

NOVEMBER 2016

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

NORTHGLENMORE PARK

CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER



DECEMBER 4TH, 2016

NOON - 3PM

SANTA, SLEIGH RIDES, KIDS' COOKIE DECORATING AND MORE!

2234 Longridge Drive SW

COMMUNITY COUGARS GAMES THIS FALL

FRIDAY, NOVEMBER 4

7PM MEN'S HOCKEY

@ FLAMES COMMUNITY ARENAS

THURSDAY, NOVEMBER 10

6PM MEN'S AND WOMEN'S BASKETBALL

@ MOUNT ROYAL UNIVERSITY KENYON COURT

FRIDAY, NOVEMBER 18

7PM WOMEN'S HOCKEY

@ FLAMES COMMUNITY ARENAS

SATURDAY, NOVEMBER 26

5PM MEN'S AND WOMEN'S VOLLEYBALL

@ MOUNT ROYAL UNIVERSITY KENYON COURT



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**FREE ADMISSION
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COUGARS GAME DURING
THE 2016-2017 SEASON**

WE ❤️ OUR COMMUNITIES

Clear Water Academy
A CATHOLIC SCHOOL OF INTEGRAL FORMATION

High School Info Session
Wednesday, Nov. 16
7:00 p.m.

**Jr. Kindergarten - Gr. 9
Info Session**
Wednesday, Nov. 23
7:00 p.m.

clearwateracademy.com Visit Admissions on our website to register or call 403-240-7901

Ron Garneau *Area Specialist*



RE/MAX House of Real Estate #20, 2439-54 Avenue SW

Now is a GREAT time to buy!



2255 Longridge Drive SW
3 + 1 Bed / 2 ½ Bath

Great Family Home. Newer white kitchen with new paint and backsplash. This home has been renovated throughout. Newer windows. Quiet road close to Earl Grey golf course. Attached garage. Beautiful Yard & Deck.

MLS: C4086027



5624 - 37 Street SW
2 + 1 Bed / 2 ½ Bath

Unobstructed Mountain views in this extensively renovated bungalow! Brick exterior & metal roof makes for virtually no upkeep. Gourmet kitchen, Open concept main, fully finished basement & oversized single garage.

MLS: C4069480



#1007, 3240 66 Avenue SW
3 Bed / 2 ½ Bath

Affordable Lakeview Living! Large unit with almost 1,400 ft². Double attached heated garage. West facing yard & large patio. Well maintained complex. Close to all amenities and walking distance to schools.

MLS: C4086030



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Daylight Saving Time

Ends Sunday, November 6.

Set your clocks back 1 hour and enjoy the extra sunshine.

NEW BOARD MEMBERS

Welcome to our New Volunteer Board Members!

The Association's volunteer board of directors is working hard to keep the community of North Glenmore Park vibrant, active and connected. We can't make progress without the energy and ideas of our volunteers, so we were very pleased to welcome eight new members to the Board at our Annual General Meeting, held on September 22. (Please see the updated Board of Directors list on the right side of this page).

Volunteers are always needed and welcome! Don't hesitate to contact the Association office if you'd like to get involved.

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 • Email: admin@ngpca.ca



NGP COMMUNITY ASSOCIATION



BOARD OF DIRECTORS

President	Jill Mitchell	jags4@shaw.ca
Vice President	Vacant	
Treasurer	Janice Major	treasurer@ngpca.ca
Secretary	Vacant	
Directors at Large:	Jim Dejewski	
	Andre Drouillard	
	Amir Eisenberg	
	Lisa Frehlich	
	Amber Hesla	
	Nicole Kiss	
	Beth Mitchener	
	Chris Policarpo	
	Trish Snethun	
	Fay Tze-To	
	Peter Teppler	
	Dana Wong	
	Kyla Zalapski	

COMMITTEES

Executive	Jill Mitchell	jags4@shaw.ca
Finance & Audit	Janice Major	treasurer@ngpca.ca
HR & Governance	Jill Mitchell	jags4@shaw.ca
Facility Life Cycle & Building	Jim Dejewski	facility@ngpca.ca
Community Engagement	Lisa Frehlich	communityevents@ngpca.ca
Area Redevelopment	Kyla Zalapski	redvelopment@ngpca.ca
Traffic	Vacant	
Fundraising	Volunteers Needed	

STAFF

General Manager	Leah Wilson	generalmanager@ngpca.ca
Rentals Coordinator	Mariel Buckley	admin@ngpca.ca

newsletter@ngpca.ca

Editorial Content DEADLINE

1st

of each month for the next month's issue



North Glenmore Park Community Association

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

Phone: 403.246.4243

admin@ngpca.ca • www.ngpca.ca

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NEWSLETTER AD SALES



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Craft fair and family fun

Holiday in the Park

Save the date!



