

DECEMBER 2017

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# NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER

**IN MEMORY  
OF JOEY  
2003-2017**



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6027 Lockinvar Road SW  
5 Bed / 3.5 Bath  
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#1301, 3240 66 Ave SW  
2 Bed / 2.5 Bath  
\$375,000



305, 3131 63 Ave SW  
3 Bed / 2.5 Bath  
**\*SOLD\***



526, 3130 66 Ave SW  
3 Bed / 2.5 Bath  
**\*SOLD\***



\*811, 6240 66 Ave SW  
2 Bed / 1.5 Bath  
**\*SOLD\***

### OTHER RECENTLY SOLD

- \* #A 204 Sixth Ave
- #201 1921 25 Street SW
- #416 21 Dover Pt SE
- \* 1611 20A Street NW
- 453 Walden Drive SE

### NEW LISTINGS

- 107, 3130 66 Ave SW
- 143 Prestwick Gd SE



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## NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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Delivered monthly to 3,100 households and businesses for 8 years!

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generalmanager@ngpca.ca  
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*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and North Glenmore Park Community Association*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

## CONTENTS

- 7 PRESIDENT'S MESSAGE
- 8 UPCOMING PROGRAMS & EVENTS
- 9 GENTLE FITNESS
- 10 VOLUNTEER OPENINGS
- 11 JOEY'S CORNER: IN MEMORY OF JOEY
- 13 RECIPE: ZUCCHINI GINGERBREAD
- 16 BIRTHDAY BOUNCE PARTY
- 17 BUSINESS CLASSIFIEDS





# NGPCA PHOTO CONTEST

## Send us your photos of North Glenmore Park!

We're always looking for photos to feature on the cover of the newsletter. Pictures can highlight North Glenmore Park's natural beauty, or residents enjoying their favourite activities within the community. Please send your high-resolution photos in jpeg format to [generalmanager@ngpca.ca](mailto:generalmanager@ngpca.ca).

## Insert yourself in front of the competition!

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**Contact us for more information.**

403-263-3044  
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## NGP COMMUNITY ASSOCIATION



### BOARD OF DIRECTORS

President	Jill Mitchell	<a href="mailto:president@ngpca.ca">president@ngpca.ca</a>
Vice President	Vacant	
Treasurer	Janice Major	<a href="mailto:treasurer@ngpca.ca">treasurer@ngpca.ca</a>
Secretary	Vacant	
Directors at Large:	Amir Eisenberg Beth Michener Chris Policarpo Erin Kellough Jennifer Ring McClure Nicole Kiss Trish Snethun	2231 Longridge Drive SW Calgary, Alberta T3E 5N5 Ph: 403-246-4243

### Committees

Executive	Jill Mitchell	<a href="mailto:president@ngpca.ca">president@ngpca.ca</a>
Finance & Audit	Janice Major	<a href="mailto:treasurer@ngpca.ca">treasurer@ngpca.ca</a>
HR & Governance	Jill Mitchell	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Facility Life Cycle & Building	Volunteers Needed	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Community Engagement	Volunteers Needed	
Traffic	Amir Eisenberg	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Fundraising	Volunteers Needed	
Area Redevelopment		<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>

### Staff

General Manager	Leah Wilson	<a href="mailto:generalmanager@ngpca.ca">generalmanager@ngpca.ca</a>
Office Coordinator	Renee Desroches	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>

## 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)

## PRESIDENT'S MESSAGE



By Jill Mitchell

### *Happy Holidays!*



Thank you to the community members, board members, staff and volunteers who made 2017 such a great year for the North Glenmore Park Community Association!

We've gathered at events such as the annual Stampede Breakfast and Community Clean-Up, taken advantage of summer day camps and gentle fitness, enjoyed public art and meeting the artists, worked a fundraising casino and bingos, and even built a new playground together. We've welcome thousands of people through the doors of our facility (up to

2700 people per week!), ensuring the community centre continues to be a viable and vibrant meeting place.

While the holidays are festive and fun for many, please remember there are others for whom the season can be quite difficult. Please watch out for your neighbours—shovel a senior's walk, watch a neighbour's home while they are away, or check in with someone who may be lonely or having a difficult time this season.

Thanks again to everyone who makes North Glenmore Park such a fantastic community. Here's wishing you and yours all the best.



# Neighbour Tip

**If a neighbour is out of town  
for the holidays, offer to  
check on their house while  
they are away.**

## NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS

**FREE FAMILY SKATING** at Flames Community Arenas (FCA). Your community association membership entitles you to free family skating at FCA during the winter months. Check with the arena for current skate times.

