
- Responsibilities of the team would be to liaise with the NGPCA board on project progress, be the key contact for artists, support required neighbourhood engagement sessions, support location decision making, choosing types of art for infrastructure, supporting neighbourhood's choice of art/artists.

Contact [admin@ngpca.ca](mailto:admin@ngpca.ca) for more information or to be a part!



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## Cook's in the Corner



### Small Batch Strawberry Rhubarb Jam

A great way to use up the rhubarb that grows so easily in Calgary, even in our lovely alleys! This jam is a nice consistency and isn't too sweet. Makes three half pints.

#### Ingredients:

- 1 pound strawberries
- 1 pound rhubarb
- 1 ½ cups granulated sugar

#### Method:

- Wash the strawberries and rhubarb well. Hull the berries and dice them into small pieces. Chop the rhubarb into segments approximately ½ inch in size.
- Place the chopped fruit in a glass or ceramic bowl and cover with sugar. Stir to combine and cover. Let the fruit sit for at least an hour, until the juices are flowing.
- When you're ready to cook the jam, prepare a small boiling water bath canner and three half pint jars and bring it to a boil. Place three new canning jar lids in a small pot and bring them to a bare simmer.
- Pour the fruit and all the liquid into your jam pot and place it over high heat. Any low, wide, non-reactive pot will do.
- Bring the fruit to a rapid boil and stir regularly. Over high heat, this jam should take eight to 12 minutes to cook. It is done when it is quite thick. You can tell that it's ready when you draw your spoon through the jam and it doesn't immediately rush in to fill that space. It will also make a vigorous sizzling noise when stirred when it is finished.
- Remove the jam from the heat and funnel it into prepared jars. Wipe rims, apply lids and rings, and process in a boiling water bath canner for 10 minutes (start your timer when the water returns to a boil, not the moment the jars go in).
- When time is up, remove jars from canner and set them to cool on a folded kitchen towel. When they are cool enough to handle, remove the rings and test the seals by grasping the edges of the lid and lifting the jar an inch or so from the countertop. If the lid holds fast, the jars are sealed. Any unsealed jars should be refrigerated and eaten promptly. Sealed jars should be stored in a dark, cool place and consumed within one year.

Recipe Author Marisa McLellan, from [www.food52.com](http://www.food52.com)

For more great recipes by this author, check out [www.foodinjars.com](http://www.foodinjars.com)

## NEW SUMMER CAMPS AT NORTH GLENMORE PARK!

We're excited to offer new summer day camps right here in our community! These reasonably priced art, cooking and multi-sport camps will include action-packed fun for kids aged 3 - 12 and will take advantage of our great facilities such as the gym, newly renovated commercial kitchens, and our close proximity to the Glenmore Pool, Calgary Tennis Academy & Glenmore park and trails. Campers will be divided into age-appropriate groups. To register or for more details on camp activities, please contact Kate at [programs@ngpca.ca](mailto:programs@ngpca.ca) or call 403-246-4243.

### ART ESCAPE

July 25 – 29

Ages 8-12 \* 9am – 4pm

NGPCA Members - \$250 \* Non - Members - \$285

Explore your creative side with our Art Escape day camp! At this full day camp you'll get to explore the following techniques:

- Beauty and the Beach: drawing, experiencing art & nature (some day hikes & sketching, weather permitting)
- Star Wars and Superheroes: re-invent yourself and make yourself into a character from Star Wars or create a Superhero painting
- Learn how to make stencils and your own graffiti art
- Paper Mache Monsters – learn to build 3 dimensional creatures

### MULTI SPORT SUPERSTARS

August 2-5 \* August 8 – 12 \* August 22 – 26 \*

Ages 6 – 12 \* 9am – 4pm

NGPCA Members - \$200 \* Non - Members - \$230

Children will love playing and learning a variety of sports throughout the day in our Multisport camp. Sports include soccer, fencing, basketball, tennis and many more! Your child will also have the opportunity to play games, make crafts and sing some great songs! Camps may run indoors and outdoors, depending on the weather.

### SPORTBALL HALF DAY CAMPS

August 8 – 12

Ages 3 – 5 \* 1pm – 4pm

NGPCA Members - \$125 \* Non - Members - \$160

Sportball's action packed camps introduce children to a variety of ball sports and activities plus arts and crafts, snack time, stories, co-operative games and more! Coaches focus on the basic skills common to all sports - balance, coordination, stamina and timing - in a fun, supportive, non-competitive setting that emphasizes teamwork. Camps may run indoors and outdoors, depending on the weather.

