

SEPTEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



## FREE Dental Cleaning Days!

We are now offering free dental cleanings on Mondays\* to thank our amazing community for its support.

**There's no catch – just drop in for a brighter smile, on us!**

\*Visit our website for more information. Appointments are limited.



CONVENIENCE

In a rush? Book your appointment online. We are open evenings and Saturdays!



EMERGENCIES

Got a tooth problem? Walk-in appointments often available.



DIRECT

We direct bill your insurance. Payment plans and dental subscriptions are also available.

☎ (587) 871-5224

🌐 [bowtraildental.com](http://bowtraildental.com)

# OFFICIAL



PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## GLAMORGAN BAKERY



🕒 Tuesday - Friday: 7am - 6pm

Saturday: 7am - 5pm

Sunday & Monday: CLOSED

**NEW!**

☎ 403 - 242 - 2800

📍 3919 Richmond Rd, SW

🌐 [glamorganbakery.com](http://glamorganbakery.com)

*Our Specialties: Cheese Buns, Donuts, Cakes*

## World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!



Fresh Jock

**No matter how much you sweat, we can get the stink out!**

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



## OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

**CALL US TODAY AT**

**403-726-9301**

**[calgaryfreshjock.com](http://calgaryfreshjock.com)**

**Commitment for life**  
**COMMIT TO HEALTH.**  
**COMMIT TO YOU.**

Public recreation memberships available for only \$62.00 per month.

[mrucougars.com/memberships](http://mrucougars.com/memberships)

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

Landscaping you can afford and is simple to maintain. Work less, enjoy your yard more.  
 Professional and honest.  
 Call Steve: 403-660-9652

**TERRY'S TWIG WAX**

Use the best hockey stick wax on the planet.  
 Made right here in Calgary. Customization available for teams, tournaments, and businesses.  
[www.terrystwigwax.ca](http://www.terrystwigwax.ca)



## SENIORS' CORNER

The first Tuesday of every month  
1:00 to 3:00 pm at the community centre  
4207 - 41 Avenue SW  
Phone: 403-246-8218  
Email: [info@myglamorgan.ca](mailto:info@myglamorgan.ca)  
Website: [www.myglamorgan.ca](http://www.myglamorgan.ca)

**Come out and enjoy an afternoon  
with your neighbours!**

**Different activities each month  
\$10 includes light lunch and refreshments**

For more information, contact the  
Glamorgan Community Association



## Glamorgan Community Association Building Update

Please note the Glamshack continues to be open for rentals – please email the office for booking availability. We are happy to have KidZinc open again in September and welcome all the kids back after the space was rented out in the summer for kids' camps.

Our applications to the City of Calgary for Engineering and Code Review were received and are in progress. We are happy to announce that we had Design Professionals come to the Main Building to start their review in August and are awaiting their recommendations for next steps and scope of work. While the Seminar room, West Hall, Conference Room, and Kitchen remain closed, we are still hopeful these will be open soon for rentals in the coming months. We anticipate building repairs will take longer to complete in the East Hall, so the East Hall and Bar will be closed until further notice - we will continue to update the community as we know more information.



## BOOK YOUR EVENT

The Glamshack is available for bookings.

Please email the office for pricing  
and availability.

## Glamorgan Community Memberships

### Expired August 31

There are 3 easy ways to purchase your membership

1. Online at [www.myglamorgan.ca](http://www.myglamorgan.ca)
2. Come into the office at 4207-41 Avenue SW
3. Fill out the form in our newsletter and mail to the hall with payment

**Purchasing a Glamorgan Community Association (GCA) membership is an excellent way to support your community**

**Membership fees collected help to support:**

- Community facilities such as the Rink, GlamShack and Hall
- Children's Outdoor Soccer
- Special events to bring residents together and build community

**Please purchase or renew your membership today!**

## City of Calgary Home and Small Business Webinars

by the City of Calgary



Register today for an upcoming home and small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.

If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite, and discuss programs like the Secondary Suite Incentive Program.

For more information, visit [calgary.ca/webinars](http://calgary.ca/webinars).

## WORD OF THE MONTH



**Thaumaturgy:** *noun*  
(thaw-muh-tur-jee)

The workings of magic or miracles.

They used thaumaturgy to ensure the people felt at peace.



**Need Mortgage Solutions?  
We've Got You Covered!**

Prime, Alternative, Reverse – We Do It All! Let Us Find Your Perfect Fit Today!



