

JUNE 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

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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 | www.myglamorgan.ca

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NEWSLETTER AD SALES

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

Vibrant Vibrant Caring Connected MEMBERSHIP

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@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 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
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 • 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 Caring Connected 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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Glamorgan Messages

Upcoming Summer Camps at GCA
 City of Calgary Park 'n Play www.calgary.ca
 Mad Science – www.calgary.madscience.org
 Bricks 4 Kidz - www.bricks4kidz.com/calgary



Mark your calendars

June 3	Pub Night
June 7	Seniors Corner - BBQ
June 18	Glamorgan Neighbour Day – Volunteers Needed!
June 26	Soccer Wind Up Party – Volunteers Needed!
September 25	Community Clean Up – Volunteers Needed!

DDRC
 Developmental Disabilities Resource Centre of Calgary

Stampede Breakfast
 Free pancakes and more!
 Thursday, July 14, 2016
 8:00am to 1:00am
 4646 Sarcee Road S.W.

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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
 Website: www.myglamorgan.ca

Come out and enjoy an afternoon with your neighbours!

Different activities each month:
 Seniors Corner
 June 7 – BBQ
 September 6 – Dr. Carrie Schaff, Audiologist
 October 4- Harmonica Tableau

For more information, contact the Glamorgan Community Association

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Are you prepared?

Disasters of several types can affect in different ways. What would you take if you were told you need to evacuate your home immediately? Would you have all of the important documents you need?

Come out and join Calgary Emergency Management Association and GCA board member on learn how you can get prepared for any emergency and go home with a FREE preparation package.

Wednesday, June 8, 2016
 7 - 8:30pm
 Glamorgan Community Association, Seminar Room 4207-41 Ave. S.W.

For more information, contact the GCA office at 403-246-8218 or info@myglamorgan.ca.



GLAMORGAN COMMUNITY ASSOCIATION PRESENTS

PUB NIGHT

JUNE 3

PIZZA NIGHT! \$5 FOR 2 SLICES

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 3 years and up \$5 per child to a maximum of \$20 per family






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Brad and Sigrid Bradshaw

GLAMORGAN GREATS – Thank you to all of you who wrote or called to offer your suggestions for future columns. Watch for a guest writer in a future edition. We still need your input; if you know an individual or organization that you'd like to see in this feature, or if you'd like to write an article, contact Loretta Biasutti at biasutti@shaw.ca or 403-249-5945 or drop off a suggestion at the community centre.

Did you know that Glamorgan was once the site of the coolest burger joint in town? From 1959 to 1968, The Country Boy Drive-In, with its big neon sign, was located in the Glamorgan Shopping Plaza, until the Royal Bank was built on that spot. Drive-ins were new to Calgary at that time, and cars would sometimes be lined up all the way to 37th Street. The restaurant served burgers, with their trademark pickle rounds on top of the bun, as well as fries and milk shakes – 19 flavours, remarkable at the time. You could order from speakers in your car, eat outside at picnic tables, or go to the inside seating area at the back. The juke box was reportedly the busiest one in all of Calgary. Dorothy Myers, nee Eveleigh, who grew up in Glamorgan and still lives here, says that “We always called it ‘The Cow’, not Country Boy; I have no idea why.” Jan Bacon, nee Lester, also remembers “We used to go in there and order vanilla coke. We thought we were being very daring, because we’d heard there was alcohol in vanilla extract! We went on Tuesday nights after CGIT (a United Church girls’ group in Westminster United Church, on the site of the current medical building on Richmond Road), when we were supposed to go straight home.”

Running the Country Boy is just one of the many entrepreneurial efforts of Brad and Sig Bradshaw, during their long and adventurous life. Sig considers their ownership of the restaurant as “one of the best things we ever did”, even though the hours were long – 16 hours a day,

seven days a week. Brad was the cook and took care of staffing, with up to 12 workers per shift, and Sig did the ordering and paperwork.

Brad and Sigrid were both born in the Drumheller Valley, and their stories parallel the history of the region. Sigrid’s maternal ancestors came over on the Mayflower 11 generations ago, and her father came from Sweden in 1912 as a merchant sailor, was shipwrecked, then worked his way across the country to Alberta. Brad grew up on the farm in the valley during the ‘20s drought, and recalls that “We had one good crop and that was it, no more.” Both of their fathers eventually worked in the coal mines.

Brad enjoyed sports as a boy, and became interested in boxing while still in grade school. When he was 17 years old, Brad enlisted in the Air Force, and before he was stationed overseas, won several boxing matches, including the Alberta amateur featherweight championship in 1943. After high school, Sig moved to Calgary to attend the Calgary Business College, and during the war, worked as a secretary for the Department of Munitions and Supplies. Sigrid must have had an adventurous spirit even as a young woman; after the war, she and her friend Thelma decided to travel, and she worked for 6 months in San Francisco in the office of the Chronicle newspaper. She returned home to help care for her father, seriously injured in a mining accident. Brad, meanwhile, was working in the Rosedale mine, moving coal cars with a Shetland pony. Sig remembers the first time she saw Brad: “We were watching a hockey game, outside in those days, and across the field, I saw a good-looking fella, well-dressed, standing on a rise. I can still picture him like it was yesterday.” She didn’t get to meet him that day, but came to know him after her brother and Brad became friends. They were married in 1948 and recently celebrated their 68th wedding anniversary.

It was a close call in the mine that led to Brad and Sig-

rid’s move to Calgary. Brad was working late one night with a partner in a coal room, when they felt something was not right, and hastily exited. “I barely had time to say ‘the roof is coming down’, before the whole roof came crashing down.” Sig was at home with their baby, Bonnie. “Brad was usually finished at midnight. It was 2 am, we had no phone, and I was frantic. I said to Brad, ‘That’s it. We’re leaving!’ I had lost my dad in the mine; I’d been through that (losing a loved one in a mine accident).”

