

OCTOBER 2016

DELIVERED MONTHLY TO 2,800 HOUSEHOLDS

# GLENDALE thumper

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER

**LET'S PLAY  
BALL!**  
COMMUNITY GETS  
ACTIVE ON GLENDALE  
SPORTS DAY



Laurent Montiel, 6, and his brother Marcel, 3, are ready for action at Glendale Sports Day. Photo by Chris Welner



# WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today  
[LIGHTTHENIGHT.CA](http://LIGHTTHENIGHT.CA)



## 2016 NATIONAL SPONSORS



Glendale Community Association  
 2405 Glenmount Dr. SW  
 403.242.2110 • [www.myglendale.ca](http://www.myglendale.ca)

# CONTENTS

Message from the Board	5
Real Estate Update	6
My Babysitter List	7
Sports Day Hits a Home Run in Glendale	10-11

**NEWSLETTER AD SALES**  
**GREAT NEWS PUBLISHING**  **27 YEARS**

Great News Publishing Ltd.  
 403.720.0762 | 403.263.3044  
[sales@great-news.ca](mailto:sales@great-news.ca) | [www.great-news.ca](http://www.great-news.ca)

*Addison Saigeon, 5, rides her scooter over to the bike parade during Glendale Sports Day.*



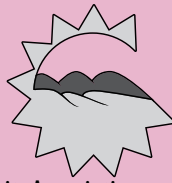
# Glendale Community Association

2405 Glenmount Dr. SW  
Information 403.242.2110

**Glendale on the Internet:**

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

[facebook.com/GlendaleGlendaleMeadowsCommunityAssociation](https://facebook.com/GlendaleGlendaleMeadowsCommunityAssociation)



## Board of Directors & Community Contacts

### GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

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

### GGMCA COMMUNITY CONTACTS

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

### THE THUMPER

Chris Welner • Kent Klatchuk • Maddy Lines • Monica Smith

## Board Meetings

are held the second Wednesday of each month | **NEXT MEETING OCTOBER 12, 2016**

Annual Community Memberships \$35 Tennis Membership \$35

**Editorial content deadline is the 5th of each month - [thumpereditor@yahoo.ca](mailto:thumpereditor@yahoo.ca)**

## MESSAGE FROM THE BOARD

By Chris Welner

After a summer recess, Glendale's community board was back in the office for a busy September meeting. And while the board may have been officially paused, community volunteers continued to keep active to help out with functions, events and maintenance in and around the hall.

Planning has continued on our community garden and we hope to make some progress with shovels and rakes this fall to prepare for spring planting. We have secured an historic bench that used to be part of the Devonian Gardens that we hope to make a restful part of the garden.

Ryan Driedger has been doing a great job keeping the property up to snuff and we thank him for his hard work. There were several social functions and weddings to look after and the Pedal Heads program was packed to the brim with children learning to ride their bikes. They certainly brought a lot of life to the community this summer. Thanks go out to Simon Evison, who has taken on the demanding role of coordinating hall rentals.

• Glendale has presented its 2016-2017 business plan to the City of Calgary and the entire document can be read on our website at [www.myglendale.ca](http://www.myglendale.ca). Your comments are always welcome on our plans.

• We had two community guests who came to our meeting to discuss issues of concern. Doug Bond shared his concerns about the rising level of noise from air traffic over the west end of Calgary, particularly in Glendale and surrounding neighbourhoods. Doug is researching the issue for our community with federal and municipal authorities responsible for airport operations and air traffic to see if there is any solution to helping reduce noise over heavily populated areas of the city.

• Residents Sam and Francesco Marasco also came to the board looking for community support for a proposal that would go to the City to rezone two of their properties on 17 Avenue SW near Glenside Drive to accommodate higher-density development. The board let the Marascos know that any such support from the

The Frisbee Golf Gang gets out for a round around the Glendale Community Hall.



community would need to come at the annual general meeting, or a special meeting where all community members in good standing would be given an opportunity to share their opinion.

• The City of Calgary's Main Streets program is sharing proposals for redevelopment of 17 Ave. SW and 37 Street. Two Open Houses are scheduled on Oct. 4 and Oct. 20, 2016, both from 6-8 p.m. at the Bow Cliff Seniors Hall, 608 Poplar Rd. S.W. Anyone interested in these development plans is encouraged to attend.