DECEMBER 4TH, 2016

NOON - 3PM

TA, SLEIGH RIDES, KIDS' COOKIE DECORATING AND MORE

2231 Longridge Drive SW

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

Glenmore Aquatic Centre Renovations

Closed November 24, 2016 – February 17, 2017

The Glenmore Aquatic Centre will soon be accessible to all Calgarians with a series of renovations to the change rooms and washroom fixtures. This work to become a more accessible facility comes with a few growing pains though, as the building is getting these inclusive features as part of a larger mechanical and architectural overhaul. The Aquatic Centre is nearly half a century old, and while it received a few surface renovations a few years ago, there are some critical pieces that must be fixed in order to keep the building operational.

Usually, the City's buildings are thoroughly assessed for structural and mechanical issues once every ten years, however due to the age of many of our facilities the timeline has recently been shortened to every five years.

As a result of this work, **the Aquatic Centre will be closed from November 24th of this year to February 20th, 2017.**

If you have a pass, you will be able to get a pro-rated refund. If your child is part of the Seals Swim Club, know that the Seals Coach is working with the City's recreation representatives to find an alternative space for the duration of this closure.

Looking forward to another 50 years of swimming!



SAFETY SYNC
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Enform IRP 9 (Revised)

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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.

NORTH GLENMORE PARK SCHOOLS

Schools in and around North Glenmore Park include:

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




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 – 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!

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



Indoor Play Day

Looking to do something new with your family this fall?

Come to an indoor Play Day and learn more about the North Glenmore Park playground project!

North Glenmore Park is hosting a free Community Indoor Play Day on November 6th from 2-4pm at the North Glenmore Park Community Association (2231 Longridge Drive SW).

Grab your family and come on out for a fun afternoon featuring a mobile adventure playground, face painting, day camp games, snacks and live entertainment! Learn about the North Glenmore Park playground project and take this opportunity to support this neighbourhood improvement. There's something for everyone!

Developed in partnership with The City of Calgary, North Glenmore Park's Community Indoor Play Day is a new family event that was made possible through the 'This Is My Neighbourhood' program.

City of Calgary Community Partnership Workshop Outdoor Rink Workshop

Date: Wednesday, November 9th, 2016

Time: 7:00 – 9:00pm (light supper provided at 6:30pm)

Location: Queensland Community Association
4909 Forego Ave. S.E. Calgary

The 2016/2017 outdoor rink season is just around the corner. Join volunteers from other community associations and adopt-a-rinks to learn how to build and maintain your outdoor ice. Come share your stories and tips with other community volunteers. This event is free and light dinner will be provided at 6:30pm.

CHURCHES IN & AROUND NORTH GLENMORE PARK

Saint James Catholic Parish

Pastor: Fr. Edmund Vargas
5504 - 20 Street SW • Telephone: 403-243-2680
Weekend Mass times: Saturday 5pm,
Sunday: 9am & 11:15am.

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 Lewis-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.

CASINO AND BINGO

Volunteers Needed!

Tuesday, January 3 and Wednesday, January 4, 2017

North Glenmore Park Community Association's next fundraising casino will be held on Tuesday, January 3 and Wednesday, January 4, 2017.

We need several volunteers to help make our most important fundraiser a success. Free parking, a free meal, and snacks are included.

After a summer hiatus, bingos are back! We require several volunteers at every bingo to run the events and raise money for the Association. Upcoming bingo dates include: November 11, November 22, December 11 and December 30.

Volunteering at a casino or bingo is a great way to meet your neighbours while helping NGPCA raise money that is used to improve our community.

