

FEBRUARY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



**You** have a lot riding on *us* getting it right.

**You don't take clean drinking water for granted — and neither do we.**

Calgarians put a higher priority on clean drinking water than any other Canadians... but you're also more confident in the people and systems that deliver water to your taps.\*

For Calgary's city employees, your expectations spur us on to do even better.

As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

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

\* According to the 2016 RBC Canadian Water Attitudes Survey

# CONTENTS

- 6 COMMUNITY PROGRAMS
- 6 SENIORS CORNER
- 8 GLAMORGAN COMMUNITY ASSOCIATION AGM
- 9 WE NEED VOLUNTEERS!!!
- 10 PAINT NIGHT
- 12 CALGARY HUMANE SOCIETY: HAPPY FEBRUARY EVERYONE!
- 13 AT A GLANCE
- 14 WHEN IT COMES TO HEIRLOOMS, IT'S PERSONAL
- 17 AHS PUBLIC HEALTH FORUM INVITE
- 22 TAKE CONTROL OF YOUR HEART HEALTH
- 24 COUNCILLOR RICHARD POOTMANS' REPORT
- 25 MLA MIKE ELLIS' REPORT
- 26 MP RON LIEPERT'S REPORT





# 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

Delivered monthly to 4,200 households and businesses for 5 years!

## Editorial Submissions

info@myglamorgan.ca

All editorial content must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

## Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1st of the month for the following month's publication.

## Published by Great News Publishing

Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB T2C 2K2

Check out our website: [www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Glamorgan Community Association and Great News Publishing.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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

# IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



# 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 and Thursday 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**  
Access computers, crisis support and more at the WCCRC, located at 3507A 17<sup>th</sup> Ave SW. Other programs include: Parenting Support, Women's Group, Summer Camp and more. Call 403-543-0555 or visit [www.closetohome.com](http://www.closetohome.com) for more information.

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

# 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!

# Book your event

Book your Family or Corporate Party here at the Glamorgan Community Association!

We offer a full bar service, commercial kitchen and much more. Call the office for pricing and availability.

**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 Inner City Resident*

# Thank you donors

We would like to thank the following businesses for their extremely generous donations that they made to our Volunteer Appreciation Party on November 19th!!

- South Centre Volkswagen
- Hannis Pizza
- Reggin Technical Services
- Glamorgan Bakery
- Good Life Fitness Richmond Road
- City Liquor
- Mountain View Bowling
- Buffalo Bob's
- Stemz Florist
- Richmonds Pub
- Humpty's Richmond Road
- Superstore Signal Hill
- Margaret Mandryk
- 24th Annual Christmas Craft Fair

## Glamorgan Bakery

www.glamorganbakery.com

3919 Richmond Road SW  
403-242-2800

### Our Specialties

• Cheese Buns • Birthday Cakes • Pizza Buns

Open Monday to Saturday  
8 am - 6 pm



## Need Income Tax help?

FINANCIAL REPORTING | PAYROLL SOLUTIONS

TAX PREPARATION | PEACE OF MIND

We are accepting new clients and appreciate referrals

Daniela H. Barber, CPA, CMA 403-220-1570  
www.padgettcalgary.com info@padgettcalgary.com

PADGETT BUSINESS SERVICES  
2808 B-41 Street SW Calgary AB T3E 3K8

# 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:

**February 7** - Heart & Stroke

**March 7** - AMA

For more information, contact the  
Glamorgan Community Association

## 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!

THANK YOU TO  
JAMIE SALOMONS  
AND ALL OF THE  
VOLUNTEERS WHO  
CAME OUT TO MAKE  
WINTERFEST AN  
AMAZING EVENING!!!!



GLAMORGAN  
COMMUNITY ASSOCIATION

Vibrant Caring Connected

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

Phone: 403-246-8218 • Fax: 403-240-1394

Office Hours: Tuesday - Friday 10:0am - 4:30pm

Office is Closed Mondays

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

### BOARD MEMBERS

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

### LIAISONS

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

### MUNITY 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 Caring Caring Caring Connected Connected Connected

## 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



**You are invited to our  
Annual General Meeting  
Thursday, March 16, 2017  
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 17, 2016 AGM as presented
4. Audited Financial Statements 2016. Presented by Treasurer/ Auditor
5. Questions and comments on board reports
6. Board recognition
7. Nominations and election of 2017/2018 Board of Directors
8. Councilor Pootman's Message
9. Question Period
10. Meeting Adjourned

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



## Mark your calendars

FEBRUARY 1 - ONLINE SOCCER REGISTRATION OPENS

FEBRUARY 7 - SENIORS CORNER - HEART & STROKE

FEBRUARY 9 - PAINT NIGHT IN THE SEMINAR ROOM  
\$25 CALL THE OFFICE TO REGISTER

MARCH 7 - SENIORS' CORNER - A.M.A.

