

MAY 2019

DELIVERED MONTHLY TO 3,100 HOUSEHOLDS

# NORTH GLENMORE PARK

## CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER

**SPRING MEMBERSHIP DRIVE!  
PURCHASE OR RENEW YOUR  
MEMBERSHIP THIS MONTH**

**SEE PAGE 14**





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North Glenmore



2129/2131 51 Ave \$1,195,000  
4 Units! 75' x 122'  
3 Lots R2 Zoning

Lakeview



6311 Louise Rd \$899,900  
2900 sq ft developed  
Custom Estate Home

Coach Hill



127 Coachwood Cr \$559,000  
1760 sq ft developed  
5 Bedrooms, 3.5 Baths

North Glenmore



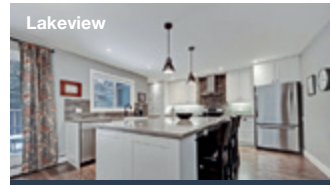
2037 50 Ave \$498,000  
Renovated!  
Fantastic Investment Opportunity!

North Glenmore



2039 50 Ave \$498,000  
Both Sides Available  
4 Bedrooms, 2 Bathrooms

Lakeview



#824, 3130 66 Ave \$479,900  
4 Bedrooms, 4 Bathrooms  
Renovated & Upgraded!

Lakeview



#1013, 3240 66 Ave  
Represented Sellers & Buyers  
**SOLD!**

Lakeview



#1005, 3240 66 Ave  
Represented Sellers  
**SOLD!**

Coach Hill



47 Coach Side Tr  
Represented Sellers  
**SOLD!**



## RON GARNEAU

CALL FOR A **FREE** HOME EVALUATION  
CELL 403.830.1009 • WEB [SellHomes.ca](http://SellHomes.ca)



# SELL HOMES. IT'S WHAT WE DO!



Each office independently owned and operated.

North Glenmore Park Connector - Designed, manufactured, and delivered monthly to 3,100 Households by:

**GREAT NEWS MEDIA**   
LEADERS IN COMMUNITY FOCUSED MARKETING

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## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
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**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 Great News Media and the North Glenmore Park Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so. Great News Media and the North Glenmore Park Community and/or Residents' 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.

# NGP COMMUNITY ASSOCIATION



## BOARD OF DIRECTORS

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Treasurer	Jeremy Walper	treasurer@ngpca.ca
Secretary		
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## COMMITTEES

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Governance		admin@ngpca.ca
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Community Engagement	Karen Gallagher-Burt	admin@ngpca.ca
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Fundraising	Volunteers Needed	
Planning & Redevelopment		redevelopment@ngpca.ca

## STAFF

General Manager	Leah Wilson	generalmanager@ngpca.ca
Office Coordinator	Renee Desroches	admin@ngpca.ca

# NORTH GLENMORE PARK SCHOOLS

## Schools in and around North Glenmore Park include

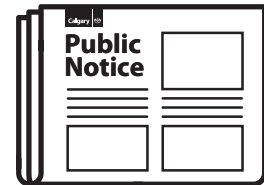
- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary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

Calgary



## Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16<sup>th</sup>. Visit [Calgary.ca/publicnotices](http://Calgary.ca/publicnotices) to see detailed information on development activity in your neighbourhood.



19-0037417



North Glenmore Park  
and Garrison Green's

# Community Recycling Day

Kickstart your spring cleaning with us!

Saturday, May 4

9:00am - 1:30pm

2231 Longridge Dr. SW

YES

- HOUSEHOLD & YARD WASTE
- CLOTHING
- SCRAP METAL

YES

- ELECTRONICS RECYCLING
- CAR SEATS (FEE MAY APPLY)

NO

- HAZARDOUS MATERIALS
- PAINT
- CHEMICALS

Free/Swap Table: Leave an item, take an item

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

**New this year: bring your bottles and cans, with all proceeds to be donated to community programs!**

For more information or to volunteer:

403-246-4243

[admin@ngpca](mailto:admin@ngpca)

## COMMUNITY DEVELOPMENT UPDATES



No development applications were received by the community association during the month of March.

