

JANUARY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED





Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

Brought to you by



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GLAMORGAN COMMUNITY ASSOCIATION

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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	511
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.

ALL LEVELS YOGA – Tuesday and Thursday nights 8:00pm. For information or to register email ashleydaveyyoga@gmail.com

FIRST STEP FITNESS – classes Monday, Wednesday and Saturday info@firststepfitness.ca or call 403-463-2908.

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

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

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

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.

WEST CENTRAL COMMUNITY RESOURCE CENTRE
 Access computers, crisis support and more at the WCCRC, located at 3507A 17th Ave SW. Other programs include: Parenting Support, Women's Group, Summer Camp and more. Call 403-543-0555 or visit www.closetohome.com for more information.

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!

Need Income Tax help?

FINANCIAL REPORTING | PAYROLL SOLUTIONS
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We are accepting new clients and appreciate referrals

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PADGETT BUSINESS SERVICES
 2808 B-41 Street SW Calgary AB T3E 3k8

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

VOLUNTEERS IN THE COMMUNITY

Winter Volunteer Request

Do you have a few hours a week to spare this winter?

We are looking for Rink Rats and GlamShack concession volunteers for this winter. No experience required. Training provided. Please email info@myglamorgan.ca or call (403)246-8218 for information.

Like us on Facebook
The Glamorgan Community Association is now on Facebook! "Like" us so you can be kept up to date on what's going on in Glamorgan!




GLAMORGAN COMMUNITY ASSOCIATION Vibrant Caring Connected

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

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

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

Office is Closed Mondays

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

BOARD MEMBERS

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

LIAISONS

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

COMMUNITY ACTIVITIES

Adult Fitness	Linda Court	403-931-7539
Block Parent Coordinator	Vacant	
Brownie, Guides & Sparks	Leanne Armstrong	403-265-7774
Calgary Minor Softball Assn	John Keith	403-266-9559
Children's Centre Director	Heather Eastgaard	403-217-6677
Dashing Dishes	Nydia Hefflick	403-471-1395
Gaming Manager	Bonnie Ladner	403-246-8218
Girl Guide Centre		403-283-8348
Glamorgan Community ECS	Louise Hardy	403-242-8694
Karate	Todd Johnson	403-850-1845
Outdoor Soccer	Beth Richardson	403-246-8218
Paddle Tennis	Patti MacPhee	403-240-3173
Trails West Hockey	Jim Moriarty	403-246-3757
Triwest Soccer	Gerry Conaty	403-240-1014
Youth Bowling Council	Shirley Hession	403-242-9933

STAFF

General Manager	Bonnie St. Pierre	403-246-8218
Asst. General Manager	Sara Polzen	403-246-8218

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

Vibrant Caring Connected MEMBERSHIP

Downloadable version at www.myglamorgan.ca

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

GLAMORGAN COMMUNITY CENTRE
4207 – 41 Ave SW Calgary AB T3E 1G2

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

Memberships can also be purchased online at www.myglamorgan.ca

Please choose your desired type and length of membership:

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

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

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

First Name	Last Name	A/Y

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

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

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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.



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WINTERFEST!!

January 21, 2017
5:00PM TO 8:00PM

Free Admission!

Games, activities & crafts!

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

Bring Your Skates!!
The Rink Will Be Open

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



Donations to the Calgary Food Bank will be gratefully accepted.

Mark your calendars

- JANUARY 3 SENIORS CORNER - CEMA
- JANUARY 6 PUB NIGHT
- JANUARY 21 WINTERFEST
- FEBRUARY 1 ONLINE SOCCER REGISTRATION OPENS
- FEBRUARY 7 SENIORS CORNER - HEART & STROKE FOUNDATION
- FEBRUARY 9 PAINT NIGHT IN THE SEMINAR ROOM
6:30PM \$25 (BAR WILL BE OPEN!)
- MARCH 8 IN HOUSE SOCCER REGISTRATION 7PM
- MARCH 12 & 13 CASINO WE NEED VOLUNTEERS!!



The Glamorgan Community Association is not a Christmas Tree Recycling depot. Please call 311 to find out where you can drop your tree.