Brad and Sigrid’s first Calgary home was in Altadore (the home is still standing today), purchased around 1952 for \$10,000 with a \$1000. down payment. Sigrid recounts that “we vacuumed the chesterfield and all the chairs to get any loose change we could, to scrape together the down payment!” The road from Rosedale to Calgary was still gravel at that time, and had been closed due to frost heaves. When they got to their home, before the furniture arrived, one person slept on the floor, and one in the bathtub. Yet Sigrid remembers exclaiming “This is the nicest house in Calgary!”

In Calgary, Sigrid worked as a legal secretary, and Brad got a job in the men’s clothing department of Eaton’s Department Store, a position not suited to his skills and interests. As Brad says, “I hated sales!” He was much more satisfied when he began working for Kirby Vacuums, doing repairs and maintenance, and in his later jobs doing electrical work and wiring new houses. According to Sigrid, “Brad can fix anything”, and, in fact, he was busy repairing a lamp during our visit.

In 1958 Brad and Sig bought their first home in Glamorgan, moving to a larger home in the community a few years later. Their three children, Bonnie, Tina and son Tracy all grew up in Glamorgan, attending Glamorgan Elementary, A.E. Cross Junior High, and Viscount Bennett High School. While they owned the drive-in, Brad

and Sigrid had purchased a cabin in Bragg Creek, and loved the area. In 1974, they purchased a Bragg Creek property of 20 acres, complete with an abandoned sawmill, and embarked on their next endeavor, commercial photography. As Brad succinctly put it, “Sig made pictures and I made the frames.” Sigrid says she “had always liked photography. It was a good way to keep in touch with people, sending and receiving pictures.” She had started entering photography competitions many years before, and has won many prizes over the years. Her work, primarily prairie landscapes and rural scenes, was in demand to illustrate calendars and business reports, as well as for sale to private collectors. She also worked as a photographer for several newspapers. As for Brad, he was putting his repair skills to good use; he got the sawmill working, and made rustic frames for Sigrid’s photographs with trees from their property. Brad loved the rural life and considered those “the best years of our lives.” But with horses, three dogs, ducks and geese, they were tied down and unable to travel as they wished. In 1992 they bought their third and final home in Glamorgan – Sigrid told the real estate agent to “not bother to show us anything except houses in Glamorgan!”. For twenty years, they went south in their motor home for the winter, often to Arizona, but travelling widely. They sold their latest motor home just last fall.

At 94 and 92, Brad and Sig no longer travel in the winters, but as Sigrid says, “I have so many memories; I don’t feel bad about not travelling.” Brad jokes that “I got lazy with my old age”, a claim that I highly doubt. Sigrid says he still does the yard maintenance and snow shoveling, and walks their dog, Zippy, a Chinese Crested Powder Puff. Brad and Sigrid’s willingness to seize opportunities and embrace change should be a model for us all, no matter what our age.

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**403-246-1774
Glamorgan Shopping Centre**

Glamorgan Fruit Harvest

With food prices rising, it is a terrible thing to see food go to waste in our community. With some helping hands, we can pick and redistribute the fruit growing in backyards to those interested in using it rather than throwing it in the trash.

Do you have a fruit tree in your yard that has become a burden to harvest in the fall? Or, Would you like to pick fresh, local, organic fruit?

Please attend our information session that will be held June 22, 2016 at 7pm at the Glamorgan Community Association in the 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.



Construction begins on Westhills Way

Located behind the Rona, Best Buy and Mark's stores, Westhills Way is a South West Calgary Ring Road (SW-CRR) project that The City is constructing. When the SW-CRR opens in fall 2021, this new road will connect Richmond Road directly with the ring road, providing a new access for people visiting the Westhills shopping area. Before 2021, it will be an access to The City's new Sarcee Operations Works Centre administration building.

- Here are a few highlights of the new road and design:
- Adds an access for people visiting the Westhills shopping areas, in late fall 2021
 - Helps redistribute traffic in and out of the area
 - Connects directly to the SWCRR
 - Includes regional pathways on both sides, connecting to the Richmond Road pathway
 - Maintains the existing earth berm on the west side (no impacts to the berm are expected)
 - Provides access to The City's new Sarcee Operations Works Centre administration building

Construction has begun on Westhills Way and will continue through to fall 2016, when the road is expected to be completed. Calgarians can begin using the road to access the Westhills area once the ring road opens in late 2021. More information can be found on the project webpage at calgary.ca/westhillsway.



Glamorgan Real Estate Update Last 12 Months Glamorgan MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$514,900.00	\$497,500.00
May 2015	\$492,450.00	\$482,500.00

Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2016	10	4
March 2016	6	3
February 2016	6	0
January 2016	1	1
December 2015	1	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

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

Silvera
FOR SENIORS

Elbow Valley Site Update

Thank you for your thoughtful input into this initiative. We have reviewed your comments for incorporation into the plans for the Elbow Valley site and we look forward to sharing those evolving plans with you. In the first half of 2016, we worked with The City on re-aligning the road so it now runs along the south side of the property, and we are also finalizing the site servicing plan. Our continued focus is to reinforce neighbourhood links to support a community hub for local residents and the community.

As we discussed in 2015, Silvera for Seniors and Horizon Housing Society are partnering in the redevelopment of this site and remain committed to the common vision for a vibrant, integrated community for seniors, families and single individuals. Horizon Housing Society is finalizing the purchase of the east portion of the site, and they are moving toward development in 2017.

We look forward to sharing our plans and providing an update at a community information meeting on June 14th. Please see the details below.