Visit [www.ngpca.ca/current-applications](http://www.ngpca.ca/current-applications) for updates and a list of all development applications.



**Councillor, Ward 8  
Evan Woolley**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
☎ 403-268-2430

### Development Planned in Your Neighbourhood Online

Communities in Ward 8 experience more development than any other. Whether it's a new single-family home or a large new development, there's always new development happening. Now, you can find out about the changes taking place in your community in one easy place.

While The City is ending some newspaper listings that notify development changes, visiting [www.calgary.ca/pdmap](http://www.calgary.ca/pdmap) will show you a great interactive map with all the planned development applications that are currently being considered by The City of Calgary. After May 16th, Development Permits will no longer be published in newspapers.

Available 24/7, new applications are added to the map when The City receives them and updated as the file progresses through the approval system. Calgarians can see land use redesignations, submit comments on proposed developments, check public hearing dates, file appeals and more.

This helpful online tool provides you with a streamlined, more accessible way to get information and participate in development activity in your community. Other ways for Calgarians to keep up to date on activities in their area include signage on development sites, letters that come in the mail and notices in the Herald newspaper.

To learn more ways The City's Planning & Development Department is improving communications with citizens, visit [www.calgary.ca/PDnotifications](http://www.calgary.ca/PDnotifications)

## CHURCHES IN & AROUND NORTH GLENMORE PARK

### St. James Catholic Parish

Pastor: Fr. Edmund Vargas  
5504 - 20 Street SW • Telephone: 403-243-2680

**Website:** [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.



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## AMICA

SENIOR LIFESTYLES



**Councillor, Ward 11**  
**Jeremy Farkas**  
 Office of the Councillors  
 800 Macleod Trail S (#8001)  
 Calgary, AB T2G 2M3  
 ☎ 403 268 2430 ✉ ward11@calgary.ca  
 Sign up for Ward news: calgary.ca/ward11

## SAFE & SOUND

### Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Dear Friends,

Conditions permitting, the Glenmore Reservoir is expected to open for recreational use on May 1st, 2019. Rentals available include kayaks, canoes, and sailboats. Rack, mooring, and stall rentals, registered sailing lessons with our Glenmore Sailing School, and even racing opportunities for more advanced sailors are also available. For Reservoir status, rentals, and program registration information visit [calgary.ca/sailing](http://calgary.ca/sailing).

Construction season is upon us. Thank you all for your patience with the various construction projects happening throughout the Ward. We are working hard in the office to advocate for improvements and reduce the impact of these disruptions. I share your frustration in commuting through lengthy construction zones.

SWBRT construction on 14th Street will continue throughout the summer and is scheduled to finish by the end of the year. The extension projects on Southland Drive and 90th Avenue for the Southwest Calgary Ring Road are nearly complete, and there will be minimal impacts to traffic this year. If you have any questions about these or other projects, please contact us.

Our next monthly town hall is on Thursday May 23 at the Meadowlark Park Community Centre from 7:00 to 8:30 pm. Please join us for light refreshments and discussion on local issues!

As always, please contact our office if you have any feedback or concerns to share. I always enjoy reading your messages and returning your phone calls!

#### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further Prevention Tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

*EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. [www.windowssafety.ca](http://www.windowssafety.ca)*



## OFF THE MENU

Mayonnaise is one of the world's most popular condiments. Some of the countries where it is the most popular are Russia, Chile, and Japan!



# MEMBERSHIP REGISTRATION FORM

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

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...**

Casino / Fundraising  Special Events

Membership  Other: \_\_\_\_\_

**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.ca

Memberships processed via mail or email will be issued a membership card through the mail. Please allow time for delivery.

## NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS

**COMMUNITY RECYCLING DAY – SATURDAY, MAY 4<sup>th</sup> FROM 9am to 1:30pm.** Start your spring cleaning at North Glenmore Park's Community Recycling Day! Visit [www.ngpca.ca](http://www.ngpca.ca) for more details on the types of recyclable items that will be accepted. **NEW THIS YEAR: Bring your bottles and cans, clothing and electronics. All proceeds donated to the community association's programming and events.**

**ANNUAL (pre)STAMPEDE BREAKFAST – SATURDAY, JUNE 15<sup>th</sup> from 8:30am – 11am.** Celebrate Neighbour Day with free breakfast and entertainment at this popular family-friendly community event. Interested in volunteering? We'd love for you to join us! Email [admin@ngpca.ca](mailto:admin@ngpca.ca) or call 403-246-4243.

**FUNctional FITNESS – SPRING SESSION, APRIL 25<sup>th</sup> – JUNE 27<sup>th</sup>.** Our popular functional fitness class for older adults is held on Mondays and Thursdays from 11am to noon. The cost for the 10-week spring session (one class per week) is \$50 or \$100 for two classes per week, or drop in for \$8. Try the class for free any time! For more information or to register, please contact the office at 403-246-4243 or visit [www.ngpca.ca](http://www.ngpca.ca)

**SUMMER DAY CAMPS 2019.** Our summer art and multi-sport camps are full, however interested campers can join our waitlist. Day camps for children aged 6 to 12 years will run the weeks of July 8, July 15, July 22, July 29, August 12 and August 19. **YOUTH VOLUNTEERS ARE NEEDED FOR SUMMER DAY CAMPS!** To join a waitlist

or for more details on camps or volunteering, visit [www.ngpca.ca](http://www.ngpca.ca), email [admin@ngpca.ca](mailto:admin@ngpca.ca) or call 403-246-4243.

**MOBILE SKATE PARK – AUGUST 22<sup>nd</sup> to SEPTEMBER 5<sup>th</sup>.** Skateboarders and scooter-riders of all ages will love the City of Calgary's mobile skate park, to be located in the community association's parking lot.

**OPEN GYM ON FRIDAYS – FREE!** Members can play in the gym at no cost between 3:30pm and 6pm on Fridays (Please call ahead to check availability for other times during the week. If no one is booked in the gym, we are happy to open it up for members to use). With access to the equipment room, participants can play games such as dodgeball, basketball, volleyball, soccer, badminton and floor hockey. Non-members are welcome to join the fun for a \$2 drop-in fee. Tell your neighbours and bring a friend!

**Drop-In Pickleball – FREE!** Back by popular demand, drop-in adult/family pickleball is now being offered FREE with a current community membership. Please contact the community association office at 403-246-4243 or [admin@ngpca.ca](mailto:admin@ngpca.ca) to be added to our pickleball email list. Drop-in dates and times will be sent to you.

**LAKEVIEW BRIDGE CLUB.** The Lakeview Bridge Club meets at the North Glenmore Park Community Association centre on Wednesdays from 1pm to 3pm. A current North Glenmore Park Community Association membership is required plus a \$2 drop in fee for prize money. Call 403-246-4243 or email [admin@ngpca.ca](mailto:admin@ngpca.ca) for more information.





# Functional Fitness

Mondays and Thursdays at 11am

Try a class for free!

Spring Session runs April 25 to June 27

(10 weeks)

\$50 registration for 1 class per week

\$100 registration for 2 classes per week

[www.ngpca.ca](http://www.ngpca.ca) | 403-246-4243



2231 Longridge Dr. SW



## Sponsorships Available!

Are you looking for a way to gain local exposure  
for your business?

Consider sponsoring North Glenmore Park's  
Annual Stampede Breakfast.

Held on Neighbour Day (Saturday, June 15th), the event is a  
great way to promote your business to hundreds of residents  
while supporting your community association.

Various levels of sponsorship available.