On-Site



Computers

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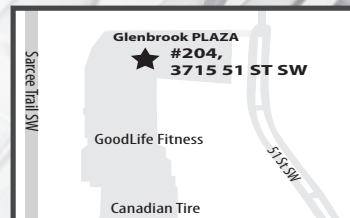
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For more information call 403-217-6677 or visit www.myglamorgan.ca

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

Responsible Pet Ownership in Parks

Winter is here and dog owners are outside enjoying the cooler weather and spending time with their family, friends and pets. This time is more enjoyable for the entire community when dog owners understand and follow the regulations in the Responsible Pet Ownership Bylaw 23M2006. The bylaw helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

Community Standards (formerly Animal & Bylaw Services) would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands
- Dogs must be on leash in parking lots adjacent to off-leash areas
- Owners are responsible for picking up all waste produced by their dog
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by sign.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog
- Have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.



The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythronera)

Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAY PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythronera (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

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Glamorgan Greats!

The Glamorgan Craft Group

For fourteen years, a group of women, primarily current or former Glamorgan residents, have been meeting to share crafting ideas and expertise and to provide mutual support. The group began almost by chance, when Lisa Madill was showing a gift she had made for Christmas to a fellow mum at the Glenbrook Nursery School. Another woman was interested in learning how to make the gift, and, before you know it, according to Lisa, "By the time our kids got to kindergarten, there were six of us meeting regularly. We fit nicely around my dining room table." Ten years ago, when Lisa's table got too crowded, the group began meeting at Grace Lutheran Church in nearby Rutland Park. There are currently twelve women who get together every Tuesday afternoon in a bright room with several large tables, to work on a variety of projects ranging from knitting, quilting, and scrapbooking to computer work. On the day I visited, Barb Fingleton was making a test pattern for a dress, Carol Goebel had brought her card making supplies, and Jane MacKinnon was on the computer, all amid several interesting conversations about a recent holiday to New York, and book recommendations. As Jane says, "You don't just come and do your own craft – there's always someone with expertise to share, or resources to name, such as a good handyman. Each person is valued for their particular skills."

The group, however, has become much more than a weekly get together. They have monthly lunches to celebrate birthdays, an annual Christmas potluck, and they have kept up the tradition, from when their children were young, of having an end-of-school year party. "Field trips" to the movies, Folk Fest, and out of town jaunts are just some of the activities they have done together, some of which were off beat. Jane recalls the evening spent celebrating a 40th birthday at the Back Alley Night Club, watching Manpower Australia male dancers, and the time they compensated for having no

birthday in February by holding a Great Brownie Bake Off.

All of the women agreed with Lisa that the most important aspect of the group is as a support. "We have been through every kind of life-changing event – the deaths of two children, the death of a husband, divorce, retirement, marriages of our kids. There have been career changes and job losses – we adapt so that everyone can still come. And people work their schedules around it. You are missed if you're not here."

Leigh McLauchlan reflects that "This group, I think, has saved my life. We have members with different-aged children, and I got lots of advice from other mums. I can trust everybody. It's a safe place to share problems and good things... We are honest with each other... and it's interesting as we age, we are ageing together."

The women's partners realize what a special group this is, and several women joked that some of the husbands have wanted to join, or wanted "minutes" of the meetings, in the mistaken belief that the gals spend all their time talking about them!

Carol, who joined five years ago as its newest member, says that the group "is very close-knit. Anything you are trying to do, there's someone gifted here, and happy to share. We can turn to anybody here."

In our increasingly complex world, it is important to note that there have been many scientific studies throughout the world showing that involvement in a social group benefits both physical and emotional health. Here's an excerpt from *The Gold Standard: A Sense of Belonging* (Canadian Mental Health Association Ontario, 2007):

Participating in social clubs and recreational activities or volunteering can enhance social ties, which create the circumstance that enable people to receive the posi-

tive health outcomes just described. Empowerment can be a significant benefit from civic engagement. Signing a petition, joining a neighbourhood improvement group or even voting, all heighten the opportunity to influence decision-makers, which ultimately can impact one's ability to acquire desired resources. This empowers people to gain control over social, economic and political forces to improve their lives.

