

FEBRUARY 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

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## Glamorgan Community Association

4207-41 Ave. SW  
Calgary, AB T3E 1G2  
Phone: 403.246.8218 | Fax: 403.240.1394  
[info@myglamorgan.ca](mailto:info@myglamorgan.ca) | [www.myglamorgan.ca](http://www.myglamorgan.ca)

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## NEWSLETTER AD SALES



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# Vibrant

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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](http://www.wellnesswithrhonda.com).

**ALL LEVELS YOGA** – Tuesday nights 8:00pm. For information or to register email [ashleydaveyyoga@gmail.com](mailto:ashleydaveyyoga@gmail.com)

**FIRST STEP FITNESS** – classes Monday, Wednesday and Saturday [info@firststepfitness.ca](mailto:info@firststepfitness.ca) or call 403-463-2908.

**Editorial Content 1<sup>st</sup>** of each month for the next month's issue  
**DEADLINE**  
[info@myglamorgan.ca](mailto:info@myglamorgan.ca)

## Glamorgan Community Memberships Expire August 31<sup>st</sup>

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](http://www.myglamorgan.ca)!

**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](http://www.calgarypubliclibrary.com) 403-221-2000.

**WEST CENTRAL COMMUNITY RESOURCE CENTRE** – Your SW Resource for: Parenting classes, Toy Lending, Crafts, Counseling, Computer Assistance, Best Beginnings, Clothing Exchange and much more. Located at 3507 17<sup>th</sup> Ave SW. Call 403-543-0555 or [www.closetohome.com](http://www.closetohome.com).

**ADULT LINE DANCING** - For more information please contact Sue at 403-249-5741 or email: [newattitudelinedance@gmail.com](mailto:newattitudelinedance@gmail.com).

**REVIVE LIFESTYLE FITNESS** – classes Monday, Tuesday & Wednesday contact [revivelifestylefitness.ca](mailto:revivelifestylefitness.ca) or call 403-681-9826.

**ZUMBA** – Thursday nights information available at [www.jaladrieladlard.zumba.com](http://www.jaladrieladlard.zumba.com).

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

**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!



**GLAMORGAN**  
COMMUNITY ASSOCIATION  
Vibrant Caring Connected



**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 10:00am – 4:30pm

Office is Closed Mondays

Website: [www.myglamorgan.ca](http://www.myglamorgan.ca) • email: [info@myglamorgan.ca](mailto: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	Carey-Ann Ramsay
Director at Large	Leslie Gowing

### LIAISONS

Calgary Police Service Community Resource Office	403-428-6200
Community Partnerships Coordinator – Kirsten Pilger	403-476-7149

### 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 3<sup>rd</sup> Thursday of each month. Community members are welcome to attend. Call 403-246-8218 for more information.

# Vibrant

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## MEMBERSHIP

Downloadable version at [www.myglamorgan.ca](http://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](http://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

## Duties of the Officers of the Board of Directors

### PRESIDENT

- \*plans agendas for Board meetings;
- \*delegates and coordinates the affairs of the Board,
- \*when present, Chairs all meetings of the general meeting of the Society, the Board and the Executive Committee;
- \*is an *ex officio* member of all Committees, except the Nominating Committee;
- \*acts as the spokesperson for the Society; and
- \*carries out other duties assigned by the Board.

### VICE PRESIDENT

- \*presides at meetings in the President's absence;
- \*replaces the President at various functions when asked to do so by the President or the Board;
- \*is a member of the Executive Committee; and
- \*carries out other duties assigned by the Board.

### SECRETARY

- \*attends all meetings of the Society, the Board and the Executive Committee;
- \*keeps accurate minutes of these meetings;
- \*has charge of the Board's correspondence;
- \*makes sure all notices of various meetings are sent;
- \*changes in the directors of the organization; amendments in the By-laws and other incorporating documents with the Corporate Registry; and
- \*carries out other duties assigned by the Board.

