

AUGUST 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

It will not rust, rot or shift, and there are no seams for weeds to grow through.



Locally Owned & Operated

Free Estimates 403-875-8463



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
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.

PLUMBER

PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490



Glamorgan Community Association

4207-41 Ave. SW
Calgary, AB T3E 1G2
Phone: 403.246.8218 | Fax: 403.240.1394
info@myglamorgan.ca | www.myglamorgan.ca

CONTENTS

Community Clean Up	6
Glamorgan Greats	8
My Babysitter	8
Glamorgan Messages	9
Real Estate Update	14

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 27 YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

A Great Price for anyone who wants A GREAT HAIRCUT

\$12.99

with this coupon
Not Valid with other offers
Expires September 15th, 2016



OnlineCheck-In
Download our free app or visit greatclips.com.



ClipNotes
We know your haircut anywhere you go.

SIGNAL HILL

Bay A 5775 Signal Hill Ctr SW
403-240-4490




GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING GLAMORGAN COMMUNITY FOR 4 YEARS!

BOSTON PIZZA Bounce Back Program

RICHMOND ROAD LOCATION

Every time you eat at Boston Pizza Richmond Road let your server know that you support the Glamorgan Community Association and your server will stamp your receipt for you. Drop your stamped receipt off in the Community Association mailbox (by the front doors). Boston Pizza will give the Glamorgan Community Association 10% back of the receipt total!



SENIORS CORNER

The first Tuesday of every month
1 – 3 pm at the Community Centre
4207 - 41 Avenue SW
Phone: 403-246-8218

Email: info@myglamorgan.ca
Website: www.myglamorgan.ca

Come out and enjoy an afternoon with your neighbours!

Different activities each month:

Seniors Corner
September 6 – Dr. Carrie Schaff, Audiologist
October 4- Harmonica Tableau

For more information, contact the Glamorgan Community Association

Vibrant Caring Connected COMMUNITY PROGRAMS

ADULT FITNESS – Adult Fitness – Mon, Wed, Fri Mornings. Call Linda at 403-931-7539.

BROWNIES / GUIDES / SPARKS – Programs are offered Tuesdays at the community hall. Please call 403-283-8348.

INTEGRATED WELLNESS WITH RHONDA – Body Sculpting exercise program Mon, Wed mornings and Wed evenings. Call Rhonda at 403-681-3439. www.wellnesswithrhonda.com.

ALL LEVELS YOGA – Tuesday and Thursday nights 8:00pm. For information or to register email ashleydaveyyoga@gmail.com

FIRST STEP FITNESS – classes Monday, Wednesday and Saturday info@firststepfitness.ca or call 403-463-2908.

GLAMORGAN CHILDREN'S CENTRE – Before & After School Care Program. Supervised Lunch Program. Call 403-217-6677 for info.

KARATE & KICKBOXING – Tue & Thur from 6 – 7pm. Call Todd at 403-850-1845 with the Provincial Martial Arts Assn.

SIGNAL HILL LIBRARY – There is something for everyone at the Library! Mon to Thur 10:00 am – 9:00pm, Fri and Saturday 10:00am – 5:00pm. Sundays 12:00-5:00pm. www.calgarypubliclibrary.com 403-221-2000.

WEST CENTRAL COMMUNITY RESOURCE CENTRE Access computers, crisis support and more at the WCCRC, located at 3507A 17th Ave SW. Other programs include: Parenting Support, Women's Group, Summer Camp and more. Call 403-543-0555 or visit www.closetohome.com for more information.

ADULT LINE DANCING - For more information please contact Sue at 403-249-5741 or email: newattitudelinedance@gmail.com.

REVIVE LIFESTYLE FITNESS – classes Monday, Tuesday & Wednesday contact contact@revivelifestylefitness.ca or call 403-681-9826.

Do you have a program to offer or want to see a program come to our community? **Contact Sara Polzen** our assistant General Manager.

the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective and practical advice, representation and counsel to meet your legal needs

Insurance Disputes - Small Business
Employment Issues - General Litigation

Peter B. McLaws
Barrister & Solicitor
(403) 710-3712
www.mclawslaw.ca

Editorial Content **1st** DEADLINE
of each month for the next month's issue
info@myglamorgan.ca

Like us on Facebook



The Glamorgan Community Association is now on Facebook! "Like" us so you can be kept up to date on what's going on in Glamorgan!

