

MARCH 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



Getting to know my residents is a privilege. My job is their happiness.

**PETER, ADMINISTRATOR  
WORKING AT CHARTWELL SINCE 2013.**

At Chartwell, our staff deliver more than just services; they deliver a caring and empathetic connection that truly makes life better for our residents.

CHARTWELL.COM

Unique suites  
starting at  
**\$2,125\***  
per month



CHARTwell

ROYAL PARK  
retirement residence

Make us part of your story.

4315 Richardson Rd. SW, Calgary  
587-287-3940

\*Conditions may apply.



Glamorgan Community Association

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

## CONTENTS

- Glamorgan Greats! 6
- Annual General Meeting 7
- Did You Know? 8
- Glamorgan Messages 9
- March is Community Association  
Membership Awareness Month! 11

## NEWSLETTER AD SALES

GREAT NEWS PUBLISHING  27 YEARS

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



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

# Vibrant

Vibrant Vibrant Connected  
Caring Caring Connect  
Connected Caring Connected  
Caring Connected

## COMMUNITY PROGRAMS

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

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

**INTEGRATED WELLNESS WITH RHONDA** – Body Sculpting exercise program Mon, Wed mornings and Wed evenings. Call Rhonda at 403-681-3439. [www.wellnesswithrhonda.com](http://www.wellnesswithrhonda.com).

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

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

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

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

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

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

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

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

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

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

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

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

Memberships can be purchased at the Glamorgan Community Association office.

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

Memberships can be purchased online at [www.myglamorgan.ca](http://www.myglamorgan.ca)!



**GLAMORGAN**  
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](http://www.myglamorgan.ca) • email: [info@myglamorgan.ca](mailto:info@myglamorgan.ca)

### BOARD MEMBERS

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

### LIAISONS

Calgary Police Service Community Resource Office	403-428-6200
Community Partnerships Coordinator – 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 3<sup>rd</sup> Thursday of each month. Community members are welcome to attend. Call 403-246-8218 for more information.

# Vibrant

Vibrant Vibrant Connected  
Caring Caring Connect

## MEMBERSHIP

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

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

**GLAMORGAN COMMUNITY CENTRE**

**4207 – 41 Ave SW Calgary AB T3E 1G2**

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

Memberships can also be purchased online at [www.myglamorgan.ca](http://www.myglamorgan.ca)

Please choose your desired type and length of membership:

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

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

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

First Name	Last Name	A/Y

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

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



## CALGARY COIN SHOW

March 19 & 20, 2016  
10 am to 5 pm each day

Clarion Hotel  
2120 16<sup>th</sup> Ave. NE

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

**ADMISSION \$5,**  
bring this ad and get \$2 off.

Children under 16 free

[www.calgarynumismaticssociety.org](http://www.calgarynumismaticssociety.org)

## McLAWS LAW

ESTATE PROBATE  
WILLS  
POWERS OF ATTORNEY  
PERSONAL DIRECTIVES

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

Insurance Disputes - Small Business  
Employment Issues - General Litigation

Peter B. McLaws  
Barrister & Solicitor

(403) 710-3712  
[www.mclawslaw.ca](http://www.mclawslaw.ca)

# Glamorgan Greats! Note to Readers

To all my neighbours:

Through writing the "Glamorgan Greats" column, I have had the privilege of meeting many wonderful Glamorganites, all of them interesting in their own way. I have been trying to represent the diversity of Glamorgan, profiling people of different ages, genders and backgrounds, some new to the community and some long-time residents.

**I need your help.** I am relying on you to provide me with names of neighbours or friends who I could contact for the column. Or maybe you yourself would be willing? No matter how "ordinary" you think your life is, you would be surprised how your story will resonate with many others. Everyone has something of value to contribute.

Are you a closet writer, who has secretly dreamed of having your words put into print? How about taking a turn at writing a profile?