### TREASURER

- \*makes sure all monies paid to the Society are deposited in a chartered bank, treasury branch or trust company chosen by the Board;
- \*makes sure a full and detailed account of revenues and expenditures is presented to the Board at each meeting;
- \*makes sure an audited statement of the financial position of the Society is prepared and presented to the Annual General Meeting;
- \*ensures all expenditures are supported by receipts and vouchers or such evidence as the Treasurer shall deem acceptable;
- \*prepares and maintains adequate accounting records;
- \*prepares the budget for Board approval;
- \*chairs the Finance Committee of the Board;
- \*is a member of the Executive Committee; and
- \*carries out other duties assigned by the Board.

### DIRECTOR AT LARGE

- \*administering the property, concerns and general business and affairs of the Society and shall be responsible for all of the Society's financial affairs;
- \*planning, promoting and directing programs of service to the community and its members;
- \*promoting volunteerism and participation in the Society and its interests;
- \*hiring, regulating duties and setting salaries of employees of the Society;
- \*developing and maintaining written policies and procedures for managing and operating the Society; and
- \*without limiting the general responsibility of the Board, delegating its powers and duties

## Glamorgan Greats! Dorothy Boothman



Dorothy certainly doesn't fit the stereotype of a "little old lady". While her mobility may have been diminished by arthritis and the after-effects of a fractured pelvis, her mind is sharp and her outlook optimistic. I have never had a conversation with her that did not include her telling me a joke, often with a naughty twist. When I asked her age, she told me "I am as old as my tongue and older than my teeth!"

Dorothy was born in Calgary in 1922 at the old Holy Cross Hospital, delivered by Dr. McNab. She lived in the neighbourhood of Mission until the age of five, when the family moved to a house on 5th Avenue and 10th Street SW, by the old Crystal Skating Rink, which "was a meeting place for everybody". (The large outdoor rink was built by Andy Baxter in 1914, and an adjacent swimming pool was added in 1923. Both since demolished, along with the family home.) Dorothy grew up in a family of six brothers and two sisters. She attended McDougall School, Hillhurst Junior High (now an elementary school) and Western Canada Senior High School. Readers may know the McDougall School, a Renaissance Revival building built in 1908 and declared a historical site in 1982, in its present use as the Alberta Government Centre for Southern Alberta.

At the age of 20, Dorothy began work in the telegraph department of the Canadian Pacific Railway (CPR). Like a previously-profiled resident, Dave Thomson, she started her employment delivering telegrams by bicycle, "riding in winter when it was 50 below". She retired from the CPR after 40 years as a telephone supervisor. Dorothy enjoyed playing sports such as bowling and league softball into her adult years, and had many nieces and nephews that she helped care for. When work allowed – "I worked crazy hours" with many split shifts – Dorothy went to parties and movies

with friends. During the Second World War, much of her work had to be kept confidential, and included informing families of soldiers who had perished. Her own boyfriend was killed in action, and "a lot of our friends never came back. The boys either didn't come home, or they came home with a war bride." Then Dorothy added with a twinkle in her eye: "That's why I stayed single!"

Dorothy and her sister Gladys became original owners in Glamorgan in 1959, in order to be able to care for their aging parents in a new home. Her mother lived for one and a half years in Glamorgan, and her father for 10 years. Her father was much in demand as a singer, and Dorothy reported that he had sung at 8,400 funerals in his lifetime. Dorothy has lived alone since Gladys' death in 1991, and currently manages on her own with the assistance of home care and nieces and nephews. She chuckles as she tells me that "I hope to stay in the house until I die. I'm an independent cuss, and I'll stick it out to the last minute!"

Dorothy has excellent eyesight, enjoys reading and crossword puzzles and watches a little TV. She keeps up on the news and we discussed current politics in our conversation. Her dear friend Sarah, who calls her "Auntie Dorothy", drives her where she needs to go, including to Knox United Church, where she has been a member for 87 years. Dorothy has a prodigious memory for jokes, which she credits to her years at the CPR, where she had to learn to remember information and keep it secret. During our visit, she had me in stitches with at least a half-dozen jokes, some of which she had made up herself.

In spite of the incidence of various health issues, including two bouts of cancer, and the loss of many family members over the years, Dorothy has remained positive and engaged. She is a model for the feisty "old" woman I aspire to become one day.