AUGUST MOON CALENDAR



New Moon
Aug 2



First Quarter
Aug 10



Full Moon
Aug 18



Last Quarter
Aug 24

Glamorgan Community Memberships Expire August 31st

Memberships can be purchased at the Glamorgan Community Association office.

4207 41 Avenue SW or mailed with payment to the same address.

Memberships can be purchased online at www.myglamorgan.ca!



Forgot to do your spring cleaning? Now's your chance! Bring Us Your Junk!

Glamorgan Community Clean Up
Sunday, September 25
9:00am to 2:00pm
Community Centre Parking Lot

We'll be accepting:
E-Cycle (i.e. old electronics and small appliances)
Metal Recycling
Garbage and Organics
Document Shredding
Bottles & Cans
Clothing, Toys etc. for Cerebral Palsy Assoc.
And More...

**Memberships available for purchase
Cash or Cheque
Only \$20 for a 1 year family membership!**

We will NOT be accepting tires, paint, chemicals, glass, propane tanks, liquids, gases, car batteries or large furniture items, car seats, high chairs or hazardous materials.

Volunteers needed from 8:30 to 11:30am and from 11:30 to 2:30pm.
A free lunch will be provided to all volunteers! Please contact the GCA office to sign up.



GLAMORGAN
COMMUNITY ASSOCIATION Vibrant Caring Connected

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2
Phone: 403-246-8218 • Fax: 403-240-1394
Office Hours: Tuesday - Friday 10:0am - 4:30pm
Office is Closed Mondays

Website: www.myglamorgan.ca • email: info@myglamorgan.ca

BOARD MEMBERS

President	Beryl Ostrom
Vice President	Kevin Hawes
Secretary	Nicole Liesemer
Treasurer	Keith Pacey
Director at Large	Dale Wilson
Director at Large	Sara Haney
Director at Large	Robin Matrai
Director at Large	Alana Redding
Director at Large	Morgan Scully
Director at Large	Leslie Gowing

LIAISONS

Calgary Police Service Community Resource Office	403-428-6200
Community Partnerships Coordinator – Hayley Saunders	403-476-7185

COMMUNITY ACTIVITIES

Adult Fitness	Linda Court	403-931-7539
Block Parent Coordinator	Vacant	
Brownie, Guides & Sparks	Leanne Armstrong	403-265-7774
Calgary Minor Softball Assn	John Keith	403-266-9559
Children's Centre Director	Heather Eastgaard	403-217-6677
Dashing Dishes	Nydia Hefflick	403-471-1395
Gaming Manager	Bonnie Ladner	403-246-8218
Girl Guide Centre		403-283-8348
Glamorgan Community ECS	Louise Hardy	403-242-8694
Karate	Todd Johnson	403-850-1845
Outdoor Soccer	Beth Richardson	403-246-8218
Paddle Tennis	Patti MacPhee	403-240-3173
Trails West Hockey	Jim Moriarty	403-246-3757
Triwest Soccer	Gerry Conaty	403-240-1014
Youth Bowling Council	Shirley Hession	403-242-9933

STAFF

General Manager	Bonnie St. Pierre	403-246-8218
Asst. General Manager	Sara Polzen	403-246-8218

Board Meetings are held on the 3rd Thursday of each month. Community members are welcome to attend. Call 403-246-8218 for more information.

Vibrant Vibrant MEMBERSHIP

Downloadable version at www.myglamorgan.ca

Enclose this form along with your membership fee & drop-off or mail to:

GLAMORGAN COMMUNITY CENTRE
4207 – 41 Ave SW Calgary AB T3E 1G2

Note: Do not send cash through the mail. Make cheque payable to
"Glamorgan Community Association"

Memberships can also be purchased online at www.myglamorgan.ca

Please choose your desired type and length of membership:

Membership Type	1 Year	3 Year	5 Year
<input type="checkbox"/> Resident Family	<input type="checkbox"/> \$20	<input type="checkbox"/> \$50	<input type="checkbox"/> \$75
<input type="checkbox"/> Resident Adult	<input type="checkbox"/> \$10	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40
<input type="checkbox"/> Resident Senior	<input type="checkbox"/> \$7	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25
<input type="checkbox"/> Associate *	<input type="checkbox"/> \$20	<input type="checkbox"/> \$50	<input type="checkbox"/> \$75

* Choose if you do not reside within the Glamorgan Community Boundaries

Please list the member(s) of your household to be included on this membership: **A/Y** = Adult or Youth

First Name	Last Name	A/Y

Address:	
Postal Code:	
Primary Phone #:	
Alternate Phone #:	
Primary E-mail:	
Total Amount Enclosed:	Receipt #

Yes, I would like to receive information by email from the Glamorgan Community Association

Glamorgan Greats!

