

JANUARY 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED





NICK WOOD

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language trivia

wika idiom
kieli sprache
שפה jezyk

The correct response to the Irish greeting, “Top of the morning to you,” is “and the rest of the day to yourself.”

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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.



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:

January 5, February 2

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

For more information contact the Glamorgan Community Association



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

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

Vibrant

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 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.

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

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!



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 – Your SW Resource for: Parenting classes, Toy Lending, Crafts, Counseling, Computer Assistance, Best Beginnings, Clothing Exchange and much more. Located at 3507 17th Ave SW. Call 403-543-0555 or www.closetohome.com.

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.

ZUMBA – Thursday nights information available at 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

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

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

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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!



Glamorgan Messages

- Do you have a few hours a week to spare this winter? We are looking for Rink Rats and GlamShack concession volunteers for this winter. No experience required. Training provided. Please email info@myglamorgan.ca or call 403-246-8218 for information.
- Grassroots Hockey runs January 6 through March 5. For information or to register: www.grassrootshockey.ca. If you would be interested in being the Grassroots Coordinator for the Glamorgan Community Association, please contact the office. This position does not require a ton of time.

BRAIN GAMES SUDOKU

1					7	8	9	
4			2	3				
					4			6
		6		8		4	1	
			9		5			
	3	9		4		5		
9			4					
				7	1			2
	1	4	3					5

FIND SOLUTION ON PAGE 13



GLAMORGAN COMMUNITY ASSOCIATION PRESENTS

PUB NIGHT

JANUARY 8, 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



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WE ARE ALSO SEEKING FAMILY PHYSICIANS TO JOIN OUR TEAM



www.crescentmed.ca

Animal Trivia



Certain frogs can be frozen solid then thawed and continue living.

Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

Thank You

The Glamorgan Community Association would like to thank the Seniors Corner Volunteer Committee so much for their time and dedication to the program!



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Dr. Tonny Tang Bsc. DDS | PH: 587-483-9900
WWW.GLENBROOKDENTAL.CA

WINTERFEST!!

January 23, 2016
5:00PM TO 8:00PM

Free Admission!

Games, activities & crafts!

Dress warmly.
We'll be here
regardless of the
weather!

Bring Your Skates!!
The Rink Will Be Open

Concession Open!
Hot Chocolate, Hot dogs,
Chili & more!



Donations to the Calgary Food Bank will be gratefully accepted.

GLAMORGAN OUTDOOR SOCCER 2016

AGE GROUPS:

U-4	Born in 2012 or 2013
U-6	Born in 2010 or 2011
U-8	Born in 2008 or 2009
U10	Born in 2006 or 2007

FEES:

\$150.00	FOR U-4 AGE GROUP
\$175.00	FOR U-6 AGE GROUP
\$175.00	FOR U-8 AGE GROUP
\$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 for soccer updates or to register online

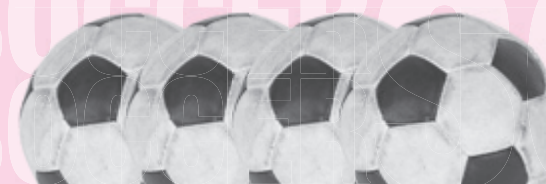
2016 Soccer News

Online Soccer Registration
Opens February 1
www.myglamorgan.ca

In-person Registration
February 10, 7 to 9pm

We are looking for a
2016 Soccer Coordinator

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.ca for more information. We have already started the 2016 soccer planning and it is imperative that we are able to fill the above positions.

KABUKU

SUSHI

www.kabuku.ca

Aspen Location
2136 10 Aspen Stone Blvd S.W
Calgary AB T3H 0K3
Phone: 587-955-8884

Downtown Location
414 3 Street S.W Calgary AB T2P 1R2
Phone: 403-237-8884



403-249-5275

Registration & Open House Information
for the 2016-2017 school year.

Open Houses 2016

Tues, Jan 12 1-3 pm
Wed, Jan 13 9-11 am
Wed, Jan 13 1-3 pm
Thurs, Jan 14 9-11 am

Registration Night

Tues, Jan 19, 2016
7 pm
First Come -
First Served

Adults Only Please, classes in progress!

GCKindergarten.com

Glamorgan Greats!