No mention of Dorothy would be complete without a joke, so here's her final words to me: "I like to say I love you with all my butt – it should be with my heart, but my butt is bigger!"

*Do you know an individual or organization that you would like to see in this feature? Contact Loretta Biasutti at biasutti@shaw.ca or 403-249-5945 or drop off a suggestion at the community centre. We need your input!*





**You are invited to our  
Annual General Meeting  
Thursday, March 17, 2016  
7:00pm, Seminar Room**

**AGENDA**

1. Call to order. Introduction of Board Members and Staff
2. Adopt Agenda as presented
3. Adopt Minutes of March 19, 2015 AGM as presented
4. Audited Financial Statements 2015. Presented by Treasurer/ Auditor
5. Questions and comments on board reports
6. Board recognition
7. Nominations and election of 2016/2017 Board of Directors
8. Councillor Footman's Message
9. Question Period
10. Meeting Adjourned

**Thank you in advance for attending the AGM and supporting your Community Association. Please join us after for a wine and cheese social. See you there!**

## We Need You!

The Glamorgan Community Association will be holding its Annual General Meeting on March 17, 2016 and is looking for new board members to bring new ideas to the table. Join returning members with your hopes and vision for Glamorgan. Board members are asked to give only as much of their time as they can; you decide what you can commit. This is a great opportunity for you to get to know your neighbours and help shape the future of Glamorgan.

For a description of Board positions please see page .

**See You There!**



## IN & AROUND CALGARY

### Citizens' View: Calgary's online panel – 2,000 members and growing

The City is looking for more Calgarians to join [citizensview.ca](http://citizensview.ca)

You're invited to join more than 2,000 people that have already signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary. Right now, The City needs more people of all demographics and communities. Can you help?

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at [citizensview.ca](http://citizensview.ca)."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join on-line discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at [www.citizensview.ca](http://www.citizensview.ca).

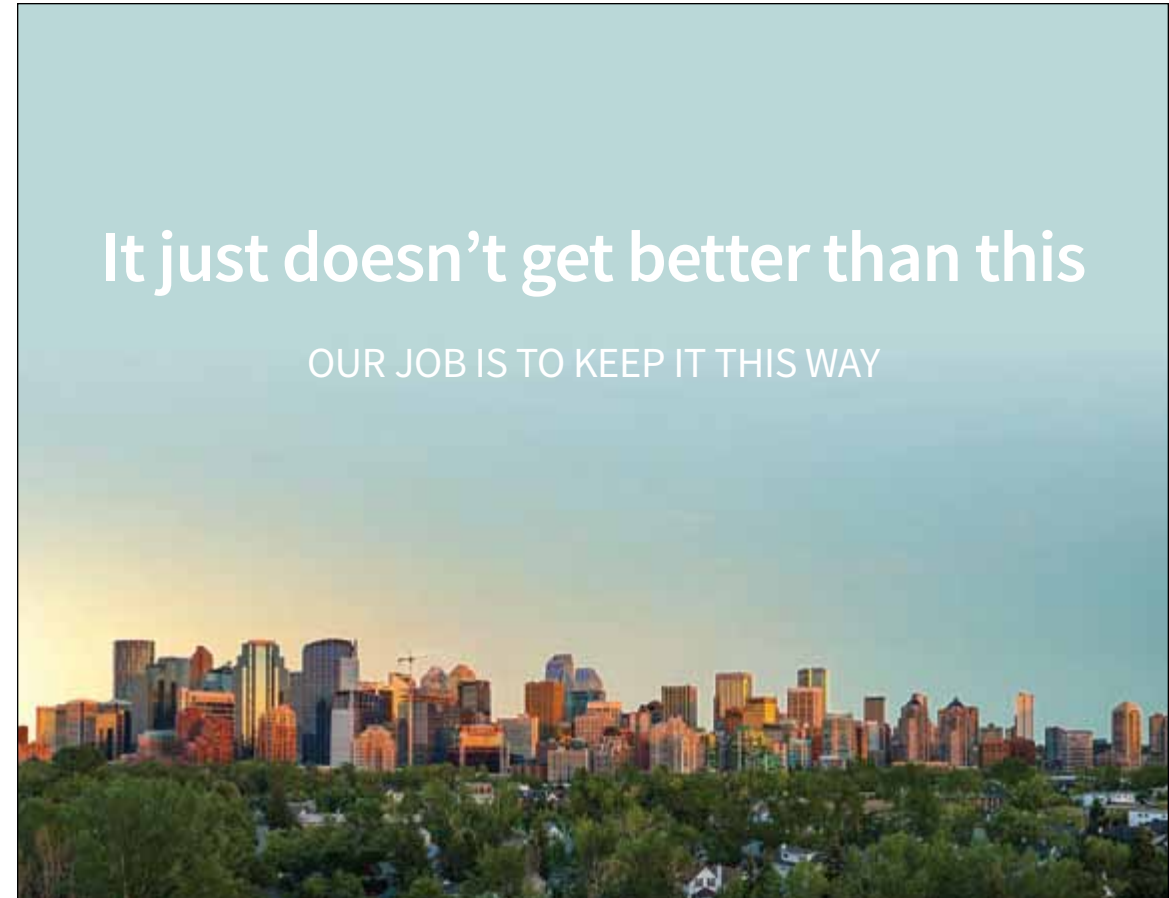
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# It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY

Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

**CUPE**  
Calgary's city employees  
**Making your city work for you**

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*



**Here's to another great year, in Canada's greatest city.**

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/  
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted

The Glamorgan Community Association would like to thank Jamie Salomons for all of her hard work putting together

# WINTERFEST 2016



It was an enormous success!  
Thanks also to ALL of the volunteers who pitched in.

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## 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](mailto:info@myglamorgan.ca)  
Website: [www.myglamorgan.ca](http://www.myglamorgan.ca)

Come out and enjoy an afternoon with your neighbours!

Different activities each month:

**February 2**

Each event \$5 per person. Includes light lunch and refreshments.

For more information contact the Glamorgan Community Association

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## Glamorgan Real Estate Update

Last 12 Months Glamorgan  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$549,900	\$527,000
November 2015	\$562,400	\$550,250
October 2015	\$562,350	\$542,500
September 2015	\$519,900	\$518,000
August 2015	\$552,400	\$541,250
July 2015	\$526,940	\$511,700
June 2015	\$549,071	\$542,157
May 2015	\$509,937	\$489,925
April 2015	\$641,266	\$628,000
March 2015	\$567,283	\$567,416
February 2015	\$449,900	\$442,500
January 2015	\$552,450	\$545,852

## Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	2	1
November 2015	2	4
October 2015	3	2
September 2015	1	1
August 2015	7	4
July 2015	1	5
June 2015	10	7
May 2015	7	8
April 2015	4	3
March 2015	9	6
February 2015	2	1
January 2015	8	4
<b>Total</b>	<b>56</b>	<b>46</b>

To view the specific SOLD Listings that comprise the above MLS averages please visit [glamorgan.great-news.ca](http://glamorgan.great-news.ca)



# GLAMORGAN OUTDOOR SOCCER 2016

AGE GROUPS:		FEES:	
U-4	Born in 2012 or 2013	\$150.00	FOR U- 4 AGE GROUP
U- 6	Born in 2010 or 2011	\$175.00	FOR U- 6 AGE GROUP
U- 8	Born in 2008 or 2009	\$175.00	FOR U- 8 AGE GROUP
U10	Born in 2006 or 2007	\$300.00	FOR U- 10 AGE GROUP

## NEW FEES FOR 2016

U4, U6 & U8 - Fees can be decreased by \$100 by volunteering for one (1) bingo shift  
 U10 - Fees can be decreased by \$200 by volunteering for two (2) bingo shifts

Once your bingo commitment has been fulfilled refund cheques will be provided by the GCA Office.