**FREE FUN ON FRIDAY AFTERNOONS!** Members can play in the gym at no cost between 3:30pm and 6pm on Fridays (please call ahead to check gym availability for other times during the week). With access to our equipment room, participants can play dodgeball, basketball, volleyball, soccer, badminton, and floor hockey. Or make up your own games! Non-members are welcome to join the fun for a \$2 drop-in fee.

**GENTLE FITNESS FOR OLDER ADULTS.** The winter session commences the week of January 8 with the option to participate in one or two classes per week until the week of April 9. It's not too late to join! Please see page 9 for more details.

**OUTDOOR SKATING PARTY IN BUFFALO PARK.** The outdoor rink in Garrison Green's Buffalo Park will be flooded again this year and we'd love to celebrate with a family-friendly party! If you would like to volunteer to make this event happen in late January or early February (weather dependent), please contact the office at [admin@ngpca.ca](mailto:admin@ngpca.ca) or call 403-246-4243.

**VOLUNTEERING**  
*is good for the soul*

## THANK YOU!

Thank you to Lakeview IGA for sponsoring our Family Fun Day in December. The store generously donated cookies and icing for our kids' cookie decorating table.

Thank you, Lakeview IGA, for helping to make our kids' party so much fun for children in our community.

## CHURCHES IN & AROUND NORTH GLENMORE PARK

**St. James Catholic Parish**  
Pastor: Fr. Edmund Vargas  
5504 - 20 Street SW • Telephone: 403-243-2680  
**Website:** [www.http://stj.temp.lexi.net](http://stj.temp.lexi.net)  
Weekday Mass times: Tuesday thru Friday 9:00am  
Weekend Mass times: Saturday 5pm,  
Sunday: 8:30am, 10:00am & 12:00 noon  
**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**  
Part-time Priest: Carolyn Herold  
Rector: Rev. Anna Greenwood-Lee  
5940 Lakeview Dr. SW • Telephone: 403-249-6184  
**Website:** [www.stlaurence.ca](http://www.stlaurence.ca)  
Sunday Services: 10:00am

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

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

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

## CROWCHILD TRAIL CONSTRUCTION

On October 29, 2017, the city began the first phase of Crowchild Trail upgrades over the Bow River, between Bow Trail and Memorial Drive, and then further north up to 5 Avenue N.W.

The objective of this two-year project is to upgrade Crowchild Trail so that it will manage traffic better over the Bow River, move traffic more efficiently on to and off of Crowchild Trail, and improve connections for people who walk and cycle in the area.

Crowchild Trail is a critical part of Calgary's transportation network; it sees up to 107,000 vehicles a day, has thousands of people using the pathways below, and communities on either side. "We have to keep this road open while we work because it's the main north-south link across the west side of Calgary, provides access downtown, and connects to major destinations across the city", Jeff Baird, Senior Transportation Engineer, City of Calgary explains.

"For the safety of crews and people travelling in the area, we're slowing people down through the site, but we're keeping all the traffic lanes open during weekdays and focusing on more of the road impact work through the night." Baird adds, "Our team is working to ensure the noisier work is minimized through the night and we'll be communicating our night schedules to our neighbours and posting it online."

When pathway closures and detours are necessary, notices will be put in place (For example: Crowchild Trail

pedestrian bridge which is closed from Nov. 6 to spring 2018, to accommodate bridge work. People can use Edworthy Park bridge or 14 Street S.W. bridge to cross the Bow River).

In an effort to provide neighbouring communities with the opportunity to review the detailed construction plans and ask questions of the project team, The City of Calgary has arranged the following information session:

**What?** Crowchild Trail Upgrades Project Information Session

**When?** Wednesday, December 6, 2017  
6:30 – 8:30 pm (Doors open at 6:30pm)

**Where?** Hillhurst-Sunnyside Community Association  
South Social Hall  
1320 5 Avenue N.W.

For more information, visit [www.calgary.ca/crowchild](http://www.calgary.ca/crowchild).