This month's article is written by longtime resident June Rogers. June shares her many happy memories of involvement in the community, especially in the '70s.

She ran the teen dances, volunteered at the old hockey shack concession, and for three years organized the "Community Queens" program for Glamorgan. This was a city-wide contest to choose active and engaged teen representatives, to increase their community awareness and enhance their self-esteem. June and Ronald's children, Adele and Jason, grew up in Glamorgan, attending Glamorgan Elementary, A.E. Cross Junior High and Viscount Bennett High School, and currently one of June's grandchildren lives in the community.

June remains very enthusiastic about Glamorgan and calls it "my little village". Thank you, June, for sharing your perspective.

Glamorgan Great, Greats

I moved here in 1972 and met the Big Three ladies: Eleanor Heit, Ann Donkers and Dot Farquharson. I met Eleanor when she rang the doorbell canvassing for community memberships and she was instrumental in starting the community bingos on Monday nights and in later years, formed the seniors club. Ann looked after hall bookings [before we had paid staff -Ed.] and ran the bingo nights with her able assistant, Dorothy Farquharson. Then there were the men who put in so many hours coaching hockey, soccer baseball, etc., and cleaning/flooding outdoor ice rinks: Tom Bell, Ernie Channell, Ron Rogers, Wayne Sharp, Ed Frey and many others. My husband Ronald learned to skate by helping to clean the rinks! Ronald started community soccer in Glamorgan and I remember that for the first game, the children wore hockey shirts, because they did not yet have soccer uniforms. And who could forget Ed Frey riding his unicycle to lead the Sports Day parade every

June! The Frey's garage was full of bicycle parts and every kid seemed to know that if you wanted your bike fixed, see Ed.

There were so many social events: teen dances, Pedal Pusher club, adult pub/casino nights, New Year's Eve parties, Halloween parties, the Wednesday afternoon Glamorgan bowling team. We were lots of people enjoying life, and the community was part of that life. Everyone knew their neighbour, everyone shared in keeping sidewalks cleared of snow, lawns mowed, building a fence, etc. Our children knew they could safely go to a neighbour if they needed adult help at any time.

What a journey it has been, living and raising our family in Glamorgan. So many wonderful people who worked tirelessly to make our community a safe and clean environment to raise our young families. I am glad to see that the community is still going strong. It is heart-warming to see so many of those children, who are now adults with their own families, moving back to Glamorgan.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.





Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Glamorgan Messages

- An enormous thank you to ENMAX and the Federation of Calgary Communities for providing us with new LED rinks lights through the Energizing Spaces Fund!
- Memberships expire August 31!
- Thank you to the Neighbour Day Committee, Danielle, Rachael and Nicole, for all their time and energy in organizing a hugely successful event! Also thank you, BPs, Safeway (both Glamorgan and Westhills), Staples, Glenbow archives, Calgary Stampede greeters, Fiddler and Harry the Horse, Calgary Fire Department antique fire truck, Glamorgan Dental, Rotary Park, MLA Greg Clark, Councillor Richard Pootmans and Calgary Police for your contribution to Neighbour Day!



MEET LOCAL PRODUCERS AND BUY STRAIGHT FROM THE SOURCE

AUG 18 / SEPT 8
RICHMOND CO-OP
FROM 3 TO 7 PM

POP-UP FARMERS MARKET
VISIT LOCALYYC.COM

CO-OP

Call Now for your **FREE ESTIMATE**

403.301.3300

www.assiniboine.com

ASSINIBOINE
LIGHTS & LANDSCAPES

LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees • Flowerbeds
 Fences • Decks • Landscape Designs and much more

WEEKLY & BI-WEEKLY LAWN CARE

Cut & Trim • Fertilize
 Pruning • Vacation Services and much more

2yr Quality Guarantee • WCB • Insured • Licensed • Bonded

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Glamorgan. 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."

