

MAY 2017

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## NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

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## 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	
Weather Information	511
Gamblers Anonymous	403-237-0654

## CONTENTS

7	PRESIDENT'S MESSAGE
9	BALL HOCKEY TOURNAMENT
10	UPCOMING PROGRAMS AND EVENTS
11	JOEY'S CORNER
11	ANNUAL PLANT SALE
15	MEMBER REGISTRATION
16	PICKLEBALL
19	AT A GLANCE...
27	COMMUNITY RECYCLING DAY



Photo Credit Renee Desroches



## SEND US YOUR PHOTOS OF NORTH GLENMORE PARK!

We're always looking for seasonal photos to feature on the cover of the newsletter. Pictures can show 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). This month's colourful photo was taken by Renee Desroches, North Glenmore Park resident and Association staff member, who snapped the picture while walking her dog Joey around the Glenmore reservoir.

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- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

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# NGP COMMUNITY ASSOCIATION



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## Committees

Executive	Jill Mitchell	<a href="mailto:president@ngpca.ca">president@ngpca.ca</a>
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HR & Governance	Peter Tepler	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Facility Life Cycle & Building	Jim Dejewski	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Community Engagement	Volunteers Needed	
Area Redevelopment	Kyla Zalapski	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Traffic	Amir Eisenberg	<a href="mailto:admin@ngpca.ca">admin@ngpca.ca</a>
Fundraising	Volunteers Needed	

## 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>

## Space Available for Year-End Wrap-up Parties

It's already time to start thinking about year-end wrap up parties for sport and social groups! Is your organization looking for space to host an event? Our gym and lounge (or a combination of both) are perfect for parties. Members receive a 10% discount on all rentals. For more information on available dates and rental rates, please call the Association office at 403-246-4243 or email us at [admin@ngpca.ca](mailto:admin@ngpca.ca).



## PRESIDENT'S MESSAGE

By Jill Mitchell

**Take advantage of member benefits!** - The month of May has traditionally been 'membership month' at North Glenmore Park Community Association. May was always a time for membership purchase and renewal but now you can purchase or renew your annual membership any time of the year. The cost-effective investment of a community association membership helps pay for facility operations and community programs, and provides many member benefits including:

**Free drop-in gym times** - Looking for a family-friendly, FREE activity? Members can play in the gym between 3:30pm and 6pm on Mondays and Fridays. With access to our equipment room, you can play dodgeball, basketball, volleyball, soccer, badminton and floor hockey. Or make up your own fun games! You're welcome to bring non-member guests for a drop-in fee of \$2.

**Discounted fitness classes** - Did you know we offer a weekly gentle fitness class for older adults? The spring session runs from 11am to noon every Thursday until June 22nd. Members receive a 10% discount on a multi-class pass.

**Discounted summer camps** - Back by popular demand, we'll be running summer day camps again in summer 2017 for kids aged 6 - 12 years. A membership entitles you to a discount on these reasonably priced day camps, held right here in our community. Check next month's newsletter and our website for more information.

**Free pickleball** - Members can play drop-in pickleball for free! Non-member guests are welcome to play for a \$2 drop-in charge

**Discounted room rentals** - Our facility rents out the gym, multi-purpose rooms, lounge, and commercial kitchens. Members qualify for a 10% discount on all rental rates.

**Birthday party package discount** - A bouncy castle, gym (including sports equipment), and a commercial kitchen add up to birthday parties that are fun for kids and hassle-free for parents! As a member, you qualify for a 10% discount on a birthday party package.

**Free Family Skating at Flames Community Arenas** - During the winter months, your North Glenmore Park Community Association membership entitles you to free family skating at FCA. Check with the arena for applicable skate times.

**Free and discounted events** - Our annual community recycling day is scheduled for Sunday, May 7th and our popular Stampede Breakfast is set for Saturday, June 17th. Additional events will be added throughout the year. These fun events are a great way to connect with your neighbours and as a member, you can enjoy them at a discounted price or no cost

**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.

I hope you'll consider purchasing or renewing a membership and take advantage of the many benefits! To purchase or renew, drop by the Association office or call 403-246-4243. We're open every day from 9am until 5pm.