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



# COMMUNITY PROGRAMS

**SENIORS FITNESS** – Tuesday mornings. Call Louise at 403-701-5494.

**BROWNIES / GUIDES / SPARKS** – Programs are offered Tuesdays at the community hall. Please call 403-283-8349.

**PATHFINDERS** – Program is offered Sundays. Please call 403-283-8349.

**ALL LEVELS YOGA** – Tuesday nights at 8:00 pm. For information or to register, email [bonbridges@gmail.com](mailto:bonbridges@gmail.com).

**TAURUS TAEKWON-DO** – Monday and Wednesday evenings  
 Ages 4+  
 403-708-7199  
[www.taurustkd.com](http://www.taurustkd.com)  
[fit.tkd@gmail.com](mailto:fit.tkd@gmail.com)

*Do you have a program to offer or want to see a program come to our community? Contact [info@myglamorgan.ca](mailto:info@myglamorgan.ca).*

**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 Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## MEMBERSHIP

Downloadable version at [www.myglamorgan.ca](http://www.myglamorgan.ca)

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

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

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

Memberships can also be purchased online at [www.myglamorgan.ca](http://www.myglamorgan.ca)



Please choose your desired type and length of membership:

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

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

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


First Name	Last Name	A/Y

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


Yes, I would like to receive information by email from the Glamorgan Community Association  
 Visa/Mastercard \_\_\_\_\_ Exp. Date \_\_\_\_\_

**SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT**


**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



# Board and Contact List



4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

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

Office is currently closed. Please email for any inquiries.

Website: [www.myglamorgan.ca](http://www.myglamorgan.ca) • Email: [info@myglamorgan.ca](mailto:info@myglamorgan.ca)

## Board Members

President	Nicole Liesemer
Vice President	Vacant
Secretary	Alana Redding
Treasurer	Beth Barretto
Director At Large	Teri Day

## Liaisons

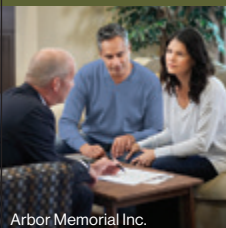
Calgary Police Service	
Community Resource Office	403-428-6200
Community Partnerships Coordinator	Keith Magill 403-476-7185

## Community Activities

Girl Guide Centre, Brownie,	
Guides, Sparks, and Pathfinders	403-283-8349
Calgary Minor Softball Assn	
Gaming Manager	403-246-8218
Kidzinc	403-240-2059

Board meetings are held on the third Thursday of each month.  
Community members are welcome to attend. Email [info@myglamorgan.ca](mailto:info@myglamorgan.ca) for more information.

## The next step in your estate and retirement planning



Include final arrangements in your planning to protect your family.



Eden Brook  
Funeral Home & Cemetery  
by Arbor Memorial

[edenbrookcemetery.ca](http://edenbrookcemetery.ca) • 403-217-3700

Arbor Memorial Inc.

## PLUMBER



### PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**



## Glamorgan Real Estate Update

Last 12 Months Glamorgan  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2024	\$449,900	\$472,400
June 2024	\$594,944	\$613,500
May 2024	\$399,900	\$450,000
April 2024	\$382,400	\$402,500
March 2024	\$330,000	\$356,000
February 2024	\$447,450	\$481,000
January 2024	\$409,900	\$390,000
December 2023	\$399,000	\$426,000
November 2023	\$474,950	\$469,500
October 2023	\$439,900	\$400,000
September 2023	\$262,500	\$277,500
August 2023	\$444,500	\$454,000

Last 12 Months Glamorgan  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2024	13	11
June 2024	18	14
May 2024	13	9
April 2024	9	10
March 2024	14	13
February 2024	10	12
January 2024	12	11
December 2023	8	7
November 2023	7	6
October 2023	4	7
September 2023	7	6
August 2023	11	14

To view more detailed information that comprise the above  
MLS averages please visit [glam.mycalgary.com](http://glam.mycalgary.com)

## The Month of Septem

Did you know September was originally the seventh month of the year in the Roman calendar? It wasn't until the Gregorian calendar was introduced that it became the ninth month. In fact, September comes from the ancient Roman word "septem" which means seven.




## Development Committee

The Glamorgan Community Association is looking for residents that are interested in forming and participating in a new Development Committee which will be headed up by one of our board members.


With all the DPs and land use changes in process and likely continuing to increase, this is a great opportunity to get involved.

If interested, please email [info@myglamorgan.ca](mailto:info@myglamorgan.ca).




# BUYING OR SELLING?

LIFE CAN  
BE STRESSFUL  
SELLING YOUR HOME  
SHOULDN'T BE!