**OPEN GYM**  
FRIDAYS FROM 3:30-6:00PM  
FREE with membership  
or \$2 drop-in fee  
Other evening and weekend times available when gym is not booked, please call to confirm daily availability  
403-246-4243 | [www.ngpca.ca](http://www.ngpca.ca) | [admin@ngpca.ca](mailto:admin@ngpca.ca)  
2231 Longridge Dr. SW

MONDAYS & THURSDAYS  
11:00AM  
**GENTLE FITNESS**  
FOR OLDER ADULTS  
At North Glenmore Park Community Association  
**FIRST CLASS FREE**  
Winter session starts January 8.  
Come once a week, twice a week,  
or drop-in.  
13 weeks @ 1/week: \$70  
13 weeks @ 2/week: \$140  
10 class pass: \$65  
20 class pass: \$130  
Drop-in: \$8  
10% discount with membership  
To register:  
call: 403-246-4243  
email: [admin@ngpca.ca](mailto:admin@ngpca.ca)  
come by: 2231 Longridge Dr. SW

**North Glenmore Park Community Association**

**Low-commitment, high-fun  
volunteer openings:**

Get involved in your community with one of these volunteer positions!

• **Garrison Green Party Helpers:**

Help us with a winter party in Garrison Green. Potential activities to include skating on the rink, coffee and hot chocolate, music, etc.

• **Garrison Green Correspondent(s):**

Help keep our staff informed on all things happening in Garrison Green! Send photos or updates for social media.

• **Photographer(s):**

Photograph our facility, events, or programs for website and marketing. Students welcome!



**Contact Renee if interested!**

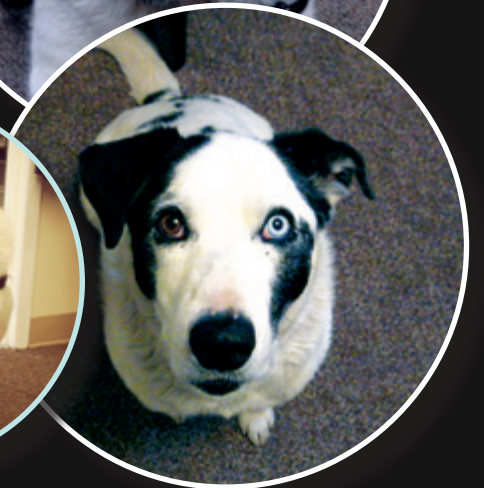
**403-246-4243 or admin@ngpca.ca**

**Joey's Corner**

In Memory of Joey  
2003 – 2017

Sadly, this is the last edition of 'Joey's Corner'. Our canine friend Joey recently passed away at the ripe old age of 14. He had a happy life with caring owners, lots of walks around North Glenmore Park, and a 'job' at the community association office for six years. Joey brought joy to hundreds of community members over the years, greeting our guests with a tail wag as they passed through the doors of our facility.

Thank you, Joey. We'll miss you!



# 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 programs and events.** The Association hosts several annual events including a Christmas Art Market & Family Fun Day, the Stampede Breakfast, Mobile Skate Park, and special events such as Public Art Affair. Programs include summer day camps and gentle fitness for older adults. These events are a fun, cost-effective way to get to know your neighbours. There's something for community members of all ages!
- **Free drop-in gym times.** Members can drop in to our scheduled open gym times for free. We supply a variety of sports equipment for families to enjoy.
- **Free Family Skating at Flames Community Arenas (FCA).** A membership entitles you to free family skating at FCA during the winter months. Check with the arena for current skate times.
- **Discounted birthday party packages.** Take advantage of a 10% discount on birthday party packages. A bouncy castle, gym (including sports equipment), and a commercial kitchen mean birthday parties that are fun for kids and hassle-free for parents!
- **Discounted room rentals.** Members are entitled to a 10% discount when renting our gym, multi-purpose rooms or newly renovated lounge with attached kitchen. Call the office at 403-246-4243 or visit [www.ngpca.ca](http://www.ngpca.ca) for rental rates, room specs, or to schedule a facility tour.
- **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.



## North Glenmore Park

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

	Average Asking Price	Average Sold Price
October 2017	\$939,999	\$910,000
September 2017	\$1,274,900	\$1,242,500
August 2017	\$849,450	\$817,750
July 2017	\$899,900	\$880,000
June 2017	\$648,450	\$615,000
May 2017	\$949,900	\$872,000
April 2017	\$769,900	\$745,000
March 2017	\$936,000	\$880,000
February 2017	\$599,900	\$586,750
January 2017	\$622,158	\$592,000
December 2016	\$0	\$0
November 2016	\$875,000	\$847,000

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

	No. New Properties	No. Properties Sold
October 2017	2	3
September 2017	7	2
August 2017	2	2
July 2017	3	3
June 2017	4	4
May 2017	5	5
April 2017	8	3
March 2017	3	4
February 2017	5	4
January 2017	4	2
December 2016	3	0
November 2016	3	3