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# 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)



BRAIN GAMES

## SUDOKU

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

FIND SOLUTION ON PAGE 25

# CHURCHES IN & AROUND NORTH GLENMORE PARK

## St. James Catholic Parish

Pastor: Fr. Edmund Vargas  
 5504 - 20 Street SW • Telephone: 403-243-2680  
 Webiste: [www.stjamescalgary.org](http://www.stjamescalgary.org)  
 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.

# PLAYGROUND UPDATE

Join us for a ball hockey tournament and family fun day – Sunday, June 4 at the North Glenmore Park Community Association gymnasium. See details below.

The playground project is on track for completion in fall 2017. The City of Calgary has approved traffic calming measures to surround the playground location at 52 Avenue and 21 Street SW.

For more information on the project and fundraising events, or to volunteer for the playground build, please contact [playgroundngp@gmail.com](mailto:playgroundngp@gmail.com)



- ❖ \$150 Entry Per Team • Minimum of 3 games
- ❖ Maximum of 6 players per team, Ages 6+
- ❖ Location: North Glenmore Park Community Association gym (2231 Longridge Drive SW)
- ❖ Spolumbos sausages & Wild Rose beverages!
- ❖ Contact [playgroundngp@gmail.com](mailto:playgroundngp@gmail.com) for registration - spaces limited!



## FREE FAMILY FUN DAY !!

- ❖ Giant bouncy Castle
- ❖ Gamers Fun Truck - mobile gaming
- ❖ Balloon animals & face painting
- ❖ Mastermind Toy giveaways
- ❖ InjaNation giveaways
- ❖ Sport-themed raffle items



Contact : [playgroundngp@gmail.com](mailto:playgroundngp@gmail.com) for team registration. Team spaces limited

## NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS

### Every Monday and Friday: Free fun! WE'VE ADDED ANOTHER FREE GYM TIME!

**NEW! FREE drop-in pickleball.** We're offering drop-in indoor pickleball on **Sundays from 1pm-3pm** during the months of May and June (excluding June 4). FREE for members! Non-members will be charged a \$2 drop-in fee. Please contact the North Glenmore Park Community Association office (403-246-4243 or [admin@ngpca.ca](mailto:admin@ngpca.ca)) for more information or if you are interested in volunteering as a court host.

**Every Monday and Friday: FREE FUN! Open gym time on Mondays AND Fridays between 3:30pm and 6pm.** Members can play in the gym for free between 3:30pm and 6pm on Fridays. 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.

**Friday, May 5: Community Public Art Auction.** Join us on Friday, May 5 from 6:30pm to 9:30pm for the unveiling and display of 13 art banners which will hang in various locations in North Glenmore Park, including Garrison Green. Community members will have a chance to contribute their ideas for a future

neighbourhood mural project. Live music and refreshments. Kids can paint their own creations. FREE family fun!

**Sunday, May 7: Kickstart your spring cleaning with help from North Glenmore Park and Garrison Green's Community Recycling Day!** North Glenmore Park Community Association's annual community recycling day will be held on May 7 from 9am to 1:30pm. In partnership with the City, waste management and recycling services will be offered. We'll accept household items, yard waste, clothing, scrap metal and electronics recycling. Free refreshments. Please contact the Association office if you'd like to volunteer. Visit [www.ngpca.ca](http://www.ngpca.ca) for more details on items that will be accepted.

**Sunday, June 4: Indoor ball hockey tournament and family fun day!** On June 4, the playground project team will host an indoor ball hockey fundraiser tournament in the North Glenmore Park gymnasium. In addition to ball hockey, there will be food and family-friendly activities. Please see page 9 for details. All funds raised will be used to support the North Glenmore Park playground, scheduled for a fall 2017 build at 21 Street and 52 Avenue SW.

**Saturday, June 17: Annual Stampede Breakfast.** North Glenmore Park Community Association's Annual Stampede Breakfast will be held on **Saturday, June 17.** We're looking for volunteers to help with set-up, clean-up and serving. If you're interested in lending a hand, please contact the Association office by calling 403-246-4243 or email [admin@ngpca.ca](mailto:admin@ngpca.ca).