### KITCHEN KIDS

August 15 – 19

Ages 8 – 12 \* 9am – 4pm

NGPCA Members - \$250 \* Non - Members \$285

Treat your little chef to the experience of a cooking camp this summer! Children will learn the basics of food preparation, kitchen safety, cooking techniques and healthy eating. Participants will cook healthy snacks and food to eat throughout the day! Other activities will include sports, crafts and other fun outdoor games. All recipes will be nut free, but we cannot guarantee a nut free environment.

# The New Face of Yoga

Yoga has, somewhat mistakenly, been associated to a new age, alternative medicine mindset, such that the average person has felt excluded or unwelcome. The new face of yoga couldn't be further from that image and I believe it is only going to continue to change.

According to a recent study, 35% of those who have not tried yoga previously have a desire to do so in the coming year. It stands to reason then, that emerging yoga practioners are combining the traditional face of yoga with unique, compelling and relevant ways to make the vast array of benefits found in yoga available to more people.

When I talk with individuals about what keeps them away from yoga, there are a few common threads; they feel they are too old to start, have too many health challenges, aren't fit enough to enter a studio, feel the pace of most classes move too fast, believe yoga is boring and in some rare instances felt as though they didn't receive proper instruction to have a safe and enjoyable experience.

Am I a guru? Absolutely not...I have a passion for yoga—it's philosophy and it's science—and a conviction for what I know it can do to bring about a better quality of life. I believe that yoga is part of a long-term trend that the western world is embracing to find greater degrees of health and fitness (physical and mental).

**When you change the body, you change the mind;  
When you change the mind, the body has no choice but follow.**

There is no shortage of great yoga practioners to choose from in Calgary who aspire to help people begin, expand and deepen their personal yoga practice. I believe I'm bringing something new for groups that are currently underserved in the existing landscape.

For those over 50 and need to start and expand at a different pace, to those who simply don't feel comfortable in a large class/studio environment, or individuals who are starting the journey of a weight loss program. These three groups will feel very comfortable in any of my sessions. For more information visit [www.alignyogapractice.com](http://www.alignyogapractice.com).

# 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.




# 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, bingos
- 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.



# NGPCA Playground Committee

Stay tuned for details about a brand new park in North Glenmore Park! We have a dedicated group of volunteers pushing for a playground to be installed within the next year.

## JOEY'S CORNER

I spend a lot of my time in the yard and garden, and there's an added benefit for those of us who enjoy having flowers planted beyond the pretty look; bees! You may have heard about it, read about it, or maybe even seen the Cheerios commercials on the topic of helping the bees, whose numbers have been declining. This month, I offer a few things you can do to have a more bee-friendly garden.

The main idea is to plant nectar and pollen plants. You can support the bees all season long by planting a variety of flowering plants that bloom at different



times throughout the spring and summer season. Also key is to use organic seeds or plants whenever possible, so that they do not come pre-treated with pesticides (obviously harmful to our flying friends). Flowers

that are clustered in groups and at least one metre wide are more attractive to bees than scattered flowers throughout the garden.

Here are some common flowering plants that attract pollinators: fruit trees, chives, poppies, black-eyed Susans, calendula, squash or pumpkin, petunias, sunflowers, roses, honeysuckle, and geraniums. A quick internet search can give you many others as well.

Finally, you can help the bees stay hydrated by creating your own mini bee watering hole. Some people do this by filling a pie or similar dish with water and placing some rocks in it, which give the bees a dry landing spot. Alternatively, for those of you who like wine as much as my humans, you can fill a container with water and float wine corks on the top for landing pads.

Happy gardening!  
Joey

## IN & AROUND CALGARY

### Skatepark

**North Glenmore Park Community Association  
(2231 Longridge Dr SW)  
August 3– August 17**

**Kickoff Party: Saturday, August 6, 12pm—3pm**

A FREE Calgary skateboarding program for all ages. All participants must have a signed waiver, if under 18, the participant will need it signed by a parent / guardian before being able to participate in this program. Waivers are available on-site and on [www.calgary.ca/skateparks](http://www.calgary.ca/skateparks). Helmets are mandatory when using the park. You are welcome to bring your skateboard, rollerblades, or scooters to the park. Rental skateboards and helmets are free to use on a first come, first serve basis.