**This year's Halloween Party is being held Friday, October 28th 6:30-8:30 pm. Kids and parents welcome at Glendale Community Hall, 2405 Glenmount Drive SW.**



**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)  
[safetysync.com](http://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.

## STEP INTO FALL



### 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  
403.210.7044 or 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

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

FIND SOLUTION ON PAGE 15



## Glendale Real Estate Update

### Last 12 Months Glendale MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$459,900.00	\$445,000.00
July 2016	\$439,900.00	\$431,500.00
June 2016	\$439,800.00	\$429,000.00
May 2016	\$439,000.00	\$427,500.00
April 2016	\$510,000.00	\$500,000.00
March 2016	\$429,900.00	\$426,000.00
February 2016	\$482,450.00	\$468,000.00
January 2016	\$429,950.00	\$426,250.00
December 2015	\$435,000.00	\$440,000.00
November 2015	\$479,900.00	\$470,000.00
October 2015	\$499,900.00	\$490,000.00
September 2015	\$463,950.00	\$455,000.00

### Last 12 Months Glendale MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
August 2016	41	23
July 2016	29	34
June 2016	39	29
May 2016	38	29
April 2016	34	29
March 2016	36	23
February 2016	40	14
January 2016	28	12
December 2015	12	15
November 2015	12	13
October 2015	28	25
September 2015	38	22
<b>Total</b>	<b>50</b>	<b>37</b>

To view the specific SOLD Listings that comprise the above MLS averages please visit [glendale.great-news.ca](http://glendale.great-news.ca)



## 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 [myglendale.ca](http://myglendale.ca)

Membership period: Sept. 1 - Aug. 31

Residents are welcome to join any time in the year.

Yes, I want to help with:

- Recreation/Sports  Hockey Rink
- Social Functions  Casino
- Administration  Special Events
- The Thumper  Other

Please enclose your cheque payable to:

Glendale Community Association  
2405 Glenmount Drive S.W. T3E 4C1

For information, contact Amanda Saigeon  
[membership@myglendale.ca](mailto:membership@myglendale.ca) or 403-242-2110

## Glendale/Glendale Meadows Community Membership Drive

This fall, our community will be hosting a membership competition.

#### Did you know?

An annual membership only costs \$35 (with Tennis key \$70)

Membership provides community support, community programming and community spirit

We are looking for five volunteers within the community to help facilitate the drive.

To volunteer or purchase your membership please contact: Amanda Saigeon [membership@myglendale.ca](mailto:membership@myglendale.ca) (or 403-242-2110).



Name	Age	Contact	Course
Simon	12	403-875-2367	Yes
Abbey	13	403-901-3337	No
Sarah	14	403-246-8444	Yes
Bamby	15	587-400-1741	Yes
Heidi	29	403-701-9202	Yes

### Calling All BABYSITTERS

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

### Calling All PARENTS

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

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

## IN & AROUND SCHOOLS

### St. Michael School Christmas Craft Parade

St. Michael School  
4511 8 Ave. SW  
(2 blocks South of Bow Trail – off 45 St. SW)

**Saturday, November 26, 2016**

**10:00 am to 3:00 pm**

- FREE Admission
- Huge Raffle!
- Fabulous Food!
- 40+ Amazing Vendors!
- Jewellery – Art – Wood Crafts
- Knitting – Crochet - Candles
- Pottery – Homemade Baked Goods & much more!



**the Gutter Doctor**  
Home Exteriors  
Install/Repair/Clean  
EAVESTROUGHS | DOWNSPOUTS  
FASCIA | SOFFIT | ROOFING | SIDING  
15,000 happy customers since 2003!  
403-714-0711 gutterdoctor.ca



### October Preschool News

It's great to be back in the classroom, especially with a new parent executive keen to support another successful year of new discoveries and learning at the Glendale Community Preschool.

Miss Jenn has returned along with Miss Dorinda and both are as busy as though they never stopped for summer break. All September the students learned about themselves including the human body, each other's families, and they discovered the similarities and differences of their favourite things.

The month of October will involve exploring the season of Fall and all that comes with it. Students will have the opportunity to do some Fall-exploring out in the community as well as learn about what the animals are doing to prepare for winter.