In the meantime, I will be submitting a column every other month, until I start receiving all your great ideas. I would welcome your feedback on what you like and don't like about this newsletter feature. Thanks in advance for your help.

Loretta Biasutti: [Biasutti@shaw.ca](mailto:Biasutti@shaw.ca) 403-249-5945 or drop off your suggestions at the community centre.

As sad farewell to Dave Thomson (profiled as a Glamorgan Great in October 2014), who passed away January 15th. Dave was an original resident in Glamorgan and an active participant on the community association board in years past.



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

### AGENDA

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

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

## DID YOU KNOW???

The Glamorgan Community Association Annual General Meeting is coming up on March 17th, and we are looking to add new members to our Board of Directors.

Board Members are asked to attend 10 meetings per year to help keep Glamorgan *Vibrant, Caring and Connected*.

As well as Board positions we are always looking for volunteers to help out with the many, many events and programs that run out of the community. A few of these are:

- \* Bingos and Casinos
- \* Rink Maintenance and GlamShack Concession
- \* WinterFest
- \* Children's Halloween Party
- \* Community Clean Up
- \* Outdoor Soccer
- \* Family Fun Day

If you are interested in any of these opportunities we will be available to provide more information at the AGM. We hope to see you there!!

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



[www.glamorgananimalclinic.com](http://www.glamorgananimalclinic.com)



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

## Glamorgan Messages

**Outdoor Soccer Registration is ongoing.** Please note that there will be a \$25 late registration fee applied after March 30. Register online at [www.myglamorgan.ca](http://www.myglamorgan.ca) or in the office.

**We are looking for volunteers for our March 21 bingo!** Two shifts available: 4:15pm to 9:45pm or 9:00pm to 12:15am. For more information please call the office at 403-246-8218.



## SENIORS CORNER

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

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

Come out and enjoy an afternoon with your neighbours!

Different activities each month:

- March 1** Joanna Tschudy from Spruce It Up
- April 5** Doug Coates – 20 Historic Houses
- May 3** Francis Wright – Famous 5

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

For more information, contact the Glamorgan Community Association

**Bruce Miller**  
BSc, BSc Psych, CCS, CNE  
EXECUTIVE PLATINUM AWARD

**CIR REALTY.**  
B: 403.294.1500  
F: 403.266.0941  
C: 403.667.1441  
[www.bruceMiller.ca](http://www.bruceMiller.ca)

#100 707 10 Ave SW Calgary, AB T2R 0B3  
*Long Term SW Inner City Resident*

REALTOR MULTIPLE LISTING SERVICE CNE LEADING REAL ESTATE COMPANIES OF THE WORLD

**Mad SCIENCE** Robotics, Brixology with Lego®, Little Inventors and Mini Mad Lab Summer Camps

Coming to your Community or one near you!  
[calgary.madscience.org](http://calgary.madscience.org)  
403-263-4140

The Leading Fun Science Provider for 20 years!

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 24



HIGHLY EXPERIENCED DENTAL AND ADMINISTRATIVE STAFF

SPECIALIZING IN SMILES (AND FREE PARKING TOO!) ASK US ABOUT DIRECT BILLING



GRAND OPENING ACCEPTING NEW PATIENTS SAME DAY EMERGENCIES



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

WWW.GLENBROOKDENTAL.CA

CELEBRATE EARTH DAY AT THE CALGARY TOWER

CLIMB 802 STAIRS



OR RACE 1KM & CLIMB 802 STAIRS

IN SUPPORT OF



APRIL 23, 2016

www.ClimbForWilderness.ca

IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

IN & AROUND CALGARY

Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill Throw 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

Evergreen Fire Station 37 2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

Shepard Landfill - 68 Street and 114 Avenue S.E. Cedarbrae Fire Station 24 - 2607 - 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.

