

APRIL 2024

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NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER

**COMMUNITY
VOLUNTEER
OPPORTUNITIES
SEE PAGE 3**



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April 14 to 20 is National Volunteer Week, an opportunity to recognize the important impact that volunteers have on communities across the country. According to a survey conducted by Volunteer Canada, more than 12.7 million Canadians volunteer an average of 154 hours each annually for non-profit organizations, charities, and public institutions. Chances are, if you're reading this you have volunteered in some capacity!

Thanks to all the residents of North Glenmore Park and Garrison Green for your volunteerism. Whether you contribute your time and energy to the community association, schools and sports teams, charity events, or any other cause, you are making a positive difference in our community.

We always welcome volunteers at the community association. There are a few upcoming opportunities.

- **Plant Sale Fundraiser, Saturday, May 11:** We need a few volunteers to help distribute plants. This would require a few hours of time on a Saturday morning.
- **Neighbour Day Celebration, Saturday, June 15:** There are always opportunities for volunteers at our Neighbour Day event including set-up and take down. Watch for details.
- **Community Recycling Day, Sunday, June 23:** This popular event is back! We will need volunteers to help direct traffic and work the swap table.
- **Fundraising Casino, Wednesday, August 14 and Thursday, August 15:** The casino is our most important fundraiser and takes many volunteers to make it a success. Mark your calendar, more details and sign up to follow.

If you are interested in any of these volunteer opportunities, please contact the community association office at 403-246-4243 or generalmanager@ngpca.ca. Regardless of where you choose to spend your volunteer time, you are contributing positively to our community. Thank you!

Lisa Burton



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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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Community Redevelopment News

Visit www.ngpca.ca/current-applications for updates and a list of all development applications. The website includes instructions on how to comment on proposed developments.

Follow us on social media for community news and updates!

Facebook



North Glenmore Park
Community Association

Instagram



@ngpca_yyc

CHURCHES IN AND AROUND NORTH GLENMORE PARK

St. James Catholic Parish

Pastor: Fr. Eligio "Eli" Canete
Weekday Mass: Tuesday through Friday at 9:00 am
First Saturday of the Month: 9:00 am
Weekend Mass: Saturday 5:00 pm, Sunday 10:00 am and 12:00 pm

Lakeview United Church

Minister: Jope Langejans
Sunday Services: 10:00 am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon
Sunday Services: 9:30 am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold
Rector: Rev. Dr. Jane Rowland
Sunday Services: 10:00 am

Rainbow Christian Church

Pastor: Yi Zheng
Sunday Services: Chinese Sunday Service: 11:15 am
English Service: 9:30 am

First Church of the Nazarene

Pastor: Rev. Trent McDowell
Sunday Service: 10:00 am

Free Reformed Church of Calgary

Pastor: Chris Mourik
Sunday Service: 9:30 am and 4:00 pm



NORTH GLENMORE PARK SCHOOLS

Schools in and around

North Glenmore Park include

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

Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.



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On the Cover

This month's cover image is a photo of an adult beaver and a juvenile one, taken from the Weaselhead Bridge a few years ago. Thanks to Diana Balfour for submitting the picture. We are always looking for images for the cover of the newsletter. If you have photos taken of the natural beauty or activities taking place in or around North Glenmore Park, please send them to generalmanager@ngpca.ca.



NORTH GLENMORE PARK COMMUNITY ASSOCIATION

Or visit www.ngpca.ca/membership to purchase or renew online.

Name(s): _____

(Please include full names of both partners, if applicable)

Address: _____

Postal Code: _____ Phone Number: _____

E-mail: _____

I'd like to receive e-mails regarding community news, events & programs: Yes No

Your personal information will be used for North Glenmore Park Community Association purposes only.

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

Casino / Fundraising

Special Events

Membership

Other: _____

Membership Fees:

Family: Includes up to two adults and their children living in the same household and residing in North Glenmore Park, Garrison Green, or Lakeview.

