NORTH GLENMORE E CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK AND GARRISON GREEN COMMUNITY NEWSLETTER





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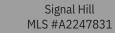
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10, 6449 Crowchild Trail SW Calgary, AB T3E 5R7

We're HAPPY to announce that Dr. Salma Awais (female) joined our clinic in mid-August 2025.

Not ONLY will she be accepting new patients, but she will also be seeing WALK-INS!

Please contact us to be put on her waitlist or to confirm our walk-in hours.

We look forward to hearing from you at 403-455-2550.





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Community Redevelopment News

Visit developmentmap.calgary.ca for an updated list of all current development applications. You can search by address or application number to view details and submit comments.

Follow us on social media for community news and updates!

Facebook



North Glenmore Park Community Association

Instagram



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CHURCHES IN AND AROUND NORTH GLENMORE PARK

St. James Catholic Church

Pastor: Fr. Domingo Bongalos

Weekend Mass: Saturday 5:00 pm, Sunday 10:00 am

and 12:00 pm

Weekday Mass: Tuesday through Friday at 9:00 am

First Saturday of the Month: 9:00 am

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)

PRESIDENT'S MESSAGE



As 2025 draws to a close, we're reflecting on another great year for the community association!

We were pleased to bring back our popular summer day camps and have now introduced Wednesday evening programs. We offered a kids' art program in November—stay tuned for details on Wednesday evening programs in the new year! Our FUNctional Fitness program continues to grow with older adults enjoying exercise and camaraderie twice a week all year long.

Our annual Neighbour Day celebration was delayed due to June's rainy weather, however that didn't dampen the fun at the September event. Neighbourhood families enjoyed food trucks and free outdoor games followed by a movie. Our winter holiday event including the craft market and cookies with Santa is always a hit.

The community association building has never been busier. We're grateful for all the cultural, sporting, and school groups that use our building. Not only does the rental revenue help to pay our operational expenses, but these groups also contribute to the vibrancy of our community.

We need volunteers to make things happen! Our outdoor rinks (located at the community centre and at Buffalo Park in Garrison Green) need to be built and maintained. If you value the outdoor rinks and have some time to spare throughout the winter months, we'd love to hear from you! Without additional volunteers, the community association will not be able to operate rinks this year.

Thanks to all the community association staff, volunteers, members, and sponsors for making 2025 such a successful year! Wishing you a safe and happy holiday season.

Lisa Burton







Pedestrian Safety in the Winter

by Courtney Harron, Red Cross First Aid Instructor

Winter is an exciting season full of snow, sledding, and fun! But with snow and ice also comes slippery sidewalks, darker days, and reduced driver and pedestrian visibility. That means we all need to be extra careful when we're walking or crossing the street. A few smart choices can help you stay safe all winter long!

Take Your Time, Be Bright, and Be Seen!

Take Your Time. Everything moves a little slower in winter, walking, driving, even getting out the door! Ice and snow make slipping easier, so move slowly and carefully. Give yourself extra time when walking to school or playing outside and never run across the street. Slow and steady keeps you safe!

Look, Listen, and Wait. Crossing the street in winter can be tricky. Snowbanks might block a driver's view, and cars can take longer to stop when the roads are slippery.

Here's what to remember every time you cross:

- Stop and stay at the edge of the sidewalk. Look left, right, and left again, checking the side where cars will be closest to you last (left).
- Wait until every car comes to a complete stop before stepping onto the road.
- Make eye contact with the driver. If you can see them, they can see you.
- Even if the light says "walk," look left, right, and left once more before crossing.

Be Bright and Be Seen. Winter days are short, and it gets dark early. Sometimes it's hard for drivers to see people. Make it easy for them to spot you, the brighter you are, the safer you are!

Wear reflective clothing or add reflective stickers or patches to your jackets or backpacks.

Wear fluorescent or bright colours like red, yellow, or orange.

If it's really dark, carry a flashlight or wear a headlamp.

Watch for Slippery Spots. When it's icy, it's not just cars that can slide; people can too! Watch for shiny or wetlooking patches on the sidewalk and walk carefully. Keep your hands out of your pockets to help you balance and break your fall in case you slip. Try the "Penguin Walk":



keep your feet slightly apart, toes pointing out, and take small, careful steps, just like a penguin waddling on ice.