They will also learn about how busy farmers are at this time of year due to Fall Harvest. To give thanks to our community, the preschool will be hosting a Thanksgiving Food Drive in support of the Calgary Inter-Faith Food Bank. And of course, they will prepare and celebrate the fun and spookiness of Halloween through various activities and class parties!



## TRIVIA

The stately, sandstone Loughheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city.  
<http://www.loughheedhouse.com/>

## IN & AROUND CALGARY

### Alberta Health Services: EMS

#### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

#### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

#### Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

#### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

**WINS**  
WOMEN IN NEED SOCIETY



**We are here  
to help!**

Our Glenbrook  
Family Resource  
Centre is a place  
for women, men  
and children.

Employment support  
Access to computers  
Referrals for food,  
clothes, furniture  
Links to Agencies &  
Resources

#40, 3805-47th St. SW

Call for appointment:

403-686-1502

womeninneed.net

# SPORTS DAY

## hits a home run in Glendale

When it comes to getting active, Glendale has the magic formula. For the third year in a row, Glendale Sports Day brought the community together on a beautiful summer day filled with fun and games.

More than 75 people chowed down on a Spolumbo's barbecue and cold beverages while the kids played games, had their faces painted by City of Calgary volunteers and lined up for an epic bike parade.

For many in attendance, competition was intense on the field of play, with Judy Monchuk and Joe Ross teaming up to outlast 11 other teams in the Bocce Ball tournament.

Councillor Richard Pootmans tried hard to win back the title he won in the inaugural Sports Day, but came up short.

Dana Shirley looked like the best tennis player out on the day and in Frisbee Golf, a group award was made to all who played. Soccer balls were being kicked and the baseball players were out playing catch.

"Sports Day is a growing tradition in our community and we are very pleased to see everyone who comes out has such a great time," said Chris Welner, Glendale vice-president. "We already have some improvements in the works for next year, including more kids games and activities."



# For Calgary's best hall rental, make it Glendale

Prime 2016 dates are booking  
fast at the Glendale Community  
Hall, so reserve your date now.  
For functions up to 150 people  
seated, 210 standing.

Weddings • Receptions • Socials • Meetings



Glendale/Glendale Meadows  
Community Association

Contact: Simon Evison  
glendalehallrental@gmail.com  
403-242-2110

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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

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

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

**VICTORY ROOFING & CONSTRUCTION INC:** A locally established and fully insured company dedicated to helping you with all your home's exterior needs. Installing quality roofs and skylights. Soffit, fascia, and eaves. Vinyl/Fiber Cement Siding. We do conversions: flat to pitch, wood to asphalt. Repairs and concrete tile restoration. Call 403-921-1717 or email us at victoryroofingcalgary@gmail.com.

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

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

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

**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.

## IN & AROUND CALGARY

### Fraud Awareness

A message from the Federation  
of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

**Date:** Wednesday, October 19, 2016

**Location:** Capitol Hill Community Association (1531 - 21 Avenue NW)

**Time:** 7:00pm - 9:00pm

For more information and to register for this FREE event, visit [calgarycommunities.com/workshops-events/](http://calgarycommunities.com/workshops-events/)



**firstcalgary**  
FINANCIAL

**Cash Crunch Loan Now Available  
Get Back on Track, and Back to Your Life.**

When times are tough, a high interest payday loan shouldn't be your only option.

If you're facing unexpected budgeting challenges, talk to us to find out if the Cash Crunch Loan is right for you.

**Cash Crunch Loan\***  
*First Small-Loan Alternative In Alberta*

Amount: \$500 - \$1,500  
Term: 6-18 months (monthly repayments; no penalty for early pay outs)  
Interest Rate: 19% Annual Percentage Rate

A division of ConnectFirst Credit Union  
MAKING MONEY MAKE A DIFFERENCE

**APPLY TODAY.**  
403.520.8122 | [FirstCalgary.com/CashCrunch](http://FirstCalgary.com/CashCrunch)

\*Terms and conditions apply.

**MP CALGARY SIGNAL HILL  
RON LIEPERT**



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



2017 will be a milestone year in Canadian history as our country celebrates its 150<sup>th</sup> birthday.

Planning for the sesquicentennial anniversary (let's call it Canada 150) began in 2012, under the previous Conservative government, with the mandate to build our nation and celebrate our history. Celebrations that will inspire Canadians to get involved have been planned.