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

## Zucchini Gingerbread



### Ingredients:

- Cooking Spray
- 1 Cup Brown Sugar
- ¼ Cup Molasses
- ¼ Cup Vegetable Oil
- ¾ Cup Vanilla Yogurt
- 3 Eggs
- 2 Teaspoons Ground Cinnamon
- 1 Teaspoon Ground Ginger
- ½ Teaspoon Ground Nutmeg
- ½ Teaspoon Ground Cloves
- 1 Teaspoon Baking Soda
- ½ Teaspoon Baking Powder
- ½ Teaspoon Salt
- 2 ½ Cups Shredded Zucchini
- 3 Cups All-Purpose Flour



**Prep Time** 15 M    **Cooking Time** 50 m    **Ready In** 1 h 25 m

1. Preheat your oven to 165 degrees C (325 degrees F). Spray two 9\*5-inch loaf pans with cooking spray.
2. In a large bowl, mix together the brown sugar, molasses, vegetable oil, vanilla yogurt, and eggs until thoroughly combined. Stir in the cinnamon, ginger, nutmeg, cloves, baking soda, baking powder, and salt. Gently mix in the shredded zucchini, and stir in the flour. Pour the batter into the prepared loaf pans.
3. Bake in the preheated oven until the loaves are browned and springy to the touch, should take about 50-60 minutes. A toothpick inserted into the center of a loaf should come out clean. Allow to cool in pans for about 10 minutes before removing to finish cooling on racks.

### From

<http://allrecipes.com/recipe/218899/zucchini-gingerbread/?internalSource=recipe%20hub&referringId=946&referrerContent=recipe%20hub&clickId=cardslot%2028>





## Gym Prime Times Available for Rent!

As the result of a cancellation, there is currently availability on Sunday mornings in the North Glenmore Park Community Association gymnasium.

The rental fee for the 5400 square-foot gym is \$80 per hour. Ball hockey, volleyball, and soccer groups currently use the space. Ski, hockey and ringette clubs find it to be a great space for dry-land training.

If you are interested in a Sunday morning gym rental for your group, please contact Renee at [admin@ngpca.ca](mailto:admin@ngpca.ca) or call 403-246-4243.



*Celebrating*  
**50**  
*Years*

Susie von Hellermann recently celebrated 50 years of teaching dance. Her 'School of Ballet Lakeview' has utilized the ballet studio of the North Glenmore Park Community Association facility for the past 26 years. This makes the ballet school one of the longest-running groups operating out of our community centre.

*Congratulations, Mrs. von Hellermann!*



## NORTH GLENMORE PARK COMMUNITY ASSOCIATION

DATE OF REGISTRATION: \_\_\_\_\_

### Membership Registration Form

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

Children's names: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

I authorize NGPCA to send me e-mails regarding community news, events & programs:  Yes  No  
Your personal information will be used for NGPCA purposes only and will never be given or sold to third parties.

**Yes, I would consider volunteering my time, interest, or experience in the areas of....**

Communications & Marketing  Special Events  
 Membership  Fundraising

**Membership Fees:**

**Family:** A resident Family membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A resident member must live within the community association boundaries and is entitled to vote at NGPCA general meetings. **FEE = \$25** \$ \_\_\_\_\_

**Senior:** A resident Senior membership shall include up to two (2) adults over the age of 65 living in the same household. A senior member must live within the community association boundaries in order to vote at NGPCA general meetings. **FEE = \$10** \$ \_\_\_\_\_

**Associate:** An Associate membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A non-resident member is someone who lives outside the community association boundaries. A non-resident is not entitled to vote at the NGPCA general meetings. **FEE = \$35** \$ \_\_\_\_\_

**Additional donation:** \$ \_\_\_\_\_  
Tax receipt will be provided

**Payment:**

In person: With cash, cheque, debit, Visa, or Mastercard  
 By mail or email:  
 I have enclosed a cheque  Please process my credit card (Visa or Mastercard)

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

Name on card: \_\_\_\_\_ Signature: \_\_\_\_\_

Form can be mailed to: 2231 Longridge Dr. SW Calgary, AB T3E 5N5 OR emailed to: [admin@ngpca](mailto:admin@ngpca)  
 Memberships processed via mail or email will be issued a membership card through the mail. Please allow time for delivery.