**July and August: Summer Day Camps are returning to North Glenmore Park!** Back by popular demand, we'll be running full-day camps for 4 weeks starting the week of July 17. Please call the office at 403-246-4243 or email the office at [admin@ngpca.ca](mailto:admin@ngpca.ca) to add your camper(s) to the list.



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## Joey's Corner

I love to have pretty flowers in the yard, even if I don't see the vivid colors that humans do (so I'm told, anyway). But whether you're planting for visual appeal or for food, it can sometimes be a challenge in our Calgary climate. Here's a few tips I can recommend, all relating to the idea of planning before you plant:

Pay attention to what areas of your yard get more sun or shade, then coordinate with the light requirements of what you are planting. Root or leafy vegetables tend to do better in your shady areas, for example. Another thing to note is how the water pools and drains in your yard or garden, as some plants will tolerate extra water better than others. It also helps to group plants together based on their watering requirements, so that you can separate the areas that you will need to water more than others.

It is also beneficial to select plants that are native or well adapted to our climate. Trying to grow an avocado tree in your yard might be unrealistic, but apple and pear trees or raspberry and strawberry bushes should yield some tasty fruit. Finally, don't forget to care for your soil! Adding compost to your soil can increase its moisture and nutrients, or covering with mulch can help it stay moist and in place.

Happy planning!

- Joey

# ANNUAL PLANT SALE

## The Calgary Rock and Alpine Society's

**When:** Saturday, June 3, 2017  
Noon – 3pm

**Where:** Lakeview Community Hall, 6113 – 34 Street SW

**What:** We focus on alpine and specialty plants, but also sell annuals and tomatoes.

**Cost:** Admission is free!

**Join the Calgary Rock & Alpine Society - an annual membership is only \$30. For more information, please visit [www.CRAGS.ca](http://www.CRAGS.ca) or call Irena at 403-217-8240.**



# IN & AROUND CALGARY

## April 23-29 is National Volunteer Week

April 23 - 29 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 151 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 23 - 29, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**



### Tibs the Great

Tibs the Great was a cat who kept the British Post Office mouse-free in his 14 years of service. When Tibs passed away in 1964, several newspapers ran an obituary commemorating him.



## North Glenmore Park Real Estate Update

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

	Average Asking Price	Average Sold Price
March 2017	\$936,000.00	\$880,000.00
February 2017	\$599,900.00	\$586,750.00
January 2017	\$622,157.50	\$592,000.00
December 2016	\$0.00	\$0.00
November 2016	\$875,000.00	\$847,000.00
October 2016	\$602,500.00	\$595,000.00
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

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

	No. New Properties	No. Properties Sold
March 2017	3	4
February 2017	5	4
January 2017	4	2
December 2016	4	0
November 2016	3	3
October 2016	4	4
September 2016	7	4
August 2016	6	5
July 2016	4	1
June 2016	3	3
May 2016	2	3
April 2016	4	8

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)

# BINGO

## Calling BINGO volunteers!

**Did you know that one of the Association's key fundraising initiatives is bingos? Providing bingo volunteers to the Grey Eagle Casino provides North Glenmore Park with important funds that allow us to operate our facility and run programs and events for community members.**

**We're recruiting bingo volunteers for the following dates:**

**May 21**

**June 6**

**June 26**

**If you are interested in working a bingo or would like more information, we'd love to hear from you! Just call the Association office at 403-246-4243 or email [admin@ngpca.ca](mailto:admin@ngpca.ca).**

# IN & AROUND CALGARY



## Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

**If it dangles, it will cause a tangle! Please do not put these items in your blue cart.**

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

**GREAT NEWS PUBLISHING 28 YEARS**

**FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.**

**If You Feel the Same Let's Talk.**

**403-263-3044**

### What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to find the answers.

### Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

### You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

### You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

### Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on [calgary.ca/greencart](http://calgary.ca/greencart).

### Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit [calgary.ca/multifamily](http://calgary.ca/multifamily).