Advertisement for Padgett Tax Services: Worried about your taxes? We're here to help you RELAX. Income Tax, Payroll, Bookkeeping, Reporting. Daniela H. Barber CPA, CMA. 403-220-1570. info@padgettcalgary.com. 2808 B - 41 St. SW, Calgary, AB T3E 3K8. Visit padgettcalgary.com for more information. CANADA'S FIRM FOR SMALL BUSINESS TAX NEEDS.

## READYCALGARY 2016

**READYCALGARY** is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit [Calgary.ca/READYCALGARY](http://Calgary.ca/READYCALGARY) for more information or to register today!

### Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

### 2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at [Calgary.ca/READYCALGARY](http://Calgary.ca/READYCALGARY)
- The registration process is available online via 311 or email your preferred dates to [CEMATraining@calgary.ca](mailto:CEMATraining@calgary.ca)
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

**Section 1:** March 8 (17:30 - 20:30 at CEMA)

**Section 2:** March 22 (17:30 - 20:30 at CEMA)

**Section 1:** April 6 (17:30 - 20:30 at CEMA)

**Section 2:** April 20 (17:30 - 20:30 at CEMA)

**Section 1:** September 15 (17:30 - 20:30 at CEMA)

**Section 2:** September 22 (17:30 - 20:30 at CEMA)

**Section 1:** October 4 (17:30 - 20:30 at CEMA)

**Section 2:** October 18 (17:30 - 20:30 at CEMA)

## EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of burn

**1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

**2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

**3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1**.

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

- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. [www.tasteofbraggcreek.ca](http://www.tasteofbraggcreek.ca)
- **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. [www.calgaryphil.com](http://www.calgaryphil.com)
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. [www.tourismcanmore.com](http://www.tourismcanmore.com)
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. [www.calgaryundergroundfilm.org](http://www.calgaryundergroundfilm.org)
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! [www.musicandplay.ca](http://www.musicandplay.ca)
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. [www.vertigotheatre.com](http://www.vertigotheatre.com)
- **April 26 to 29 - Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. [www.calgary.broadway.com](http://www.calgary.broadway.com)
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. [www.calgaryexpo.com](http://www.calgaryexpo.com)

### APRIL 8 TO 9 DANCE AT NIGHT:

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)



### APRIL 10 TO 11 EXTREME PLANET WITH PHOTOGRAPHER CARSTEN PETER:

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. [www.artsccommons.ca](http://www.artsccommons.ca)



### APRIL 14 THE VIEW FROM BEHIND BARS - AN EVENING WITH PIPER KERMAN:

Spend a special evening with Piper Kerman, best-selling author of *Orange is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. [www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/](http://www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/)



# 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](http://www.myglamorgan.ca) for soccer updates or to register online



# Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You've joined with a partner to share your life and love and that's good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here's some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and income if either of you dies or becomes unable to

- work due to an accident or illness?
- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.





Interview Me!  
Call Nancy Ball  
403-510-6000

Visit my website  
for MLS listings updated every hour

#10 Producer Overall  
CIR Realty 2015  
Your Home Staging Realtor



WWW.NANCYBALL.CA



**Easter at Westedge**  
A CAMPUS OF FIRST ASSEMBLY  
SUNDAY // MARCH 27 2016  
8:45 - 9:45 AM // EASTER EGG HUNT  
FREE // TIM BITS & COFFEE  
PRIZES // RAFFLE & GOLDEN EGG PRIZES  
FUN FOR THE KIDS // BOUNCY HOUSE & FACE PAINTING  
STAY FOR OUR SUNDAY GATHERING // 10 - 11:30 AM  
WESTHILLS CINEMA // WEST OF AUCKLAND

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
safetysync.com  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

GLAMORGAN COMMUNITY ASSOCIATION  
PRESENTS  
**PUB NIGHT**  
MARCH 4  
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



# Are You Scheduled Or Just Completed Joint Replacement Surgery?

By Penny Hodgson C.H.N. C.T.C.