To volunteer, or for more information, please contact Leah Wilson at the Association office. Call 403-246-4243 or email generalmanager@ngpca.ca

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in North Glenmore Park. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

A & B TAX WILL HELP TO MINIMIZE YOUR TAX BILLS: Small Business, corporate returns, bookkeeping, payroll, GST. Bring this ad and receive \$50 off your service. Call 403-457-3991 or email info@aandbtax.ca.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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

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.

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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CARPENTRY AND GENERAL WORK: Kitchens, bathrooms, basements, renos, decks, fences. Knowledgeable, Reliable, 30yrs+ experience, 50yrs+ in Calgary. Greig 403-813-8385, greigr@telus.net.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.



MP CALGARY CENTRE HON. KENT HEHR

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

We Remember

As November 11th approaches, I hope you once again take time to remember those that have sacrificed, those that continue to take on the perilous work of safeguarding Canadian freedoms, and the soldiers who are now representing us abroad as peacekeepers.

It is my honour and pleasure to serve as our nation's Minister of Veterans Affairs. In this role I am entrusted with the mandate to support our veterans – young and old – and in the commemoration of all of Canada's past conflicts.

Just one of the memories that I will be reflecting on this month is the impact of the First World War on Western Canada High School where some 170 Old Boys and 6 Masters had enlisted by 1916. The Calgary Herald estimated some 40% of all the boys who ever attended the college had enlisted and went off to war: and you can see this sacrifice memorialized at the cenotaph today just behind the school. Young men, with their entire futures in front of them, were brought into one of the world's most brutal conflicts and sacrificed themselves our freedoms. It is a story I think of often when I attend ceremonies across this country and serve as Minister of Veterans Affairs.

I invite you to look online on my ministry's website at <http://www.veterans.gc.ca/eng/events> to see what events are in our community.

Now, it has been nearly a year since I was appointed by Prime Minister Justin Trudeau as a member of his cabinet. In last year's election campaign we promised Canadians a government that would uphold our sacred obligation to veterans.

In Budget 2016 the Government of Canada put **\$5.6 billion** additional dollars into Veterans Affairs, showcasing a clear commitment to bettering the lives of our nation's heroes.

This year we have announced the re-openings of the nine Veterans Affairs offices closed by the previous gov-

ernment. In addition to reopening these much needed offices – which support veterans across this country – we are also opening an extra office in Surrey, BC, to support the thousands of veterans who live in that city. Above and beyond this we have increased benefits to veterans by increasing the Earning Loss Benefit to 90% from 75%, increased the Disability Award and are on track to hire up to 400 more frontline staff. With increasing benefits and frontline staff we can better support veterans and make sure they transition smoother into civilian life.

It is in this sacred trust I continue to work to better the lives of veterans and keep the promises we made in the 2015 election.

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

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 14



FREE Variety Dance Class

Put on your dancing shoes and get ready to have some fun! This class will sample different dance styles in a fun and supportive environment, allowing you to see what might spark your interest. No dance experience necessary.

When: 12 weeks of drop-in classes starting Friday evenings, September 23 - December 16, 2016.

Location: North Glenmore Park Community Association
Time: 6:30pm-8:30pm for dance class and 8:30 - 9:30pm for socializing.

Cost: FREE for the fall session.

To register, please call the Association at 403-246-4243.

Performing Arts Space Available

Highly sought-after Saturday studio space recently became available at the North Glenmore Park Community Association facility. The space is reasonably priced and perfect for dance, music and performance theatre.

For more information, or for a tour of our studio space, please contact Mariel at admin@ngpca.ca or 403-246-4243.



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.
- **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.

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 NGP Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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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

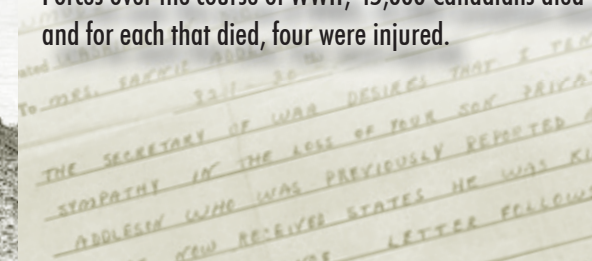
- Family Membership:**
Families living within the community as defined by the City of Calgary FEE: \$25/year
- Senior Membership:**
65 years or older as defined by the Canadian Government FEE: \$10/year
- Associate Membership:**
People living outside the community and using the community facilities FEE: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

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

LEST WE FORGET



1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.