### REGISTRATION FORM

Child's First Name: \_\_\_\_\_ Child's Last Name: \_\_\_\_\_  
 Date of Birth: DD \_\_\_\_ MM \_\_\_\_ YY \_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_  
 Address: \_\_\_\_\_ PC: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell #: \_\_\_\_\_  
 Parent's Names: \_\_\_\_\_ Email: \_\_\_\_\_  
 Alternate Contact: \_\_\_\_\_ Alt Contact Phone #: \_\_\_\_\_  
 Medical Concerns: \_\_\_\_\_  
 Would like to play with friend(s) please provide name (No guarantee. We will do our best): \_\_\_\_\_

### Volunteer Positions:

Coach   
 Assistant Coach   
 Extra Bingo   
 Wind Up Party   
 Picture Day   
 Name of Volunteer \_\_\_\_\_

**FOR OFFICE USE ONLY:**  
 Community Membership Valid?: \_\_\_\_\_  
 Fees paid by: Cheque \_\_\_\_\_ (record receipt #)  
 Cash \_\_\_\_\_ (record receipt #)  
 Credit Card: Visa Mastercard Debit  
 Deposit: Uniform \_\_\_\_\_ (record receipt #)  
 \*LATE FEE APPLIED AFTER March 31, 2016

### Important Outdoor Soccer Details:

<<<< BRING 2 Cheques: >>>>  
 1 - \$50 for Uniform Deposit (Postdated for June 30, 2016)  
 2 - Registration fees and Community Membership

Registration and memberships can be paid with cash, cheque, debit, Visa or Mastercard

Please note: U4 to U8 Coaches will receive their \$100 refund by no later than June 15. U10 Coaches will receive their \$200 refund by no later than June 15

Make cheques payable to:  
**Glamorgan Community Assn**  
**LATE REGISTRATION FEE:** We will be enforcing a late registration fee of \$25 for each late registrant. Sorry no exceptions so please send your registration in by mail if you are unable to attend in person or call the office at (403)246-8218 to make alternate registration arrangements.

Visit our website [www.myglamorgan.ca](http://www.myglamorgan.ca) for soccer updates or to register online

# We Need An Overall Soccer Coordinator, A U10 Soccer Coordinator And A U6 To U8 Coordinator!



These are fantastic opportunities for a soccer parent to become more involved with the soccer program and their community.

Parents who have previously taken on these roles include Maureen Jones, Melissa Leslie, Shari Channell, Beth Richardson and **many** more. Each have found these positions to be highly rewarding and an exceptional way to connect with their community!

Training, templates and office support will all be provided. Please contact the office at 403-246-8218 or email [info@myglamorgan.com](mailto:info@myglamorgan.com) for more information. We have already started the 2016 soccer planning and it is imperative that we are able to fill the above positions.

## 2016 Soccer News

**Online Soccer Registration  
 Opens February 1  
[www.myglamorgan.ca](http://www.myglamorgan.ca)**

**In-person Registration  
 February 10, 7 to 9pm**

**We are looking for a  
 2016 Soccer Coordinator**

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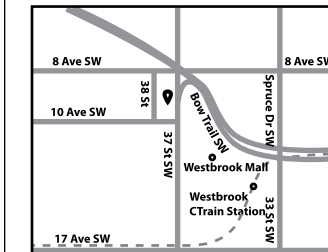
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 Saturday 10:00 am – 3:00 pm



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**Glamorgan  
 mybabysitterlist**

Name	Age	Contact	Course
Evelyn	12	403-475-0919	Yes
Maxine	13	403-455-8427	Yes
Anna	13	403-225-8223	Yes
Kiera	13	403-922-6067	Yes
Brooke	13	403-212-1014	Yes
Sienna	13	403-240-1128	Yes
Sophia	13	403-708-0601	No
Ijeoma	14	587-580-7791	Yes
Paige	14	403-241-0487	Yes
Faith	14	403-618-6040	Yes
Josh	14	403-249-0080	Yes
Lilly	15	403-719-8282	Yes
Sam	15	403-287-3740	Yes
Shelby	15	403-860-7994	Yes
Emma	15	403-220-1537	Yes
Sarah	15	403-702-5549	Yes
Sarah	15	403-702-5549	Yes
Kaitlynn	15	403-874-4034	Yes
Henry	15	403-719-8282	Yes
Samantha	15	403-287-3740	Yes
Olivia	16	403-246-0203	Yes
Connie	16	403-862-2081	No
Chiara	16	587-585-5652	Yes
Nia	17	403-991-8045	Yes
Bree	17	905-376-9229	No
Kaiden	17	403-926-3399	Yes
Erika	18	403-685-4645	Yes
Jakarta	18	403-808-8503	No
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Eugene	18	403-703-4488	Yes
Abigail	18	705-706-4338	No
Makenzie	18	403-796-7733	Yes
Elaura	18	403-471-5051	Yes
Yena	19	403-479-7911	Yes
Sheena	19	403-383-5348	Yes
Olivia	20	587-889-9043	Yes
Zandra	21	403-828-8259	No
Jamie-Lyn	21	403-892-0176	No