If your joint has deteriorated to the point of requiring surgery, consider the following:

- 1. Acute Pain** from the degraded joint and surgery can **disrupt digestion**, which can prevent certain nutrients from getting into your system.
- 2. Mineral depletion**, caused from the body trying to maintain and even repair the joint on its own, is not usually replenished without the added use of a variety of mineral supplements. Analysis of mineral deficiencies will indicate the appropriate amount of nutrients needed to replenish bone stores and fortify the new joint.
- 3. Chronic pain, worry and stress** cause strain on the adrenal glands by keeping your body in a fight or flight response. Nutrients that support the adrenal glands should be taken until all the symptoms of adrenal exhaustion have reduced significantly, or are gone altogether.
- 4. Certain pain relievers, antibiotics and other medications** (anaesthetic, relaxants etc.) can further disrupt the digestive process, reduce the level of beneficial bacteria needed for a healthy intestinal tract, thereby interrupting the assimilation process and preventing the uptake or even depleting your body of required nutrients.

Disrupted or reduced digestion means that the nutrients in your food, or supplements, are not being absorbed properly. No matter how healthy you think you are eating, or how many supplements you are taking, until your digestive process is functioning normally your body is not getting the required nutrients for optimal healing.

In some cases, disrupted digestion can lead to other issues like intestinal inflammation and leaky gut syndrome. An imbalanced intestinal system can lead to excessive weight gain, food allergies and intolerances, unexplained aches and pains, fibromyalgia, and chronic fatigue syndrome just to name a few.

Don't forget that doctors and other health care practitioners such as physiotherapists and massage therapists are focused on the task at hand. Nutrition has become a specialized therapy, and proper nutritional guidance requires that a doctor or therapist has studied or specialized in nutritional science.

Along with proper nutrition, the body requires the right amount of exercise in the right way. If you have had joint replacement surgery, seeking the counsel of a physiotherapist to ensure you are performing the required exercises properly is a good idea, even if you exercise regularly. Physiotherapy is usually prescribed by the surgeon to ensure exercises are done properly, so as to not jeopardize the new joint.

In order for muscles to heal properly, good blood circulation is required to deliver the much needed nutrients to the damaged tissue. Massage therapists can help ensure proper circulation and also stimulate lymph flow, which is also an important factor in the healing process.

Emotional health can also be affected by stress resulting from long surgery waiting times, fear of upcoming surgery, fear of pain, and financial strain as a result of having to take time off work. Talking with a trained therapist can help you find your way back to positive emotional wellbeing.

Nurturing your spirit will also help your body heal. Stress and pain can sometimes become so paramount in your day that your usual Spiritual practice gets put aside. In some cases, you might question why you have been put through such an ordeal or blame God for your situation. In these cases, seeking help from an elder that shares your beliefs might bring much needed insight into your situation.

*Penny Hodgson is certified in Holistic Therapeutic Counseling and Holistic Nutrition*

# Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate ex-

cessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.

## calgary reads

### Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children’s brains and shape their futures.

#### Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

#### Talk More

Narrate day-to-day routines, such as diaper changes. Use details: “Let mommy take off your diaper. Oh so wet! And smell it. So stinky!” Or when tooth brushing: “How many teeth do you have now? Let’s count them together . . . 1, 2, 3 . . .”

#### Take Turns

Keep the conversation going. Respond to your child’s sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than ‘yes’ or ‘no’ answers.

Adapted from the book, *Thirty Million Words: Building a Child’s Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words and fewer words of encouragement. This ‘word gap’ can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child’s first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

**If you are bilingual, talk to your child mostly in your**

**first language** – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that’s English.

**Embrace baby-talk** – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

**Read aloud to your child.** Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: [www.thirtymillionwords.org](http://www.thirtymillionwords.org)

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: [www.calgaryreads.com](http://www.calgaryreads.com).



### Building a City of Readers

Whether you choose to read with a book in hand or with an ebook downloaded from our extensive catalogue, all you need to get started is your FREE Calgary Public Library card and our Year of Reading Guides. Use the guides to plan your next read, track your progress or take notes.