**Program Time: Monday—Friday: 11 a.m.—7p.m.**

**Saturday—Sunday: 10 a.m.—6 p.m.**

**For more information call 3-1-1 or visit  
[www.calgary.ca/skateparks](http://www.calgary.ca/skateparks)**



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## 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!

### DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the North Glenmore Park Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The North Glenmore Park Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## IN & AROUND CALGARY

### EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

#### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

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## MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party  
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### Fort McMurray Fire

As I write this the people of Ft. McMurray have just started to return home nearly a month after a narrow escape from the most devastating wildfire in Canadian history. Having spent a lot of time working in Ft. McMurray over the years it was heartbreaking for me to see family homes and familiar landmarks go up in smoke.

I was impressed (but not surprised) that we were able to evacuate more than 80,000 safely and I was even more impressed by the response of Albertans. It's the perfect embodiment of what it means to be an Albertan. We look out for one another in good times, and especially in bad.

Many of us in Calgary-Elbow have lived through a natural disaster. My most vivid memories are not of what we lost in the flood, but of the tremendous outpouring of support from Albertans. I'll never forget the images of hundreds of Edmonton Police and Firefighters streaming down Highway 2 to help us. I'll never forget the day complete strangers showed up by the thousands and I'll never forget the support of neighbours who would stop work cleaning their own homes to help others.

I'm glad to see the people of Ft. McMurray heading home, but the amount of time people have been out of their homes is a reminder just how long a road there is ahead of us. Albertans stepped up to help Ft. McMurray in their time of crisis, and we'll need to stand with them in the coming weeks, months and years. Ft. Mac will fight back, but they'll need our help.

If you haven't already, please consider a donation to the Canadian Red Cross (www.redcross.ca) or to one of the many relief agencies working in Ft. McMurray.

I want the people of Ft. McMurray to know that we are here for you. We are here for you today, we will be here for you tomorrow, and we will be here for as long as it takes to rebuild your city.

### Carbon Tax Debate

At time of writing we are still debating the NDs carbon tax in the Legislature. Given their majority we know the bill will pass and become law, but I am trying hard to

bring forward amendments to make the bill stronger and more effective. I believe that a carbon tax is the right way to reduce emissions, attract investment in new technology and kick-start innovation that will not only help diversify our economy but will also enable the continued success of our oil and gas industry.

I may support a carbon tax in principle, but I'm not sure I support the NDs approach. I have tried to amend the bill to make this program truly revenue neutral by offsetting money collected by the carbon tax with equal cuts to personal and business taxes, as well as other rebates to ensure Albertans are not paying more. Unfortunately the government hasn't accepted this or any other amendments from the opposition. I will continue to work to make this bill better.

You can track my progress on our website [www.calgary-elbow.ca](http://www.calgary-elbow.ca).

This is an important issue for the future of our province and I want to hear from you. You can contact me through my website or get in touch at [Calgary.Elbow@assembly.ab.ca](mailto:Calgary.Elbow@assembly.ab.ca) or (403) 252-0346.

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# 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.



# New Book Mountains to Metropolis: The Elbow River Watershed

**S2G+ was excited to find out that a new book had been written about the Elbow River. We asked the author, Diane Coleman, if she would be willing to write an article about what prompted her to write about the Elbow Watershed. And, here is her response!**

Water in the landscape has always attracted me. Perhaps that is why I have lived near the Elbow River for four decades. When I lived near downtown Calgary, potable water magically came out of the tap and wastewater disappeared with a flush. No big deal. But then on our acreage outside the city in the middle watershed, water issues quickly became apparent. Here, our household water comes from a local water co-operative and we have a septic system to maintain. Here, one thoughtless person overwatering his large lawn has brought the water system to its knees on occasion. Then, as a geographer, I have also had a fascination for the landscape itself. Landscape plus water equals watershed, and in my case, that of the Elbow River.

Big questions arose: where does our water come from, how is it best used and where does it go when we have finished with it? What is a watershed really? What are its parts, how does it function, is it so important to keep it

healthy, and how do we do that? And why should we care? Why? — because we all live in a watershed.