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

# Vulnerable Person Self-Registry

**In the event of an emergency  
 the Registry provides important information to first responders  
 when special attention may be required.**



**\*Registration is voluntary and free!**

The Calgary Police Service has created a database where people can register if they have a physical, mental or medical condition that means they may require special attention in an emergency.

If you are a vulnerable person or care for a vulnerable person, then we need you to provide us with your information. Your privacy will be protected and the information you provide will only be used by first responders to help you or your loved one when you are in danger.

**How the information is used.**

The information in the self-registry will only be accessed when a vulnerable person is in danger or distress due to an emergency, and it will only be used to help the individual. Only first responders will have access to the information and it will be securely stored by the Calgary Police Service.

The registry will not be used to assist with criminal investigations.

**How the registry works.**

The registry is open to anyone who spends a majority of their time in Calgary and due to a medical, mental health or physical condition, or due to a cognitive developmental disability, may require special attention in an emergency/disaster situation. Some examples include Alzheimer's disease, Autism Spectrum Disorder, Acquired Brain Injury, mobility impairment, visual impairment, deaf or hard of hearing, cognitive/developmental disability or a mental health condition.

It is a self-registry, so the individual or their caretaker must enter their information into the system and it has to be updated/renewed 6 months, 1 year or two years from the initial application or it will be removed from the registry. Email reminders will be sent.

**How to register.**

Register online at [www.calgarypolice.ca](http://www.calgarypolice.ca) (keyword: Self-Registry).

Provide the vulnerable person's:

- Name
- Date of birth
- Physical description
- Contact information
- Photo of face
- Methods of approach/communication
- Description of any life threatening medical conditions

Every profile is reviewed and an email will be sent to you confirming that the profile was entered into the registry, or explaining why it was not.

**For more information, email [vulnerablepersons@calgarypolice.ca](mailto:vulnerablepersons@calgarypolice.ca)  
 or visit [www.calgarypolice.ca](http://www.calgarypolice.ca)  
 (Keyword: Self-Registry)**





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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.

GLAMORGAN COMMUNITY ASSOCIATION  
PRESENTS

# PUB NIGHT

FEBRUARY 5

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



## IN & AROUND CALGARY

### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

**February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

#### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

#### Reduce your risk

- Heart attack risk factors include:
- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(\*) risk factors and learn to be heart safe.

#### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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## 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!





**MLA CALGARY-ELBOW  
GREG CLARK**

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

Hello,

The Alberta Legislature will resume sitting this month. I have enjoyed the opportunity to spend more time at home in Calgary-Elbow working on constituency issues, and I also managed to have some personal and family time over the holidays. I hope you got a break as well.

But I am itching to get back to the important work in the Legislature. People often ask me how I can be effective as a single MLA from my party. The answer is simple, I choose to not just oppose everything the government does, but to propose ideas I think would put Alberta on a better path. Those of us in opposition have a basic choice, and I choose to contribute new ideas and provide insight into what they I would do, rather than only providing criticism without contribution.

In the fall session, I prepared an Alternative Budget, and a Climate Change strategy I worked with members of the opposition to propose and pass amendments to government legislation. On an issue of particular importance to me and I know too many of you in Calgary-Elbow, I was able to advocate to the Minister of Municipal affairs to call for floodway buyout properties to be resold once flood mitigation is in place. I will also continue to push hard for the Springbank mitigation project to stay on track.