The Year of Reading Guide is a series with one guide for each of preschoolers, kids, teens, and adults and features librarian-approved recommendations for everyone!

Your family can make use of tons of FREE Library e-resources. Just download ebooks directly to your device ([libraryebooks.ca](http://libraryebooks.ca)); check out free movies, TV, music and audiobooks with Hoopla ([libraryhoopla.ca](http://libraryhoopla.ca)); load virtually every popular magazine you’d ever want to read ([libraryzinio.ca](http://libraryzinio.ca)). All you need is your FREE Calgary Public Library card.

Consider giving a guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at [calgarylibrary.ca/card](http://calgarylibrary.ca/card).



## COUNCILLOR, WARD 11 BRIAN PINCOTT

[www.ward11calgary.ca](http://www.ward11calgary.ca)

My team and I are being asked where the City is in the process of creating a SW Transitway. While we have worked to clarify some of the misinformation in the community before, we hope the questions and answers below will help address further questions and outline the upcoming project path.

### Will the SW Transitway be cancelled?

The SW Transitway will be proceeding. Council voted unanimously for the idea in 2011, and now the transportation project team at The City is working on the detailed design phase while addressing questions they have heard. As this project has been approved by City Council all final decisions will be made by the Project Team and their colleagues.

### Why not wait for the Ring Road?

While the Ring Road is expected to alleviate some of the traffic issues on 14<sup>th</sup> street, Glenmore, and Crowchild, it does not address the needs of all. The Ring Road is a provincial highway that is intended to bypass communities and as such does not work for transit. The SW Transitway is very specifically about improving transit for SW communities and increasing transportation options to move people through the city. The two projects, while complementary to one another, address different needs and serve different users.

### I keep seeing TOD. What is a TOD?

TOD stands for Transit Oriented Development. It is an urban planning term that means the placement of buildings, walkways, and houses within a community take into consideration the ability of residents and visitors to access transit. This typically means greater density development in the area immediately beside these stations. The goal with TOD is to remove the need to use a private vehicle to connect to transit.

### Will the City be doing TOD at the SW Transitway bus stations?

No. The City's TOD policy refers only to the development of City owned land surrounding LRT stations, or at BRT

stations where an LRT is planned to be in the future. The SW Transitway is NOT planned as a precursor to an LRT line. The City will not be applying its TOD policy to these stations, nor does the City own large tracts of land in the area.

### Brian brought a Notice of Motion to Council last year, regarding Glenmore Landing. What was that all about?

Glenmore Landing sits on privately owned land. While the landowner, Rio-Can, has not submitted any redevelopment applications to the City as of February 1, 2016, they have made it clear that they intend to do so in the future. Brian's Notice of Motion directed the City to work with the landowner as much as possible to avoid excessive construction disruption to the community and enable smart planning decisions to be made by both parties. The Notice of Motion can be found on the Ward 11 website.

If you would like more information, please see [www.calgary.ca/swtransitway](http://www.calgary.ca/swtransitway), and remember to sign up to receive updates from your Ward 11 office at [www.calgary.ca/ward11](http://www.calgary.ca/ward11).

*Living the Dream Lakefront  
in Auburn Bay*





**Ryan MacDonald, B.Sc.**  
**Sheri MacDonald, M.Sc.**  
403.519.9102  
[info@calgaryhometeam.com](mailto:info@calgaryhometeam.com)  
[www.calgaryhometeam.com](http://www.calgaryhometeam.com)







## IN & AROUND CALGARY

### March is Community Association Membership Awareness Month!

**Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?**

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

**Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!**

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

### Glamorgan Bakery

[www.glamorganbakery.com](http://www.glamorganbakery.com)

3919 Richmond Road SW  
403-242-2800

#### Our Specialties

• Cheese Buns • Birthday Cakes • Pizza Buns

Open Monday to Saturday  
8 am - 6 pm



### On-Site



### Computers



"We fix the computers that have you in a fix"

Home, Business, Internet, email, Virus removal, etc.