Beth Richardson



Beth Richardson exemplifies all that is inspiring about competitive sport – striving for excellence, teamwork, endurance and the spirit of fairness. She has been an athlete all of her life, and is currently employed as a badminton coach at the Glencoe Club. It was refreshing to hear Beth dispel many of my own stereotypes (from my position as a person who is hopelessly clumsy in any physical endeavour) about coaches and athletes. Far from espousing the “winning is everything” philosophy, Beth believes that her role as coach is “to instil the love of the sport and have it become a passion for life”. She states that “what kids are really training for is learning to hit an object with an implement, to develop a sense of sport for life, to be able as an adult to play a pick-up game in whatever sport with your buddies on a Saturday afternoon.” Beth loves her work, and calls it a ‘fake job’, “I get to run around in my sweats – I’m pretty blessed. Passion for sport is a gift I can give (through my coaching)”.

Beth was born and raised in Brantford, Ontario, where her parents and several family members still reside. One grandfather had played competitive soccer in Europe and the other had played competitive hockey. Beth played soccer, volleyball, tennis and track through high school, and badminton from the age of 10. After high school, she was invited to Calgary to attend the National Training Centre for badminton. At the same time, she attended the University of Calgary, earning degrees in science and in education. After living with a family in Willow Park for a few years, she purchased a home on 46th Street in Glamorgan. She soon decided this was the community where she wanted to stay and, about four years ago, moved to another home in the community with her husband, Todd LaChance, and children, Jackson, now 10, and Isabelle, now 8 years old. When Beth saw the spacious two-storey home (with its unusual layout for Glamorgan), she “knew it was our house.” She

was disappointed when it sold before they were able to put an offer on it, but when that deal fell through and the house came back on the market, she knew “it was meant to be.” She appreciates that Jackson and Isabelle are able to walk to Glamorgan Elementary School, saying that the program has been “great” for her children. Beth considers our West end location as “incredible – it’s close to everything you need”. She also feels that there are “not a lot of communities with as strong a community association as ours, with such a variety of activities and programs”. Though Beth’s husband Todd is also from Southern Ontario, he lived briefly as a teen in Glamis Green and attended AE Cross Junior High School for two years, so moving to Glamorgan was a bit of a homecoming for him. Their current home is ideal for Todd, as he has been able to convert their garage into a bright and practical studio for his profession as a painter.

Beth glossed over her accomplishments in the sport of badminton, which include winning national and junior PanAm championships, reaching the final at the Spanish Open and the semi-final in the Canadian Open. She preferred to talk about the sport itself and the achievements of her young charges. She says that badminton “is a sport that takes in a lot of aspects - there’s a lot of strategy, fitness, technical involved. You can never learn everything about the game”. She delights in the fact that she is now teaching children of parents she taught when they were children themselves. One of her highlights as a coach has been mentoring a talented player whom she’s taught since he was 7 years old, watching his development – “It’s been a cool journey” - to the point where he is now ranked the 85th boy in the world for his age. But she returns to her belief that her primary role is to instil the love of sport in her students, whatever their innate ability might be.

Beth feels that it is a “bad idea” to have too much specialization in one sport when children are very young, and credits her parents for introducing her to a variety of activities. “I’m really grateful because my parents put my brother and I in everything. I thought I was going to be a coroner – how random is it that badminton became my career?” Beth is passing along the same philosophy to her children; both her children play badminton and soccer, and participate in the martial art of Aikido with their dad. Isabelle has also played rugby and is in the “fabulous” community Brownie troop.

~continued next page~

Glamorgan Greats

cont'd

Beth recounts that she didn’t know anyone in Glamorgan when she signed up to assist Shari Channell as a soccer co-ordinator over seven years ago. She had played soccer through school and as an adult, and loved the game. Since then, she has coached teams through all the age levels as Jackson progressed. She is hoping there are enough players next year to form an under-10 girls’ team that she would like to coach, but feels it is time for her to step down from co-ordinator duties. The community association is looking for someone to step forward to take on some or all of the co-ordinator role, and Beth stresses the rewards of involvement. “People believe they need to know a lot about soccer, but really it’s more about organizing the teams and the administration, and we already have a template to work from. It is invaluable for getting to know (other) parents.” She eloquently adds that “it’s the way I became part of Glamorgan, not just living in Glamorgan.”

Another benefit to her involvement in the community is that her children have watched her volunteering and now they volunteer as well. Jackson and Isabelle helped deliver food to those providing assistance during the 2013 flood and volunteered on our Paint the Pavement project and the recent Winterfest. Beth praised the community association for its encouragement and acknowledgement of the volunteer efforts of our younger citizens.

Beth’s parents still live in the same house from before she was born, and feels that “when your family has roots, it shapes you. I figure Glamorgan is a good place to set down those roots for my family.” Thank you, Beth, for all you do for our children. And if Beth had been a coach in my community when I was a child, I suspect I would not have avoided all sports like the plague!