RE/MAX Realty Professionals

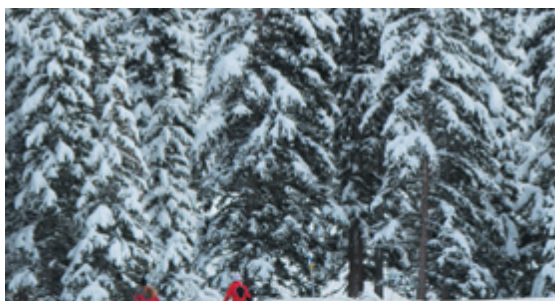
Call me first for a complimentary market analysis.



403-805-8027

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

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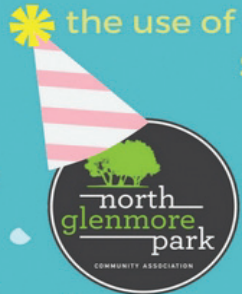
**If You Feel the Same Let's Talk. 403-263-3044**



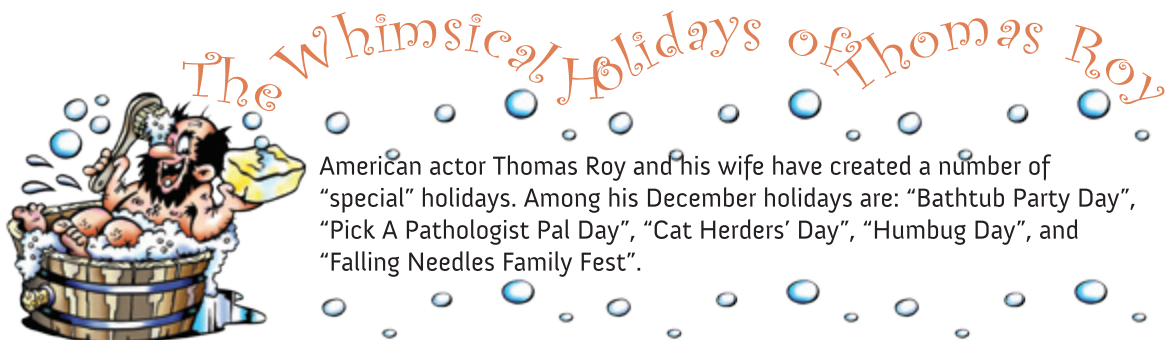
WEEKEND TIMES  
AVAILABLE!

# BIRTHDAY BOUNCE PACKAGE

Includes 2-hour gym rental with bounce castle, plus  
the use of our kitchen and sports equipment.  
\$250 / \$225 for members



For more info or to book:  
403-246-4243  
admin@ngpca.ca



American actor Thomas Roy and his wife have created a number of "special" holidays. Among his December holidays are: "Bathtub Party Day", "Pick A Pathologist Pal Day", "Cat Herders' Day", "Humbug Day", and "Falling Needles Family Fest".

# 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."

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the North Glenmore Park area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**PLUMBING PARAMEDICS:** Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

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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.

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*is good for the soul*

**FLOW IS A DIFFERENT KIND OF HAIR SALON:** Relax into soft jazz, fine art, and a chaos-free atmosphere. Jay Lamb has 30 years of experience in salons such as The Ginger Group and Angles. FLOW is a home-based salon in the Marda Loop area. Haircuts \$52. 403-281-1704. www.flowhairsalon.com.

**YOGA - JANICE PIET:** Wednesday evenings 7:00 - 8:15. Restorative, Level One. Lakeview Community Centre. 8 classes at \$135, January 3 - February 8, 2018. janicepiet@gmail.com, 403-889-5223. Health receipts provided. Classes are ongoing through to spring.

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SAFE & SOUND



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There's a reason the phrase "Jack Frost nipping at your nose" is so relatable.

When the temperature drops, skin and the tissue underneath—most commonly on the hands, feet, nose and face—can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you're outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself from the elements is to dress for the weather. Remember these four layers before heading outside.

- 1. Inner layer:** choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.
- 2. Middle layer:** choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.
- 3. Outer layer:** add a jacket with material that cuts or blocks wind and repels rain and snow.
- 4. Final layer:** wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.

## THE CHRISTMAS PICKLE

There's a tradition in the U.S. to hang a pickle-shaped ornament on their Christmas trees. The first child to find the pickle on Christmas morning receives an extra present from Santa or will have a year of good luck.

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Not intended to solicit properties already listed for sale.  
\*\*based on total combined mls sales in Lakeview, North Glenmore, and Lakeview Village since 2012  
† In the years 2013/2014



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