**Bruce Easthope**  
Phone: 403 880 5989  
[bruceeasthope@yahoo.com](mailto:bruceeasthope@yahoo.com)

## BOSTON PIZZA Bounce Back Program

### RICHMOND ROAD LOCATION

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





## MLA CALGARY-ELBOW GREG CLARK

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

Dear Neighbour,

At time of writing the government has just released their royalty review. My first reaction is relief that it doesn't appear the government has significantly increased royalties, especially in these very tough times. I'm also glad to see the expert panel has found Albertans have been getting our fair share of resource royalties all along, and I'm optimistic the proposed changes will help keep our province competitive so Albertans can continue to benefit from oil and gas production for generations to come.

My team and I will study the document in detail to ensure there are no unintended consequences of the proposed changes, and as always I welcome your feedback on this or any other topic.

You can read the full royalties report at [www.letstalkroyalties.ca](http://www.letstalkroyalties.ca).

Another topic of interest to many in Calgary-Elbow and beyond is the status of the homes purchased under the Floodway Relocation Program. On January 29, 2016 I joined Minister of Municipal Affairs Danielle Larivee, Mayor Naheed Nenshi and Councillor Gian-Carlo Carra to gather community input about what should be done with the 17 properties purchased under the program. Although many (including me) would like to see at least some of the homes saved and resold immediately, the

provincial government believes the liability risk is too great to allow this to happen.

The open house was very well attended and we heard loud and clear that you want the properties put on the market as soon as possible to make our communities whole again, and to recover some of the money spent on the original program. Based on the information presented in the meeting the Province is open to doing just that, but only once flood mitigation is in place. In the meantime the properties will be landscaped and the clear desire of the community is to prevent unauthorized access to these properties until they can be resold.

I will continue working with both the Minister and the City to ensure the integrity of our community is maintained, that safety is a priority and most importantly that the properties are eventually put back on the market. I will also continue to push the provincial government to build the Springbank Dry Dam as quickly as possible. I have asked for an update on the status of the project and the anticipated completion date. I hope to be able to provide that information to you in my next update.

The next Legislative session starts on March 8 with a budget to follow within the month. I'm always interested to hear what you would like me to raise in the Legislature on your behalf. Feel free to contact my office at any time with your ideas, questions or concerns. You can reach us at [Calgary.elbow@assembly.ab.ca](mailto:Calgary.elbow@assembly.ab.ca) or 403-252-0346.

Finally, we hope you can join us at our next Constituency Office open house on Saturday, March 19, 2016 from 12:00 - 4:00 PM. Our office is located in the Britannia Plaza on the second floor above Sunterra (the address is #205, 5005 Elbow Drive SW). See you there!

# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Glamorgan. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Glamorgan area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**DOUBLE DIAMOND PLUMBING AND HEATING LTD:** A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: [doublediamondplumbingltd@gmail.com](mailto:doublediamondplumbingltd@gmail.com). [www.doublediamondplumbingltd.com](http://www.doublediamondplumbingltd.com).

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**INCOME TAX PREPARATION:** Personal, rental, business/professional, employment expenses, capital gain and more. Reasonable rates. Phone Marj 403-475-7202.

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

~continued on page 25~



**NICK WOOD**  
still "The Area Specialist"  
**403.863.4220**



*"I am the way and the truth and the life."* (John 14:6)  
This Easter season, come learn what Jesus Christ's life, death and resurrection mean for you.