Please consider volunteering in the soccer program – see page XXX for details. Contact Bonnie at the community association, 403-246-8218, if you’d like to learn more about how you can help.

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

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BRAIN GAMES SUDOKU

1	2	3	5	6	7	8	9	4
4	6	8	2	3	9	1	5	7
5	9	7	8	1	4	2	3	6
2	5	6	7	8	3	4	1	9
8	4	1	9	2	5	6	7	3
7	3	9	1	4	6	5	2	8
9	7	2	4	5	8	3	6	1
3	8	5	6	7	1	9	4	2
6	1	4	3	9	2	7	8	5



Keep Your Paws Warm!

walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After



**MLA CALGARY-ELBOW
GREG CLARK**

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

Beginnings are a moment of opportunity. What's important is that first step, and that it is in the right direction. I am looking forward to going back into the Legislature to continue working on your behalf to continue to make Alberta a better place.

In that spirit, the Mental Health Review completed in December offers the opportunity for a fresh start to helping our neighbours and their families suffering with mental illness. Over the months of September and October last year there were more than 2,800 submissions to the public online questionnaire. There were also approximately 400 stakeholders in attendance at dozens of group meetings and presentations throughout the province, including input from First Nation, Métis and Aboriginal people and communities.

The Mental Health Review focus includes increasing access to addiction and mental health services including school-based programs for children and youth, community-based services, and preventative services. Amongst other objectives, the Review also looks at improving the system for managing the complex dealings between referring physicians and specialists or clinics offering specialized healthcare services. I am encouraged by the report and I want to offer my thanks to co-chairs Dr. David Swann, Danielle Larrivee, and Tyler White for their contribution.

In the meantime, many people are suffering. The holidays are often the most stressful time of year for many

people. With all the layoffs in our energy sector, last year was particularly challenging for many of Calgary's families. Mental health is an important issue for me. I was formerly Vice Chair of the Calgary Distress Centre so I am familiar with their incredible services available for Calgarians. The Distress Centre offers confidential, non-judgmental 24-hour crisis support. When you make a call to Distress Centre, you will always get an answer, an open mind and a caring ear. They can also refer people to a specialized Mobile Response Team, an outreach team of nurses, social workers and psychologists available to the general public to assist during times of crisis or distress. The team works in close contact with the Distress Centre, city hospitals, Calgary Police Service and current supports including counselors, doctors and psychiatrists to provide services to individuals and families living in the Calgary Health Region.

Anyone can call the Distress Centre at any time at 403-266-HELP (4357).

Another new service for Calgarians is 211, a joint initiative of Distress Centre Calgary, the United Way Calgary, and the City of Calgary. It is available to all callers in Calgary and surrounding communities including Chestermere, Cochrane, and High River.

211 is a number everyone needs to know. It's like the yellow pages: if you need information on, or help with financial issues, employment skills, parenting or child care, coping with disabilities, mental health issues, crisis support, schools, social services, support for seniors, food banks and more, 211 can connect you to the help you need.

Find more information on 211 here: www.ab.211.ca, or simply dial 211 from any Calgary-area phone.

Let me know if I can be of help to you too. You can always contact my office, and my door is always open.

**Always Welcoming New Clients to
our Veterinary Practice!**



www.glamorgananimalclinic.com



**403-246-1774
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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."

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PARZEN PERSONAL ASSISTANTS: Do you need help organizing, downsizing, re-purposing, recycling, disposal? Need a ride to the airport, bus depot, doctors appointment, shopping? House sitting for insurance purposes. No task too big or small. Give me a call. Kim at 403-651-6295, email kimparzen@gmail.com or facebook/parzenpersonalassistants.

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.

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.



COUNCILLOR, WARD 6 RICHARD POOTMANS

P.O. 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 •

Ward 6 residents are proud to live in their neighbourhood, highest in Calgary!

Thank you to the volunteer who floods the rink; thank you to the Scout and Guide leaders for mentoring our youth; thank you to the Community Association board members and volunteers who provide events and programming to create a high quality of life for our neighbours; thank you to our Community Liaison Officers at Calgary Police Service for making our communities safer; thank you to our neighbours, friends, and community leaders for building great communities and improving our quality of life - please keep up the great work! Because of you, 93% of Ward 6 residents are proud to live in their neighbourhood, highest across the City in the 2015 Citizen Satisfaction Survey conducted annually by Ipsos Reid. Citywide, 85% of Calgarians are satisfied with their overall quality of life which reaches 90% among Ward 6 residents. To review the full 2015 Citizen Satisfaction Survey & Research on Calgary's Economy visit www.calgary.ca/citsat.