# 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.





• NEW! SPRING SESSIONS •

# Pickleball

SUNDAYS 1:00-3:30 PM  
May 7th to June 18th\*

2231 Longridge Dr. SW (Indoors)  
FREE with membership, or pay \$2 drop-in fee.

\*No Pickleball on June 4th

For more information or to volunteer to be a court host:  
call 403-246-4243 or email [admin@ngpca.ca](mailto:admin@ngpca.ca)



## South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

### New this Spring 2017: South Health Campus YMCA Sports Court

The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use:

**For more information call the South Health Campus YMCA at 403-956-3900**

#### Emotional Well Being Meditation Drop-in

Every Tuesday 5:00-5:45pm

#### Drumming Up Wellness

Every Friday 1:30-2:30pm

#### HeartMath

May 25 6:00-8:30pm

#### Mindfulness Practice Sessions

May 25 6:30-7:45pm

#### Understanding the Experience of Grief

May 29 6:00-8:00pm

#### Employment & Financial Management Skills

#### Resume Writing

2-part series begins May 6 9:00am-4:00pm

#### Assured Income for the Severely Handicapped (AISH) Workshop

May 18 11:00am-12:30pm

#### Health Management Sleep Well Tonight – Improving Sleep

May 16 6:30-8:30pm

#### Blood Pressure Basics

May 30 1:00-3:00 pm

#### Eating Well with Fatty Liver Disease

May 24 9:00-11:30am

#### Living Well on Prednisone: Nutrition & Side Effects

May 30 10:00am-12:00pm

#### Caregiver Support

#### Family Peer Support Program

May 2, 16 & 30 5:45-8:00pm

#### Parents/Parents to Be

#### Feeding Your Baby

May 11 10:00am-12:00pm

#### Nutrition for New Moms

May 17 10:00am-12:00pm

#### Story Time & Play Date

May 19 or 26 10:00-11:30am

#### Healthy Eating for Pregnancy

May 29 6:30-8:00pm

#### Food, Nutrition & Cooking Energizing and Healing Foods for your Gluten-free Diet: (Note \$Fees apply)

May 4 5:30-7:00pm

#### I Know I Should Eat Healthy, But How?

May 20 9:00-11:30am

#### Eating Well for Good Health (2-part series)

May 8 & 15 5:30-7:30 pm

#### Edible Container Gardening: (Note \$Fees apply)

May 10 6:00-7:00pm

#### Managing Emotional Eating (3 - 2.5hr. sessions)

May 11, 18, & 25 1:00-3:30pm

#### The Truth about What Works in Weight Management

May 20 1:00-3:30pm

#### Eating Away from Home during Special Occasions

May 24 1:00-3:30pm

#### Healthy Cooking: Basics and Techniques (Hands-on)

May 24 5:00-7:00pm

Most programs require registration. Please see our full program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call us at 403-956-3939.

Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!

Yoga and Menopause

May 13, 2017  
10:00-11:30am  
N. Glenmore Park Community Centre

Register at:

ALIGN YOGA PRACTICE  
LIVING WELL. AGING STRONG. [www.alignyogapractice.com](http://www.alignyogapractice.com)

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

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.



SPRING  
SESSIONS  
ADDED!

# GENTLE FITNESS

FOR OLDER ADULTS

At North Glenmore Park Community Association

FIRST CLASS FREE

Register Today!  
Every Thursday 11AM-12PM  
Drop-in rates or discounted  
registration available.

403-246-4243 or  
admin@ngpca.ca



## JUNE 3 WHEELS FOR WELLS CHARITY BIKE RIDE – SOUTHVIEW CHURCH

Help Wheels for Wells bring clean water to those without. Choose to ride a 10 km family-friendly route or the longer 30, 50, 70, or 90 km on routes in and around Calgary. All rides are fully supported and the 10 km riders can take part in a skill building session. More info at [wheelsforwells.ca](http://wheelsforwells.ca).



## JUNE 3 – 4 CALGARY UKRAINIAN FESTIVAL – ACADIA RECREATION COMPLEX

This festival celebrates our vibrant Ukrainian heritage, rich Ukrainian culture and cuisine, shop until you drop in the vendor market place, and join us for our Zabava and dance the evening away to live Ukrainian music. More info at [calgaryukrainianfestival.ca](http://calgaryukrainianfestival.ca).



