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SENIOR LIFESTYLES

CONTENTS

E .	MAV D	ABYSITTER	LICT

- 10 GLAMORGAN DEVELOPMENT UPDATE
- 11 MARK YOUR CALENDARS
- 12 PUB NIGHT
- 13 A SUMMARY OF ASSESSING THE IMPACT OF AIRCRAFT NOISE IN THE VICINITY OF MAJOR CANADIAN AIRPORTS
- 14 COMMUNITY PROGRAMS
- 14 SENIORS' CORNER
- 17 BUSINESS CLASSIFIEDS
- 18 RESIDENT PERSPECTIVES: STRAIGHT FROM THE UNICORN'S MOUTH: AN OVERVIEW OF UNICORN MYTHOLOGICAL HISTORY











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The Veteran Family Program, funded by Veterans Affairs Canada, allows the Calgary Military Family Resource Centre to provide services, resources and referrals to help veterans and their families. If you are releasing from the Canadian Armed Forces, or are already a veteran, we're here to help.

Contact our Veteran Family Program Coordinator at Shelagh.Cox@CalgaryMFRC.ca or (403) 410-2320 Ext. 3591 to learn more.

Glamorgan my babysitter list

Name	Age	Contact	Course
Angie	53	587-890-6990	Yes
Carolina	14	403-667-2755	Yes
Elvin	41	403-667-3552	Yes
Elycia	16	403-978-4089	Yes
Jisoo	20	403-846-9678	No
Josh	17	403-249-0080	Yes
Sienna	16	403-240-1128	Yes
Vaughn	20	403-397-7691	Yes
Zoey	15	403-249-0080	Yes

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find available babysitters in
and around your community.

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Did you know?

It's cheaper to buy a home than rent in Calgary

Source: National Post

Nancy's listings sell in 25 days on average vs. the market average of 59 days!



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GLAMORGAN COMMUNITY ASSOCIATION

librant 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 Frode Skjolingstad Vice President Vacant Secretary Danielle Southern Treasurer Nicole Liesemer Director At Large Sara Hanev Director At Large Alanna Redding Director At Large April Meyer Director At Large Shaida Scott Past President Beryl Ostrom LIAISONS Calgary Police Service Community Resource Office 403-428-6200 Community Partnerships Coordinator — Keith Magill 403-476-7185 **COMMUNITY ACTIVITIES** Adult Fitness Linda Court 403-931-7539 Brownie, Guides & Sparks 403-283-8348 Calgary Minor Softball Assn John Keith 403-266-9559 Children's Centre Director Heather Eastgaard 403-217-6677 **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 403-246-8218 Paddle Tennis Barry McDonald 403-246-1411 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 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.

Caring Caring Connected Caring Caring

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

Membership expires August 31

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:					
1 Y	ear	3 Y	ear	5 Y	ear
	\$20		\$50		\$75
	\$10		\$25		\$40
	\$7		\$15		\$25
	\$20		\$50		\$75
	· ·	1 Year \$20 \$10 \$7	1 Year 3 Y	1 Year 3 Year □ \$20 □ \$50 □ \$10 □ \$25 □ \$7 □ \$15	1 Year 3 Year 5 Y □ \$20 □ \$50 □ □ \$10 □ \$25 □ □ \$7 □ \$15 □

* 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

Last Name	A/Y
	Last Name

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

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Open Monday to Saturday 8 am - 6 pm







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.

2 29 5 Ccer News
Welcome to Charlene
our new U10 Coordinator!
May 22 & 23 - Soccer Pictures





GLAMORGAN DEVELOPMENT UPDATE

UPDATES FROM SILVERA FOR SENIORS – WESTVIEW **COMMUNITY IN GLAMORGAN**

Updates on the planned Glamoraan campus

A less visible but important process has been the preparation and submission of an Outline Plan Application. The application, which included a minor land use amendment to a small section of 50 Avenue SW, was submitted by Silvera to The City of Calgary in February 2019. The application, when approved by The City, will facilitate:

- A small parcel adjacent to the existing Bob Ward building and running parallel to Glenmore Trail will be transferred to The City of Calgary as a right-of-way to allow an emergency access from 50 Avenue SW to 50 Street SW.
- A small section of the 50 Avenue SW cul-de-sac will be transferred from The City to Silvera. A new p-loop roadway will be constructed east of Westview. The p-loop will be a formal roadway that will be designed to accommodate buses and emergency service vehicles.