**SILVERA FOR SENIORS AND HORIZON HOUSING SOCIETY
COMMUNITY INFORMATION MEETING
ABOUT THE ELBOW VALLEY SITE
JUNE 14, 2016
7 TO 8:30 PM
GLAMORGAN COMMUNITY HALL
4207 41 AVE. S.W.**

Information is available on our website at www.silvera.ca. If you have questions, please send them to contact@silvera.ca. You can also find information about Horizon Housing Society at www.horizonhousing.ab.ca.

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your **COMMUNITY BUSINESS** OF THE MONTH

Glamorgan Medical Clinic

#14 3919 Richmond Rd SW
587-350-8314

Glamorgan Medical Clinic is a family wmedical practice clinic. It's a brand-new, fully computerized clinic. It is located at #14 3919 Glamorgan Shopping Centre, Richmond Road SW, close to the Glamorgan Bakery. There is ample free parking in front of our office.

We have professional and friendly staff to provide customer service and answers to your questions. Your health is our priority. There is also Remedy's Rx pharmacy shop inside the clinic for your convenience. They are pleased to offer medication review as well as free city wide delivery.

The clinic is accepting new patients. Walk-ins are always welcome all the time.

The clinic was established in June 2014. Its mission is to provide medical services to all Calgary community and its entire surrounding. Our primary goal is service to you and your loved ones.

The clinic has a team of well trained and experience family physicians, nurse practitioner and psychologist from the Calgary central primary care network to provide total health care solution. They are client centered and caring health professionals.

We know you want the best health care not just for yourself but for your whole family, our team of medical expertise will get to know everyone in your family and understand their unique health issues. We are here to help you stay healthy.

Female family doctor is also available. She is great, friendly and she is accepting new patients. All our doctors are proud member of Calgary West Central Primary Care Network and Alberta Medical Association.

Our doctors see newborn children, adults and women .We provide antenatal care, general medical services, family practice, medical exams, annual physical, Pap test and in-office procedure. We also have doctors who have

special interest in chronic diseases and mental health. We don't rush nor push out our patients, our doctor's love spending quality time with the patients.

If you are seeking a comprehensive health care solution for you and your family, call to book your appointment at 587-350-8314 or visit our website at www.glamorganmedical.ca or email us at info@glamorganmedical.ca to learn more about what we offer. We want to be your Family physician and we are looking forward to meeting you and your entire family.

Glamorgan Medical Clinic

Family practice and walk-in Accepting new patients
Female doctor is available

Clinic Hours

Monday – Friday: 8:30 am – 7 pm
Saturday: 10 am – 5 pm

It's that time of year again!! Neighbour Day 2016 activity planning is well underway

This year Saturday June 18th will consist of:

**Pancake Breakfast with entertainment at 9am,
Bike parade for the young at 10:30am**

All ages welcome to join us on a historical community walk through the neighbourhood at 11am

And then updating the painting on Grafton Drive SW

to yet again beautify the neighbourhood! (weather permitting).

Come out and mingle with the neighbours, meet new ones or simply reconnect – we hope to see you there!



GLAMORGAN MEDICAL CLINIC
SW Calgary Family & Walk-In Medical Clinic

**ACCEPTING
NEW PATIENTS**

**Family practice & walk-in
Female Dr. is Available**

**#14 3919 Richmond Rd SW
587-350-8314**

Clinic Hours
*Mon - Fri 8:30 am - 7 pm
Saturday 10 am - 5 pm*

**JULY 8 TO 17
CALGARY STAMPEDE**

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. www.calgarystampede.com



**JULY 21 TO 23
MILKY WAY NIGHTS**

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



**JULY 30
SLIDE THE CITY**

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



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

1
2
3
4
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9
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11
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14
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16
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18
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31

- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca



The Million Question Challenge!

**What is a puppy?
How many dogs are there in the world?
What would happen if dogs grew wings and could fly?**

Calgary Public Library has a new summer learning initiative for school-aged kids called The Million Question Challenge! Kids will ask a million questions this summer, sparking curiosity and wonder. These questions can be about anything and everything – we hope that the questions will be personal and meaningful to each child, and will spur them on to finding some answers, too.

The kid who asks the most number of questions this summer will win a \$250 Toys R Us gift card and get to be the Kid Executive Officer (KEO) of the Library for a day!

We have a ton of fun reading activities this summer, too! Kids from 0-12 can join the TD Summer Reading Club again this year, and read to win prizes. Teens can participate in this summer's Youth Read. Get ready to read & win all summer long! Visit calgarylibrary.ca for details.

Adults can find great summer reads in both the We Recommend collections and the Your Year of Reading guides, available at your community library.



Just Say Hi!

A message from the Federation of Calgary Communities

Welcoming new neighbours or introducing yourself to those you haven't met yet is a great way to establish neighbourly relationships. People who know each other are more likely to look out for one another and help build and maintain a safe community.

Do you know the first name of at least five different neighbours? Would you be able to tell police the addresses of the houses around you in the event you witnessed suspicious activity? Could you ask a neighbour to borrow a cup of sugar or an egg for a cake you are baking? What about asking a neighbour to check in on the perimeter of your home while you're away? We sure hope you answered yes to a few of these questions! But, if not, take the plunge and just say hi! One of the easiest ways to increase safety in your community is to get to know your neighbours because people tend to look out for those that they know!

Don't forget, after introducing yourself, make the effort to wave, greet and chat with your neighbours regularly. This encourages friendly chit-chat and can make neighbours feel connected.

For more information or engagement ideas, visit our website at calgarycommunities.com.