MARCH 8 - IN HOUSE SOCCER REGISTRATION 7PM

MARCH 12 & 13 - CASINO **WE NEED VOLUNTEERS!!!**

MARCH 16 - GCA ANNUAL GENERAL MEETING 7PM



## WE NEED VOLUNTEERS!!!

The GCA has a casino coming up on March 12 and 13.  
We need over 40 volunteers for these 2 days.  
If you are interested in helping out please call  
(403)246-8218 or email [info@myglamorgan.ca](mailto:info@myglamorgan.ca)



**GLAMORGAN**  
CHILDREN'S CENTRE

*Before & After School Care Program Ages 6 to 12*

- \* Licensed, accredited program with motivated, experienced and energetic child care workers
- \* We offer a variety of activity stations to nurture your child's imagination
- \* Friendship, fun and fresh air!!



Morning, Lunch  
and After  
School  
Subsidies Available  
Through The  
City of Calgary




Limited spots available.  
Call to register your child today!

For More Information Call 217-6677 or visit [www.myglamorgan.ca](http://www.myglamorgan.ca)

4207 - 41 Avenue SW  
Calgary, AB  
T3E 4W1

GLAMORGAN  
COMMUNITY ASSOCIATION



# PAINT NIGHT!

With Paula Henschell & Dan Fallwell



Fun-Night-Painting  
In Watercolours!

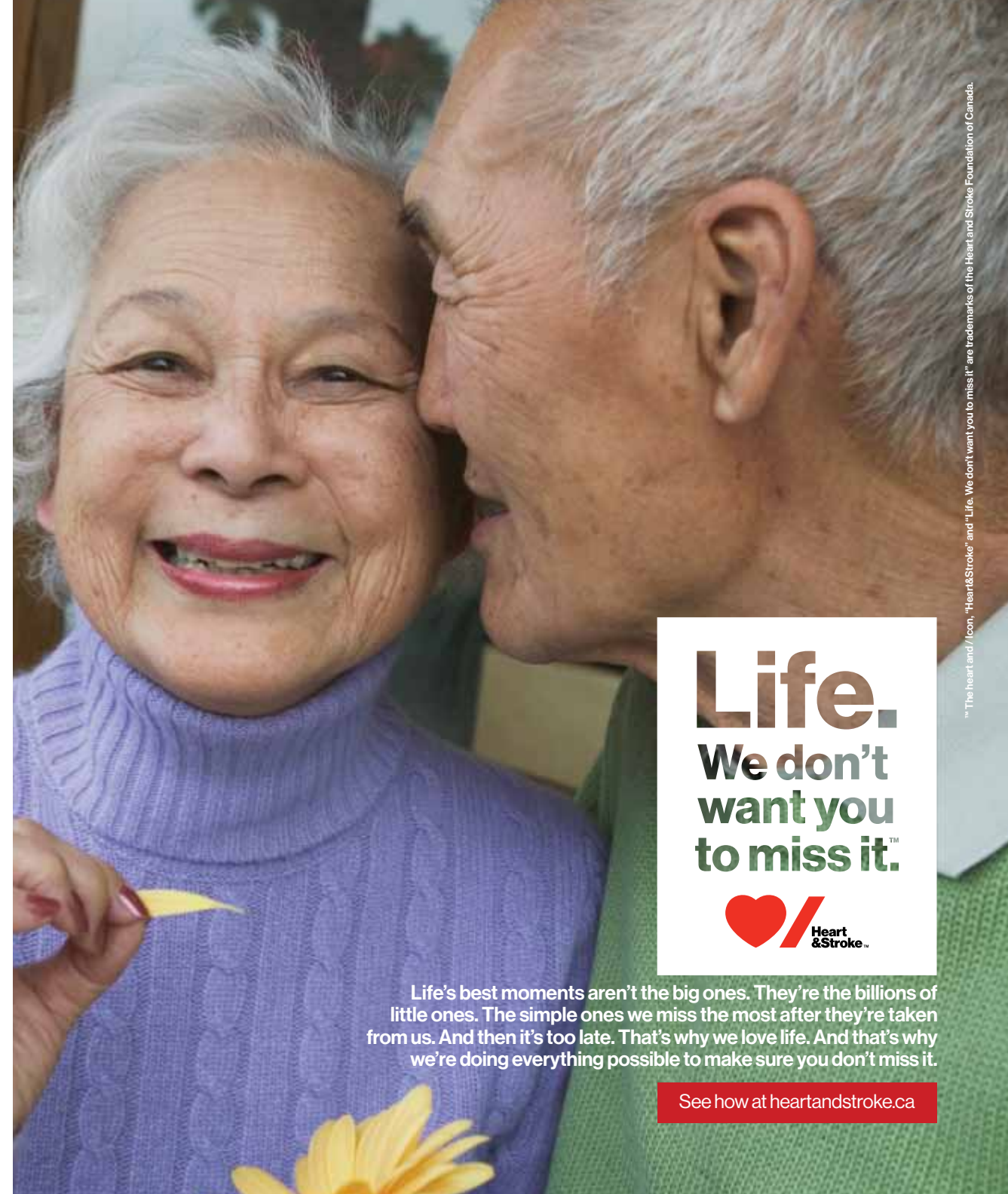
Thursday Feb 9<sup>th</sup>  
6:30 - 9PM