I wanted to take this opportunity to inform constituents of a number of initiatives where you can get involved as the countdown to Canada 150 has already begun. Become part of it.

Canadian Heritage and CBC/Radio Canada have joined together to share what is taking place across the country and to collect your stories. For more information on what is planned and to share your photos, videos and stories please visit <http://www.cbc.radioCanada.ca/en/explore/2017/> or <http://canada.pch.gc.ca/> to reach the Government of Canada's website. In addition, there are several legacy grants that will go towards supporting culture, history, heritage, and sport in Canada. Those applications and guidelines can also be found on the Government website.

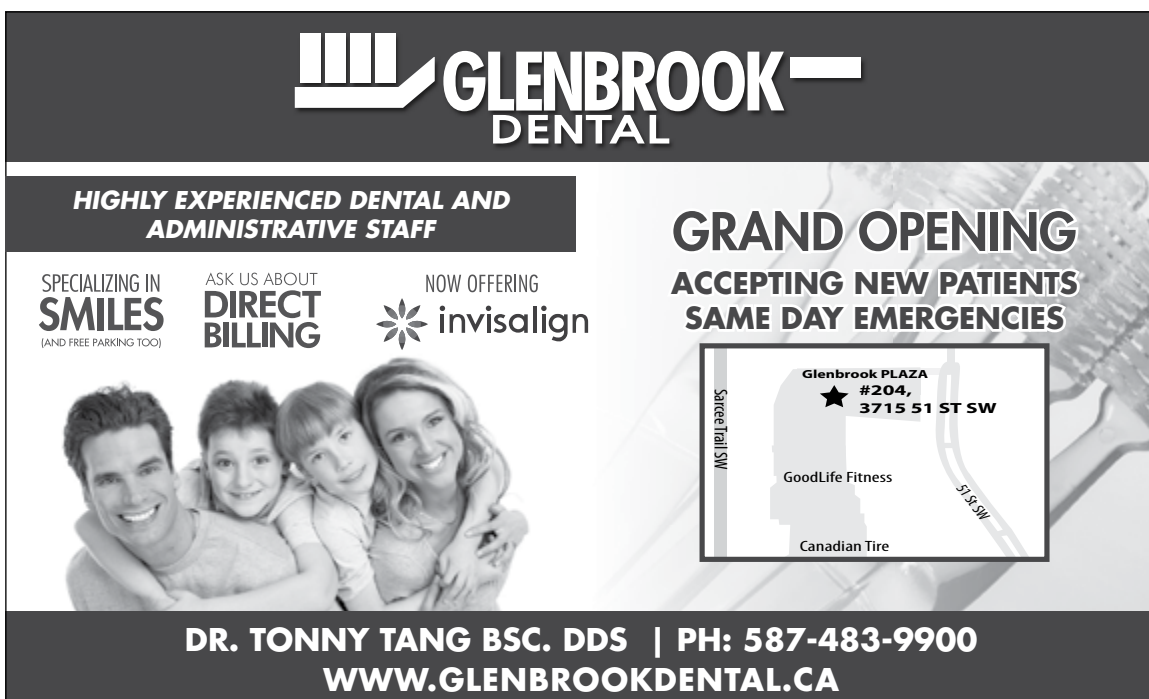
Our Capital city is planning celebrations throughout 2017 to mark Canada's 150<sup>th</sup> birthday. If you are planning a trip to Ottawa, this would be a spectacular time to visit. Here is a website that can direct you to the events that will be occurring in Ottawa - <http://www.ottawa2017.ca/>.

For a more local look at the celebrations, I encourage you to look at the *imagination 150* website to see what is being planned in Calgary. Canadians of all ages, backgrounds and walks of life are being encouraged to reflect on where we've been and to dream audaciously about the future we will create. This website can be reached at <http://www.i150.ca/>

The Canada Council for the Arts is marking the 150<sup>th</sup> Anniversary of Confederation by creating a special program to support the creation and sharing of exceptional artistic and literary works. The hope is to inspire works that interpret the world we live in and envision our shared future. This website is <http://canadacouncil.ca/council/grants/find-a-grant/grants/new-chapter>

Canada's 150th anniversary is an historic moment with the power to bring people and places together as we dream big about our communities and our country. It's a chance to encourage all Canadians to contribute to their communities in a way that will foster a greater sense of belonging, support meaningful reconciliation and leave a lasting legacy now and for future generations. For more information about Canada 150 grants through the Community Fund for Canada's 150th, please visit [www.communityfoundations.ca/cfc150](http://www.communityfoundations.ca/cfc150)

It is going to be an exciting year for Canada so plan to participate in one of the several celebrations that will be happening across our country. Follow along at @Canada150th on Twitter and use #Canada150 and help countdown this milestone year.