Safe Drivers and Smart Walkers Work Together. Drivers try their best to go slowly in the winter, but they need your help too. When you follow safety rules, drivers can see you and stop in time. Working together keeps everyone safe!

Winter can be one of the best seasons of the year, so let's all stay safe. Take your time, be seen, and always wait for cars to stop before crossing. A few extra seconds can make a big difference. Bundle up, watch your step, and enjoy the snowy season safely!

Volunteers needed for outdoor ice rinks

in North Glenmore Park and Garrison Green



Contact: 403-246-4243 admin@ngpca.ca









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MENTAL HEALTH MOMENT

Self-Care Through the Holiday Season

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

TAKE ON WELLNESS

Nutrition Check-up for Older Adults Now Available



by Alberta Health Services, Nutrition Services

Alberta Health Services (AHS) is excited to announce the launch of the Nutrition Check-up for Older Adults, a quick and easy online screening tool designed to support the health and independence of older Albertans.

As we age, changes in appetite, weight, swallowing, and meal habits can quietly impact our nutrition—often going unnoticed until they lead to more serious concerns like frailty or falls. This new tool helps identify those risks early.

In just a few minutes, older adults can complete a simple questionnaire and receive a personalized report with practical tips, helpful resources, and guidance on where things are going well—and where there may be room for improvement.

Take the Nutrition Check-up today and encourage the older adults in your life—parents, grandparents, friends, or caregivers—to do the same!

Scan the OR code or visit ahs.ca/OlderAdultNutrition.



Are you a health professional? Learn about nutrition screening at ahs.ca/NutritionScreening.

MEMBER BENEFITS



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

- Free drop-in playgroup for kids aged 0 to 5 and their caregivers. Watch for updates.
- 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.







X Marks the Festive Spot



You might think "Xmas" is just a modern-day abbreviation for Christmas—but it actually dates back to the 16th century! The "X" comes from the Greek letter "Chi" which is the first letter of the word "Christos" meaning "Christ".

Or visit www.ngpca.ca/memership to purchase or renew online. Name(s): (Please include full names of both partners, if applicable) Address: Postal Code: Phone Number: E-mail: ☐ Yes I'd like to receive e-mails regarding community news, events & programs: 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.... Special Events Casino / Fundraising Other: ☐ Membership 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 By mail: I have enclosed a cheque Please call me to process my credit card (Visa or Mastercard) Form can be mailed to: 2231 Longridge Dr. SW Calgary, AB T3E 5N5 or emailed to: admin@ngpca.ca To purchase online, please visit www.ngpca.ca/membership or scan the QR code.

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!

What's Ahead for the Green Line LRT – SE Project In 2026?

by The City of Calgary



After breaking ground this past June, the Green Line LRT – SE Project anticipates an exciting upcoming year of construction!

Work on the Maintenance and Storage Facility (MSF), focusing on utility, earthworks, and infrastructure was completed in November, however construction of the facility will begin in 2026. The MSF is a large garage where the new light rail vehicles will be cleaned, maintained, and serviced.

The Blackfoot Trail LRT Bridge is a key piece of infrastructure for the Green Line, designed to carry trains over Blackfoot Trail SE just south of the 26 Avenue SE station. This project includes grading of the site, erosion and sediment control, drilling of concrete piles to build the foundation for the bridge abutments, and bridge construction.

In Ogden, the realignment of Ogden Road SE between the Canadian National Railway bridge and 69 Avenue SE is required to make room for the Green Line alignment, which will run between the realigned Ogden Road and the Canadian Pacific Kansas City (CPKC) railway line. Construction is also underway for the 78 Avenue SE LRT bridge running parallel to the west side of the CPKC railway line. The bridge will be built beside the new vehicle underpass that connects 78 Avenue to Ogden Dale Road on the east side of the railway line.

Procurement for the construction of stations, track, systems, and elevated sections will happen in 2026.

For more information about upcoming projects, please visit calgary.ca/GreenLine.

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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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GAMES & PUZZLES Guess the Christmas Song!