Includes All Materials and Paints  
Please Register at  
GLAMORGAN  
COMMUNITY ASSOCIATION  
403-246-8218

\$25  
Per Person



Enjoy A Night With Your Friends While Having A Fun Time Painting in WaterColours!



**Life.**  
We don't  
want you  
to miss it.™



Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at [heartandstroke.ca](http://heartandstroke.ca)

™ The heart and / icon, "Heart&Stroke" and "Life. We don't want you to miss it" are trademarks of the Heart and Stroke Foundation of Canada.



# Happy February Everyone!

The end of winter is almost in sight! At Calgary Humane Society our dogs and dedicated dog walking volunteers are hoping for an early spring, but they have been keeping busy and enjoying plenty of time outside despite the snow and cold this winter.

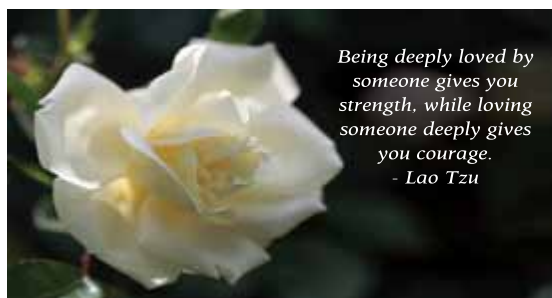
This month, we wanted to share with you three of the great projects our kids clubs and winter camps have been working on! If the cold weather or snow has you staying closer to home, these projects will hopefully be a hit with the whole family! Not only will the humans have some creative fun, your fluffy friend will also enjoy your finished project!

**1. Snuffle Mats!** This popular project has taken the internet by storm! Drop by a hardware store to pick up a rubber floor mat (or rubber floor tiles) with holes in them. Using colourful fleece from a fabric store, tie strips into all the holes to make a fun and interactive toy for pets of all shapes and sizes. Hide treats amidst all of the fleece strips and watch your pet snuffle for tasty goodies! Looking for detailed instructions? Check out our Youtube channel (CalgaryHumaneSociety) and search for "snuffle mat"!

**2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'.

**3. Homemade Pet Treats!** This activity is always popular with our campers and kids club. Google pet treat recipes based on your pet's favourite flavours and let your creativity loose in the kitchen to create tasty treats for Fido or Fluffy. Homemade treats are a delicious snack for any pet and a great way to teach kids how to cook (we recommend baking some apple cinnamon dog cookies – the office always smells great when our kids club whips up a batch!)

From all of us at Calgary Humane Society, have a happy and safe February!



**1st QUARTER OF THE YEAR TO SELL A HOME**  
Less Listings + Less competition=More Potential for You

Call **Nancy Ball**  
**403-510-6000**  
**www.NancyBall.ca**

**Interview Me!**  
Ask for your free market report & evaluation  
Visit my website for MLS listings updated every hour

Top 3 Office Producer for 2014 & 2015  
Your Home Staging Realtor



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

**First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre**

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

**Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre**

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at [www.storybooktheatre.org](http://www.storybooktheatre.org)

**Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre**

One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at [www.pumphousetheatre.ca](http://www.pumphousetheatre.ca)

**Mar. 16, Hodgetwins at the Laugh Shop**

These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at [www.thelaughshopcalgary.com](http://www.thelaughshopcalgary.com)

**Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre**

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca)

**Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome**

The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at [www.scotiabank.saddledomecalgary.com](http://www.scotiabank.saddledomecalgary.com)