Although the proposed land swap between The City of Calgary and Silvera is subject to a minor land use amendment, please be assured the original vision and land use approved in the Direct Control District remains unchanged.

A Development Permit application has been submitted for site servicing, construction of the emergency access, parking lot adjustments and a new P-loop access road. This work will be a completed by both The City and Silvera. We will make every effort to minimize disruption to the community.

The site preparation is essential before we can begin to build new housing. If all goes well, we hope to submit an application for the construction of the first apartment building later this summer. As Silvera moves forward to implement its development vision for the Glamorgan Campus, we will continue to provide regular updates.

UPDATE ON HORIZON HOUSING'S NEW APARTMENT BUILDING

With the successful completion of Phase 1, we are intending to begin construction of Phase 2, which is the additional 45 units that were approved as part of the original development permit. These units will be east of the main building. We anticipate construction of this final phase to start before summer 2019.



A licensed and accredited Before and After School program for children in grades 1 to 6; ages 6 to 12

HOURS OF OPERATION

School Days

Non-School Days

7:00-9:15 am

12:15-6:00pm

7:00am-6:00pm

** Program is closed between 9:15am-12:15pm on school days.

Closed Stat Holidays, between Christmas and New Years, July & August.

The Glamorgan Children's Centre IS THE RIGHT CHILD CARE OPTION FOR YOUR FAMILY BECAUSE ...

- We are a non-profit child care program run under the board of directors of the Glamorgan Community Association. You are supporting a strong, vibrant, connected Community. All profits go towards improving the program.
- Our program provides breakfast and snack for children each day included in monthly fees!
- Conveniently located in the community association.
- Easy drop-off and pick-up for parents. Exclusive parking lot, allows for parents to drop-off and pick-up in minutes.
- Children have access to community amenities (3 parks, skating rinks, community events)
- Children have so much fun at GCC, they will not want to leave at the end of the day, we promise.

4201 41 Ave SW (entrance on the south side of the community building, by hockey rinks)

Ph #:403-217-6677

Email: gcc@myglamorgan.ca

-MONTHLY FEES-

3 components* (AM, LUNCH, PM)\$520.00

(Glamorgan Students only*) (this includes breakfast and snack provided by 6CC)

2 components

(AM. PN) \$505.00 (this includes breakfast and snack provided by GCC)

\$445.00 1 component (PM) (this includes snack provided by ecc)

1 component (AM) \$395.00 (this includes breakfast provided by

Additional charges for non-school days 3 or 2 components: \$15/day/child I component (AM or PM):

\$20/day/child

REGISTRATION FEE

A non-refundable \$100.00/child CASH registration fee will be required in order to obtain a "Child Registration

Good news is this registration fee will be applied to your first month's fee. Payment must be exact amount, change cannot be made.

Receipt will be provided



Calendars

April 29 - Weekly drop-in knitting starts

May 7 – Seniors' Corner

May 8 - 10 - Sample Sale

May 11 - Glenbrook Community Clean-Up

May 22 & 23 - Soccer Pictures

June 2 - Crib Tournament

June 7 - Pub Night

September 21 - Community Clean-Up 9am - 2pm

Neighbour Day Coordinator Needed

The Glamorgan Community Association is looking for a 2019 Neighbour Day Coordinator.

This position is fully supported by the office.

If you have any questions, please feel free to call the Office at 403-246-8218 or email info@myglamorga.ca

If we do not have a coordinator, we will have to cancel the event.