- 1. Brenda Lee was only 13 years old when she recorded this "new old-fashioned" Christmas favourite.
- In December of 1965, this was the first song played in space. Hint: It is a classic written by James Lord Pierpont.
- 3. This song was originally called "Tinkle Bells".
- 4. Thurl Arthur Ravenscrof, the singer of this mean, green song, was also the voice of Tony the Tiger.
- 5. Sammy Cahn and Jule Styne ironically wrote this romantic winter song during a heat wave.
- There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



SCAN THE QR CODE FOR THE ANSWERS!





MLA Calgary-Elbow Samir Kayande

205 - 5005 Elbow Drive SW T2S 2T6

403-252-0346

≤ calgary.elbow@assembly.ab.ca

Dear Neighbours,

As we approach the holiday season, I have found there is a feeling of heaviness for many Calgarians. I have been hearing from many families and individuals who are the experiencing the crunch of inflation - rising energy bills, rent and mortgage payments, grocery costs, and childcare mean that extra costs incurred during the holidays can cause more stress than merriment.

As much as we want to settle into the holiday season, many struggle meeting basic needs, let alone scraping together a couple extra dollars for celebrations and gifts.

As you draw close with your family and friends in celebration, I want to encourage you to also be connecting with your community and helping those who may have less to find joy. Reach out to your neighbour, a member of your congregation, or a parent from your child's school. Meaningful connection with those around us is how we build a community.

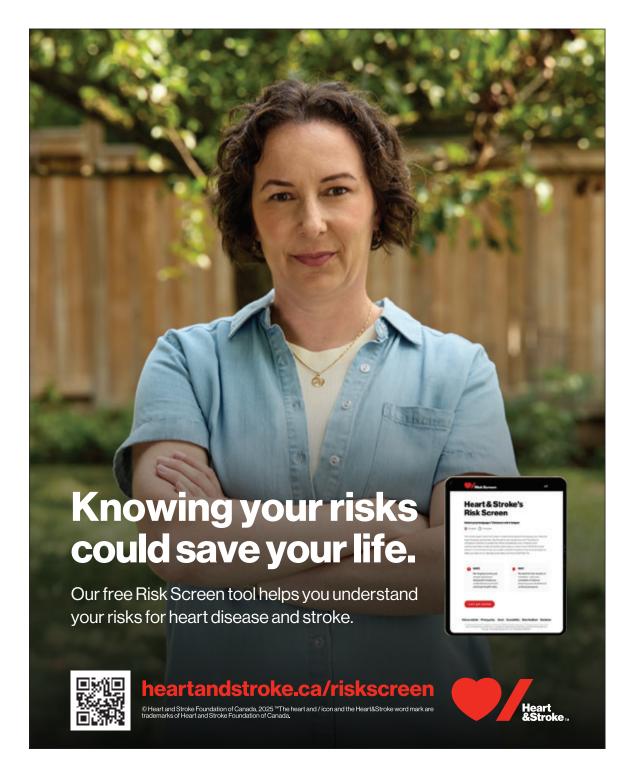
I am fighting for a brighter, affordable future for you and your families every day. You deserve an affordable life. In session, I have been advocating for the needs of teachers, healthcare workers, and all those facing the rising cost of living.

I wish you all a very happy holidays from my family to yours. As always, it is an honour to represent the individuals in Calgary-Elbow who care so deeply about this community and put in such effort to make it safe and prosperous.

Best,

Samir Kayande







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lakeviewnorthglenmore.com/marketreport

MY RECENT COMMUNITY LISTINGS & SALES



3444 Lane Crescent SW / Lakeview / \$2,575,000 3,558 SQ.FT | 5 BEDROOMS | 5 BATHS

LAKEVIEW OCTOBER 2025 STATISTICS

50

\$1,188,975

SOLD

5711 Lawson Place SW / Lakeview / \$2,700,000 3.436 SQ.FT | 5 BEDROOMS | 4 BATHS



2025 51 Avenue SW / N. Glenmore Park / \$1,947,500 3,221 SQ.FT | 4 BEDROOMS | 4 BATHS

NORTH GLENMORE PARK OCTOBER 2025 STATISTICS

36

\$ 1,128,250

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