**MAR. 3 – 12**

**THE BIG TASTE FOODIE FESTIVAL**

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at [www.calgarydowntown.com/the-big-taste](http://www.calgarydowntown.com/the-big-taste)



**MAR. 7**

**AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL**

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at [www.artsccommons.ca/WhatsOn/](http://www.artsccommons.ca/WhatsOn/)



**MAR. 23**

**GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN**

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at [www.poppyinnovations.ca](http://www.poppyinnovations.ca)



# When It Comes to Heirlooms, It's Personal

*Suzanne Smith-Demers – Consultant*

When a family member dies, personal items and heirlooms can be the cause of significant conflict among family members. Once obligations to a spouse and dependents are met, you can generally leave your estate to whomever you want. However making decisions regarding personal effects and family heirlooms is often one of the most difficult parts of the estate planning process. Here are some tips to avoid potential disputes:

- **Eliminate surprises** Share the contents of your Will with your heirs to avoid surprises after you are gone.
- **Understand that fairness doesn't always mean equal** Decide what fairness means to you and distribute your items accordingly.
- **Appraise and consult** Have your personal property appraised and consult with your heirs to ensure the items you bequeath are appropriately valued – both monetarily and emotionally.
- **Make a list** Attach to your Will a letter or memorandum that lists your personal property items and the heirs who should get each. Be sure that the memorandum is incorporated into the terms of the Will.
- **Choose now** While you're still alive, list or lay out your personal items and have your heirs take turns choosing what they want.
- **Choose later** If you don't want your heirs to select your personal items in advance but still prefer they are the ones who chose, leave a direction in your Will that your heirs are to choose items in turn.

Having an estate plan that includes a Will is vital to ensuring your legacy is left as you wish. But keep in mind that people can change their minds and your heirs may not necessarily want what you plan to give them – so keep things flexible. Talk to your professional advisor about the best estate planning strategies for you.

Springbank Hill  
**DENTAL**

☎ 403.454.4757

- Family and Cosmetic Dentistry
- Evening and Weekend Appointments
- Direct Insurance Billing
- Dedicated Children's Play Area with iPads
- Botox Cosmetic & Therapeutic Treatments
- Start-to-Finish Dental Implants
- Invisalign Clear Braces



## New Patients and Emergencies Always Welcome

### DIRECTIONS



### CONTACT INFO

**Dr. Michael Sander, DMD**  
Springbank Hill Dental  
#133 - 7460 Springbank Blvd. SW  
Calgary, AB T3H 0W4

**T: 403.454.4757**  
**W: [www.springbankhilldental.com](http://www.springbankhilldental.com)**  
**E: [springbankhilldental@gmail.com](mailto:springbankhilldental@gmail.com)**

**EXPERIENCE • ENTHUSIASM • TRUST**  
*The realtor and Company of choice  
 for all real estate!*



**Go With Flo!**  
 403-542-9501

*Flo Volcko* Realtor®  
 www.gowithflo.ca flo@gowithflo.ca

Maxwell South  
 Star Realty

**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.

**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



## Glamorgan Real Estate Update

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

	Average Asking Price	Average Sold Price
December 2016	\$549,900	\$542,500
November 2016	\$529,800	\$518,000
October 2016	\$499,900	\$487,500
September 2016	\$532,400	\$529,250
August 2016	\$589,800	\$578,500
July 2016	\$566,250	\$561,194
June 2016	\$609,900	\$615,000
May 2016	\$499,500	\$495,500
April 2016	\$487,400	\$477,500
March 2016	\$499,900	\$489,000
February 2016	\$0	\$0
January 2016	\$679,900	\$660,000

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

	No. New Properties	No. Properties Sold
December 2016	2	1
November 2016	3	1
October 2016	3	6
September 2016	13	6
August 2016	8	3
July 2016	3	8
June 2016	7	4
May 2016	5	5
April 2016	6	4
March 2016	4	3
February 2016	5	0
January 2016	1	1

To view more detailed information that comprise the above  
 MLS averages please visit [glamorgan.great-news.ca](http://glamorgan.great-news.ca)



# AHS Public Health Forum Invite

Alberta Health Services (AHS), in partnership with Alberta Health, is initiating conversations across Calgary and Central Zones to look at the delivery of health services in 2031 and beyond.

A public blog on AHS' website invites all community members across both zones to share their perspectives and participate in conversations about how healthcare could be structured in 15 years.