**GLENBROOK DENTAL**

**HIGHLY EXPERIENCED DENTAL AND ADMINISTRATIVE STAFF**

SPECIALIZING IN **SMILES** (AND FREE PARKING TOO!)  
ASK US ABOUT **DIRECT BILLING**  
NOW OFFERING **invisalign**

**GRAND OPENING  
ACCEPTING NEW PATIENTS  
SAME DAY EMERGENCIES**

Glenbrook PLAZA #204, 3715 51 ST SW  
GoodLife Fitness  
Canadian Tire

**DR. TONNY TANG BSC. DDS | PH: 587-483-9900  
WWW.GLENBROOKDENTAL.CA**

**BRAIN GAMES SUDOKU**

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





MLA CALGARY CURRIE

**BRIAN MALKINSON**

2108 B - 33 Avenue SW  
Calgary, AB, Canada  
T2T 1Z6

Phone: (403) 246-4794;  
Fax: (403) 686-1543  
calgary.currie@assembly.ab.ca

Autumn is here, and it's this time of year that we start settling in a bit, the rush of excitement from school starting is over, winter hasn't quite taken hold, and the air has the crispness seldom found through the rest of the year..

In October, Halloween may get most of the press, but for me Thanksgiving is the holiday that defines the season.

Thanksgiving is an opportune time to reflect on where we are as individuals and as a society, to look to where we have been, and imagine where we could be.

Remembering back to the Thanksgivings of my youth, I was fortunate. We always had mashed potatoes and gravy on the table come Thanksgiving time, but as I've grown, I've come to know that thanksgiving is about more than mashed potatoes, Brussels sprouts and turkey.

What makes Thanksgiving a day worth celebrating is people coming together regardless of differences and petty squabbles to reflect on the things we have in our life that make it special. To make thanksgiving, it takes people coming together and sharing.

When I take part in this exercise of thanksgiving, I think about the things I am grateful for. I think about my family and my friends of course, but I also think about those who are less fortunate, I am thankful I live and represent the people in as diverse, prosperous, and vibrant as Alberta.

I am thankful that I have been afforded so many privileges in my life, many of which I'm probably never going to fully be aware of, and I am thankful that I still have a



direct connection to the past through my grandparents who have taught me so much about doing the right thing, and helping those in need.

At the end of the month, it is also expected that the Legislature will be sitting again. And while that means that I will be spending more time than usual in Edmonton, my work here in Calgary is never done, I will be out and about in our community, and working with those who are doing the real work to make Calgary Currie great.

Brian

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

## DISCLAIMER

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

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

## COMMUNITY ANNOUNCEMENTS

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

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

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

**FREE ENGLISH CONVERSATION CAFE (ESL) AT THE SCA COMMUNITY CENTRE.** Practice speaking English at this fun conversation class for adults provided by St. Martin's Anglican Church. Tuesdays 9:30-11 am September 13 - December 13, 2016. All welcome. Contact Laura at 403-612-9949 or email [community.stmartins@yahoo.ca](mailto:community.stmartins@yahoo.ca) for more info or to register.

**COOKING WITH FRIENDS** - a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 -1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email [community.stmartins@yahoo.ca](mailto:community.stmartins@yahoo.ca) for more info or to register.

## VOLUNTEERING.... *Good for the Soul*

Published by:



ADVERTISE YOUR BUSINESS NOW!  
REACHING OVER 415,000 HOUSEHOLDS  
ACROSS 141 CALGARY COMMUNITIES

DELIVERED BY  
*Canada Post*

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



## 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 •

Hello,

Please accept your Ward 6 Team's warm wishes to you this Thanksgiving. I hope you will explore some of the great parks in Ward 6 with your family like Griffith Woods, Paskapoo Slopes, the Strathcona Ravine, and nearby Clearwater Park. These natural areas provide great views of fall foliage and the changing seasonal landscape.