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Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs,

snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

IN & AROUND CALGARY

Deerfoot Trail Study

Deerfoot Trail is an urban expressway for Calgarians, connecting them to their community, workplace or destination. Alberta Transportation and The City are partnering on a study for Deerfoot Trail from Stoney Trail North to Stoney Trail South. With up to 189,000 vehicles per day travelling on Deerfoot Trail we know there are challenges driving on this road. Through this study, we are looking at ways to better manage traffic and will provide short, medium and long-term recommendations to improve safety and reliability on this road.

Your feedback will help us develop and recommend solutions to improve Deerfoot Trail. Visit calgary.ca/deerfoot to sign up for e-mail updates, share your feedback online and for details on open houses.

Where is the study area?

Deerfoot Trail, between the Stoney Trail interchanges in the north and south. The study area is 37.5 km long, and includes 20 interchanges. Approximately 44 communities border the study area.

Why is this study needed?

Deerfoot Trail is Calgary's oldest freeway, and the busiest in Alberta. The majority of Deerfoot Trail was built between 1971 and 1982. The city's population has doubled since 1981 and the road is no longer meeting current traffic demand, resulting in traffic congestion, unreliability and safety concerns.

Visit calgary.ca/deerfoot for more information.

Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit calgary.ca/floodinfo for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.



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How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

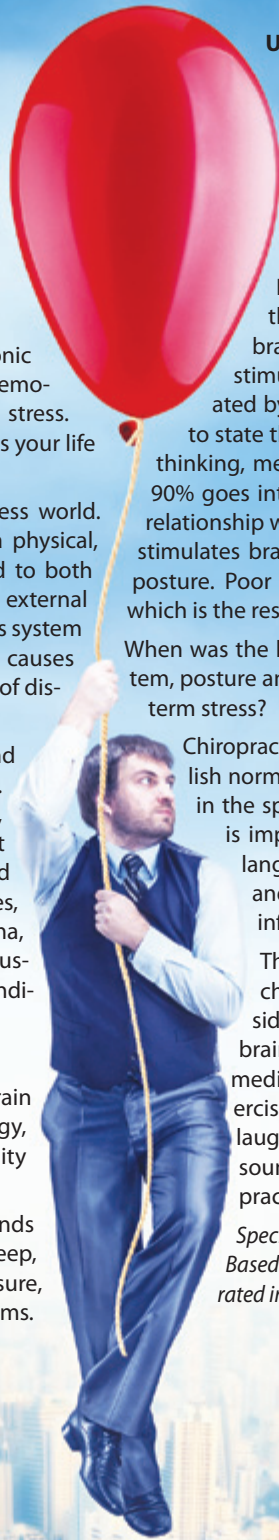
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 30

Insects and Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.



Discovery Magazine

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Why Is Oral Hygiene So Important?

Stephanie McIntyre

If you're over the age of 35, you're more at risk of losing your teeth to gum diseases (periodontal diseases) than tooth decay. Dental decay and cavities aren't the cause of tooth loss in adult patients compared to the slow, but highly destructive nature of gum disease. Caused by bacterial plaque, gum disease affects three out of four adults at some point in their life; robbing patients of their smile and oral health. **But the good news is that it can be prevented and controlled with effective oral hygiene.**

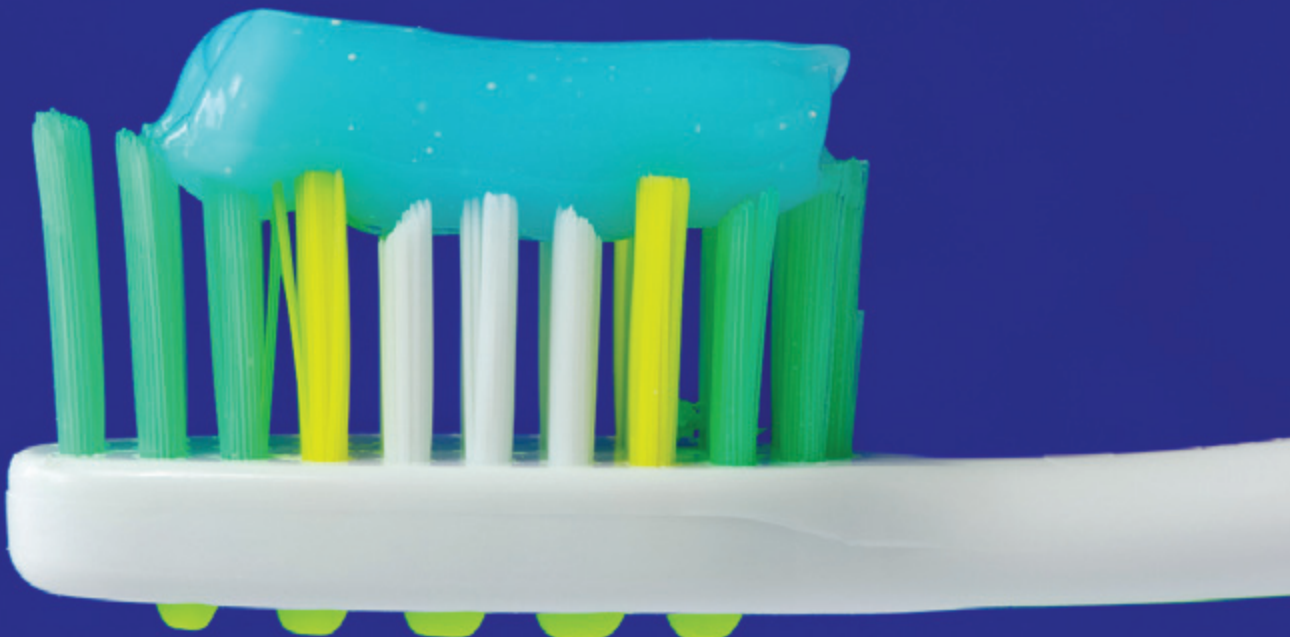
Oral Hygiene – Choose Your Weapon

Manufacturers of oral hygiene products have done a great job ensuring that there's an available plaque-fighting weapon that suits the unique needs and preferences of patients. From gum stimulators, floss wands and tapered bristles to sonic toothbrushes with UV sanitizers – there really isn't an excuse for not having a squeaky clean mouth. Not everyone loves to floss as negotiating around crooked teeth or handling floss if you have arthritic hands can be challenging. Talking with your dental team about your dental health needs, along with physical conditions that would prevent you from being able to brush and floss, gives your hygienist and dentist a chance to recommend devices that are

designed to do the job of keeping teeth and gums healthy.

