

JULY 2016

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GLENDALE thumper

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



SOCER NIGHT IN GLENDALE

Nash, Brennan and Kassra show off some unique skills at a Triwest U6 practice at Turtle Park. The kids have wrapped another great soccer season.



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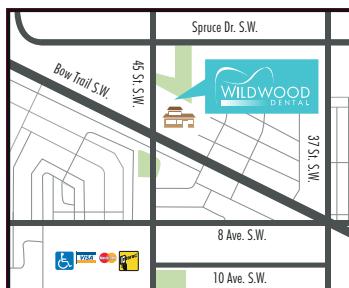
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Glendale Community Association

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Amari Sagumaran, 6, shows off her ball handling skills during soccer practice at Turtle Park.

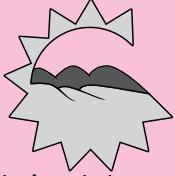


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Glendale on the Internet:
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facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors & Community Contacts

GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

President	Paul McCormick	403-240-4168	president@myglendale.ca
Past president	Jim Kelly	403-240-2958	kellyhouse@shaw.ca
Vice-president/Thumper editor	Chris Welner	403-796-6552	thumpereditor@yahoo.ca
Vice-president	Todd Lines	587-777-8484	tlines@telusplanet.net
Treasurer	Terry Craigmile	403-246-6218	tcraigmile@shaw.ca
Memberships	Amanda Saigeon	403-242-2110	membership@myglendale.ca
Civic Affairs	Grant McArthur	403-249-3319	stalders@shaw.ca
Social Events	VACANT		
Secretary	Mike Meredith	403-461-9555	secretary@myglendale.ca
Member-At-Large	Veronika Duska	403-264-8220	vduska@andersonenergy.ca
Member-At-Large	Margaret Chandler	403-244-2211	mchandler@greenfuse.ca
Member-At-Large	Lee Dowd	403-999-7308	lledowd@gmail.com
Member-At-Large	Madeleine Macdonald	403-249-2582	mc.warthe@gmail.com
Member-At-Large	Monika Smith	403-242-6162	smithpr1@telus.net

GGMCA COMMUNITY CONTACTS

Memberships	Amanda Saigeon	403-242-2110	secretary@myglendale.ca
Rental Rates	Weekends \$750/day or \$1,400/weekend		Weekdays \$50/hour, minimum 4 hours
Glendale Preschool	Jason Philipchuk		gcp.community@gmail.com
Guides	Michele Harding	403-217-5447	michel.harding@shaw.ca
Hall Rentals	Simon Evison	403-969-2892	simonevison@shaw.ca
Sports & Recreation	Ken Rogers	403-801-1602	kwrogers@telus.net
Building	Greg Smith	403-217-0551	
Website	Jennelle Inlow		info@myglendale.ca
Councillor	Richard Pootmans	403-268-1646	richard.pootmans@calgary.ca
Councillor's Assistant	McKensi Mills	403-519-6046	ward06@calgary.ca
Calgary Recreation	Hayley Saunders		Hayley.Saunders@calgary.ca

THE THUMPER

Chris Welner • Kent Klatchuk • Maddy Lines

Board Meetings

are held the second Wednesday of each month | **NEXT MEETING SEPTEMBER 14, 2016**
Annual Community Memberships \$35 Tennis Membership \$35

MESSAGE FROM THE BOARD

Glendale board looks to establish before- and after-school program

Community deficit cut in half to \$10,000 in 2016

By Chris Welner and Maddy Lines

Glendale's new community board is looking at establishing a new before and after school program for children attending neighbourhood schools.

At the community's annual general meeting on June 8, board President Paul McCormick said Glendale's community hall would be an ideal location for a new program for area children and for kids attending any of the four elementary and junior high schools in the area.

"Glendale is one of the Calgary's best served neighbourhoods in terms of quality schools," said McCormick. "And with expansion coming at the site of the Calgary Arts Academy in Glendale Meadows, the need for this kind of care will rise."

There are more than 1,000 children attending Glendale Elementary, St. Thomas Elementary, St. Gregory Junior High and Calgary Arts Academy. That count is expected to rise by as many as 300 students with the opening of a new Spanish program that is taking the place of the Arts Academy.

McCormick said parents paying for a well-run school program can also help the community ease the growing financial burden of keeping Glendale facilities maintained.

At the AGM, Treasurer Terry Craigmile outlined financials that revealed a \$10,000 operating deficit in 2016, a figure that is half of the previous year's \$20,000 shortfall. Savings with the new Thumper and community fundraising socials reduced most of that deficit.