NO OBLIGATION  
HOME EVALUATION



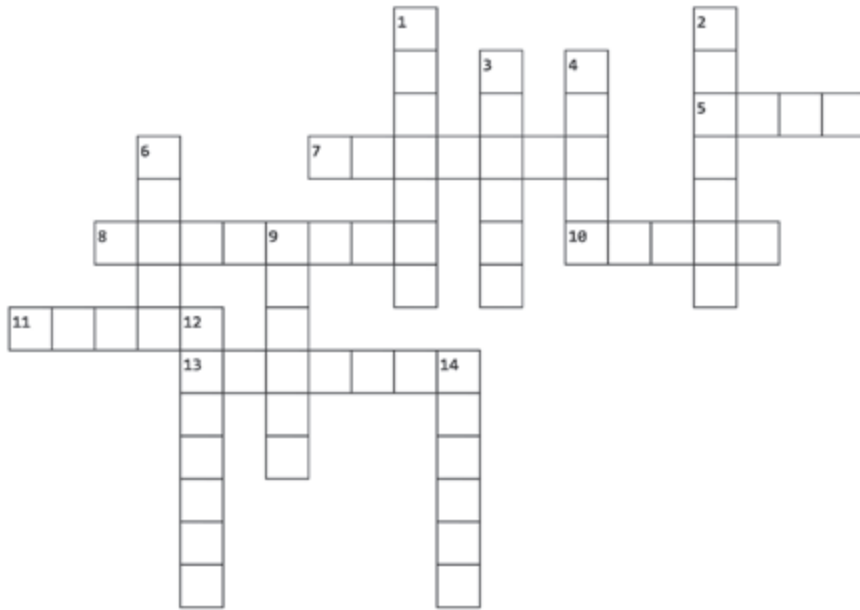
## DANNY GREENE

PROUD COMMUNITY RESIDENT  
YOUR NEIGHBOURHOOD REALTOR

DANNY@CALGARYSAGENT.COM  
403-605-6626



# September Crossword



## Across

5. The first \_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.
10. World \_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.

## Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.
6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.
9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

# Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks



If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

### Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

### Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

### Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

### Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at [www.albertapcns.ca](http://www.albertapcns.ca). You can also talk to your family doctor about your mental health.

An advertisement for Duncan Law. At the top is a logo featuring a stylized mountain range within a semi-circle. Below the logo, the text "DUNCAN LAW" is written in large, white, sans-serif capital letters. To the right of this text is a portrait of a smiling man with short brown hair, wearing a grey suit jacket over a light blue shirt. Below the portrait, the text "Impeccable Legal Advice." is written in a white serif font. Underneath this, there is a list of services with blue arrowheads: "Personal Injury", "Real Estate", "Wills &amp; Estates", and "Family Law". At the bottom of the advertisement, there is a dark blue banner with a white location pin icon and the text "Conveniently located in Aspen Landing". Below that, another banner contains the phone number "Phone: 403.300.0870" and the website "DuncanLawYYC.ca" in white text.



**MLA Calgary-Elbow**  
**Samir Kayande**

205 – 5005 Elbow Drive SW T2S 2T6

📞 403-252-0346

✉️ calgary.elbow@assembly.ab.ca



**Councillor, Ward 6**  
**Richard Pootmans**

📞 403-268-1646

✉️ Eaward6@calgary.ca

🌐 Calgary.ca/ward6

📧 @pootmans

📷 @richardpootmans9

Dear Neighbours,

Seven thousand children entered the Calgary Board of Education (CBE) last year. The CBE expects 9,000 new students this year. For this explosive growth in students, the province is building one new school right now.

I've talked to a lot of parents this year about schools. They've told me that they're concerned about large class sizes, ailing facilities, and overworked teachers. Because of these shortfalls in available space the Calgary Board of Education is now having to consider renting space from recreation centres like the YMCA in Seton. By no means an ideal or long-term solution to this current crisis.

I got into politics because of concerns about the quality of education my children were receiving. When I grew up in Alberta, we had the world's best education system. A child who can't speak a word of English can come to school in Alberta and be operating at grade level in three years on average. No other system in the world can do this. It's something that all Albertans should be proud of.

I fear that cutbacks to funding and failing to build for our population growth will lead to that reputation being lost and Alberta trailing behind other provinces in education rankings.

It's September. Time for new hope and promise, and what I personally consider the real beginning of a new year. I know the people of Calgary-Elbow are struggling under the weight of affordability and health care challenges and want smaller class sizes for their kids. I've got your back. I care about these issues too, and I'm reminding the government of their obligation to you every chance I get.

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. My door is always open.

Hello, Ward 6,

I hope you enjoyed a wonderful summer and are now in the swing of your regular September routine. One question that the Ward 6 office receives is who to call when you might need help from first responders, but you know there isn't an emergency. There are other numbers available to call that still get you the help you need without tying up an emergency line.