Is Brushing and Flossing Enough?

Good homecare that consists of brushing twice a day and flossing (or using a flossing instrument) once in a 24 hour period builds a great foundation for good oral health. It doesn't take a lot of plaque to cause gum irritation that results in puffy and bleeding tissue – often considered the first signs of gum disease. Keeping tooth surfaces and gum tissue free from damaging bacteria that lives in plaque reduces inflamed gums, prevents pocketing around teeth and slows gum and bone recession. But is brushing and flossing enough to prevent gum diseases? **It's a great start and becomes even stronger when partnered with regular visits to the dentist for a professional cleaning.** A hygienist has special tools and instruments that can access the toughest of spots – removing plaque deposits that are just too tricky for dental floss to reach. The added benefit of having a dental cleaning is that any areas of inflamed tissue are irrigated during the cleaning – often rinsed with a solution that kills harmful bacteria that causes gum disease.



IN & AROUND CALGARY



Thinking about a yard improvement project?

Garages, decks, fences and even driveway widening are just some of the projects that often require a permit.

"Before you pay for materials, hire a contractor, or do it yourself, we encourage you to visit calgary.ca/homeimprovement or get in touch with us here at The City," says Jamie Fandrich,

Planning Services Technician at The City of Calgary, Fandrich is part of the team that helps Calgarians understand Alberta's safety codes and City bylaws on the phone and in person at the Municipal Building. The latest resource Fandrich's team uses to educate Calgarians on development and building regulations is the webpage calgary.ca/homeimprovement, which allows anyone interested in doing a renovation to browse popular home renovation topics for bylaw and permit information, property and land designation, drawings and forms they will need to complete their home renovation.

"It can sometimes be difficult to understand when you need a permit and what City bylaws might impact your project – we're here to help guide you through the process," Fandrich says.

Planning, development, licence or permit question?

Visit Calgary.ca/homeimprovement or call and visit Planning Services.

Planning Services

Monday through Friday (closed holidays)
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Call centre: 403-268-5311

Permit counter: 3rd Floor Municipal building, 800 Macleod Tr SE

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IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

IN & AROUND CALGARY

The Status of Emergency Preparedness in Calgary

Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)

A quarter of Albertans report having three or more 'precautionary' measures in place to support their own preparedness. "We've seen an increase of almost 10% in the number of families with 72-hour kits," says Tom Sampson, Chief of CEMA, noting the growth. "While this is improving, there is still work to be done to ensure citizens understand the risks and take some responsibility for their own preparedness."

The best ways individuals and families can prepare:

Know the risks. Flooding is most common May-15 to July-15 but can occur at any time of year. Be informed about current conditions. When weather watches or warnings are in place, be prepared for severe weather such as flooding, lightning, tornadoes, or winter storms. For more information visit Alberta Emergency Alert (emergencyalert.alberta.ca)

Make a plan. Know how to reach your family members if you are not with them when an emergency or disaster strikes.

Get a kit. Ensure you have a 72-hour kit stocked and ready to go that contains supplies to support you and your family for the first 72 hours of an emergency or disaster.

Calgary.ca/cema provides great resources for individuals, families and businesses to learn what they can do to prepare.

VOLUNTEERING
is good for the soul



Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

Floods, Woodlands & Bridges



Glenbow Archives ND-8-330



MISSION BRIDGE 2011

Laurens Philipsen, University of Lethbridge, from a presentation at the Bow River Basin Council Science Forum, February 2016 (printed with the permission of the author)

After eight decades without a major flood, extreme rains in 2013 resulted in the highest recorded flows along the Bow and Elbow Rivers. This flood mobilized previously stable gravels and other alluvial sediments resulting in the transformation, expansion and/or creation of gravel bars and islands. These newly-formed surfaces provide an opportunity for the progressive colonization and succession of new riparian plant communities.

Although beneficial to the ecological health of this previously static system, newly establishing woodlands on

gravel bars could pose a flood hazard. Woodland development at some locations might impede river flows and elevate overbank flooding and erosion during future floods. To investigate this prospect, the University of Lethbridge was tasked with analyzing and projecting post flood vegetation colonization along the Bow River as part of the Calgary Rivers Morphology Project*. Using these predictions areas of concern for future potential river impediment were identified.

Although the study was limited to the Bow River in Calgary, flooding of the Elbow River at Mission Bridge in 2013 provides an example of where riparian woodlands forming around bridges can present a problem. Constructed in 1914 and 1915, the Mission Bridge spanned a small sparsely vegetated island. Over the years the island has become a woodland including balsam poplars. During the 2013 flood, these trees collected debris and formed a barrier that greatly reduced the capacity of the middle spans of the bridge to convey floodwaters. While overbank flooding at this location was inevitable given the volume of water, it is likely that the woodland at Mission Bridge elevated flooding.

Riparian areas along rivers and streams in Calgary present a natural environment for people to enjoy within an urban setting. Preserving these areas is important. However, when vegetation begins to negatively impact infrastructure it might be necessary to control its development and thus avoid problems such as the flooding that occurred at Mission Bridge.

*Calgary Rivers Morphology Project, sponsored by the City of Calgary, and Alberta Environment and Parks Watershed Resiliency and Restoration Program

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus).