## JUNE 18 RAD DAD DAY – CALAWAY PARK

What better way to celebrate all things dad than treats and rides and games? It's Rad Dad Day at Calaway Park! Bring your father or grandfather to celebrate how great he is! The best part is dads and granddads get free admission when accompanied by a child. Open 10 am to 7 pm More info at [calawaypark.com](http://calawaypark.com).



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

### Marda Loop Farmers' Market – 3130, 16 Street SW, June 3 – Oct. 7

Call for 2017 Farmers' Market vendors, food trucks and buskers! The Marda Loop outdoor Farmer's Market is growing this year, showcasing local makers, bakers and growers along with live music, kids' zone, cool activities for the whole family including monthly special events! More info for all vendors (and great stall rates starting at \$30/day) at [mardaloop.com/farmers-market/farmers-market](http://mardaloop.com/farmers-market/farmers-market).

### Suncor Stage One Festival of New York – Lunchbox Theatre, June 9 – 24

Next June marks the 30th anniversary of Stage One. For 30 years Lunchbox Theatre has been dedicated to the creation, development and production of new Canadian one-act plays, many of which have gone on to great acclaim after their premiere on our stage. Celebrate 30 years of playwriting history in our city with Lunchbox. Free admission. More info at [lunchboxtheatre.com/suncor-stage-one-festival](http://lunchboxtheatre.com/suncor-stage-one-festival).

### Vintage with Flair – Bragg Creek Community Centre, June 16 – 17 at 4 p.m.

A country garden party in the woods; a gathering of Alberta artisans, designers, makers and curators of vintage inspired to rustic farmhouse fresh designs. Including unique, artisan-inspired art and stained glass, hand-designed jewelry with a story, rustic home decor, maker-made ceramics, curated vintage home and garden decor, repurposed shabby and chic finds and up-cycled and cool clothing. Join us for a garden party in the country.

### Sled Island Festival – various venues, June 21 -25

Sled Island's thoughtful, eclectic programming and independent spirit have fused with Calgary's youthful energy to produce a one-of-a-kind festival experience. Each June, the five-day music and arts festival brings together a community of over 250 bands, comedians, filmmakers and artists, as well as over 30,000 attendees in more than 35 venues, transforming the city into an arts lover's paradise that has earned rave reviews from artists, fans and media from across the globe. More info at [sledisland.com](http://sledisland.com).

### The Glenn Miller Orchestra – Jack Singer Concert Hall, June 29 at 7 p.m.

The world famous Glenn Miller Orchestra brings timeless classics like In the Mood, Moonlight Serenade, Chattanooga Choo Choo, Pennsylvania 6-5000, String of Pearls and Tuxedo Junction back to the stage. Even 50 years after founding his famous orchestra Glenn Miller's music is alive and well. More info at [artscommons.ca](http://artscommons.ca).





## Blueberry Broccoli Spinach Salad

### Ingredients:

*For the salad:*

- 4 oz fresh baby spinach
- ½ cup chopped broccoli
- ½ ripe avocado
- ¼ cup blueberries
- ¼ cup crumbled feta cheese
- 2-4 Tbsp dried cranberries
- 2-4 Tbsp sunflower seeds
- Black pepper, to taste (optional)

### For the poppyseed ranch dressing:

- ½ cup plain greek yogurt or sour cream
- ¼ cup buttermilk (extra if desired)
- ¼ cup good quality mayonnaise
- 1 clove garlic
- ½ tsp lemon juice or white vinegar
- 1 tsp poppy seeds
- ½ tsp dried parsley
- ½ tsp dried dill
- ¼ tsp onion powder
- 1/8 – ¼ tsp garlic powder – to taste
- 1/8 tsp sea salt
- 1/8 tsp black pepper

### Method:

Start by making the dressing (skip if using pre-made). Ranch dressing always tastes better when it's made ahead of time. Whisk and chill for a few hours before serving or make things simple by preparing it the night before.