I began to research everything I could find out about the Elbow watershed — its geography, its wildlife, its human history, its management and its present-day situation — all coloured by my own experience living, hiking and camping here. And all that turned into this book!

My conclusion about all of this? — the Elbow River watershed is beautiful and important and it is under significant pressure for industrial, urban and recreational development. Since the sound functioning of any watershed depends on the well-being of *all* of its parts, I hope this book will help ensure the Elbow's continued health through knowledge and understanding, and from that, good management.

Diane Coleman is the author of *Mountains to Metropolis: The Elbow River Watershed* (Friesen Press, 2015).

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

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I was also glad to stop by the great Neighbour Day Events in our ward. Through BBQs, bike parades, and block parties, I've seen that getting out, meeting your neighbours and learning more about each other is a fundamental of building community! Thank you to all of the volunteers who worked so hard to organize these great events!

Thanks to all who joined my team and I on June 9<sup>th</sup>, 2016 for our information session on Little Free Libraries. It was great to see so much interest in the little libraries, and another great example of building community! We were honoured to have Calgary's newly appointed Poet Laureate, Micheline Maylor share her words; to have Calgary Reads share on Calgary's reading landscape; and volunteers from the Lincoln Park Tool Shed to share about sharing tools! We'd also like to thank Voltage Creative Garage for hosting us in their awesome collaborative arts space, and the expertise that some of their artists shared with us. If you missed this event, please get in touch, and we'll be happy to share the information with you.

We've got many projects and project studies happening in our ward: the 50<sup>th</sup> Avenue Corridor Study; the construction of the 20<sup>th</sup> Street Bikeway; the construction of the 61<sup>st</sup> Avenue Greenway Corridor; the phasing of the SW Transitway BRT; the construction of the Crowchild-Flanders Avenue interchange; the River Park, Sandy Beach, Britannia Slopes redevelopment; the new Southwood Skatepark, and more.

As we move into the summer season, you will notice the Roads crews out repairing sidewalks, curbs, gutters, guard rails, fences, concrete barriers, and roadway surfaces like cracks, manholes, potholes and sinkholes. Please be patient as the crews take to maintaining over 1400 hectares of boulevard green space along major roadways, and continue sweeping where needed.

Remember to subscribe to your Ward 11 updates at [www.ward11calgary.ca](http://www.ward11calgary.ca) to stay informed about projects, and if you haven't yet – ask to receive our seasonal electronic newsletter for a summary of Ward 11 happenings mentioned above!



## MP CALGARY CENTRE HON. KENT HEHR

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### Fort McMurray

Last month, the nation looked on as wildfires raged throughout northern Alberta. As events continued to unfold, we watched the city of Fort McMurray declared a state of emergency and evacuate all residents. Our hearts went out to the community as they left entire lives behind at a moment's notice, and touching stories of loss and heroism trickled in through media reports.

Our government was quick to respond to the crisis. We assured Albertans in the very early days that we would stand with them during this difficult time, and would support their efforts to rebuild. I was in the airport heading back to Alberta when I received the call from the Prime Minister asking me to chair the federal government's Ad Hoc Committee on Northern Alberta Wildfires. My cabinet colleagues and I will coordinate across departments and take a whole of government approach to recovery and rebuilding efforts in the weeks and months ahead.

Since convening this committee, we have met to discuss strategy, resources and the coordination at all levels of government to assist our friends, families, and neighbours to the north. We committed air support, military, and have matched the generous donations of Canadians to the Red Cross.

For years Alberta has carried the Canadian economy. Now it's time for us to give back: we will assist during this acutely difficult period, and we understand that rebuilding Fort McMurray and northern Alberta will take years. The federal government will continue to play a role.

Already through federal leadership and the cooperation of other jurisdictions, we have brought in relief for Alberta's incredible first responders. Further to this, four water bombers from Quebec, three Ontario firefighting teams, 3,000 cots, blankets, generators, and living supplies were also brought in through federal agencies. Additionally, we deployed federal resources to restore communication networks, and the Canadian Space Agency to track the wildfires.

This is in addition to the hundreds of millions that will be sent to the province through the Disaster Financial Assistance Arrangements program.

As always, you can contact my office by email at [kent.hehr@parl.gc.ca](mailto: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](http://www.KentHehrMP.ca) where you can watch clips of yours truly in question period and sign up for my e-newsletter.

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