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15 - 20
2016

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North Glenmore Park Real Estate Update

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

	Average Asking Price	Average Sold Price
September 2016	\$664,450.00	\$652,450.00
August 2016	\$849,000.00	\$825,000.00
July 2016	\$675,000.00	\$657,500.00
June 2016	\$459,900.00	\$422,000.00
May 2016	\$799,000.00	\$775,000.00
April 2016	\$702,000.00	\$669,700.00
March 2016	\$925,000.00	\$885,000.00
February 2016	\$898,750.00	\$866,500.00
January 2016	\$0.00	\$0.00
December 2015	\$1,500,000.00	\$1,380,000.00
November 2015	\$765,000.00	\$740,000.00
October 2015	\$624,888.00	\$610,000.00

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

	No. New Properties	No. Properties Sold
September 2016	8	4
August 2016	8	5
July 2016	4	1
June 2016	3	3
May 2016	2	3
April 2016	4	8
March 2016	8	3
February 2016	7	2
January 2016	0	0
December 2015	6	1
November 2015	2	1
October 2015	4	3

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

MLA CALGARY-ELBOW
GREG CLARK

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

From the Legislature

By the time you read this the fall sitting of the Alberta Legislature will have started. I expect a fairly busy agenda of government Bills, including two that have carried over from the spring sitting; Bill 21 - Modernized Municipal Government Act and Bill 22 - An Act to Provide for the Reparation of Indigenous Peoples' Sacred Ceremonial Objects. You can follow the sittings online at www.assembly.ab.ca.

We are also expecting to amend a number of pieces of legislation including the Whistleblower Protection Act, and possibly the Election Finances and Contribution Disclosure Act, as well as some measures to implement the Investor Tax Credit.

This past year I had the honour of serving on the Select Special Ethics and Accountability Committee, an all-party committee tasked with reviewing the core legislation governing Alberta's democratic institutions. While you may have heard that the committee had some challenges, the fact is

we worked well together and passed most recommendations unanimously. The one-year mandate of the committee expired in September but my hope is the committee will be renewed so we can continue our important work.

While most recommendations passed unanimously, some were passed by the ND government majority. Based on feedback I've heard from my constituents in Calgary-Elbow, I will continue to oppose using taxpayer dollars to rebate a 50% of political party expenses.

Education Curriculum Update

The government has also embarked on an ambitious overhaul of Alberta's K-12 curriculum. The new curriculum will be developed in phases; Kindergarten to Grade 4 will be complete by late 2018, Grades 5 to 8 by late 2019 and high school curriculum will be developed in phases from 2020 to 2022. The current curriculum remains in effect until new curriculum is implemented. More information and an opportunity to provide your feedback into the process is available at www.education.alberta.ca.

And as always I would love to hear from you on electoral reform, education curriculum changes or any other issue. You can contact my office any time at (403) 252-0346 or through our website at www.calgaryelbow.ca.

BRAIN GAMES SUDOKU

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



Been sidelined?

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FREE Gentle Fitness for Older Adults

This gentle fitness class will include seated/standing combo exercises using Bender Balls and Therabands to increase muscular strength, muscular endurance, flexibility and balance. A variety of exercises will be offered with the intent of improving functional fitness, assisting you with your daily living.

When: 14 weeks of drop-in classes, starting Thursday September 15, 2016 until December 15, 2016
Location: North Glenmore Park Community Association
Time: 11:00am-12:00pm
Cost: FREE for the fall session.

To reserve a spot, please call the association at 403-246-4243. Space is limited so don't delay!

STORMTROOPERS



Canadian soldiers in WWI earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.



COUNCILLOR, WARD 11
BRIAN PINCOTT
 P.O. Box 2100 Stn. M, #8001A
 Calgary, AB T2P 2M5
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We've heard many questions and comments on different developments happening within our established communities and thought we'd share some information on The City's Planning System. In an effort to help make The City of Calgary's planning and development process both more accessible and clearer to citizens, The City has created a new online mapping tool: the Planning and Development Map (PD Map). You can find it online by entering 'PD Map' into the search bar at www.calgary.ca.