HANDYMAN: Retired Carpenter will do odd Jobs in and around the house. No job too small! Contact Handy Andy at 403-990-9857.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

MUELLER BROTHERS CONTRACTING LTD: Fully licensed, insured, bonded, member of the Better Business Bureau. Journeyman carpenter, very experienced in fences, decks, and home renovations/development of all kinds. Let us help you with your next project from design to completion. For more information, please contact Tim at 403-560-8169. Website at Muellerbrothers.ca.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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.

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. www.doublediamondplumbingltd.com.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 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.

BOOKKEEPING TAX PREPARATION PAYROLL GST: I can help you with all your tax needs -- Business and Personal Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

Cottage Hand-off

Suzanne Smith-Demers – Consultant

The hand-off. It's the simplest play in a football coach's playbook. But as any sports fan knows, even the simplest play can go wrong for any number of reasons. The same could be true of your family cottage hand-off.

To help you avoid potential obstacles like excessive taxation and maybe even some surprising opposition, here's how to perform a cottage hand-off that ensures it will stay in your family's hands for a long time.

Call the right play

A successful hand-off starts with everyone on your "team" being on side. Talk to all of your family to see if there are those who do not want ownership responsibilities, you can help avoid future family squabbles by solving them now.

Elude potential blockers

Plan now to manage future tax liabilities. When you die, you're deemed to have disposed of your capital assets at fair market value – meaning that your heirs could face significant tax on the appreciation of the cottage.

A less-taxing hand-off

Transfer the property to your kids while you are alive, either as an outright gift or by selling it to them at fair market value. Payments can be made receivable over a five year period and claim the capital gains reserve, so that only 20% of the capital gain is taxable in any one year. Also, consider using the principal residence.

Alternatively, transfer the property to a trust to trigger an immediate capital gain. Future capital gains on the property will then accrue and not be payable until the property is sold.

Insure your hand-off

Cover cottage capital gains – and other estate debts – with permanent life insurance. A tax-free death benefits can provide an essential source of cash so your family won't be forced to sell assets, such as your cottage.

IN & AROUND CALGARY

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

Glamorgan Fruit Harvest

We held our first informational session in June and now have a few volunteer pickers and fruit trees signed up for the 2016 harvesting season—but we would love your help too! After each pick, this FREE, fresh organic fruit will be divided up between the volunteers and tree owners to take home.

Please attend our next informational session is Wednesday, August 17 at 7pm in the Glamorgan Community Seminar room if you are interested in participating.

To sign up your tree for picking or to become a harvester, please email glamorganharvest@gmail.com or call Sara at 587-777-0081.

On-Site Computers



“We fix the computers that have you in a fix”



Bruce Easthope
Home, Business, Internet, email, Virus removal, etc. Phone: 403 880 5989
bruceeasthope@yahoo.com