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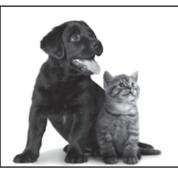
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Glamorgan Animal Clinic

We moved!
Come visit us at our new location at the London Place West mall near London Drugs. 440, 5255 Richmond Road SW

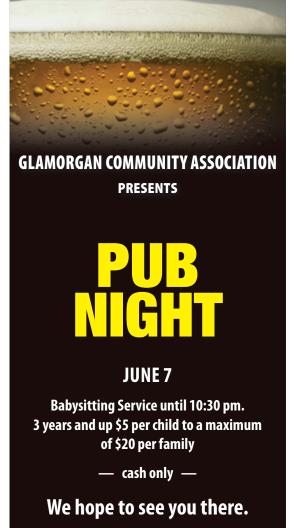
403.246.1774 www.glamorgananimalclinic.com





association on Facebook.





Did You Know?

Did you know that there are cards and crib boards available to borrow at Pub Night?

We fully encourage game play!!!



This report, tabled by the TRAN Committee in Parliament on March 19th, 2019, takes a strong stance in support of communities affected by aircraft noise. The Canadian aeronautics industry is criticized for its culture of secrecy, absence of transparency and the outdatedness of its data. Of particular importance are the 16 recommendations which propose a sweeping change to how aircraft noise is dealt with in Canada.

With regard to noise exposure and tolerance, the TRAN Committee found that Canada lags far behind other countries in studying aviation noise and its effect on human health. Experts told the committee that Canada's Noise Exposure Forecast (NEF) does not reflect the latest scientific evidence on how human beings perceive and tolerate noise. Bob Sartor, the President of the Calgary Airport Authority, indicated that Calgary airport's noise exposure forecast model has not "moved" since 1972, despite greater densification around the airport. One study cited in the report concluded that there is sufficient scientific evidence of a relationship between exposure to aircraft noise and five areas of human health and wellbeing: community annoyance, sleep disturbance/awakening, hypertension, cognitive and academic performance of children, and speech and communication interference. A World Health Organization's (WHO) study also concluded that there is high-quality evidence of a link between aircraft noise and annoyance, which affects quality of life and is also a factor contributing to a wide variety of health outcomes.

The report contains 16 recommendations. Recommendation #6 affects West Calgary and requests that Transport Canada and Nav Canada study the implications of shifting the west approach to outside of the western boundaries

of the city. This reroute of the extremely busy Sarcee Corridor, which impacts our communities, could do much to improve our health and the quality of our lives. However, there are other very busy east-west routes above us which continue to impact communities with noise. Our issue has always been the convergence/intersection of concentrated flight paths (both arrivals and departures) above Ward 6/the riding of Calgary Signal Hill.

Other important recommendations include: rotating the use of runways, modernization of outdated noise metrics, the introduction of evidence-based noise mitigation measures, the implementation of WHO noise standards, the creation of an independent Aircraft Noise Ombudsperson, the support of research on the impact of aircraft noise-related annoyance on human health, a night flight policy review, and the installation of noise reducing equipment on aircraft as soon as possible.

Whether any of the recommendations come to fruition remains to be seen. Historically, aviation organizations have been slow to implement change and update their processes, but change is long overdue. We look forward to Ron Liepert, our M.P. and a member of the TRAN Committee which produced this report, following through on these recommendations and ensuring their implementation.

A copy of this report can be found at www. ourcommons.ca/Committees/en/TRAN. All questions and concerns should be directed to Ron Liepert: ron.liepert@parl.gc.ca, 403-292-6666.

Submitted by West Calgary Air Traffic Concerns Committee www.wcatc.ca @info wcatc



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 \$5 includes light lunch and refreshments

For more information, contact the Glamorgan Community Association

May 7 June 4 – Stampede BBQ

BOSTON PIZZABounce 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!

CaringConnected CaringConnecte

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. AM & PM

Call Rhonda at 403-681-3439 wellnesswithrhonda.