Infrastructure, traffic and roads remain at the top of the issue agenda, while transit continues to hold second place. Overall, Calgarians think The City should invest more in transit, affordable housing and traffic flow management and transportation planning. Nearly 90% of Ward 6 residents are satisfied with transit service in Calgary, but 60% of 2014 and 2015 Ward 6 survey respondents would like to see more investment in transit. Many Calgarians (75%) think it is a good time for The City to be investing in new projects like roads, public transportation and local facilities. Council unanimously approved an additional \$47.5M in the 2016 Capital Budget that expedites a number of shovel-ready projects that had already secured funding slated for construction in subsequent years. We want to keep moving forward and focus on keeping our communities successful.

As traffic congestion is expected to increase by 10-25% on Sarcee Trail SW with the delay of the West Calgary Ring Road (WCRR), the City is conducting functional studies to enhance travel times and decrease traffic congestion. I am working with Administration and the Provincial Gov-

IN & AROUND CALGARY

Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

ernment on the timing of the WCRR construction as this will determine funding options and timing of implementation of infrastructure to mitigate downstream impacts. Please visit www.calgary.ca/ward6 for updates.

Councillor Chat with Richard Pootmans

Councillor Chats are an opportunity for you to meet with your Councillor to discuss any issues that are important to you. Please join Richard for an informal conversation on **January 16, 2016 from 9:30-11 a.m. at Glendale Community Association** or **February 4, 2016 from 5-7 p.m. at Glenbrook Community Association**. Please sign up for The Ward 6 Report at www.calgary.ca/ward6connect.



The Importance of Reporting Crime

Did you know that a substantial amount of crime isn't reported to police?

There are many reasons that people choose not to report a criminal offence. They may feel that it is too minor in nature or that nothing can or will be done. They may feel that it's not worth the time or effort or that police have more important things to do.

The Calgary Police Service pays close attention to reported crime statistics within communities and across areas of the city. In fact, statistical analysis can be a driving force behind how our Service chooses where and how to deploy resources.

Analysis of reported crime allows police to identify 'hot spots' of activity and also helps to measure and pinpoint emerging crime trends. A lack of accurate data makes identification of these locations difficult and unreliable.

So-called 'minor' crimes such as car-prowling (theft from vehicles), vandalism and other property related crime can be an indicator of a larger problem in a community. An increase in these types of crimes can indicate that an offender has moved into an area, that additional police resources are needed, or that something else has changed within the community. Becoming aware of each of these factors is important for police to move forward in addressing community concerns.

How to report a non-emergency crime

The emergence of technology has made crime reporting much easier and faster, and allows police to obtain an up-to-date glimpse of what is going on in the community.

- Online – www.calgarypolice.ca
- By phone – 403-266-1234 (police non-emergency line)

- Walk-in to your local District office

If there is an ongoing situation within your community, you also have the option of contacting your area Community Resource Officer (CRO) through your local District office to make them aware.

How else can you help?

- Encourage your family, friends and neighbours to report crime or suspicious activity within your community.
- Be aware of your surroundings. If something or someone seems out of place, there is likely a good reason for this. Report any suspicious behaviour to the police.
- Lock it up! Don't provide offenders with any opportunity – secure your vehicle, garage and home (including closing windows when you are away and at night).

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

FOR SALE: Oak Computer desk, 36 inch round glass kitchen table, two heavy duty toaster ovens, 7 inch DVD player, several fans, two high end juice machines, folding armchair in bag, two air purifiers and electric frying pan. Phone 403-255-1955.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

• February 1 to 29 - YYC Hot Chocolate Fest:

Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com

• February 3 – Calgary Flames vs Carolina Hurricanes at the Saddledome 7:30 pm. www.calgaryflames.com

• **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. www.storybooktheatre.org

• **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. www.hitmenhockey.com

• **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. www.calgaryfolkfest.com

• **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. www.stagewestcalgary.com

• **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. www.artsccommons.ca

• **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. www.hitmenhockey.com

• **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. www.calgaryflames.com

• **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. www.theatrecalgary.com

FEBRUARY 16 TO 21 THE WIZARD OF OZ

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. www.calgary.broadway.com



FEBRUARY 19 TO APRIL 24 STAR WARZ-A GALACTIC ROCK COMEDY

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vader and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. www.calgary.jubilations.ca



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Nancy Ball

your Glamorgan connection!



Interview Me!
Call **Nancy Ball**
403-510-6000

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