With the PD Map, you can track, contact and provide comments on Land Use redesignation proposals and large-scale development permits. Anyone can follow the progress of the file from submission through to decision by City Council. PD Maps is currently in its first phase; additional features will be added, such as the ability to comment on smaller Development Permits which are discretionary or are requesting relaxations. Here are PD Maps current features:

- Multiple Search Options
 - Find out what is happening in your community, or in the city. Search by address, community, ward or file number. You can also scroll around the map, apply the Google Maps layer, or roll over a file to highlight the area proposed for development.
- Social Media Sharing
 - Share file information on your social media channels to increase community engagement on a file.
- File Status Tracker
 - Follow the status of the application from initial to final submission by City Council. Learn about the process and at what times comments can be submitted.
- Direct Comments and Feedback
 - Your comments on a file go directly to the file manager or City Clerk's, depending on what stage the application is at.
- Accessible Online and by Mobile
- Plain Language Descriptions

PD Maps is also tied to another innovative Planning System project, the Notice Posting Pilot. You can find it online by entering 'Notice Posting Pilot' into the search bar at www.calgary.ca. The City has redesigned

Free Drop-In Flu Shot Clinic!

Thursday, November 10th from 10am to 1pm and 5pm to 9pm.

Free flu shots will be offered at the North Glenmore Park Community Association building for anyone aged 9 and up. Please bring your Alberta Health Care card.

STEP INTO FALL



Are you thinking of becoming more active?
 The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



Notice Postings (signs) so they are larger, more visually appealing, have easily understandable project descriptions, and direct citizens to the PD Map.

These complimentary tools are both intended to increase public participation in the application process. Please contact my office for help with this new tool, or to learn about other tools are at your disposal.

Lastly, remember to subscribe to your Ward 11 update at www.ward11calgary.ca to receive timely updates on projects in your community, and city.



Beware Black Henbane! Not Just a Pretty Posy

These showy, bell-shaped, purple-veined yellow flowers were spotted along the Elbow River bike pathway in Stanley Park in late August.

Also called Stinking Nightshade, henbane (*Hyoscyamus niger*) shares its plant family name with potatoes, tomatoes and tobacco. But most parts of the henbane plant contain poisonous alkaloids causing vision problems, flushed skin, convulsions, coma, and even death.

Henbane originated from the Mediterranean and was documented by the ancient Greeks; it's hallucinogenic properties were said to have revealed prophesies to the priestesses. It moved into Europe and elsewhere in the middle ages where it was used as a medicinal plant for its sedative, analgesic and narcotic effects. Considered magical, it was often associated with witchcraft and the practice of ancient rituals. It was even used to flavour German beer and enhance its intoxicating effects until banned in 1516. Scholars debate whether henbane (or perhaps hemlock) is "hebenon", the poison poured into Hamlet's father's ear and who's murder set the events of Shakespeare's famous play in motion.

Henbane can be found in sunny, well drained areas with sandy soil, such as can be found along the banks of the lower Elbow River. Naturalist Gus Yaki and his merry band of botanists documented henbane in the Britannia Slopes/Sandy Beach area this year. This 2016 plant inventory updated a 40-year-old Field Naturalists' study that did not record the presence of henbane.

More commonly found in disturbed areas, how henbane came to be along the lower Elbow River is a mystery. Perhaps flood waters carried the seeds, they were introduced to the park through contaminated fill or tires, or they hitched a ride on people, dogs, birds or other creatures.

This biennial plant can reach up to a meter in height. Henbane leaves are sticky and hairy and give off a foul odour. The 5-lobed flowers, up to 5 cm across, are born on a stock. They contain both male and female parts and may be insect or self-pollinated. In just one season, a single plant can produce many thousands of tiny seeds that remain viable for several years. Because henbane is a noxious weed in Alberta, it is not recommended for garden cultivation or as a flowering plant to support native pollinators.

In mid September, volunteers with S2G+, Sustainable Youth Canada, Calgary River Valleys, and Calgary Parks helped bag weed heads in Stanley Park. It is desirable to control invasive weeds like henbane that impede the germination and growth of desirable native plants by outcompeting them for sunlight and moisture. Native plants are essential to support healthy populations of insects, birds and other wildlife in our natural parks.

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

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