Peel 1 clove garlic, then smash and mince it to a paste. Season with salt.

Combine salted garlic paste with remaining dressing ingredients and whisk well. Put in the fridge for a few hours to chill and to let flavours set.

Wash and dry spinach. Combine with broccoli, blueberries, dried cranberries, sunflower seeds, feta cheese, and avocado.

Toss with dressing and serve.

Season with black pepper, to taste.

From [www.peasandcrayons.com](http://www.peasandcrayons.com)

<http://peasandcrayons.com/2016/08/blueberry-broccoli-spinach-salad.html>

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto: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](mailto:info@aandbtax.ca).

**CALGARY FENCE & DECK:** We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. [www.calgaryfence.ca](http://www.calgaryfence.ca).

**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](http://www.communitymediation.ca), 403-269-2707.

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://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](mailto:doublediamondplumbingltd@gmail.com). [www.doublediamondplumbingltd.com](http://www.doublediamondplumbingltd.com).

**THE GUTTER DOCTOR!** We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**LAWN & GARDEN MAINTENANCE:** Spring clean-up, fertilizing, mowing, trimming, aerating and holiday backup. Local student business serving North Glenmore Park homeowners for eight years. Call Iain at 403-918-2581 (cell) or 403-240-2580 (home). E-mail [iain\\_sc@hotmail.com](mailto:iain_sc@hotmail.com).

**MINDFUL ELECTRICIAN:** Small electrical company. I am a master electrician, fully registered, and city certified. My goal is to bring peace of mind, quality work, and advice to your home. I offer free estimates and seniors receive a reduced rate. Contact Peter at 403-472-938 or [mindful.electrician@gmail.com](mailto:mindful.electrician@gmail.com).



MP Calgary Centre  
**Hon. Kent Hehr**  
 950 6 Ave SW • Calgary, Alberta T2P 1E4  
 kent.hehr@parl.gc.ca • 403-244-1880 • www.KentHehrMP.ca

Budget 2017 is about putting people first and delivers the programs that Albertans – and all Canadians – can benefit from today, not a decade from now. It is an essential step to restore prosperity to the middle class and support Alberta.

As one of the youngest and most innovative and dynamic provinces, Alberta is at the forefront of those who can most benefit from investment and support for young families. With an average median age of 36.1 years old (according to Statistics Canada), Alberta has the highest proportion of working-age persons of any province (70.6%) and is characterized by a high birth rate and immigration from other provinces.

With these realities in mind, Budget 2017 positively impacts our city, province, and country directly with our commitment to middle class families.

Let's take a look at some of the key points for Alberta.

There is a strong connection between child care and the economic security of families. To support Canada's families, Budget 2017 proposes measures that will increase support for early learning and child care, so that more parents here in Alberta can pursue new opportunities to learn and to work. To make sure Canadian children get the best start in life, and to better support Canadian families, #Budget2017 invests \$7 billion over 10 years, to support and create more high-quality, affordable child care spaces across the country.

Being a working parent is hard. That's why we're committing \$152 million over five years and \$27.5 million per year thereafter to help working parents navigate the challenges that come with a growing family by allowing them to choose to receive EI parental benefits over an extended period of up to 18 months at a lower benefit rate. And, for expecting parents, \$43.1 million over five years and \$9.2 million per year thereafter to allow expectant mothers to claim EI maternity benefits up to 12 weeks before their due date—expanded from the current standard of 8 weeks—if they so choose.

For too many families, the lack of affordable, high-quality child care means difficult choices—some parents may have to sacrifice retirement savings to pay for child care, while others may leave their careers because child care is

unavailable or unaffordable. These choices are especially hard for single parents – we all know single parents who are making incredible sacrifices for their children, and how a lack of affordable, high quality childcare places even more stress on them and their children.

It's why I ran for office and that's what I'm promoting in Ottawa every day I am there: help for families and the middle class, along with those we are helping to join them.

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 and sign up for my e-newsletter at www.KentHehrMP.ca.