HOME GARDENING WITH BARBARA



ALLEYS AND HOLLYHOCKS

Barbara Shorrock

Watch out for a woman on a mission, particularly if she is a gardening-type woman. You might just get caught up in her quest, and who knows where that could lead.

Take back alleys, for instance. Most older houses in Calgary have a back alley (or lane, if you wish) and most of them are pretty dismal. Not a thing of beauty. Scruffy. Untidy. Unloved. Ignored. Most are surfaced with gravel, with the exception of those blocks that have been upgraded to asphalt. Nicer and cleaner, but expensive. Many of us who have a dog to walk (or a "granddog" in my case) spend more time in the alley than on the street some days, so we see what goes on behind our neighbours' fences. Would you agree with me that there could be some improvement here?

How much trouble would it be to plant a little something out there for our fellow gardeners and dog walkers, not to mention ourselves? Me, I adore Sweet Peas – the scent is so edible I can stuff my head into a bunch and just inhale the intoxicating fragrance. Usually, I prefer to leave summer flowers outdoors; they look better where Mother Nature placed them. Sweet Peas, however, must be cut because if you leave just one to go to seed (looks like a little pea pod) that's it, game over, no more blooms. Keep cutting them (they make the kitchen smell heavenly) and the plants will bloom and bloom right until snowfall. So toss a bunch of sweet pea seeds along the fence and make your neighbours smile.

My next favourite is the old-fashioned Hollyhock for its statuesque beauty. Tall and tough, with dramatic papery flowers arranged all the way up the towering

spires, they also bloom for weeks through summer and fall. You might have to tie these to the fence, as our summer storms can send them off in odd directions. Hollyhocks are biennials (bloom in their second year, then die), so must be planted for two consecutive years to assure continued bloom. They will reseed themselves from then on with little fuss. Furthermore, they attract bees like crazy.

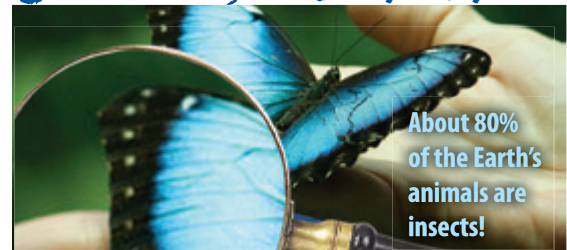
The main focus of the Blockwatch program is to watch out for one another and prevent crime. The easiest way to talk to newcomers in the neighbourhood is about their garden, whether it be the one facing the street, the private one glimpsed through the fence, or the Sweet Peas and Hollyhocks in the back lane. Summer is short. Stop and smell the flowers.

How do you know you are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather shop at a garden centre than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to arboreta and botanical gardens.
- Dirt under fingernails and calloused palms are matters of pride.

Barbara Shorrock is a retired realtor, writer, book lover, ESL coach, traveler and gardener. She can often be found at the Queensland Garden Club, which meets the first Wednesday each month at 7:00 pm at the Queensland Community Centre. Everyone is welcome, and we don't care where you live.

Insect Trivia





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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.



by Lisa Martin

BEAUTIFUL Prague

Prague is a charming and elegant European city that is not to be missed. During the Gothic and Renaissance eras, it was the capital of the Holy Roman Empire.

Thrust into Prague's rush hour traffic on a Friday afternoon in April, I frantically dug in the glove compartment for our hotel's address. We checked our map for the best route but it was from a car rental agency and of little help in finding the way. At least we knew we were in the right corner of the city so we drove up and down countless busy thoroughfares searching for the hotel, slowing to try to read street signs as they flashed by. Horns honked at us and drivers glared until finally we turned a corner and by divine intervention, there was the Pension Klenor. We had arrived!

We were warmly welcomed by the proprietor and shown to a spacious and bright room on the second floor. A quick shower and change of clothes later, we headed out the door for the tram that would take us to the old town.

We crossed the graceful Charles Bridge that spans the Vltava River and leads to Prague's cobblestoned old town. Apple strudel, art galleries, street musicians and did I mention the Bohemian glass! Shop windows sparkled with intricately cut crystal goblets in vibrant reds and blues and yellows, so gorgeous that they made you want to drink wine if you did not already.

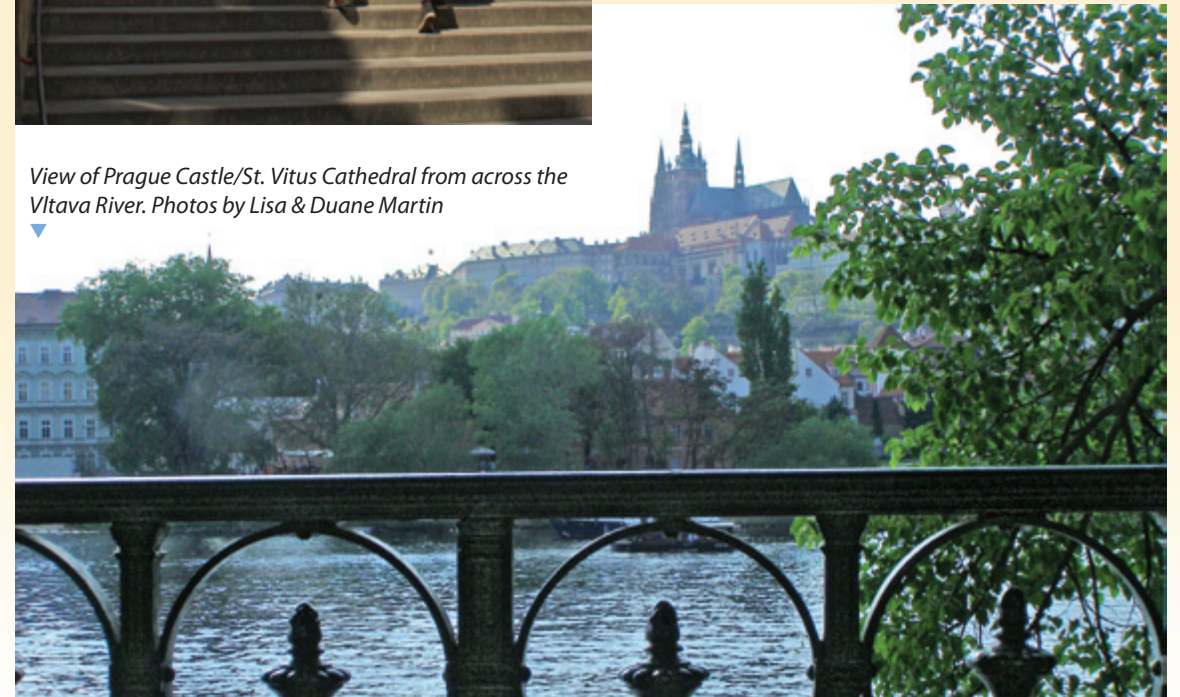
It was dusk when we started for home and the view from Charles Bridge was stunning. High on a hill, the spires from Prague Castle were silhouetted against a slowly darkening sky of pink, mauve and grey. The bridge lantern lights flickered on just then and although there were crowds, people spoke in hushed voices in seeming reverence at the beauty of the evening. It was magic.