"The loss has dropped by \$10,000, but our cost to keep the doors open at the hall is running at \$70,000 per year," said Craigmile. "We also have major capital repairs this year, so we have to continue to be vigilant about our spending."

The Casino fundraiser continues to be the major source of financial support for the community association, but the after-school program is needed to supplement the current fundraisers. The Stampede Breakfast will



Glendale's new board poses for a photo after being re-elected at June's 2016 AGM. From left, Monika Smith, Grant McArthur, Margaret Chandler, Terry Craigmile, Ken Rogers, Chris Welner, Paul McCormick, Todd Lines, Mary Lynn Bryan, Mike Meredith, Veronika Duska, Jim Kelly, Jennelle Inlow, Lee Dowd, McKensi Mills, Ward 6, Hayley Saunders, City of Calgary. Photo by Maddy Lines

be returning on the first weekend of Stampede. The Halloween Dance will be returning this fall.

Ward 6 Councillor Richard Pootmans brought up the issue of airplane noise, particularly on the flightpath along Sarcee Trail. Airport administrators are putting in microphones in Glendale and further south in Glenbrook that monitor noise levels.

The plans for the southwest ring road are still being negotiated and will be affected by many of the city's other major road projects. Pootmans told the AGM Calgary's population grew by 21,000 population over the past year. He also reported that Mayor Naheed Nenshi "loves Glendale."

Glendale's 2015 volunteer board of directors was re-elected for another year, with several members taking on new roles. Simon Evison will take over as co-ordinator of Hall Rentals, Amanda Saigeon takes over as Memberships Co-ordinator and Michael Meredith is the new board secretary.

Paul McCormick was re-elected as president and Chris Welner and Todd Lines will continue to serve as vice-presidents. Terry Craigmile continues to serve as treasurer.

"We have great commitment from our board volunteers," says McCormick. "But there is always room for more people with more ideas to come join us."

IN & AROUND SCHOOLS

Glendale Community Preschool

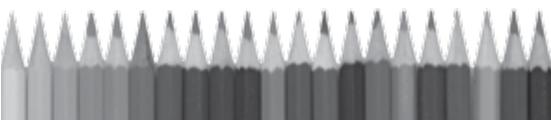
June was the final month of preschool for many students moving on to kindergarten and we wish our graduating students all the best as they start summer vacation and get ready for elementary school.

The butterflies are emerging from their chrysalises and everyone is enjoying the warm sunny weather during outdoor playtime.

The Father's Day Tea was on June 9 and 10 where the students got to spoil their dads and grandfathers.

The Annual General Meeting was well attended and new initiatives were unanimously adopted. One such change is that the Snow Day fundraiser will be returning to a community-building event, where families can gather and enjoy the winter's best activities with a smaller voluntary commitment. Several parents joined the executive committee and soon the planning for the next academic year will continue; Miss Jenn will also be returning. Thanks to those outgoing executive members and to the teachers Miss Pam and Miss Dorinda, for their work in making 2015-2016 another successful school year!

Best wishes to Miss Pam in her future plans, and she will be dearly missed.



thumpereditor@yahoo.ca
Editorial Content DEADLINE 1st of each month for the next month's issue
5



2016 Community Membership Application Form

Name _____

Address _____

Postal Code _____

Telephone _____

E-mail _____

- Annual Membership Rates: \$35 per family
- Annual Tennis membership: Add \$35 per family

NEW! Paypal accepted at glendalecommunity.ca

Membership period: Sept. 1 - Aug. 31

Residents are welcome to join anytime in the year.

Yes, I want to help with:

- | | | | |
|-------------------|--------------------------|----------------|--------------------------|
| Recreation/Sports | <input type="checkbox"/> | Hockey Rink | <input type="checkbox"/> |
| Social Functions | <input type="checkbox"/> | Casino | <input type="checkbox"/> |
| Administration | <input type="checkbox"/> | Special Events | <input type="checkbox"/> |
| The Thumper | <input type="checkbox"/> | Other | <input type="checkbox"/> |

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For information, contact Mike Meredith
mikerameredith@gmail.com or 403.461-9555

Walking Back to Saskatoon

Glendale man puts heart into trek back home

By Tina Donkers



Inclement weather could not stop Glendale's Dave Nordin from walking back to Saskatoon.

Dave left Glendale May 20 on his month long, 600 km journey to raise funds for the Heart and Stroke Foundation and his alumni bursary fund at the University of Saskatchewan. The walk, which drew some inspiration from an old Guess Who song, started with cool days, high winds, rain and weekend. His biggest challenge was recurring blisters on one foot. Regardless of the weather or the blisters, Dave walked an average of 25km/day. He went golfing on his rest days (with a golf cart) and wrapped up his journey on June 17.

