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NORTH GLENMORE PARK COMMUNITY NEWSLETTER | MAY 2016 3

#### 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)



#### BOARD OF DIRECTORS

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

| COMMITTEES                     | CONTACT INFO       | CHAIR             |
|--------------------------------|--------------------|-------------------|
| Executive*                     | president@ngpca.ca | Barry Morrissette |
| Finance and Audit*             | treasurer@ngpca.ca | Lisa Frelich      |
| HR and Governance*             | vp@ngpca.ca        | Jill Mitchell     |
| Facility Life Cycle & Building | facility@ngpca.ca  | Jim Dejewski      |
| Community Engagement           | communityevents@   | Lisa Frehlich     |
|                                | ngpca.ca           |                   |
| Area Redevelopment             | redevelopment@     | Kyla Zalapski     |
|                                | ngpca.ca           |                   |
| Traffic                        | traffic@ngpca.ca   | Vacant            |
| Fundraising                    |                    | New Committee     |
| Green Energy                   |                    | New Committee     |
| STAFF                          |                    |                   |
| 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 2231 Longridge Drive SW Calgary, Alberta T3E 5N5 403-246-4243 • Fax: 587-353-4536 • Email: admin@ngpca.ca





#### North Glenmore Park Community Association

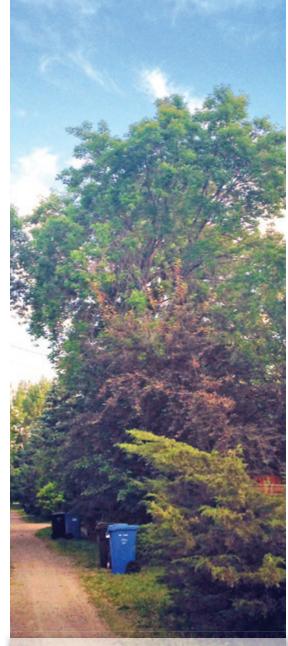
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NORTH GLENMORE PARK COMMUNITY NEWSLETTER I MAY 2016 5





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nagement system can help prevent posses, reduce costs and provide evidence of due diligence."

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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.

## 

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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 Sunday Services: 10:00am

#### **Lakeview United Church**

Minister: Jope Langejans 3023 63 Ave SW • Telephone: 403-242-5760 Website: 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 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 Sunday Services: 10:00am

#### **Rainbow Christian Church**

Pastor: Yi Zheng 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 65 Richard Way SW • Telephone: 403-242-1718 Website: 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 Sunday Service: 9:30 a.m. & 4:00 p.m.

## Now that is some serious Calgary soccer pride.

AND WE'RE PROUD TO BE IN THE GAME.

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work for you

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility where you feel comfortable taking your family.
- Saving you money city council saw a public solution as the most cost effective; there will be no more spectator fees.
  - A community asset open and welcoming to clubs, players and families from across the city.

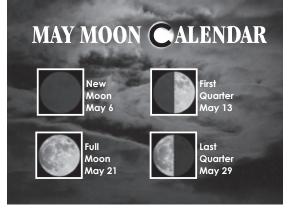
We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public *and working for all Calgary families.* 

FIND SOLUTION ON PAGE 13

#### NGPCA UPCOMING EVENTS

May 1: Pickleball 12 – 4pm May 8: Pickleball 12 – 4pm May 15: Pickleball 12 – 4pm June 5: Community Clean – Up June 18: Stampede Breakfast July 30: City of Calgary Skate Park Opening Party July 30 – August 11: Skate Park

For more information please contact Kate by email at programs@ngpaca.ca or check the website for updates to event schedule and programming





# Joey's Corner

If I'm to be completely honest, vegetables aren't really my favourite. I enjoy the occasional crunchy carrot, but would much prefer to chew on a bone. But I'm told they're good for you, and I have some ideas on how you can include more of them into your diet.