In my humble opinion, Glamorgan is a healthy community precisely because of the close social ties we enjoy, through the community association activities and programs, our sports teams, our schools, and through small groups like the craft group. So take advantage of all Glamorgan has to offer. At the very least, call and invite a neighbour over for coffee!

Do you know an individual or organization that you would like to see in this feature?

Contact Loretta Biasutti at biasutti@shaw.ca or 403-249-5945 or drop off a suggestion at the community centre. We need your input!

GLAMORGAN COMMUNITY ASSOCIATION

PRESENTS

PUB NIGHT

JANUARY 6

— CASH ONLY —

**Babysitting Service until 10:30 pm.
3 years and up \$5 per child to a maximum
of \$20 per family**

**After careful consideration we have decided this
will be the last Pub Night.**

We hope to see you there.

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



www.glamorgananimalclinic.com



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



STEP INTO WINTER

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23



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!**

RBC Dominion Securities Inc.



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IN & AROUND CALGARY



Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.

**FEB. 9 - 12
CALGARY BOAT AND
SPORTSMEN'S SHOW AT
STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



**FEB. 25 - 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL**

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



**UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
MUSIC CENTRE**

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY

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

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org



Glamorgan Real Estate Update

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

	Average Asking Price	Average Sold Price
November 2016	\$0	\$0
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
December 2015	\$549,900	\$527,000

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

	No. New Properties	No. Properties Sold
November 2016	4	0
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
December 2015	1	1

To view more detailed information that comprise the above MLS averages please visit glamorgan.great-news.ca

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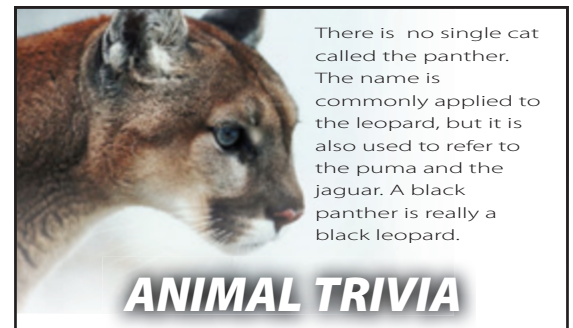


**CROWCHILD CLASSIC
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FEBRUARY 2, 2017**

WOMEN'S GAME STARTS AT 5 P.M.
MEN'S GAME STARTS AT 7:45 P.M.

GET YOUR FREE TICKETS AT THE DOOR
VISIT MRUCOUGARS.COM/CROWCHILDCCLASSIC
FOR EVENT DETAILS



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA



Happy New Year!

will reinforce to your dog that GREAT things come to those who wait!

4. Leave it – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to ‘leave it’ gives you time to pick up the dangerous item and trade it for your puppy’s favorite treat.

5. Trading up – A vital skill for every dog, the ability to trade items of ‘value’ (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the ‘bringer of great things’, even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog’s mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

1. Reliable recall – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog’s life.

2. Serene sitting – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.

3. Waiting patiently – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill



YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.



ON THE EDGE

TUESDAY, JANUARY 10, 2017
7:00PM
RIVER PARK CHURCH AUDITORIUM

MARDALoop JUSTICE FILM FESTIVAL- JUSTREEL SERIES PRESENTS:

On the Edge

Release Year: 2016

Runtime: 45 minutes // Director: Marco Kuehne

Synopsis: For more than 100 years the East German region of Lusatia has been exploited as a source of energy for Germany. Enormous open pit coal mines have devastated nature, villages and culture. The excavators dig out tons of lignite (brown coal) which is then burned in the nearby power plants. As a result of these operations 136 villages have disappeared. People are now standing up for their rights and are defending their homes. On the Edge follows brave people who are fighting for a renewable future. In the past four years the filmmakers joined the movement and spoke with the people about their motivation, fears and hopes - revealing a growing resistance in times of climate change and the challenge.

Conversation Leader: TBA

When: Tuesday, January 10, 2017 7:00 PM

Where: River Park Church Auditorium

Cost: Free

Website: www.justicefilmfestival.ca

Twitter: @justicefilm

Instagram: @mardaloojusticefilm



IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

by Dr. Tanja Haley, R.Psych.,
Certified Gottman Couples Therapist



Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.