Dave kept himself company reciting Robert Service poems, The Cremation of Sam Magee and The Shooting of Dan McGrew. He helped clean up the landscape along the way as well, picking up litter in ditches that included 75 bungee cords, a 44DDD bra, a coat, a hacksaw and many other trinkets.

Along the way people stopped to share their stories of heart disease — including a family who stopped to talk about the Ventricular Assist Device, which keeps one of their young men alive by pumping blood through his body with a small electrical device.

"The people we have met along the way have been terrific with positive feedback and encouragement," said Dave.

Check out his website for more information on his walk; www.dnordin.wix.com/walking-back.

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Round up your neighbours for the
Glendale/Glendale Meadows Community Association

STAMPEDE BREAKFAST



Saturday,
July 9, 2016

★ 8:30 am to 11:30 am ★

Community Hall • 2405 Glenmount Drive SW

Free for the whole family!
Live band! Great food!



Photos from Glendale's
2015 Stampede Breakfast



Glendale Real Estate Update

Last 12 Months Glendale
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2016	\$487,450.00	\$473,000.00
April 2016	\$639,000.00	\$609,000.00
March 2016	\$759,500.00	\$719,250.00
February 2016	\$649,900.00	\$631,250.00
January 2016	\$499,900.00	\$466,000.00
December 2015	\$649,900.00	\$600,000.00
November 2015	\$594,900.00	\$570,000.00
October 2015	\$549,900.00	\$510,000.00
September 2015	\$529,900.00	\$529,900.00
August 2015	\$629,450.00	\$617,000.00
July 2015	\$599,900.00	\$594,000.00
June 2015	\$624,900.00	\$608,750.00

Last 12 Months Glendale
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
May 2016	3	2
April 2016	7	5
March 2016	8	2
February 2016	3	2
January 2016	3	1
December 2015	2	1
November 2015	3	3
October 2015	5	3
September 2015	4	1
August 2015	5	2
July 2015	2	1
June 2015	2	2

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

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	No. New Properties	No. Properties Sold
May 2016	3	2
April 2016	7	5
March 2016	8	2
February 2016	3	2
January 2016	3	1
December 2015	2	1
November 2015	3	3
October 2015	5	3
September 2015	4	1
August 2015	5	2
July 2015	2	1
June 2015	2	2

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IN & AROUND CALGARY

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.



Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

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IN & AROUND CALGARY

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

Late Night Temporary Taxi Stands

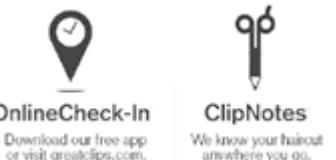
Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.

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IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week**.

Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage col-

lection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.



Animal Trivia

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.

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IN & AROUND CALGARY



Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: www.chinookcountry.org for the program list.



COUNCILLOR, WARD 6 RICHARD POOTMANS

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F: 403-268-8091 • E: Ward06@Calgary.ca
Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 •

Hello,

Good news, your Ward 6 office has been working successfully to bring two new senior living facilities to Ward 6! We will be welcoming Signature Retirement Living to Patterson and Silvera for Seniors to Glamorgan. We encourage planning for complete communities, including housing options for people throughout their lives in areas they have lived - close to family, friends and amenities they are familiar with.

Prominence Way Retirement Community is anticipated to open in late spring of 2018. In May, construction began on Prominence Way Retirement Community, located in the community of Patterson Heights just north of Old Banff Coach Road SW near Bow Trail SW at 908 Prominence Hill SW. Owned and operated by Signature Retirement Living, Prominence Way Retirement Community will be a 4-storey building containing 180 suites. The design provides 126 independent living suites with a mixture of types of units as well as 54 designated assisted living studios supported by Alberta Health Services, for persons requiring additional care and including a wing for memory care residents.

Two well-established not-for-profit organizations in Calgary, Silvera and Horizon Housing, are working together to redevelop the land next to Silvera's Westview Community at 5025 45 Street SW adjacent to Glenmore Trail. The Elbow Valley lands came into Silvera's portfolio in 1964 and in 2000, the lodges were decommissioned. Silvera is redeveloping the land to increase affordable senior housing options in Calgary while creating spaces for seniors to stay in their communities as they age. The new development will include the addition of more independent and supportive living suites with a vibrant, connected mixed-use community for seniors. The design, while still in the very early stages, will include building locations, pathways, streets and a park space. More application details will be released closer to construction completion.