Why not start at breakfast? Throw some kale or spinach into your smoothie, or chop up peppers, onions, or whatever else you fancy and cook them in with your eggs. For any meals you are preparing, why not increase the amount of veggies you use? This is especially doable in soups, stews, curries, or stir-fries, just adjust the liquid and seasoning if necessary. Adding squash to a stew is a tasty one, but mushrooms, cauliflower, and zucchini are all great for this as they typically blend easily with the flavours you are cooking with. Zucchini is versatile in a variety of recipes. From burgers and meatloaf to cookies and loaves, grated zucchini is a great way to add moisture to your recipe by adding vegetables rather than oil. You can also squeeze more veggies into the sauces you are making, such as spaghetti sauce. And finally, have fun playing around with the vegetables you love, and take the opportunity to experiment with ones you've never used before. You can learn new techniques (the internet is always handy for this), and you never know what you'll come up with!

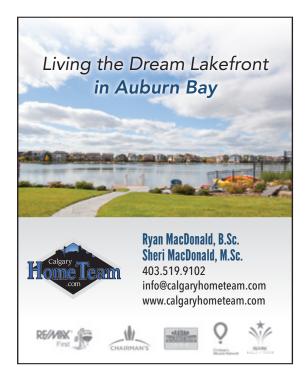
Joey

COMMITTED Russell's is committed to the communities we serve. Community and environmental interests are a constant guiding factor in our daily operations and

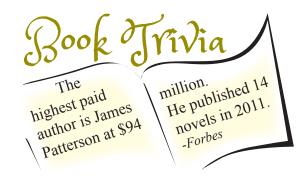
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| Phone  | E-mail:   |                                  |
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| Your p   | ersonal information will be used for Association purposes only and will not be  | given to third parties           |
| Would  | l you like association news and updates by e-mail: Yes No   |                                  |
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| Yes, I   | would like to volunteer my time, interest or experience in the areas of:  |                                  |
|  | would like to volunteer my time, interest or experience in the areas of:<br>Communications: Newsletter, events committee meetings   |                                  |
| ?  |   |                                  |
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| ?<br>?<br>?  | Communications: Newsletter, events committee meetings<br>Events: Planning, volunteering, committee organization<br>Canvassing: Membership drives, volunteer recruitment   |                                  |
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## Please Renew Your Membership by May 1, 2016

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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.

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$100, aeration \$45. 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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## 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 – 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!

## NEW PROGRAM AT NGPCA introducing Sportball!!! Free demonstration day May 10, 9:30 am

#### Sportball Parent & Child - For Ages 2 & 3

#### May 24 - June 21 \* 9:30 - 10:30 am \* \$100 for 5 weeks

Program focuses on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, rhymes, stories, and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

#### Refine, rehearse, repeat. Sportball Coach & Child - For Ages 3 - 5 May 24 - June 21 \* 10:30 - 11:30 am \* \$100 for 5 weeks

These classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.



FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT KATE AT PROGRAMS@NGPCA.CA OR BY PHONE AT 403.246.4243



## Cook's in the Corner

#### Zucchini-Oat Chocolate Chip Cookies

For those of you who read Joey's Corner, this recipe is a way to sneak more vegetables into your diet – even when you feel like indulging!

#### Ingredients:

1 ½ cups flour
1 tsp ground cinnamon
½ tsp baking soda
¼ tsp salt
½ cup unsalted butter, softened
½ cup granulated sugar
1/3 cup packed light-brown sugar
1 large egg
1 ½ tsp vanilla extract
1 ½ cups shredded zucchini
1 cup quick oats

- <sup>3</sup>/<sub>4</sub> cup chopped pecans or walnuts
- 1 2/3 cup chocolate chips

#### Method:

Preheat oven to 350°. In a mixing bowl whisk together flour, cinnamon, baking soda, and salt for 20 seconds, set aside.

In the bowl of an electric stand mixer fitted with the paddle attachment whip together butter, granulated sugar and brown sugar until creamy. Mix in egg and vanilla extract. Add zucchini and mix with mixer set on low speed, then slowly add in flour mixture. Stir in oats, walnuts and chocolate chips. If you would like, you can reserve 1/3 of the chocolate chips to press onto the tops of the dough balls before baking for a fancier look. Shape dough into balls, two tbsp each, then transfer to silicone or parchment paper lined baking sheets, spacing cookies two inches apart. Bake in preheated oven 11 to 14 minutes, until edges are lightly golden. Cool on baking sheet two minutes then transfer to a wire rack to cool completely. Store in an airtight container.