CALGARY



WILDLIFE

The Boreal Chickadee

by JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
 - it hides food in the fall;
 - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
 - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

If you find an injured or orphaned Boreal Chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



Trivia
COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds

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BRAIN GAMES SUDOKU

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

IN & AROUND CALGARY



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Registration & Open House Information
for the 2017-2018 school year.

Open Houses 2017
Tuesday, January 17
Wednesday, January 18
9 - 11 am
1 - 3 pm

Registration Night
Thursday, January 19
7 pm
First Come -
First Served

Adults Only Please, classes in progress!

GCKindergarten.com



**MLA Calgary-Elbow
Greg Clark**
Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

On November 24th I stood in the Legislative Assembly to share the story Rosalind Davis, a Calgarian who lost her partner to Alberta's fentanyl crisis. My statement is below.

Thank you very much, Mr. Speaker. We're joined today by Rosalind Davis, whose partner, Nathan, tragically died from a fentanyl overdose. Illicit fentanyl is a scourge that knows no boundaries. There are no typical opioid addicts. On average, more than one Albertan dies every day from an overdose. It is a crisis and deserves to be treated like the emergency that it is.

Rosalind and Nathan had big plans. Both of them were professionals, Nathan holding an MBA and had a career as a stockbroker. They bought a house together and set about renovating it. It was while working on their house that Nathan hurt his back and was prescribed

opioids. It became apparent there was a problem, and Rosalind confronted Nathan and asked him to seek treatment. He did. But this is where the system let him down. He was told that there would be a four-month wait for an outpatient treatment program. Fortunately, they had the means to pursue private treatment.

Sadly, after getting clean and sober, Nathan relapsed, something that is tragically common amongst people overcoming addiction. He again sought help but was unable to find the supports he needed to get and stay sober. Over time he started sourcing opioids on the street and died from an accidental fentanyl overdose.

Nathan is just one of the hundreds of Albertans who have fallen victim to the terrible disease of addiction to the point of losing their lives. Each and every one of these lives has their own story. There is no typical opioid addict. It could be your sibling, your parent, your friend. It could be someone who's street involved, or it could be your next-door neighbour. Opioid addiction is a crisis in Alberta, and while the provincial government and professional bodies have taken some steps to address it, much more needs to be done.

Declaring a public health emergency seems to be an obvious step, and I again call on the Associate Minister of Health to do so immediately. We also need to ensure treatment is available, both in-patient and outpatient, and we need to provide a variety of methods beyond traditional 12-step programs, which do not work for everyone.

I want to recognize and thank Rosalind and Nathan's family for dedicating their time to ending this crisis. It's too late for Nathan, but it is not too late for others.

I encourage you to contact the Ministry of Health at health.minister@gov.ab.ca to push the government to recognize this crisis as a public health emergency and to invest in treatment programs.

If you or someone you know needs help with addictions, please call Alberta Health Services' 24-hour Addictions Hotline at 1-866-332-2322.



**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

I want to thank the many of you who attended my Open House in November. It was great to discuss the important issues in our community. I also was very pleased to be a part of the Remembrance Day ceremony at Battalion Park this year. It is always important to stop and take stock of how lucky we are to live in a safe and caring society like Canada.

Work continues in the legislature by your PC Caucus to get the true issues of Albertans onto the table. Of considerable concern to us is the imposition by the Government of a carbon tax. When Alberta oil and gas is hurting, this tax will not make life any easier for oil and gas companies. Our caucus continues to explore the Premier and her cabinet to consider shelving this proposal. I also believe that it is critically important that we do everything we can to make Alberta attractive to investment – something that a punishing additional tax on business and consumers doesn't do. Even during this time of low oil prices, investment in Saskatchewan has been growing. With a Government sending the right signals, investment in Alberta would be far better than it is today.