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities),

health partners and stakeholders. They were asked to examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

"We are exploring new, innovative ways to structure and deliver care," says Lori Anderson, Senior Operating Officer at the South Health Campus. "It's important that we work together because the healthcare model of the future involves more community-based services and shared opportunities between AHS and community partners."

Projections of health service delivery in 15 years show an increase in older demographics and more chronic health conditions.

"In the healthcare system of the future, the emphasis needs to be more preventative with proactive measures that will keep all Albertans, including our children and grandchildren, healthier," says Larry Albrecht, Chair of the Prairie Mountain Health Advisory Council. "It's also expected that health services will be more community-based."

Opportunities for community member input will continue throughout the year-long planning process. The feedback and ideas will contribute to informing a high-level health system strategy proposal, which will be further developed in 2017.

AHS is currently focusing long-range planning efforts on Calgary and Central Zones. Similar planning in Edmonton Zone is ongoing. Long-range planning for North and South Zones will follow. For more information on how you can be involved, please contact [community.engagement@ahs.ca](mailto:community.engagement@ahs.ca) or join the conversation at [www.ahs.ca/longrangeplanning](http://www.ahs.ca/longrangeplanning).

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



**Glamorgan Animal Clinic**

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

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

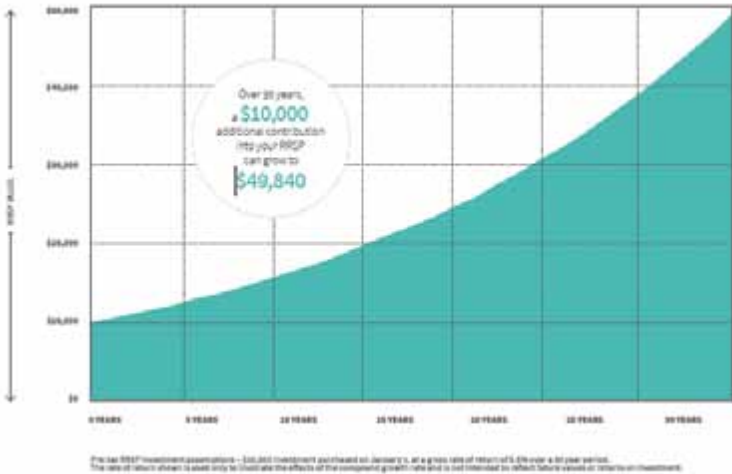
# The benefits of maximizing your RRSP

by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.

Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.

INVEST SMART > INVEST REGULARLY > CONSIDER AN RRSP LOAN



“I didn’t expect to feel so comfortable here.”

Feeling at home means enjoying the things you like to do. Which is why at Amica, you can always enjoy your day the way you like to – read your book in a quiet corner or enjoy a snack when you want to.

You can expect an all-inclusive community that is personalized to you with a range of first-class amenities and services.

Independent Living • Assisted Living

Expect More.™

Bring Loved Ones Closer this Winter!  
Book a 1-week “staycation” for your loved ones and get a 2nd week FREE!



AMICA™  
at Aspen Woods  
amica.ca

Amica at Aspen Woods  
10 Aspenshire Drive SW, Calgary  
403-240-4404  
South of Bow Trail SW off 85th Street SW



# CLIMB


## FOR WILDERNESS

# SATURDAY, APRIL 22, 2017

# THE BOW BUILDING

# CLIMB 1188 STAIRS

SUPPORTING THE ALBERTA WILDERNESS ASSOCIATION



climbforwilderness.ca



## Been sidelined?

**Injuries that take you away from your favourite sports and activities can leave you feeling deflated.** Our licensed physiotherapists are here to help you get back to full health and to the sports you love. Let us pump up your spirits and speed your recovery. Call us today to schedule an assessment. **We'll help you bounce back!**

Come and see us at our new Lakeview Plaza location.  
New facilities, more treatment rooms and still plenty of free parking.



Mon-Fri: 7AM-7PM  
Sat: 7:30AM-1PM

(403) 249-5253  
www.lakeviewphysio.ca

# 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**

**On-Site**




**Computers**



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

Home, Business, Internet, email, Virus removal, etc. **bruceeasthope@yahoo.com**

**Bruce Easthope**  
Phone: 403 880 5989



## divine intervention

**Eligible Entrepreneur**

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for an attractive, slim, smart, 5'5"+, genuine, activity loving lady (age 28-38) who wants to build a family.