## COMMUNITY ANNOUNCEMENTS

**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

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

**ANNUAL GARAGE SALE:** SAT. MAY 6, 9:00am-12:00pm, Lakeview United Church, 3023 63rd Ave. SW



## IN & AROUND CALGARY

### EMS

**National Paramedic Services Week is May 28 – June 3, 2017.**

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

# AHS: Oral Health



## Oral Health: It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).





**MLA Calgary-Glenmore**  
**Anam Kazim**  
 #A208, 1600 - 90th Avenue SW  
 Calgary, AB Canada T2V 5A8  
 ☎ 403-216-5421; 📠 403-216-5423  
 ✉ calgary.glenmore@assembly.ab.ca  
 📱 Anam Kazim - MLA for Calgary Glenmore  
 🐦 Twitter: @anamkazimMLA

Dear Constituents:

I hope you have been enjoying the new flowers and green leaves under beautiful blue skies as we head towards summer.

**Budget 2017 Highlights:**

- Budget 2017 is about making the lives of Albertans better.
- Creating and protecting jobs, investing in long-overdue repairs and modernizations of our schools and hospitals, critical improvements to our roads and highways, long-term care beds for our **seniors**
- Making things more affordable, keeping taxes on families the lowest in Canada, and planning to reduce the deficit, thoughtfully and prudently.
- 24 new and modernized schools across Alberta
- 25% reduction in school fees, saving families over \$50 million.
- A new hospital in Edmonton, a long-term care home and expansion of Cancer Care facility in Calgary

**Economy**

- The economy is stabilizing and jobs are beginning to return.
- We will continue to bring the deficit down to balance in a stable way without sacrificing the supports and services families need.

**Education**

- We continue to fund enrolment for every new student and we are protecting grants for English Language Learners, First Nations, Métis and Inuit students and others.

Call Now for your **FREE ESTIMATE**

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Best of 2017

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- Through Budget 2017, we are supporting our students by continuing to provide school authorities with stable funding.

**Energy Efficiency Alberta:**

- A public agency promoting energy efficiency and small scale renewable energy to save energy and money, reduce emissions, and create new jobs in efficiency and renewable energy services industries.
- All carbon levy funds are invested to help Albertans save energy, reduce emissions and create new economic opportunities. Energy Efficiency Alberta is one key reinvestment of the carbon levy.
- For details on programs please call 1-844-357-5604 or email [hello@efficiencyalberta.ca](mailto:hello@efficiencyalberta.ca) or contact 310-0000 (toll-free) or visit [climate.alberta.ca](http://climate.alberta.ca)
- **Residential No-Charge Energy Savings Program** offers direct, no-charge installation of energy savings products to residences (homeowners and tenants), including household smart thermostats, lighting, water and heating components.
- **Residential Retail Products Program** offers rebates to residential customers at retail outlets around the province. The initial focus is on lighting, insulation and appliances. Consumer electronics, water-heating products, and other options will be offered in subsequent campaigns.
- **Business, Non-Profit and Institutional Energy Savings Program** offers incentives for high-efficiency products from a comprehensive list, initially using mail-in rebates for the purchase and installation of electric and gas-based products such as lighting, heating and cooling systems, and hot water systems.
- **Residential and Commercial Solar Program** offers incentives to households, businesses, and non-profit organizations to encourage the installation of distributed solar photovoltaic (PV) systems.
- Online registration for the Residential No-charge Program has already begun, and start dates will be announced as the other programs officially begin between April and June.
- One in two **seniors** in Alberta is eligible to receive a rebate for the carbon levy under the Climate Leadership Plan.
- Building Accessible Parks:
- Removing barriers, to ensure parks are more accessible for **seniors**. All park facilities are now built for accessibility.

**Office Open House:**

May 12, 2017 from 4:00 pm to 6:00 pm with our special guest and constituent, David Kelly, P.Eng CEO of SkyFire Energy Inc, [www.skyfireenergy.com](http://www.skyfireenergy.com)



**MLA Calgary-Elbow**  
**Greg Clark**  
 Leader - Alberta Party  
 (403) 252-0346  
[calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca)  
 Twitter: @GregClark4AB

**Alberta Electoral Boundaries Commission**

The Alberta Electoral Boundaries Commission will be presenting their interim report to the public on May 31, 2017. The report will provide recommendations to changes to the current provincial boundaries.