**Healthlink – 8-1-1**

If a medical situation is not life threatening, and you aren't sure if an ambulance is what you need, Healthlink at 8-1-1 will connect you with a registered nurse who can walk you through your symptoms and direct you to the right help for your situation.

**Non-Urgent Police Concerns**

For police concerns of a non-urgent nature such as a minor accident, general noise complaints, or late reporting incidents, including stolen or damaged property, call the police non-emergency number at 403-266-1234.

**Non-Urgent Fire Department Concerns**

3-1-1 can assist with questions for the fire department that do not require dispatch. If you want to know where to take old paint and chemicals, don't call 9-1-1. The fire department has collection sites for old paint and chemicals, as well as Fire Prevention information, all accessible through 3-1-1. The Calgary Fire Department can also be contacted at the non-emergency number at 403-264-1022.

**Text with 9-1-1**

We offer the Text with 9-1-1 (T911) service in the Calgary region for deaf, deafened, hard of hearing, or speech impaired persons. This service allows members of this community to communicate with 9-1-1 services using wireless-based text messaging. Dial 9-1-1 on your cell phone. You will not need to speak, as the Emergency Communications Officer taking your 9-1-1 call will receive an indicator that tells them that they need to communicate with you via text messaging.

Sincerely,

*Councillor Richard Pootmans*

## Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

For business classified ad rates contact  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Glamorgan. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**GLAMORGAN MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.



# BUSINESS CLASSIFIEDS

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**GLAMORGAN PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**OPEN CANOPY TREE CO.:** We are located right in the heart of Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website [www.opencanopytree.com](http://www.opencanopytree.com) or call 403-466-1656 to request a quote.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**BOOKKEEPING, TAX PREPARATION, PAYROLL, GST:** I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: [mybookkeeper65@yahoo.ca](mailto:mybookkeeper65@yahoo.ca).

**NADIA'S DAYHOME IN GLAMORGAN:** Quality, affordable childcare in established dayhome serving areas of Glamorgan, Killarney, and Glenbrook. I have been running a successful dayhome for the last 13 years and provide a safe, fun, and loving environment for children to learn and grow. Excellent rates, nutritional meals, first aid. For more info, call or message 403-615-5613 or email [Nadiasdayhome@gmail.com](mailto:Nadiasdayhome@gmail.com).



**the Gutter Doctor** 403-714-0711  
[gutterdoctor.ca](http://gutterdoctor.ca)

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

<p><b>Cleaning Services</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Dry Cleaning</li> <li><input checked="" type="checkbox"/> Tablecloths</li> <li><input checked="" type="checkbox"/> Napkins</li> <li><input checked="" type="checkbox"/> Table Skirts</li> <li><input checked="" type="checkbox"/> Chair Covers</li> <li><input checked="" type="checkbox"/> Massage Sheets</li> <li><input checked="" type="checkbox"/> Face Cradles</li> <li><input checked="" type="checkbox"/> Gym Towels</li> <li><input checked="" type="checkbox"/> Face Cloths</li> <li><input checked="" type="checkbox"/> Chef Coats</li> <li><input checked="" type="checkbox"/> Coveralls</li> <li><input checked="" type="checkbox"/> Microfibre Cloths</li> <li><input checked="" type="checkbox"/> Dish Rags</li> </ul>	<p><b>Mat Rentals</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Standard</li> <li><input checked="" type="checkbox"/> Waterhog</li> <li><input checked="" type="checkbox"/> Scraper</li> <li><input checked="" type="checkbox"/> Logo</li> </ul> <p><b>Paper Products</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tork Dispensers</li> <li><input checked="" type="checkbox"/> Paper Towel</li> <li><input checked="" type="checkbox"/> Centre Pulls</li> <li><input checked="" type="checkbox"/> Toilet Paper</li> <li><input checked="" type="checkbox"/> Facial Tissues</li> </ul>	<p><b>CALGARY MAT &amp; LINEN SERVICES</b></p> <p><b>Pick-Up &amp; Drop-Off Services</b></p>  <p><a href="http://calgarymatandlinen.com">calgarymatandlinen.com</a>   403-279-5554</p>
--	---	---

## Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

**Prep Time:** 12 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



### Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

# GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

**Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.**

**Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**



**SCAN ME**

**GREAT NEWS MEDIA**

**LEADERS IN COMMUNITY FOCUSED MARKETING**



**Samaritan Club**  
*of Calgary*

# Fall Super Thrift Sale

**Saturday, September 28**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**



**The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.**

**For More Information:**  
**samaritanclub.ca**

**All proceeds will benefit  
Calgarians in need**