**Contact in confidence (fees paid by client)**  
info@divinematchmaking.com  
divinematchmaking.com | 403-456-4870



**Sharing books and loving feelings!**  
In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

**Three ways you might celebrate International Book Giving Day:**

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

**Our Favourite Book of the Month**  
This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

**In My Heart: A Book of Feelings** by Jo Witek (Author), Christine Roussey (Illustrator)



*Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



# Regular Eye Exams

**Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health**

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**

- Avoiding near or distance work or holding objects very close to the face.
- Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Loosing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

Dr. Steve Alfaiate, OD



## Glamorgan mybabysitterlist

Name	Age	Contact	Course
Carolina	12	403-667-2755	Yes
Sienna	14	403-240-1128	Yes
Josh	15	403-249-0080	Yes
Ya'ara	15	403-467-2636	Yes
Kaiden	18	403-926-3399	Yes
Caitlyn	19	403-862-9770	Yes
Marissa	31	403-685-3634	No
Sheila	47	403-710-9483	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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

**Your Gold – Our Mold Custom Design**

## THE KARAT PATCH

**JEWELLERS**

**We specialise in alterations, sizing, & repair**

- Ring Sizing - Watch Band Shortening
- Chain Repairs - Watch Batteries
- All Types of Repairs & Pearl Restrings
- Fast Service Done In-House & Locally

**Ph. 403-242-6767**  
[www.karatpatch.ca](http://www.karatpatch.ca) info@karatpatch.ca

#100, 5253 Richmond RD. SW, east off Sarcee Tr. and Richmond Rd.  
**Located across the lot from London Drugs**





# Take Control Of Your Heart Health

As many as 9 in 10 Canadians have at least one risk factor for heart disease and stroke. While some risks are outside of our control, up to 80% of premature heart disease and stroke is preventable through lifestyle choices that can reduce key risk factors.

You can take control and decrease your own risks by making small, healthy changes in your daily routine. Making changes is always challenging. Your health-care team can help you figure out what risk factors you should focus on first and set goals that you can reach.

## Maintain a healthy weight

If you are struggling with your weight, you're not alone. Over 60% of Canadian adults are overweight or obese. By achieving and maintaining a healthy weight and waist, you can significantly reduce your risk for heart disease and stroke, and help control other conditions such as high blood pressure, high blood cholesterol, and diabetes.

## Maintain a healthy diet

The foods you eat affect your health. Start by making sure you eat five or more servings of fruit and vegetables every day to get you on track to a healthier diet.

## Stay active

People who are NOT active have double the risk of heart disease and stroke as well as increased risk of diabetes, cancer, and dementia. Being active helps your heart, brain, muscles, bones, and mood.

Working towards 150 minutes of moderate to vigorous activity every week is one of the most important things you can do for your health. And if you already have heart disease, regular activity is one of the best ways to make a good recovery.

## Choose to not smoke

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure, and makes your heart work harder. You might be afraid that quitting will be too hard, but there is lots of help available when you are ready.

## Reduce Stress

Stress is a part of life for just about everyone. Sometimes it's not easy to recognize stress because we are caught up in the flow of life. Although stress happens first in the mind, it has strong effects on the body, such as higher cholesterol or blood pressure levels.

## Control alcohol consumption

How much and how often a person drinks alcohol are key factors that increase or decrease health impacts. Canada's Low-Risk Alcohol Drinking Guidelines provide guidance on risky drinking patterns, including avoidance of alcohol in pregnancy. Low risk does not equal no risk. Whenever unsure, always consult your health-care provider.

Find more information, resources, and health tools at [heartandstroke.ca](http://heartandstroke.ca)

## 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).

**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).

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

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

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

**YOUR CLEANING LADY:** Private cleaning lady, high quality cleaning. Local resident with over 10 years' working in our community. Punctual, dependable, discrete and honest. Great local references. Call 403-249-4808 or email [suzn\\_morgan@yahoo.ca](mailto:suzn_morgan@yahoo.ca)

**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 [www.Muellerbrothers.ca](http://www.Muellerbrothers.ca).

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

**SPRING FOREST QI GONG (SFQ) NOW IN LAKEVIEW:** Simple moving meditations to help open up your energy meridians. Helps boost your energy, improve your immune system and helps reduce stress. Weds. night drop-in class 7-8 pm. St. Laurence Anglican Church. 5940 Lakeview Dr. SW. No experience necessary. \$10. Contact Diane 403 829-3588 or [energybalancing.diane@gmail.com](mailto:energybalancing.diane@gmail.com).



**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 •

### Property Tax Assessment Information

On January 5, 2017, the City of Calgary mailed your 2017 property and business assessment notices. Please review it carefully to ensure your property details are accurate and the assessed value is a fair reflection of the value of your property as of July 1, 2016.