Following the report, a second round of public hearings will take place in July and August, with the final report being presented October 31, 2017. Upon receiving the final report, the Members of the Legislative Assembly will debate whether or not to accept the recommendations of the Commission. Should the changes be accepted, the constituency boundaries will change in time for the next provincial election.

The average number of constituents living in each area should be approximately 46,698, with a desired variance of +/- 25%. Calgary-Elbow currently has 47,893 constituents which is well within the 25% variance allowed. However, there are several areas in Calgary where the population has grown significantly and exceeds the 25% variance. For example, Calgary-SouthEast has over 92,000 constituents. This means that the boundaries in Calgary will need to be shuffled, and that could impact some or all of the constituency boundaries. For more information, please visit: <http://abebc.ca>.

**Vimy Ridge Commemoration**

April 9, 2017 marked the 100 year anniversary of the battle at Vimy Ridge. To commemorate this battle and others that helped shape our nation, there are a number of exhibitions taking place in the province.

*War Stories: 1917* will be on display at The Military Museums (4520 Crowchild Trail SW) from April 9 – August 25. The exhibit provides personal stories about the battles of 1917, through the eyes of the men and women who were there. For more information on the event visit <https://www.themilitarymuseums.ca/>.

The new exhibition at the Borealis Gallery at the Alberta Legislature, *Alberta & the Great War*, has an immersive, interactive display that explores the impact of the con-

flict both abroad and at home. The gallery has been transformed to feature a re-creation of a trench, parlour and a public space from the Great War era. Artifacts and archival photos complement the hands-on experiences. This exhibition is a free and runs until May 22. For more information visit [www.assembly.ab.ca/visitorcentre](http://www.assembly.ab.ca/visitorcentre).

**Budget Event**

On April 8 I held a Budget Town Hall to hear what you had to say about the current state of Alberta's finances. I received lots of great feedback on where we should be making cuts and how we could increase our revenue sources. We compiled all the information and have made it available on our website, [www.calgaryelbow.ca](http://www.calgaryelbow.ca). If you did not have the opportunity to attend the event, please feel free to share you thought and ideas with my office at [calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca).

**BRAIN GAMES SUDOKU**

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

[www.kilbco.com](http://www.kilbco.com)

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays. Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**



**UNSEALED**



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- Fun lessons with friendly Golf Pros

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**For dates and details visit [calgary.ca/golf](http://calgary.ca/golf)**

2017-0485 17-00257206

**NORTH GLENMORE PARK & GARRISON GREEN'S**



# Community Cleanup

Kickstart your spring cleaning with us!

**Sunday, May 7**  
9:00am - 1:30pm  
2231 Longridge Dr. SW

<b>YES</b>	<b>YES</b>	<b>NO</b>
- HOUSEHOLD & YARD WASTE - CLOTHING - CAR SEATS (FEE MAY APPLY)	- ELECTRONICS RECYCLING - SCRAP METAL	- HAZARDOUS MATERIALS - PAINT - CHEMICALS

**Free/Swap Table: Leave an item, taken an item**  
**Free drinks and snacks**

**For more information or to volunteer, please contact Leah or Renee**  
403-246-4243  
admin@ngpca

Please visit [www.ngpca.ca](http://www.ngpca.ca) for a complete list of accepted items





# #1 SELLING AREA SPECIALIST

*In Lakeview, Lakeview Village & North Glenmore Park since 2012\*\**

## DANIEL'S RECENT LISTINGS



***"I have LISTED & SOLD more homes  
in 2017 than my 5 closest  
competitors combined.\*"***

In the communities of  
Lakeview, Lakeview Village  
and North Glenmore Park.

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daniel@DWsoldhomes.com www.DWsoldhomes.com

Not intended to solicit properties already listed for sale.

\*\*based on total combined mls sales in Lakeview, North Glenmore, and Lakeview Village since 2012 \*As of April 7, 2017

† In the years 2013/2014



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