Call 403-246-4243 or email [generalmanager@ngpca.ca](mailto:generalmanager@ngpca.ca)



# Spring Membership Drive

Watch for neighbours knocking on your door this month, or complete and return the form on page 11.

**Volunteer to help sell  
memberships on your block!**

Contact us for details or to get involved.

[www.ngpca.ca/membership](http://www.ngpca.ca/membership)  
[admin@ngpca.ca](mailto:admin@ngpca.ca) | 403-246-4243



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**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.


**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.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**YARD CARE & LANDSCAPING:** Weekly mowing \$36, power-rake \$130, aeration \$70, window cleaning or gutter cleaning \$99, pressure washing starting at \$99, rope light installation. Conditions apply. BBB member. 4.1 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

**LANDSCAPE CONSTRUCTION:** Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Sod installation, rocks, mulches, shrubs, xeriscaping. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

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**Susie von Dellermann**  
*Specializing in Ballet*  
Pre-ballet age 3 & up All grades & teens  
Adult beginner & advanced  
North Glenmore Park Community | 2231 Longridge Dr. SW  
Phone Susie 403.246.2208

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2400 Sorrel Mews SW

Celebrating 15 Years!



THE MANOR VILLAGE AT GARRISON WOODS

The Community with Heart 403-240-3636 for your personal tour

174 Ypres Green SW

Memory Care Available



THE STAYWELL MANOR AT GARRISON WOODS

The Community with Heart 403-242-4688 for your personal tour

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- Daily activities
- Exercise and wellness programs
- 24 hour onsite care teams



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Other Calgary Manor Village Life Center locations: Varsity • Huntington Hills • Rocky Ridge • Fish Creek Park (opening July 2018) • Currie Green (under development)



# Youth Volunteer Opportunities!

## Summer Daycamp Helpers

Ages 13+

Fun, flexible shifts (based on your availability)

Call 403-246-4243 or email [admin@ngpca.ca](mailto:admin@ngpca.ca)



*Yeah, you sent her a card, but did you build her a shrine?*

Andrews Methodist Episcopal Church has been designated as a shrine to all mothers. The founder of Mother's Day, Anna Jarvis, attended the church in her youth and sent over 500 carnations on May 10, 1908, to be distributed to the congregation's mothers. In 1914, Mother's Day became a nationally observed holiday in the United States.

# Annual Community Stampede Breakfast

Saturday, June 15  
8:30-11:00am



Breakfast & family entertainment  
free or by donation

Contact [admin@ngpca.ca](mailto:admin@ngpca.ca) or 403-246-4243 to volunteer



## Lentil Greek Salad with Dill Sauce (Meal Prep)

### Ingredients:

#### Greek Lentil Salad:

- 1 cup uncooked lentils (black or green work best)
- 1 pint of cherry tomatoes, halved
- 1 cucumber, diced
- 2 3-ounce can of tuna, drained and flaked (*optional*)
- pepperoncini or kalamata olives (*optional*)

#### Dill Yogurt:

- 1 cup Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon vinegar or lemon juice
- 1/2 teaspoon garlic powder

- 1 generous pinch of fresh or freeze-dried dill
- 1 teaspoon salt

#### Instructions:

1. Cook your lentils.
2. Segment ingredients in meal prep containers.
3. Mix the yogurt ingredients in a separate bowl.
4. Store everything in the fridge.
5. When you're ready to eat, mix each salad and drizzle with olive oil, lemon juice, and a pinch of salt. Top with a dollop of the dill yogurt.

From <https://pinchofyum.com/lentil-greek-salads-with-dill-sauce>



# Neighbour Day

## Sat. June 15

10:30 - 12:30 pm

**FREE • BARBEQUE • GAMES**

**PETTING ZOO** (11:00 to Noon)

Info: lakeviewuc@telus.net

**Lakeview United Church  
3023-63rd Avenue SW**



# Skip the Trip!



**Vecova's Bottle Pick-Up Service** will bring your bottles to our depot.

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