### Customer Review Period Information

If you have any questions or would like to contest your property's assessment, please contact Assessment at 403-268-2888 during the Customer Review Period, which runs until March 6, 2017. Changes to your assessed value can only be made if you inquire about it during the review period. If you call after March 6, 2017 and changes are made to your property details, they will be reflected on your following year's assessment in 2018.

If you would like to view additional information about your assessment including:

- sales of similar properties,
- comparable properties to ensure fairness and equity,
- your estimated 2017 taxes,
- or other information,

Please visit Assessment Search at [calgary.ca/assessment](http://calgary.ca/assessment). You will need to create a City myID account at [calgary.ca/myid](http://calgary.ca/myid) to log in. Enter your roll number/business identifier and the access code noted on your assessment notice.

### Bow Trail Widening and Intersection Improvements

The City is making upgrades to provide a better road network by accommodating existing and future traffic volumes on Bow Trail SW.

This particular project involves a number of features:

- Bow Trail widening from two to four lanes between Old Banff Coach Road and 85 Street SW,
- Intersection improvements at 85 Street and Bow Trail by adding dedicated left- and right-turn lanes as well

as through lanes in each direction,  
 • A pathway along Bow Trail connecting pathways on Old Banff Coach Road and 85 Street SW.  
 You may have noticed late last year work started on improving the intersection at Bow Trail and 85 Street SW. This work included widening southbound 85 Street south of Bow Trail to two lanes, matching the road alignment further south. Improvements also included extending the sidewalk on the west side of 85 Street north to Bow Trail. For complete information, project updates, and timelines, please visit [calgary.ca/bowtrail-swrrr](http://calgary.ca/bowtrail-swrrr).

### 2017 Councillor Chats & Ward 6 Open House Dates

#### Councillor Chats

Thursday, **February 9, 2017** from 5 – 8 p.m. at Glenbrook Community Association, 3524 45 Street SW  
 Saturday, **April 8, 2017** from 9 a.m. – Noon at SCA Community Association, 277 Strathcona Drive SW

#### Ward 6 Open House

Wednesday, **May 3, 2017** from 5 – 8 p.m. at Glendale Community Association, 4500 25 Avenue SW

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. 11-30101-000-011

# 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

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

**FOR SALE – DOWNSIZING:** Just like garage sale in my residence. Too many items to list. Something for everyone. Call Ernest Jones 403-255-1955.

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

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or [volunteer@cpafestival.ca](mailto:volunteer@cpafestival.ca).



**MLA Calgary - WEST**  
**Mike Ellis**  
 Unit 234, 333 Aspen Glen Landing SW  
 Calgary, AB, Canada T3H 0N6  
 Phone: 403.216.5439  
 Fax: 403.216.544  
 Email: [calgary.west@assembly.ab.ca](mailto:calgary.west@assembly.ab.ca)

As this is my first message to you for 2017, I want to wish you and your family a belated Happy New Year! I hope that this year brings much happiness and prosperity to your family.

Before the legislature adjourned, I put forward a draft of a Private Members Bill – which I called “Serenity’s Law”. This law was drafted about a year ago. Once I heard about Serenity’s story, I recognized the urgency to get it passed. This story is the one where a child died in the care of our Government. If you haven’t already read Paula Simon’s article from November 18<sup>th</sup> of last year in the Edmonton Journal, I would encourage you to read it. It is not for the faint of heart.

The Private Members Bill would require any adult Albertan that is aware of a child requiring intervention to disclose that information to police. It is a common-sense adjustment to the current framework and it would help children all around the province. I had hoped that the Premier would allow for this important law to be debated right away prior to adjournment, however she decided not to do so. I am hopeful that when the law comes up for debate it will pass so we can ensure that no cases like Serenity’s are seen again.

I would appreciate your thoughts at any time on matters of concern to you and your family. I can be reached at [Calgary.West@assembly.ab.ca](mailto:Calgary.West@assembly.ab.ca) or 403-216-5439.



# Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

**ORANGE**  **BOB** 

*The Best Pizza In Town*

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

Pickup or Delivery

Call: 403.242.5678

**Pizza  
Pasta  
and  
more...**

**PIZZA - UNLIMITED TOPPINGS**

**Large \$15.95    Medium \$12.95**

**HOURS OF OPERATION**

Monday – Friday 11:30 am – 10:00 pm

Saturday 3:00 pm - 10:00 pm

Sunday and Holidays 4:00 pm – 9:00 pm

#8 - 7337 Sierra Morena Blvd. SW T3H 3V4



**MP Calgary Signal Hill  
Ron Liepert**  
#2216, 8561 8A Avenue SW  
Calgary, Alberta T3H 0V5  
Phone: 403-292-6666  
Fax: 403-292-6670  
Email: [ron.liepertC1A@parl.gc.ca](mailto:ron.liepertC1A@parl.gc.ca)

Parliament resumed sitting on January 30th and will now be in session until mid June. 2017 will be an exciting year on many fronts.