I am hosting a **Traffic Safety Ward Town Hall Meeting on Saturday, October 22, 2016** from 9 a.m. to noon at SCA Community Association located at 277 Strathcona Drive SW. This Community Traffic Safety meeting will be an opportunity for City staff and the Calgary Police Service to let citizens know what our organizations are doing to improve safety and how citizens can help. Specific things that we all can do to improve safety, particularly intersection safety, will be discussed.

You can also join me at my **Fall Councillor Chat on Wednesday, November 30, 2016** from 5 – 8 p.m. at Glamorgan Community Association, 4207 41 Street SW. Councillor Chats are another opportunity for us to meet to discuss any issues that are important to you. All Ward 6 residents are welcome to attend. The Ward 6 Team looks forward to hosting a Chat in early 2017 as well!

As the Southwest Calgary Ring Road (SWCRR) begins construction, the City of Calgary is planning to mitigate downstream impacts in several ways throughout Ward 6. As part of the SWCRR, Alberta Transportation is building a complex interchange at Highway 8 and Sarcee Trail SW ([www.transportation.alberta.ca/sw-crrgp.htm](http://www.transportation.alberta.ca/sw-crrgp.htm)), which requires The City to ensure safety and manage congestion by building an overpass at Richmond Road and Sarcee Trail SW. Public information sessions regarding this interchange are anticipated in the latter half of November this year. Other impacts include the opening of a new road called Westhills Way SW, behind the Westhills Shopping Centre, and construction is underway. This road will be open for public use once the SWCRR is

complete. For more information on this project, please visit [calgary.ca/westhillsway](http://calgary.ca/westhillsway).

As well, the design is being finalized for improvements at the intersection of Bow Trail and 85 Street SW, including the widening of Bow Trail SW between Old Banff Coach Road and 85 Street SW. The City anticipates beginning construction next year.

I continue to work with the Provincial Government to encourage the building of the West Calgary Ring Road, which has yet to be announced. I believe it is vital to address Ward 6 traffic congestion with a timely commencement of the West Calgary Ring Road project.

You can stay up-to-date on all SWCRR downstream impacts in Ward 6 on my website at [calgary.ca/ward6](http://calgary.ca/ward6) or by signing up for The Ward 6 Report sent directly to your email bi-monthly at [calgary.ca/ward6connect](http://calgary.ca/ward6connect). The next edition will be sent out in November. As we receive updates and information sessions are confirmed, we will post updates on our website, as well as @pootmans Twitter and Facebook pages.

Thank You.

RBC Dominion Securities Inc.

**LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?**

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

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

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

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11.30.15. 000.011



# CALL TODAY: 403-457-3240

## NEW PATIENTS AND EMERGENCIES ARE WELCOME WE'RE HAPPY TO SEE KIDS AS PATIENTS

- **Not feeling rested in the morning?**  
Partner keeping you up all night snoring? A dental appliance might be the solution for you or your loved one. Call today to set up a consultation.
- **Direct Billing available**  
We accept most insurance plans and electronically file your claims for faster and easier processing. We're happy to provide direct billing services for our regular patients.
- **Have A Dental Emergency?**  
We understand that urgent situations do arise. We can accommodate same-day or walk-in emergency appointments and get you out of pain as quickly as possible.



Dr. Linda Geng



Dr. Erika Schroeder



Alt Mon	8-4	Tues	10-6
Wed	8-4	Thur	10-6
Fri	7-3	Alt Sat	8-2

Suite 102, 636-45 st. SW,  
Calgary, AB T3C 2G2  
[www.WildwoodDentalCalgary.com](http://www.WildwoodDentalCalgary.com)

# WELCOME

## Experience you can trust

- Over 10,000 Botox and Filler treatments
- Facials customized for anti-aging, hydration, acne, rosacea, and deep cleansing
- Skin analysis and home skin care regime personalized for your skin type and needs
- Worried about a mole or spot? Ask about our exclusive Total Skin Review
- Call for your complimentary Coolsculpting body contouring consultation

Helping you achieve healthy, beautiful skin.



**Call today to learn more**