In the House I talked about the important work being done by not-for-profit organizations and urged the government to partner with the many efficient and cost-effective organizations delivering services around Alberta rather than replacing them with top-heavy government services. I also presented a motion urging the Government to require all public, separate, private, and charter school boards to implement a clear policy for how they will support LGBTQ youth (including gay-straight alliances) as required by Bill 10.

This spring the government will present a budget for the upcoming fiscal year. Given the challenging economic circumstances facing Alberta they have some tough choices to make. I will again release my own budget to show Albertans how I would address these challenges. We'll focus on job creation and support for the energy industry, and ensure high-quality front line services are maintained while keeping the deficit to a minimum.

You have a voice in the Legislature too. I can ask your questions directly to Government during question period, or I can write a letter to a Minister on your behalf. Please contact my office to learn more.

Another way you can be heard by the Government is to have me present your petitions. While it is not within the Assembly's power to perform the functions of the Government, it can urge the Government to govern in a certain way. If you are interested in petitions that you check out this short guide: [www.assembly.ab.ca/pro/Petition\\_guide.pdf](http://www.assembly.ab.ca/pro/Petition_guide.pdf)

In these difficult times, and at all times, it is important that I represent the views of my constituents in the Legislature. I look forward to hearing from you.



**COUNCILLOR, WARD 6  
RICHARD POOTMANS**

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Communications & Community Liaison:  
Eileen Badowich, [CAward6@calgary.ca](mailto:CAward6@calgary.ca)  
[www.calgary.ca/ward6](http://www.calgary.ca/ward6)

**2016 Property Tax Assessment**

It is that time of year again. As the Ward 6 Office often receives your inquires around property taxes this time of year, I wanted to share with you some helpful information regarding your property tax assessment. The 2016 assessment notices were mailed on January 5, 2016 and your 2016 assessment information is available on [www.calgary.ca/assessmentsearch](http://www.calgary.ca/assessmentsearch). The customer review period runs until March 7, 2016. Until this date, property and business owners are able to inquire about their assessment value if they have any questions or concerns. If you have any questions or would like to make changes to your assessed value, please do so by March 7, 2016. You can also visit [www.calgary.ca/propertytax](http://www.calgary.ca/propertytax) for important dates, bill and account information, as well as payment information.

**Other reminders to note:**

- Property taxes are due June 30, 2016. A 7% late payment penalty will be applied to any unpaid portion of property taxes on July 1 and October 1. Further penalties of 1% will be added the first day of each month to any portion remaining unpaid after December 31, 2016.
- The deadline does not apply to property owners who pay monthly through The City's Tax Installment Payment Plan (TIPP). More than 240,000 property owners pay their taxes monthly through TIPP. Property own-

ers can join TIPP at any time by visiting the Web site at [www.calgary.ca/TIPP](http://www.calgary.ca/TIPP) to request an application or calling 311.

- Help is available to assist eligible low-income homeowners who meet income guidelines and eligibility criteria, regardless of age. The 2016 Property Tax Assistance program will accept applications to the program starting on June 1. For more information or to download an application form, go to [www.calgary.ca/fairentry](http://www.calgary.ca/fairentry).
- The Alberta Seniors Property Tax Deferral program allows eligible senior homeowners to defer all or part of their property taxes through a low-interest home equity loan with the Alberta government. Please visit [www.seniors.alberta.ca/seniors/property-tax-deferral.html](http://www.seniors.alberta.ca/seniors/property-tax-deferral.html) for details and application form.

**City Hall 101**

You are invited to learn about the inner workers of Council and its Committees! This workshop presentation is designed to throw open the doors of your municipal government. Sign up for the next City Hall 101 on March 7, 2015 from 4 – 6:30 p.m. To learn more about this opportunity and register, please visit [www.calgary.ca/CityHall101](http://www.calgary.ca/CityHall101).

**Upcoming Councillor Chats**

Councillor Chats are an opportunity for you to meet with your Councillor to discuss any issues that are important to you. Please join me for an informal conversation on **March 5, 2016 from 9:30–11 a.m. at Glamorgan Community Association (Seminar Room)** or **April 14, 2016 from 5–7 p.m. at West Side Recreation (Party Room)**. You can also stay up-to-date by signing up for the Ward 6 Report, my bi-monthly email update for residents about community news and projects impacting Ward 6 communities at [www.calgary.ca/ward6connect](http://www.calgary.ca/ward6connect).