Glamorgan Bakery
www.glamorganbakery.com
3919 Richmond Road SW
403-242-2800

Our Specialties
• Cheese Buns • Birthday Cakes • Pizza Buns

Open Monday to Saturday
8 am - 6 pm



GLAMORGAN COMMUNITY ASSOCIATION

PRESENTS

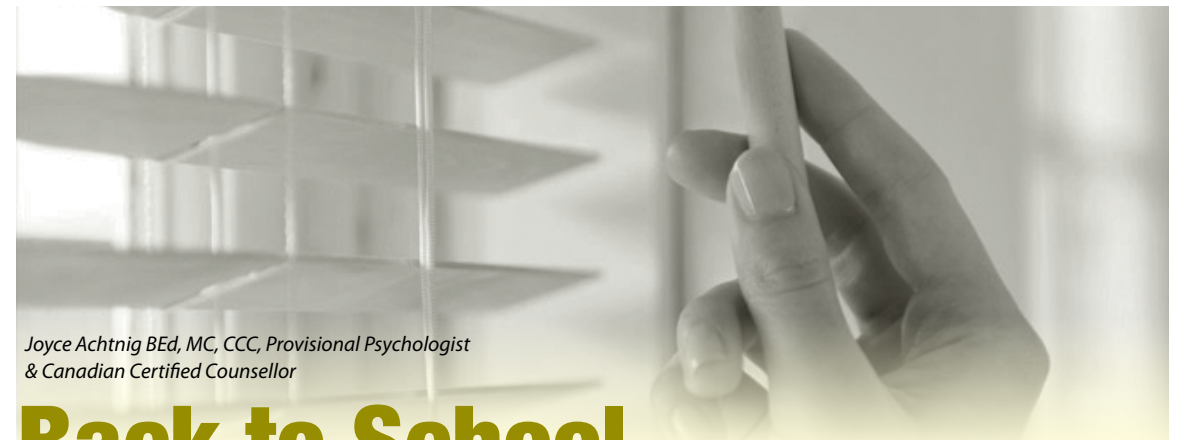
PUB NIGHT

AUGUST 5, SEPTEMBER 9

PIZZA NIGHT! \$5 FOR 2 SLICES

— CASH ONLY —

**Babysitting Service until 10:30 pm.
3 years and up \$5 per child to a maximum
of \$20 per family**



*Joyce Achtnig BEd, MC, CCC, Provisional Psychologist
& Canadian Certified Counsellor*

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour countdown to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. *Registered trademarks of Royal Bank of Canada. Used under licence. © 2015 RBC Dominion Securities Inc. All rights reserved.

Glamorgan Real Estate Update

Last 12 Months Glamorgan MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$609,900.00	\$615,000.00
May 2016	\$499,500.00	\$495,500.00
April 2016	\$487,400.00	\$477,500.00
March 2016	\$499,900.00	\$489,000.00
February 2016	\$0.00	\$0.00
January 2016	\$679,900.00	\$660,000.00
December 2015	\$549,900.00	\$527,000.00
November 2015	\$534,900.00	\$526,000.00
October 2015	\$562,350.00	\$542,500.00
September 2015	\$519,900.00	\$518,000.00
August 2015	\$559,900.00	\$550,000.00
July 2015	\$540,000.00	\$515,000.00

Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	9	4
May 2016	5	5
April 2016	7	4
March 2016	4	3
February 2016	5	0
January 2016	1	1
December 2015	1	1
November 2015	1	4
October 2015	3	2
September 2015	1	1
August 2015	7	4
July 2015	1	5

To view the specific SOLD Listings that comprise the above MLS averages please visit glamorgan.great-news.ca



COUNCILLOR, WARD 6 RICHARD POOTMANS

PO Box 2100, Station "M", Calgary, AB T2P 2M1
403-268-1035 • C: 403-660-6692
F: 403-268-8091 • E: Ward06@Calgary.ca
Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6

Sirocco LRT Parking Lot Expansion

Have you noticed the construction at the Sirocco LRT parking lot? With long waiting lists, parking in Ward 6 Park and Ride lots can be scarce at both the Sirocco and 69 Street LRT stations. Working with administration to address parking constraints, we were able to rearrange drive lanes to add an addition to the Sirocco parking lot. This summer and until the end of the year, The City will be constructing an expansion to the Park and Ride lot at Sirocco LRT Station, adding 71 new parking stalls.

Specifically, this project will involve:

- asphalt replacement and curb work,
- underground utility work, and
- fencing and landscaping along the property line with Milestone Condominiums.

Construction will occur within a defined, fenced-in staging area. Construction noise for the parking lot should be minimal with work taking place between 8:00 a.m. and 5:00 p.m., Monday to Friday. Part of construction includes the installation of a wooden fence and landscaping adjacent to the Milestone Condominium complex to shield residents from car headlights and to provide a buffer between the two properties.

Disruption to the existing parking stalls will be minimized to approximately 34 current stalls to accommodate the adjustment of the current drive lane to parking stalls; these spaces will be temporarily out of service during construction. Main traffic will be adjusted to its new route along the south edge of the lot prior to adjustment of the current drive lane.

Anticipated completion is expected by the end of 2016, at which time current Park and Ride Parking Policy will be maintained until new policy is established, which will not be until 2018. Presently there are 182 reserved stalls and 183 free stalls at the Sirocco station and the new stalls will also be divided evenly between reserved and free. The additional 71 stalls will bring the total number of parking stalls at this location to 436. Please visit calgary.ca and search Sirocco LRT Parking Lot Expansion for a map of the area and updates on the project.

Would you like to know about projects like this? Stay up-to-date with Ward 6 activity and sign up for my bi-monthly Ward 6 Report e-newsletter at calgary.ca/ward6connect. Thank you!