ALL LEVELS YOGA - Tuesday nights 8:00pm. For information or to register email leena.markatchev@gmail.com

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

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

TAURUS TAEKWON-DO

Ages 4+ Monday and Wednesday Evenings 403-708-7199 www.taurustkd.com fit.tkd@gmail.com

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

WEST CENTRAL COMMUNITY RESOURCE CENTRE

Access computers, crisis support and more at the WCCRC, located at 3507A 17th Ave SW. Other programs include: Parenting Support, Women's Group, Summer Camp and more. Call 403-543-0555 or visit www.closertohome.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.



Councillor, Ward 6 Jeff Davison

Bookings: Kathy Morgan, Executive Assistant

✓ eaward6@calgary.ca; Constituency Concerns:
Suzy Trottier, Constituency Liaison ✓ caward6@
calgary.ca ✓ 403-268-1035; Development Permit
Information: Frano Cavar, Communications and Policy
Liaison ✓ ward06@calgary.ca ✓ 403-268-1380

Hello, Ward 6!

Development planned in your neighbourhood online

Whether it's a new single-family home or a large new development, there's always a new development happening in our city. Now, you can find out about the changes taking place in your community in one easy place.

While The City is ending some newspaper listings that notify development changes, visiting www.calgary.ca/pdmap will show you a great interactive map with all the planned development applications that are currently being considered by The City of Calgary. After May 16th, Development Permits will no longer be published in newspapers.

Ward 6 Open House

Save the date! On May 23rd, from 6:30-8:30 PM I will be hosting our annual Ward 6 Open House at the Glendale Community Association Hall (4500 25 Ave SW).

Ward 6 Office Staff and I will be on hand to address any questions or concerns that you may have. Other attendees include representatives from Calgary Transportation, Parks, Neighbourhoods, and the Calgary Police Service. We look forward to seeing you!

Street Sweeping is happening in your community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit calgary.ca/sweep.

Get Ready for Neighbour Day!

This year, Calgary will celebrate its sixth annual Neighbour Day on June 15, and anyone can plan an event! Reach out to your neighbours and host a block party on your street, share a picnic potluck or afternoon tea in the park, or hold a street chalk drawing competition. Also, check with your Community Association to see if they are hosting a Neighbour Day event! Whatever you do, be sure to invite The Mayor, me, the Calgary Fire Department and Calgary Police Service—we'd love to join you!

For more information, visit calgary.ca/neighbourday or call 3-1-1



Canadians have now had six weeks to digest the federal budget introduced on March 19th, 2019, and many constituents are asking what did we get for all the extra spending and a fourth consecutive deficit of close to 20 billion dollars.

Revenue has increased significantly but rather than lower the deficit or keep the Prime Minister's 2015 election promise to balance the budget in 2019, the government is proposing to spend the extra money. Small business, already under the pressure of a higher minimum wage and a carbon tax, received nothing in the way of tax relief. Canada's working middle class was to be the focus of the government's initiatives but instead have been shut out of any benefits from the government increasing the deficit.

The government had also hoped the budget would change take away from the SNC Lavalin situation, however, that has not been the case. The budget, which traditionally is the highlight of the government's legislative agenda, was barely noticed while all the attention continued to be on the ongoing scandals of the Liberal caucus members. The government is in chaos and Canadians are recognizing this as the Prime Minister's personal popularity at 40% trails Stephen Harper's 47% approval rating in April 2015 at the time when Canadians were heading into the election, which the Conservatives lost. This summer will likely see a slew of government announcements designed to bolster the current government's popularity as we approach this fall's vote. Albertans will not be wise to not be bought with their own tax dollars and we can only hope Canadians elsewhere in the country won't either.

Please feel free to contact our office if you have any questions – ron.liepert@parl.gc.ca or 403 299-6666.