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## MP CALGARY SIGNAL HILL RON LIEPERT

I am pleased to provide my first accounting to constituents as the new Member of Parliament for Calgary Signal Hill. On October 19th, the political landscape changed in Canada but in Calgary Signal Hill the residents elected to endorse the Conservative Party of Canada and myself.

First, I want to express my thanks and gratitude for the support of confidence that I received. I would like to thank the hundreds of volunteers who worked on our campaign and those who donated personally in so many ways. I also want to express my thanks and good wishes to the other candidates from the riding who sought election especially, Kerry Cundal of the Liberal party, Khalis Ahmed of the New Democrats and Taryn Knorren for the Green party. Being a candidate in a general election requires a lot of hard work, time and money, especially in a campaign as long as this one. Each of the other candidates should be thanked for ensuring voters had a choice in our democratic process.

Currently our new constituency office is in the process of being renovated and we expect we will be open for business very soon but in the interim if you have an issue that requires attention please contact our office in Ottawa at 1-613-992-3066 or ron.liepert@parl.gc.ca.

In the aftermath of a long election campaign, combined with the Christmas holiday period, the House of Commons only met for seven days in early December, resuming the spring session in late January. Our interim leader Rona Ambrose has appointed me as a member of the House of Commons Standing Finance Committee which has oversight over Government spending and

holds consultations with Canadians regarding the federal budget. As the only Member of Parliament from the three western most provinces on the committee I consider it a huge honour to be one of 10 persons charged with overseeing government spending. I will have more to report on the work of the committee in future accounting to constituents. I also had an opportunity on the first day of Opposition replies to the throne speech to make my maiden speech in the House. It was a special privilege to speak about the Battalion Park initiative and express my concerns that energy, agriculture or forestry, the wealth generators in this country, weren't mentioned in the throne speech. My speech can be viewed on my website at ron.liepert.ca.

2016 is going to be a very difficult year in Alberta. Commodity prices will remain weak, unemployment rates are expected to rise along with federal and provincial taxes. My responsibility as your representative will be to listen to constituents who have real issues and assist where possible. Once our office is completed I intend to hold several open houses to listen to your concerns. I look forward to these opportunities so please watch for details which will be provided in future updates.

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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.

**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.

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**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.



# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**PARZEN SNOW REMOVAL:** My brothers and I would like to hire ourselves out this winter for snow removal. We attend Central, AE Cross and Glamorgan School and live on Glenway Drive. Going on vacation, hire us for a temporary job! Call Mitchell: 403-242-4509.

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2016 Festival, April 18 to May 7 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or [volunteer@cpafestival.ca](mailto:volunteer@cpafestival.ca).

**HOUSEHOLD ITEMS FOR SALE:** I have a large quantity of household items for sale, along with household items listed in the January edition of Glamorgan newsletter. Please contact Ernest 403-255-1955.

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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	403.943.5465
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	1.800.332.1414
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
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 (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

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

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. [www.sparkscience.ca](http://www.sparkscience.ca)
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. [www.harlemglobetrotters.com](http://www.harlemglobetrotters.com)
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. [www.calgaryphil.com](http://www.calgaryphil.com)
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. [www.calgarydowntown.com](http://www.calgarydowntown.com)
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. [www.decidedlyjazz.com](http://www.decidedlyjazz.com)
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. [www.esfscanada.com](http://www.esfscanada.com)
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. [www.acad.ca](http://www.acad.ca)
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. [www.disneyonice.com](http://www.disneyonice.com)
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- **March 30 to April 16 – Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. [www.shakespearecompany.com](http://www.shakespearecompany.com)

## MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. [www.snowshoe.blitzevents.ca](http://www.snowshoe.blitzevents.ca)



## MARCH 5 TO 6 CALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. [www.calgarymaplefest.com](http://www.calgarymaplefest.com)



## MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. [www.heritagepark.ca](http://www.heritagepark.ca)



MARCH



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