The increase in gang related crime in Calgary weighs on my mind heavily, and I would like to take a moment to thank those in law enforcement for the hard work they do every day. As a former police officer, I recognize the challenging and dangerous nature of the job. I have been working in the Legislature to curb the distribution of fentanyl, a powerful drug, and have been pleased to have some success thus far. As Justice Critic, I'll continue to work hard to review the practices and policies put forward by the Government on this matter, and identify key areas where we can do better.

I welcome your comments on this and any other matter you feel is important. I can be reached at 403-216-5439 or Calgary.West@assembly.ab.ca.



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

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

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.



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 •

Happy New Year Ward 6! It has been a privilege serving you over the past six years. Last November, Council deliberated and voted on Mid-Cycle budget adjustments including a tax rate reduction for 2017 to 1.5%. Council proposed a 1.5% rebate from the Fiscal Stability Fund, effectively bringing the 2017 tax rate increase to 0%. Council had directed administration to lower the tax rate, which included a plan to reduce the budget through a combination of corporate funding sources, department savings from operating efficiencies, and service reductions, which totalled \$73 million in relief for citizens. As Calgarians have expressed, Council hopes a zero percent tax rate will signal to the Alberta Government that Albertans need relief from the Province too. Forecasts indicate a recovery might not be expected until 2018. Under Council's direction, administration will examine the feasibility of another zero percent tax rate for 2018.

I am happy to share with you that this year I will be on the Transportation & Transit Standing Policy Committee. This work will provide me with even more opportunities to contribute to transportation conversations and decisions, which are among your highest priorities, particularly Ring Road planning. Another important priority in Ward 6 is crime and safety; I will be serving as Vice Chair of Community & Protective Services, which provides the backbone of services for our quality of life. I am stepping down as Chair of the Audit Committee, a role in

which I served for the past three years, but will remain Vice Chair. I am proud of our several dozen internal audit reports about City operations, which can be found under Audit Committee at agendaminutes.calgary.ca, including many recommendations made to City business units to improve efficiencies. To view all of the committees I serve on, please visit calgary.ca/ward6 on the 'About' section.

User Fee Relief and Revenue Reductions by the Numbers

- Fee Freezes for 2016
- Transit
- Recreation
- Parks
- Pet Licensing
- Utility Rates
- Green Cart Program (no fee for 2017)
- Planning and Development
- Fire Inspection and Permits
- Secondary Suite Applications
- Landfill Tipping Rates (2017)

Summary of Budget Adjustment Benefits (\$ millions)

- Tax Relief (\$73.0)
- User Fee/Utility Rate Freezes (\$65.9)
- Targeted Initiatives (\$9.1)
- Lower Revenue – absorbed (\$35.3)
- Total of All Initiatives (\$183.3)

As we enter an election year, according to Council policy, all Councillor-hosted events must take place by May 31, 2017. I look forward to meeting with you in the first half of 2017 at one of my upcoming events:

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

Hatha Yoga Sessions

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OPEN HOUSE
JAN 19 & MAR 8

Kindergarten to Grade 9

Pipelines Approved.

Get the full update at www.KentHehrMP.ca/pipelines



This is how we build pipelines. After pounding the pavement in the election, earning the trust of Calgary Centre, and taking the movement to Ottawa, we pounded the table for a better way forward.

Calgarians and Albertans alike have been waiting for this announcement for a long time. After a decade of inaction, we are finally seeing progress on this file thanks to the leadership of our Prime Minister and my cabinet colleagues. **We are moving forward** on Canada's energy future.

- Kent Hehr, MP
Calgary Centre

Below is what we are doing to make sure we bring both the environment and our economy together.

Read more about Canada's Pipeline Plan at www.KentHehrMP.ca/pipelines.

> Investing \$1.5 Billion into a world-leading **Oceans Protection Plan** to protect our coasts, rather than cut ocean science and monitoring programs like the previous government.

> **Reforming the NEB** to ensure that it reflects regional views and has sufficient expertise in relevant fields like environmental sciences, community development, and traditional Indigenous knowledge.

> Implementing a price on **carbon pollution** — like the one supported by Preston Manning and others — to not only create a vibrant innovation economy but to reduce harmful carbon pollution.



An update from Kent Hehr, your Member of Parliament for Calgary Centre
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