Recipe from www.cookingclassy.com.



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#### IN & AROUND Calgary

## Important Information for Calgary Homeowners

Are you a new homeowner? When your home is built, City of Calgary inspectors ensure it is safe and meets Alberta's safety codes but a technically-sound building depends on many factors beyond following building regulations.

As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit calgary.ca/myhome.



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 vou love where vou 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

#### What your Community Association does for you...

· Programs and activities put on by the NGPCA - Special events like Saint Patrick's Day, Easter Eggsrtravagaza, Stampede Spaghetti Western, Summer Programs, Spring Community Clean Up, and programs and activities put on by the NGPCA including open gym, Mommy Connections, Pickle ball, to Other benefits of membership include:

name a few. · Social, environmental and civic affairs - Local businesses, zoning issues, monthly newsletter, website (www.napca.ca), Facebook, email news blasts to members, etc.

• 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 is \$25.00 -Family, \$10.00 - Senior, \$35.00 - Associate Member and are valid for or one year. Buy your membership by dropping by the facility, 2231 Longridge Drive SW or online here.

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.

Without the value of the Community Association, we would not be able to keep you informed of important events and factors affecting our community as a whole. 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.



Leader - Alberta Party calgary.elbow@assembly.ab.ca Twitter: @GregClark4AB

#### Hello!

One of the things I enjoy most as MLA for Calgary-Elbow is learning about the organizations in the community that assist the people of Calgary and Alberta. There are great organizations that are building stronger community, helping us stay in shape, and helping our neighbours. This month things got even better when I was honoured to present some of these organizations with Community Facility Enhancement Program (CFEP) grant funds.

CFEP grants are in place to nurture the characteristics that make Alberta communities unique. Funds can be directed towards a study, capital project, or a special need that the organization may have, including building, renovating or upgrading facilities.

This year, in Calgary Elbow, several organizations were awarded Community Facility Enhancement Program grants.

In June 2013 the Elboya Heights Community Association hall was severely damaged by flood waters. Community Centres and clubhouses are the heart of the community, where neighbours come together for preschool programs, playgroups, senior's programs, community events, and indoor and outdoor sport. Unfortunately, since the flood, the residents of Elboya Heights have not had a place to participate in these kinds of activities. The association was awarded money under the grant program that will be directed towards rebuilding their hall.

Developmental Disabilities Resource Centre of Calgary is a non-profit, charitable organization that started their important work in 1952. They offer programs and resources for children and adults with disabilities, their friends and family, and other people in the community. They work under the belief that communities are stronger when people of all abilities are involved in activities that are meaningful to them. Funds provided will be used for facility renovations to allow DDRC to keep offering these programs. To find out more about the organization, visit www.ddrc.ca.

Garrison Curling Club's mission is to create a great curling experience both on and off the ice. The club opened in the fall of 1961, and has grown since then to over 1,000 members and host to over 10 leagues. They have programs for new to experienced curlers. CFEP funds will be used for facility renovations to ensure the growing club is there for new members who enjoy the club's relaxed atmosphere and camaraderie. To learn more about the Garrison Curling Club, visit www.garrison curling.com.

I offer my congratulations to these organizations and thank them for making our community stronger. If you know of an organization or group that could benefit from a CFEP grant, please visit http://culture.alberta. ca/community/community-grants/community-facilityenhancement-program/ to find out more!

#### We have a new website!

Please visit www.calgaryelbow.ca to keep up to date on what's happening in Calgary-Elbow and in the Legislature. You can also get in touch with us any time at Calgary-elbow@assembly.ab.ca.



The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine



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(f) facebook.com/CalgaryLakeviewDentalCentre To request an appointment simply call at (403) 242-5900 All services are provided by Dr. Violet Newman, General Dentist.

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### COUNCILLOR, WARD 11 **BRIAN PINCOTT**

#### www.ward11calgary.ca

As we move into spring, Calgarians will be out and about, moving around our city in different ways – walking, cycling, skating, transit riding, and driving. It's key that the city provide different modes of transportation to access different nodes in our city. The provision of different modes is also important so as not to overload one system of transportation.