**GRACE LUTHERAN CHURCH**  
3610 Sarcee Road SW  
403-249-8562  
[www.calgarygracelutheran.com](http://www.calgarygracelutheran.com)

Wednesday, Mid-Week Lenten Services at 7 pm  
February 10 through March 16  
Maundy Thursday Service at 7 pm  
March 24, 2016  
Good Friday Service at 10 am  
March 25, 2016  
Easter Sunday Celebration at 11 am  
March 27, 2016



**PLUMBER**  
*PLUMBOB For All Your Plumbing Needs*



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

Call Bob: 403.257.3465 / 403.461.3490



## MP CALGARY SIGNAL HILL RON LIEPERT

#2216, 8561 8A Avenue S.W. Calgary, Alberta T3H 0V5  
Phone: 403-292-6666  
Fax: 403-292-6670  
Email: ron.liepertC1@parl.gc.ca

The House of Commons in Ottawa resumed sitting on January 25th, 2016 and will continue until adjournment on June 23, 2016. Within that time frame, the House generally sits for two weeks followed by a week break for constituency work so I will be back in the riding and available for consultations. Please contact our office if you would like to set up an appointment. We are excited to be 'open for business' after renovations that resulted in a longer than anticipated delay so we appreciate your patience.

With several of my colleagues from the Conservative caucus, I hosted a Pre-Budget Round Table Discussion with Conservative Leader Hon. Rona Ambrose and Hon. Lisa Raitt, Conservative Finance Critic. We invited several industry leaders from in and around southern Alberta. I was very pleased with the diverse representation with CEO's and VP's from the energy sector, agriculture, communication, business, commercial development, Chamber, and finance in attendance, and the honest conversation that occurred during that meeting. Ms. Ambrose, as Opposition leader, took away the very serious messages that were relayed that day and promised that they would be delivered to the federal government. I will be hosting more of these sessions with different themes over the next few months and will be looking for engagement from various stakeholders. Details will be forthcoming in the future.

While the House of Commons sit for this session, I will

continue to bring the message from Calgary Signal Hill residents that the government needs to continue to focus on jobs, the economy, and growth. The economic situation in Alberta is, and will continue to be, my main priority. I will work to ensure that the Liberal Government understands we need to get our products to the world market. The realization has to be this is not just in the best interest of Alberta but in the best interest for all of Canada.

On January 28th, 2016 the Official Opposition set the Agenda in the House of Commons. We asked all Members of Parliament to express their support for the proposed Energy East Pipeline. This project would not only be good for a struggling industry in Alberta, but one that would provide significant benefits to the Canadian economy. Unfortunately, the other parties chose not to support our motion and this is another indication that they do not understand the seriousness of the economic situation in our province. To view my statement to the House of Commons, please visit my website at [www.ronliepert.ca](http://www.ronliepert.ca). Please feel free to send me comments with regard to this or other important issues that affect you in Calgary Signal Hill.

## BRAIN GAMES SUDOKU

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

# BUSINESS CLASSIFIEDS

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

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

**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.

**RUSSELLS LAWN SERVICE:** Locally owned, family operated, WCB and BBB accredited. Providing quality, reliable service, free estimates and senior discount 15%. Specializing in mowing, fertilizing, power-raking, aerating, tree /hedge trimming and general yard maintenance. Lawn service bookings are limited, apply now. Visit us at: [www.russellslawn.com](http://www.russellslawn.com) or call 403-686-LAWN (5296).

## IN & AROUND CALGARY

### Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, [www.srcacalgary.ca](http://www.srcacalgary.ca) where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15\_30701\_010\_011

**Blue Jay Tree Services Ltd.**

**JAY STEPHEN**  
B.A., Dipl. Hort.,  
ISA Certified Arborist



3716 - 44 Street S.W.  
Calgary, AB  
T3E 3S2

Phone: (403) 246-0570  
Cell: 403-630-3542  
Email: [jstephen3716@shaw.ca](mailto:jstephen3716@shaw.ca)

*"Your Neighbourhood  
Arborist"*

# COMMUNITY ANNOUNCEMENTS

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

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

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

**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.

**FOR SALE:** Downsizing due to future move. Household electrical items, pictures, oil lamps, new portable DVD player, small flat screen TV, some furniture items, 8 ft. patio umbrella with cast iron base, VHS movies. Too many items to list. Call 403-255-1955.