MP CALGARY SIGNAL HILL RON LIEPERT

#2216, 8561 8A Avenue SW
Calgary, Alberta T3H 0V5
Phone: 403-292-6666 • Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca

The summer provides an opportunity for families to spend time together. As we begin to close in on back to school time, I wanted to take a moment to report to the constituents of Calgary Signal Hill on an issue that will have a dramatic impact on your pay cheque. As you may be aware, the Minister of Finance recently announced changes to the Canada Pension Plan (CPP) that will result in a significant hike in payroll taxes for business, and mandatory payroll deductions for employees.

If you earn \$30,000/year, you'll take home \$215 less.
If you earn \$60,000/year, you'll take home \$565 less.
If you earn \$90,000/year, you'll take home \$1,098 less.

If you are a business owner, there will be increases in the mandatory employee contributions paid out by you, the employer, which will result in higher operating costs and potential layoffs.

It is critically important to save for retirement and for those "rainy days" that we sometimes see in our lives. However, I believe that dramatic payroll tax hikes are not the solution to ensuring that we all save enough for retirement. You should be able to make your own choices about when, and how you save for your retirement using tools such as Registered Retirement Savings Plans (RRSPs), Tax Free Savings Accounts (TFSA), and other investments.

This dramatic payroll tax hike directly hurts families, particularly those who are planning on retiring in ten years or so. While you will pay significantly more into the plan because the income limit is now much higher, you won't see the same benefit paid out upon retirement.

It also will be of no net benefit to seniors, since the increased benefits will take almost a decade to phase-in.

Instead of doing a study via the Finance committee regarding this decision and other options that could potentially fortify retirement savings for all Canadians (including those near retirement), the Minister has decided to take a different course and simply push the changes through.

If you have thoughts on the CPP changes or any other matter you feel is important, please call my office at 403-292-6666 or email ron.liepert.c1a@parl.gc.ca.



MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

As I travel around Calgary-Elbow I am impressed with the variety of recreational opportunities that exist within our boundaries. I grew up in this community, yet I continue to find new places to explore and share with my children, and I hope you can too.

I was saddened to see a score of D- for overall physical activity in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. The report also gives Canadian children an F in Sedentary Behaviours. The full report can be found at: www.ParticipACTION.com/reportcard.

The report paints a troubling picture of how our children are spending their time and the effect this is having on their sleep and ability to perform well in other areas of their lives.

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.
- **Only 24%** of 5 to 17 year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes. And the average 5 to 17 year-old Canadian spends 8.5 hours being sedentary each day.
- **15% of children** aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; only 24% of

those aged 5 to 17 meet the guideline of no more than 2 hours of screen time per day.

- **High school students in Canada** spend an average of 8.2 hours in screen-based sedentary behavior.

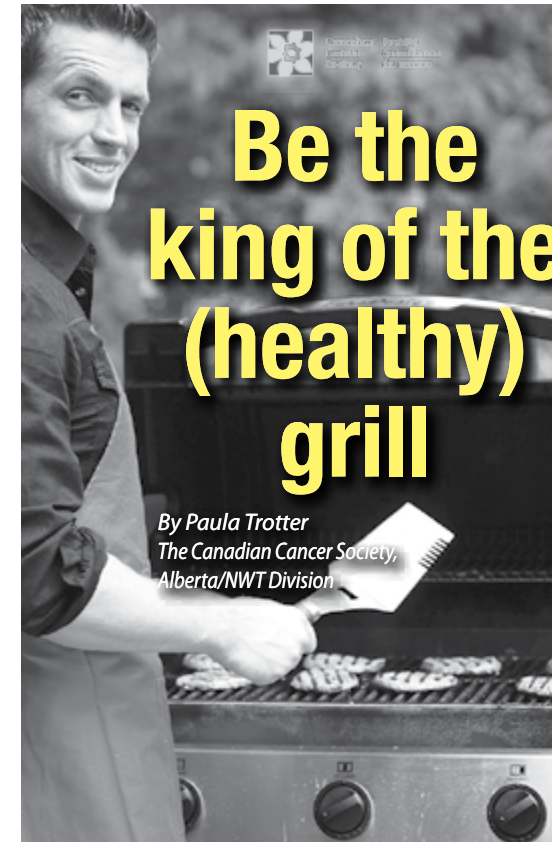
But it's not all bad news! The report gives community and environment an A- rating and reports that "less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood". So, let's turn off the screens, get outside and play! Here is a small sample of places and activities in Calgary-Elbow:

- **South Calgary Pool:** located at 3130 16 Street S.W. (403-245-0379)
- **Talisman Centre:** located at 2225 Macleod Trail South (403-233-8393) www.talismancentre.com
- **Stanley Park:** 4011 1A St. S.W.
- **Stanley Park Lawn Bowling:** 350 42 Avenue S.W. (403-532-8006) www.calgarybowls.com
- **Lakeview Golf Course:** 5840 19 St S.W. (403-300-1003)
- **Mount Royal University Recreation:** 4825 Mount Royal Gate S.W. (403-440-6517) <http://www.mtroyal.ca/CampusServices/Recreation/Public>
- Or go for a stroll on one of the many river pathways!