The City of Calgary has identified and is acting on this need over the years through plans like the 2005 Imagine Calgary, the 2007 Plan It Calgary, the 2009 Calgary Transportation Plan, and the 2011 Route Ahead. From citizen feedback, we know that accessibility, reliability, efficiency and safety are paramount in providing and improving transportation options.

The City is currently embarking on a number of projects along the 14th street- Crowchild Trail corridor to address many of the transportation issues we face on a daily basis. The bottlenecks being addressed are at Crowchild Trail at the Bow River, the new connectors for the Ring Road, and the bit of 14th street south of Anderson Road which turns into Canyon Meadows Drive. Glenmore Trail between Crowchild and 37th street will also be widened soon, which will help traffic flowing over the Causeway.

While these projects are taking place, I have been working to ensure that pedestrians and cyclists still have the ability to move between our communities: greater vehicular infrastructure often makes it hard for those who don't drive, including youth and seniors, to move around on their own. The addition of pedestrian overpasses and bus routes will help to include everyone, and keep us all moving together.

We've got some exciting transportation projects in Ward 11. I'll be updating you on the progress of the 20th Street Bikeway project, the 50th Avenue Corridor Study, the Flanders / Crowchild Interchange construction, phase II of the River Park Redevelopment, and the new Anderson Pedestrian Bridge connecting Cedarbrae and Woodbine.

Lastly, this spring, my office will be hosting an information session on Little Free Libraries, as we've had many communities in the ward express their interest in putting them up! Please call 403-268-2430 or email ward11@calgary.ca if you are interested.

As always, you can contact me at ward11@calgary.ca or feel free to connect with me on Twitter @bpincott, or on Facebook at Brian Pincott, Councillor Ward 11.



950 6 Ave SW kent.hehr@parl.gc.ca 403-244-1880 www.KentHehrMP.ca

On March 22nd, our government unveiled our first budget. This budget takes essential steps to grow the middle class and revitalize the Canadian economy. It reflects a new approach that puts people first and delivers the help that Canadians and Albertans need now.

For 30 years, we have seen the gap between rich and poor widen and the middle class shrink. To address this, we have introduced a middle-class tax cut, and raised taxes on the wealthiest one percent. The new Canada Child Benefit - which will put \$930M into the pockets of Albertan families - will lift hundreds of thousands of children out of poverty. When Canadians have more money to save, invest and grow the economy, everyone benefits.

It's been tough for Alberta over the last few years, and our government recognizes that. Alberta is facing unemployment levels we haven't seen in decades. The EI changes introduced last month will make a big difference for many families and individuals struggling with unemployment, many for the first time in their lives. El benefits for Albertans will be extended in some instances to up to 70 weeks and wait times reduced. We have also increased federal transfers to the province by \$320M per year in addition to the \$251.4M provided by the fiscal stabilization payment.

The current economic trend is not Alberta's challenge, it is Canada's challenge, and we will meet it together.

With the introduction of this budget, we are beginning to address those challenges and will work with Provincial and Municipal leaders to identify priorities now, and opportunities in the months and years ahead. In our cities, we will invest in transit infrastructure, and Alberta municipalities will receive over \$300 million towards those investments over the next two years. We are also going to accelerate our investments in federal infrastructure projects, to create jobs, and to continue providing the services Albertans rely on from the federal government. This investment in Alberta will be over \$110 million over the next five years.

Finally, we know that global oil prices will stabilize and rebound, and we need to be ready when it does. That's why we are investing \$50 million over two years in research to develop Canada's hydrocarbon resources in cleaner, more sustainable ways. This will both reduce greenhouse gas emissions that contribute to climate change and make Canadian oil more attractive in the alobal marketplace.

Our new approach puts people first, and it invests in growing the middle class. It also reflects a belief that is the spirit of Alberta's rich history of innovation and collaboration. By investing today in our future we know Alberta and Canada's best days are ahead.

## (COMMUNI NOUNCEMENTS

#### Deadline – 1<sup>st</sup> 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

ANNUAL PLANT SALE: Calgary Rock and Alpine Garden Society is having their annual plant sale on Saturday May 14, 2016. Lakeview Community Hall, located at 6113-34 Street SW from 12:00 till 3:00 pm. Admission is free and everyone is welcome.



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