A SEA OF RED TILED ROOFS SPREAD OUT BELOW US AND THE SKYLINE WAS DOTTED WITH THE DOMES AND SPIRES THAT ARE SO MUCH A PART OF PRAGUE

Saturday morning we reached the tram platform only to learn the line was out of service. We had no plan B and no idea what to do next. As we stood there puzzling, an elderly lady who had also been waiting on the platform walked up and smilingly gestured that we should follow her. We only hesitated a moment. We walked to a bus stop three blocks away and boarded the bus for a short ride to a different tram line that was operating.



View of Prague Castle/St. Vitus Cathedral from across the Vltava River. Photos by Lisa & Duane Martin



All the while she was animatedly chatting away to us in Czech and we were smiling and nodding back in English. I have no idea what our spirited conversation was about but I'm sure it was interesting. The kindly stranger waited with us until the tram arrived and we were safely boarded and then waved good bye as we pulled away. Bless her heart.

Sunday we took the scenic but arduous "old steps" up the steep hill to Prague Castle. As we climbed, a sea of red tiled roofs spread out below us and the skyline was dotted with the domes and spires that are so much a part of Prague. When we reached the top we stopped to rest on a bench in a quiet garden. Just then the cathedral bells began to ring out announcing the hour and in a moment they were joined by a whole chorus of bells pealing from the old town below. We sat for a long time and listened. It was a glorious moment and a favourite memory of beautiful Prague.

Lisa Martin has travelled extensively throughout the British Isles, Europe, Australia, Canada, the United States, and Mexico, as well as parts of the Middle East and Asia.



MLA CALGARY-ELBOW GREG CLARK

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

It has been a busy couple of months in the Legislature and like many of you I'm looking forward to a busy summer of festivals, outdoor activities and family time. I am excited to be back in the constituency and meeting with residents and community groups.

As summer approaches we need to consider how we can safeguard our property while many of us travel away from home. The Calgary Police Service suggests some simple practices, including locking your doors, removing valuable from vehicles, trimming shrubs and maintaining property, using motion detection lights and keeping an eye out for one another. Get to know your neighbours and have them take in your mail and mow your lawn while you're out of town.

Data recently released by the Calgary Police Service (CPS) shows break-ins are on the rise in Calgary, with four of the top five communities located here in Calgary-Elbow. A number of factors account for this city wide 56% increase from last year, including the economic downturn and increased addiction to fentanyl.

Visit our new website at www.calgaryelbow.ca to find a link to more details on Calgary crime statistics or you contact my office at Calgary.elbow@assembly.ab.ca to find out more.

CPS encourages us to report all crimes, so they can track trends. It is through the use of these statistics that police resources are deployed. But not every incident requires we phone 9-1-1. So who should we call, and when?

Call 9-1-1 when you believe someone is in immediate danger, or you are witnessing a violent or criminal act. These types of incidents may include house break and enter, vehicle theft, or domestic violence.

The CPS non-emergency number, 403-266-1234, should be called when you believe the police should be engaged but there are no immediate threats to safety. These are lower priority calls that the police will respond to at a later time. These crimes may include phone

scams, damage to property, a drug tip, or theft from a vehicle. You can also report these crimes using the CPS website at www.calgary.ca/cps and clicking on 'Report a Crime Online'.

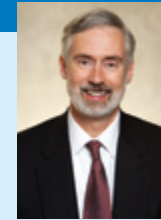
3-1-1 Calgary is a single point of contact for City of Calgary non-emergency services. The service can be reached by dialing 3-1-1 or online at www.calgary.ca/311online. Please contact 3-1-1 to report graffiti or bylaw related concerns.

The Federation of Calgary Communities has a great resource centre that offers a wide range of resources on crime prevention, safety, community engagement, and more. Visit them at www.calgarycommunities.com and search 'virtual resource centre' to access the information.

I wish you a relaxing and fun filled summer. I'll be in the constituency until the Legislature sits again in October. Please feel free to stop by the office and say hello. We are located above the Sunterra in Britannia.

BRAIN GAMES SUDOKU

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



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 • [f](#) [t](#)

Hello,

I wanted to thank you for attending our four Councilor Chats and Ward 6 Open House! Thank you for the chance to connect with you and hear your concerns, suggestions, what we are doing well, and what we could be doing better. If you were unable to make it and have any questions or concerns you can email me at richard.pootmans@calgary.ca.