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4800 Richard Rd SW Tickets: www.paintedfish.ca

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

LANDSCAPE CONSTRUCTION: Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Sod installation, rocks. mulches, shrubs, xeriscaping. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

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HANDYMAN/CONTRACTOR FOR HIRE: I am a semiretired contractor with over 30 years' experience. No job too big or small, available for repairs or renovations. Basements, kitchens, bathrooms, and booking for decks, fences, and garages. Contact Gary at 403-463-5756 or garyhans@telus.net.

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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.

SUPPORTIVE SENIORS LIVING AT WESTVIEW IN GLAMORGAN: By Silvera for Seniors. Feel welcome in this vibrant community in southwest Calgary. Enjoy delicious meals. Participate in healthy active aging programs. Choose from studio and one- and two-bedroom suites. Renovations are adding a learning centre, hobby lounge, horticultural area and fitness room. Call 403-567-5301 today! silvera.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, mchasse@shaw.ca.

RESIDENT PERSPECTIVES



by Alexa Takayama

This month, I decided to look at unicorns because they just feel spring-y. My research taught me two things: unicorns are one of the oldest depicted mythological creatures, and Europeans liked to write descriptions of rhinoceroses, but no one ever bothered to draw pictures to go with them. Which makes the journey of how we got from rhinoceros to glittering white, horned horses a bit of a disjointed mess. I'll do my best.

Let's get some unicorn basics out of the way: as we understand them today, unicorns are white horse-like creatures with a long, pointed horn protruding from their foreheads, sometimes with cloven hooves or a lion-like tail. Unicorns are untameable, strong, proud and haughty, and would rather die than be captured. They can only be calmed and captured by a virgin. Their horns are made out of a substance called alicorn which is believed to have magical medicinal properties, such as being able to nullify poisons and cure diseases. Some "official" measurements state a unicorn's horn is between 1 cubit and 1.5 cubits (roughly 50 to 70 cm). You know unicorns are old when we're measuring things in cubits!

We also need to talk about the monoceros, which was a creature that was conceptually related to the unicorn but was not a unicorn. At the same time, the term monoceros was used interchangeably with the term unicorn. (Which doesn't complicate things at all.) And like the unicorn, a lot of descriptions of them seem to bear a closer resemblance to rhinoceroses.

Let's talk about some of those descriptions, shall we? The oldest recorded writing describing a unicorn was in Indica, written by Greek physician and historian Ctesias the

Cnidian. He described them like "wild asses" (probably specifically the onegar, an Asiatic animal closely resembling a donkey) with a horn that is red, white, and black. In his book, Natural History, Pliny the Elder described a monoceros having the head of a stag, body like a horse's, the feet of an elephant, and the tail of a boar. He also said it made a deep bellowing noise and has a black horn. There is record that Marco Polo claimed to have seen a unicorn, saying they are smaller than elephants with heads like a wild boar, feet like an elephant's, rough hair like a buffalo, and a big black horn. He described them wallowing in mud and called them ugly. (Rude.) He also expressed disappointment that they were nothing like the way Europeans imagined them.

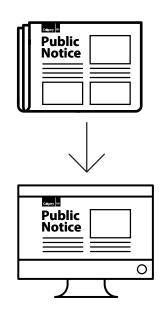
Every instance just seems to me as someone trying to describe a rhinoceros, but after the world's oldest game of telephone, we somehow ended up with our modern rendition of the unicorn.

But let's not forget about the virgins! What's up with that? Well, in the Middle Ages and the Renaissance, a book called Physiologus had an elaborate allegory about a unicorn, which represented the Incarnation of Christ, laying its head on the lap of a maiden, which represented the Virgin Mary. It seems from here that the idea that a unicorn can only be captured by a virgin originates from. From there, there have been many pieces of both religious and secular art showing the hunt of the unicorn. It is sometimes depicted wearing a collar with a broken chain. The unicorn is very popular in heraldry as well.

Now you have a brief overview of unicorns. There's a lot I didn't get to cover, so stay tuned for next month's article where I'll talk specifically about the unicorn's horn.

Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.









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