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

*Published by:*

**GREAT NEWS PUBLISHING**



*Proudly serving Glamorgan for 4 years!*

**ADVERTISE YOUR BUSINESS NOW!**

REACHING OVER 400,000 HOUSEHOLDS  
ACROSS 138 CALGARY COMMUNITIES

**DELIVERED BY  
Canada Post**

**Phone: 403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)**

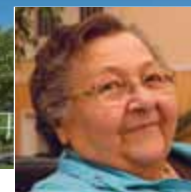
# IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	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

## DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and the Glamorgan Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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



*"I've had a wonderful life since I came here."*

*Norma, Westview resident*

## ELBOW VALLEY SITE UPDATE

Redevelopment of the Elbow Valley site is important to Silvera for Seniors and Horizon Housing Society. We remain committed to partnering to achieve our common vision for a vibrant, integrated community with a variety of affordable housing options for seniors, families and single individuals. The vision also incorporates links to the neighbourhood and services to support the creation of a community hub for local residents and the community.

As we move forward to refine our plans we will continue to work with Glamorgan residents and area stakeholders at key milestones. In the first half of 2016 we are working with The City on the site servicing plan and we are hopeful we will be in a position to start these service updates this spring and summer. As soon as we have detailed site plans and new building concepts we will organize community meetings to share information. Your early input is helping to inform our evolving plans and we look forward to sharing them with you.

Current information is available on our website at [www.silvera.ca](http://www.silvera.ca). If you have questions, please send them to [contact@silvera.ca](mailto:contact@silvera.ca) or call 403-276-9152. You can also find information about Horizon Housing Society at [www.horizonhousing.ab.ca](http://www.horizonhousing.ab.ca)

**WESTVIEW COMMUNITY  
IN GLAMORGAN**

*Silvera*  
FOR SENIORS

**A Great Price  
for anyone who wants  
A GREAT HAIRCUT**

**\$11.99**

with this coupon  
Not Valid with other offers  
Valid March 2016 Only



**Great Clips**  
IT'S GONNA BE GREAT

**SIGNAL HILL**  
Bay A 5775 Signal Hill  
Ctr SW  
403-240-4490

# Keeping You Updated



**Deirdre Halferty**  
dhalferty@shaw.ca  
www.dhalferty.com  
(403) 813-5337

**CALGARY WEST REALTY**  
Serving Calgary and Area

*Have you noticed the amount of coverage in the news about the Real Estate Market?*

*Are you wondering does this impact me, or my home value. I CAN HELP.*

*Give me a call or pop me an email.*

**EXPERIENCED MARKET LEADER**

## You want tasty, healthy and easy meals. Done.

From deli to dairy, we think about everything we put on our shelves, and everything we serve our customers – including our café meals. We offer takeaway or dine-in meals that are made daily with fresh, wholesome and organic ingredients.

From sandwiches and soups to salads and daily specials, it's an easier way to stay healthy.

Purchase a hot buffet or salad bar item and dessert is on us.  
*(It's a healthy dessert, naturally.)*

Glamorgan

**free\***

**BANANA BREAD  
MINI LOAF**

\* With purchase of a hot buffet or salad bar item.

Redeem this coupon at the time of café purchase. Coupon cannot be combined with any other offer or discount. Limit one free loaf per purchase. Offer expires April 30, 2016. Coupon has no cash value.

REDEEM AT CUSTOMER SERVICE



**10<sup>TH</sup> AVENUE MARKET**  
1304 - 10 Avenue SW

**CHINOOK STATION MARKET**  
202 - 61 Avenue SW

**CROWFOOT MARKET**  
850 Crowfoot Crescent NW

**customer care: 403-930-6363 | communitynaturalfoods.com**