FEE = \$25 \$ _____

Senior: Includes up to two adults over the age of 65 living in the same household.

FEE = \$10 \$ _____

Associate: Includes up to two adults and their children living in the same household outside of North Glenmore Park, Garrison Green, or Lakeview.

FEE = \$35 \$ _____

Additional donation: A tax receipt will be provided. Any size donation is appreciated and will be directed to community association programs and operations.

\$ _____

Payment:

In person: With cash, cheque, debit, Visa, or Mastercard

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or emailed to: admin@ngpca.ca

To purchase online, please visit www.ngpca.ca/membership or scan the QR code.



Spring Cleaning Your Finances

by Danielle Robbertze

Do you have a bunch of documents, statements, receipts, and more lying around? Well, April is the perfect time to sort this all out. April is often the time for spring cleaning. Although this mostly involves general cleaning of your house or donating items you no longer need. This time can also be used to 'spring clean' your finances.

Here are a few tips on how you can spring clean your finances this year:

1. Sort, Sort, and Sort Some More

Sort your financial documents into categories, this way it becomes easier to manage. Categories can include bank statements, bills relating to your home, receipts, contracts, and miscellaneous. Throw away (or shred which is a more secure option) that which is old and no longer relevant. This could be bank statements for an old credit/debit card, bills from a previous residence, or pay slips older than three months.

Create a filing system with labelled folders in a secure area of your house. Once this filing system is set up it becomes easy to file new documents and throw out old ones.

2. Consider Digital

Some documents are best to keep as hard copies such as rental agreements, mortgage statements, and work contracts. However, documents such as bank statements and receipts are available online these days which can be easily filed digitally either through Google Drive or directly on your computer.



3. See Where You Can Start Saving

Once everything is organized it becomes easier to see where your money goes every month. Consider creating an Excel sheet where you can clearly see where you spend your money. Here you can also create categories such as income, savings, bills, subscription fees, groceries, bank accounts, loans, and miscellaneous (spending on clothes, recreational activities, and luxury items).

Indicate in green the money that comes in your account monthly and indicate in red the money that comes out. You can create an easy equation after doing this to see how much money you have left every month.

When all this is done you could possibly see that you no longer use a certain subscription and could save money by unsubscribing, or you have a bank account you no longer use which you can close.

All of this may seem like a bit of a hassle, but once it is done you will not regret spring cleaning your finances. It will only make your life easier moving forward.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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PARK



GARRISON
GREEN



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MEMBER BENEFITS



Please consider buying a community association membership, a cost-effective way to support your community. Benefits include:

- Free Friday morning drop-in playgroup for kids aged 0 to 5 and their caregivers. Watch for updates.
- Access to our babysitter and/or show shoveling registries. Join if you are in need of help or looking for work.
- Free drop-in gym time with access to the equipment room on Friday afternoons from 3:30 to 6:00 pm (call ahead for availability other times of the week).
- Free family skating at Flames Community Arenas (Sunday afternoons between October and February).
- Discounted programs such as FUNctional fitness for adults.
- Access to Lakeview Bridge Club. Members can join the Wednesday afternoon bridge club at no cost.
- Discounted birthday parties including two hours of gym time and a bouncy castle.
- Discounted gym and room rentals at the community association facility.
- A community advocate for development and civic affairs, and a vote at the community association's annual general meeting.

To purchase a community membership, visit www.ngpca.ca or complete and return the form found in this publication.



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GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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Weekly Green Cart Returns End of April

by The City of Calgary Waste and Recycling Services

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

While you're preparing your yard or garden for spring, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.

Compost Giveaway

Compost will be available for pickup from April 15 to June 1, 2024, by appointment only. Planning is underway and the appointment booking tool will be available on calgary.ca/compost by April 9.



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LAKEVIEW FEBRUARY 2024 STATISTICS



NORTH GLENMORE PARK FEBRUARY 2024 STATISTICS



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