Many communities across the country began celebrating Canada's 150th birthday with New Year's kickoff events. Ottawa is expecting a record year for tourism as a lot of effort has been spent encouraging Canadians to visit our nation's capital and in the U.S. where a favorable exchange rate is providing good value for Americans.

A number of major decisions will be facing the Liberal government in 2017 including dealing with a continued sluggish economy. A lot of attention will be focused on relations with the newly installed President Trump. Clearly the President's path forward does not run parallel to our Prime Minister especially in areas such as climate change.

2017 will also see the selection of a new leader for the Conservative party of Canada on May 27th and also for the NDP in October.

Closer to home, a new carbon tax is now in effect and this year will bring another significant bump to the minimum wage. Alberta's jobless situation continues to be a trouble spot for the entire country. Even though expectations are that oil prices will continue to slowly move upward during the year, indications are that will not necessarily translate into additional hiring.

Our federal Conservative caucus will continue to present options to the federal government such as the Alberta jobs task force report submitted late last month. The federal government could immediately put thousands of laid-off oil field workers back to work by funding an environmental clean-up of abandoned oil and gas wells. A report late in 2016 indicates the number of wells has doubled in the past year as small energy companies have gone out of business and landowners and the crown are now responsible. This is but one small initiative the federal government could launch to assist the unemployed in Alberta.

I will speak more about Alberta's job task force report next month in my column.

As the official opposition we will continue to work on your behalf to ensure the needs of Albertans and residents of Calgary Signal Hill are heard by the Government. If you have specific questions or feedback, we would like to hear from you as we want to bring your voice to the government on these and other issues.



**FREE CUT\***  
when you book a  
highlight or colour

**DIVA** | SALONspa

CHINOOK CENTRE  
[divasalonspa.com](http://divasalonspa.com) | 403.301.0909

\*Only with select stylists. Not valid on Friday or Saturday. Chinook Centre location only. Cannot be combined with any other offer.

OFFER ENDS MARCH 31, 2017



**FREE MANICURE**  
WHEN YOU BOOK  
A PEDICURE

**DIVA** | SALONspa

CHINOOK CENTRE  
[divasalonspa.com](http://divasalonspa.com) | 403.301.0909

\*Only with select estheticians. Not valid on Friday or Saturday. Chinook Centre location only. Cannot be combined with any other offer.

OFFER ENDS MARCH 31, 2017

**AVEDA**

**FREE IMPLANT  
DENTURE  
CONSULTATION**



The Westside's  
Full Service  
Denture Clinic

**WDC**  
**WESTSIDE**  
**DENTURE CENTRE**  
enabling smiles + simple pleasures

**Tired of Loose  
DENTURES?**

Implant Dentures  
look, feel + function  
like natural teeth

**#202 - 1919 Sirocco Dr. SW. (by Sunterra Market)**

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

**Tel. 403.242.5880**

[westsidedenture@shaw.ca](mailto:westsidedenture@shaw.ca)



# Keeping You Updated



**Deirdre Halferty**

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

**CALGARY WEST REALTY**

Serving Calgary and Area

*My job as your REALTOR is to help you with all your needs- before, during and after the sale.*

*Whatever it is that you want to have happen in 2017, I wish you Irish luck and success!*

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

**EXPERIENCED MARKET LEADER**

**VISIT MRUCOUGARS.COM FOR  
A FULL PLAYOFF SCHEDULE!**

SATURDAY, FEBRUARY 4  
4PM MEN'S AND WOMEN'S BASKETBALL  
@ MOUNT ROYAL UNIVERSITY KENYON COURT

FRIDAY, FEBRUARY 10  
7PM MEN'S HOCKEY  
@ FLAMES COMMUNITY ARENAS

FRIDAY, FEBRUARY 17  
5PM MEN'S AND WOMEN'S VOLLEYBALL  
@ MOUNT ROYAL UNIVERSITY KENYON COURT



**FREE ADMISSION  
WITH THIS COUPON TO ANY  
COUGARS GAME DURING  
THE 2016-2017 SEASON**

WE ❤️ OUR COMMUNITIES



**MRUCOUGARS.COM**