If at all possible, I strongly encourage you to start the school year off by walking or biking to school with your children. Getting into a routine while the weather is nice and make it a habit that continues all year!

While you are out and about in the constituency, please feel free to pop by my office, located above the Sunterra in Britannia.

I hope you're enjoying a safe and active summer!



Be the king of the (healthy) grill

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high tem-

peratures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

GREAT OPPORTUNITIES IN GLAMORGAN



Call **Nancy Ball**
403-510-6000
WWW.NANCYBALL.CA
your Glamorgan connection!



SOLD

411 Glamorgan Cr SW



C/S


6 Glenway Dr SW

Visit my website for listings updated every hour

Interview Me!
#3 CIR Realty Office Producer Overall for 2014 & 2015
Your Home Staging Realtor




Always Welcoming New Clients to our Veterinary Practice!



Glamorgan
Animal Clinic

www.glamorgananimalclinic.com



403-246-1774
Glamorgan Shopping Centre

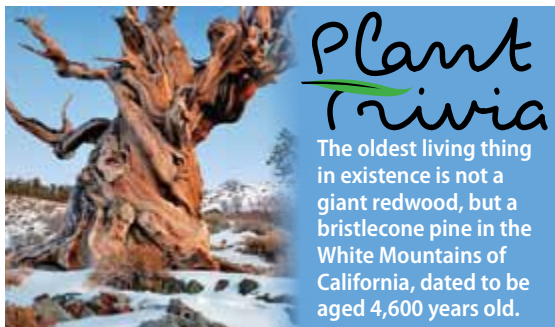
COMMUNITY ANNOUNCEMENTS

Deadline – 1st 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

RESPONSIBLE 13 YEAR OLD WITH BABYSITTING LICENSE and Red Cross certificate. Experience with ages 2+. Available most weekday evenings and week-ends. Glamorgan resident. Please call to arrange and interview 403-217-1745.



Plant Trivia

The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.

Published by:



Proudly serving Glamorgan for 4 years!

ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 410,000 HOUSEHOLDS
ACROSS 139 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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 Publishing and the Glamorgan Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and the Glamorgan Community Association do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

BOOK A HIGHLIGHT OR COLOUR
— AND RECEIVE A —
FREE HAIR CUT*

DIVA | SALONspa

CHINOOK CENTRE
divasalonspa.com | 403.301-0909

*With select stylists. Mention ad at time of booking to receive offer. Not valid with any other promotion.

OFFER ENDS AUGUST 30, 2016

GLENBROOK DENTAL

HIGHLY EXPERIENCED DENTAL AND ADMINISTRATIVE STAFF

SPECIALIZING IN SMILES (AND FREE PARKING TOO) ASK US ABOUT DIRECT BILLING NOW OFFERING **invisalign**

GRAND OPENING
ACCEPTING NEW PATIENTS
SAME DAY EMERGENCIES

Glenbrook PLAZA #204, 3715 51 ST SW

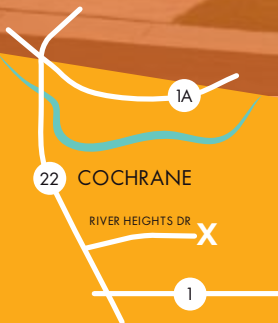
GoodLife Fitness
Canadian Tire

DR. TONNY TANG BSC. DDS | PH: 587-483-9900
WWW.GLENBROOKDENTAL.CA

THE BEST VALUE IN COCHRANE'S ONLY AWARD
WINNING COMMUNITY OF RIVERSONG

ALL-INCLUSIVE TOWNHOMES

NO CONDO FEES FOR 2 YEARS / FULLY FURNISHED
OWN FROM ONLY \$1318 PER MONTH



MODERN COCHRANE TOWNHOMES
FROM THE \$290s