The City is leading the development of a Seniors Age-Friendly Strategy to help plan for the growing number of older adults, expected to be 1 in 5 Calgarians by 2036. The Seniors Age-Friendly Strategy has six priority areas which include; access to information and services, community

support and health, housing, participation and inclusion, prevention of and response to elder abuse, and transportation and mobility. The City is working closely with community partners and Calgarians to implement the plan through 2018. A report to Council on implementation progress is set for October 2016. Visit Seniors Age-Friendly Strategy on calgary.ca/seniors to get involved. For general information, safety and transportation information, housing and home support services as well as Police services and recreation, culture and fitness services for seniors provided by The City of Calgary, please visit calgary.ca/seniors.

Thank you



The New Adventures of Engine 23

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!



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The first session of the 42nd Parliament in the House of Commons' wrapped up at the end of June which concluded my inaugural session as your MP for Calgary Signal Hill. In our parliamentary system, the official Opposition reflects the premise that a delicate balance must be maintained between permitting elected governments to govern and legislate effectively, and ensuring that power is exercised with care and with respect for those with other views. As the official opposition, we work to ensure that legislation is carefully considered, and that differing views on important initiatives are publicly expressed and defended, so since being sworn in, the House of Commons has been very lively as we have debated many important issues from the budget (the largest deficit in recent history) to the very sensitive issue around medical assistance in dying (MAID). To ensure that I was reflecting the opinions of my constituents with regard to MAID, I requested your feedback and based my vote, not on my own personal ideas, rather on the overwhelming response that I received from you. Parliamentary decorum has been tested as a result of these emotional issues contrary to the promise of 'sunny ways' in the House.

Additional highlights - I brought forward a private members bill, C-229, an Act to amend the Criminal Code and other related Acts to increase the life sentence for those who commit the most heinous of crimes – Life Means Life Act. This bill is scheduled to appear again in the fall once the House resumes. As well, I have had the opportunity to address the House on several occasions speaking to the need for job creation in Alberta, support of pipeline projects, and to recognize two outstanding Albertans who passed – Ron Southern and Dr. Barrie Strafford.

As the country witnessed the devastating fire that hit Fort McMurray in early May, I along with all Canadians was thankful for the incredible efforts of all the first responders who worked tirelessly to protect lives and property in Northern Alberta. I was also moved by the willingness of Calgarians, Albertans and all Canadians to open their homes and their wallets to help their neighbors from Fort McMurray.

As the House breaks for the summer, I look forward to spending time in the riding with you, my neighbors. The summer is always a busy time in Calgary kicking off with the Calgary Stampede. I hope to be able to attend community events in the coming months so please let the office know if you are planning an event in your area.

Please enjoy your time this summer with family and friends.

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

Book Trivia

Don Quixote is the best-selling novel of all time, with over 500 million copies sold.

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For several weeks now, Calgary Currie has invited a number of unexpected visitors to our community with open arms. The evacuation of Fort McMurray in the face of wildfire is something that has never before been seen in Canada.

Fort McMurray burned, her people fled, and we opened our homes. In Calgary, the Universities got the headlines, but the guest rooms, and schools of many neighbourhoods across the city including those in Calgary Currie have been filled by those fleeing the fire.

Nobody wants to be put in a position where they have to leave everything behind, but there are more important things than things, and in opening up our communities to these displaced people, we have once again shown our true colours as a province.

When difficult situations arise, it is important to know that there is a community of caring people in this province. No matter if you are a stranger just arrived, or born and bred here for generations, if you are in need we will find ways to support you.

I am proud of the way Rachel Notley has led Albertans through this disaster, focusing on the safety and security of the people of Fort McMurray. The rapid response in getting support to these displaced people has been a huge relief to those in need.

We are strong and we are a community of people who care. Fort McMurray is hurt but not lost, and much like after the 2013 floods here in Southern Alberta, we will rebuild Northern Alberta. As always, life will go on, and we will be stronger for it.

We welcome our guests from Fort McMurray to our community with open arms. For as long as we are needed we will be here. Our schools are your schools, our playgrounds are yours, our libraries and corner stores, community gardens and events, are all here, not for our exclusive use, but to be shared by all in need of what they can offer.

So be sure to include people, whether they've lived on your street for decades or are temporary guests from away. Show them what it's like to be among community.

On July 10th at Killarney Glengarry Community Hall 2828-28 ST. SW, you can join me for my Stampede Breakfast. Pancakes, Sausage, Hashbrowns, music and more! 9am-11am, come on out and show us your community spirit.

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