In 2013, Calgary endured one of the biggest and costliest natural disasters in history. Calgarians joined together to help each other during and after the flood. I saw what was achieved when neighbours and communities united to collectively support those in need. To celebrate our spirit and resiliency, Neighbour Day was established for Calgarians to commemorate our neighbours and instill that same sense of community exhibited during this disaster. Held annually on the third Saturday of June, join your neighbours on June 18, 2016 at a #yycNeighbourDay or a Stampede BBQ event. Visit calgary.ca/neighbourday for your event planning guide and ideas. See you there!

Events in Ward 6

Saturday June 18th

Glamorgan Neighbour Day Family Fun Event
9 a.m. to noon (4207 41 AV SW)

Strathcona/Christie/Aspen
Neighbour Day Stampede Breakfast
9 to 11:30 a.m. (277 Strathcona DR SW)

Glenbrook
Get Moving YYC Scavenger Hunt & Hot Dog Roast
11 a.m. (3524 45 ST SW)

Springbank Hill
Soccer Wind-Up & Neighbour Day BBQ
11:30 a.m. to 2:30 p.m. (Springbank Hill Playground -
Springbank BL & 26 AV SW)

Coach Hill
Odyssey Towers rooftop Neighbour Day BBQ
3 p.m. (7030 Coach Hill RD SW)

Sunday June 19th, 2016

Discovery Ridge

Neighbour Day Stampede Breakfast
8:30 to 11 a.m.
(Discovery Ridge Plaza - 10 Discovery Ridge HL SW)

Saturday July 9th, 2016

Glendale
Stampede Breakfast
9 a.m. (2405 Glenmount DR SW)

Signal Hill
Westside Stampede Caravan Breakfast 9 to 11 a.m.
(Westside Recreation Centre - 2000 69 ST SW)

West Springs/Cougar Ridge
Charity Stampede Breakfast
9 a.m. to noon (West Springs Village - 85 ST & 9 AV SW)

Monday July 11th, 2016

Coach Hill/Patterson Heights
Stampede Breakfast
8:30 a.m. (Coach Hill Plaza - 6450 Old Banff RD SW)

IN & AROUND CALGARY

World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit calgary.ca/seniorsweek for event information.

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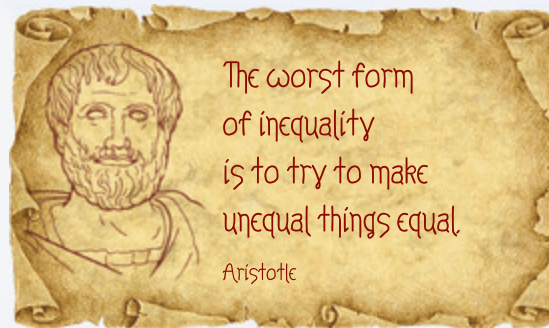
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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RON LIEPERT

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Phone: 403-292-6666 • Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca

I want to begin by expressing my profound sympathy to all our fellow Albertans in Fort McMurray and area who were impacted last month by the terrible wildfires. I would encourage constituents who have not done so to donate to the Red Cross on behalf of those affected by this terrible tragedy. There is no doubt that this year has been a difficult one for many families in Alberta, nevertheless I hope that you will each be able to find time to enjoy the warm weather with loved ones and family over the coming months.

I also want to thank the many of you that have emailed, called, or sent comment cards in about my first installment of *The Hill Report* which went to every mailbox in the riding last month. *The Hill Report* is one of the ways I am trying to keep you up to date to the happenings in Ottawa, and share with you my perspective on what I'm hearing. As always, your feedback on the report or anything else is welcomed and appreciated.

As you may know, the House of Commons recently passed legislation surrounding the legalization of medical assistance in dying. This is a deeply personal and emotional topic and how to vote on bill C-14, which was the Government's legislation on the matter, weighed heavily on my mind. Over the past months, I have been attempting to reach out to as many constituents as possible to hear your thoughts on the new legislation. You may recall receiving either a telephone call from me last month or an email, a message in *The Hill Report* and/or an advertisement on Facebook asking for your feedback. I am deeply grateful to the hundreds of constituents that responded to my survey.

I have posted a "What I Heard" document, outlining the results of the survey, on my website www.ronliepert.ca. The position of constituents in Calgary Signal Hill was very clear - 77% of respondents believe that legalizing medical assistance in dying is the right thing to do for Canada. A majority of you also felt that we needed to take a cautious approach with respect to contentious issues such as minors, advanced consent, and ensuring conscience rights of medical professionals are protected. In my opinion, the legislation that came before the house presents a very careful approach on those concerns. I believed strongly from the beginning that my vote should reflect your voice - and subsequently, I have voted in favor of the legislation.

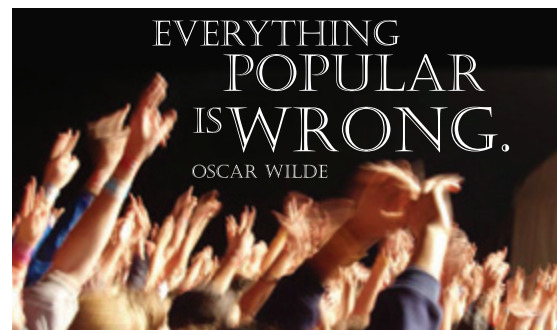
COMMUNITY ANNOUNCEMENTS

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

BABYSITTER: Responsible 12 year old with babysitting license and Red Cross certificate. Experience with ages 2+. Available most weekday evenings and weekends. Resident of Glamorgan. Please call to arrange and interview 403-217-1745.



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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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North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016 -17 school year.

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