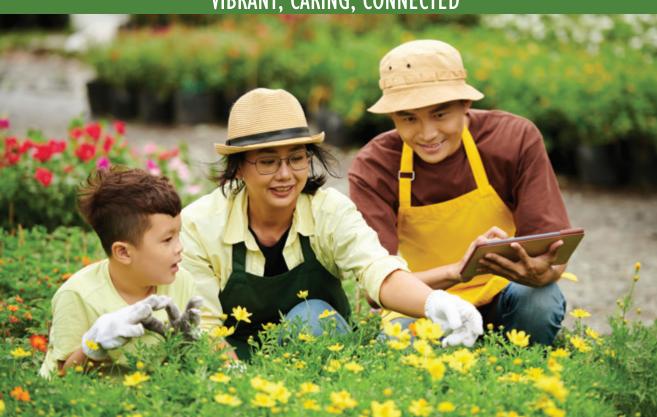
# FOCUS ON GLAMORGANT

VIBRANT, CARING, CONNECTED



### FILL THIS SPOT WITH YOUR AD

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Contact us at 403-720-0762 or grow@greatnewsmedia.ca



### ALPHA SUMMER CHURCH

Hosted by:





Every Wednesday at 6:00pm
June 28 – September 6 (includes supper)
Glamorgan Community Hall
4207 41 Avenue SW
Visit our Facebook page @CWESChurch
Contact Dr. Justin Bradbury (403) 589-2314 or email
jbpastor5@gmail.com for more information

**ALPHA** is a series of interactive sessions that explore faith & relationship with God from a Christian perspective











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

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 – almost any 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 destroys 99.9% of bacteria and viruses it comes in contact with — this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com

#### **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 Website: www.myglamorgan.ca

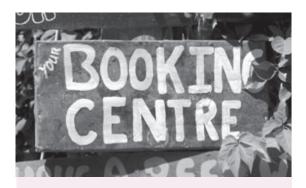
Come out and enjoy an afternoon with your neighbours!

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

For more information, contact the Glamorgan Community Association

- September 5
- October 3





### **BOOK YOUR EVENT**

Book your family or corporate party here at the Glamorgan Community Association!

We offer a full bar service, commercial kitchen and much more. Call the office for pricing and availability.

### **COMMUNITY PROGRAMS**

**ADULT FITNESS** – Adult Fitness – Monday, Wednesday, and Friday mornings. Call Linda at 403-931-7539.

**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.

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

#### TAURUS TAEKWON-DO -

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

#### FENCING CALGARY -

Ages 7 to 14. Six week sessions. December 2022 to June 2023, 5:30 to 6:30 pm. www.fencingcalgary.com

Do you have a program to offer or want to see a program come to our community? Contact Sara Polzen, our General Manager.



### SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT

Crime

News, Events, & More







### **Level Up in Birding with the Song and Savannah Sparrows**

by Catherine Warwick

If birding were a video game, the hardest level would be the "LBJ"s. This acronym is a birder term for "Little Brown Jobs". Calgary is full of these little birds flitting about and singing away. Can you believe there are 32 types of sparrows found in Canada! It's enough to make a beginner bird watcher's heart sink. You will be heartened to hear that scientists have had a hard slog of it too.

Both the birds I speak of in this article were originally many species across North America. They were named just two species after DNA testing proved it. There is just a lot of colour and marking variation between local populations, this is local selection at work. Don't worry though, we don't have to run around with tiny syringes getting DNA samples to tell these two brown birds apart - the Song Sparrow and the Savannah Sparrow. To identify them we can simply listen and look for context clues.

In Calgary if you want to find a Song Sparrow, head to some running water, the Bow River for example. Then listen for a three-part song from the bushes lining the river. Cheep-Cheep, trill-buzz, something like that. The Audubon webpage shows their mnemonic "Madge-Madge, put-on-your-tea-kettleettle-ettle", a bit of a clunky mnemonic in my opinion. If you hang around the bush, you may see it perched or moving from branch to branch. The Song Sparrow is a little brown bird with a streaky chest and two brown stripes on its head. Once you recognize the song you will identify the Song Sparrow every time, they sing it frequently and it is very distinctive.

Song Sparrows are known for their advanced nest building skills. They build a little cup nest with a lining of soft material, like fur or moss. Scientists find that the birds will always go back to specific places to gather material, they just know which is the softest moss for the babies. While the female does most of the nest building, the male will defend the territory by singing his song relentlessly, so helpful! Where we hear a pleasant chirping, another Song Sparrow hears a call to fight.

The Savannah sparrow in Calgary is a brown bird with a fetching yellow eyeshadow streaked over its eye. They are found in open grassy areas, in particular the nice field you walk through approaching the North Glenmore storm pond. It will perch on the sign or on a sturdy piece of grass and watch you walk by.

This sparrow usually builds its nest on the ground under grass and bushes. This is why there are 'Nesting Area' signs around the storm ponds. You could be trodding on a female Savannah Sparrow's hard work. Yes, the female does the work for this species too. The male is out singing and carousing, because that's what's important, I quess.

The House Sparrow (also known as the English Sparrow) flock around our bird feeders and loudly chirp away in the bushes. If you see a brown bird near your house, it is probably one of these. They aren't native to North America and are usually in urban areas.

Now you have a good foundation to pick out two of the brown streaky birds flying around Calgary. It's true they are difficult to tell apart visually, we usually use song and context to help us out. Remember while you are watching the birds, they watch you too. They probably can't tell you apart from the next person either.



A Savannah Sparrow with the yellow streak over the eye. Photo by Diane Stinson



Not a Song or Savannah Sparrow. A boring old House Sparrow. Photo by Diane Stinson



A Song Sparrow. Photo by Diane Stinson



Song Sparrow - "Come and fight me - I dare ya!" Photo by Diane Stinson

### Glamorgan Community Memberships

### **Expired August 31**

There are 3 easy ways to purchase your membership

- 1. Online at www.myglamorgan.ca
- 2. Come into the office at 4207-41 Avenue SW
- Fill out the form in our newsletter and mail to the hall with payment

Purchasing a Glamorgan Communicty 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!

### **GCA Office Hours**

Tuesday and Thursday: 10:00 am to 1:00 pm

Wednesday and Friday: 1:00 to 4:00 pm

Phone and email will be monitored Tuesday to

Friday from 9:00 am to 4:30 pm.

info@myglamorgan.ca | 403-246-8218

**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

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

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

Membership expires August 31

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

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

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Membership Type		1 Year		3 Year		5 Year	
Resident Family			\$20		\$50		\$75
Resident Adult			\$10		\$25		\$40
Resident Senior			\$7		\$15		\$25
☐ Associate *			\$20		\$50		\$75
* Choose if you do not resi	de w	vithin th	e Glam	organ	Commu	nity Bo	undaries
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Visa/Mastercard				_ Exp	. Date		

### **Board and Contact List**

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

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

Office Hours: Tuesday/Thursday - 10:00 am to 1:00 pm, Wednesday/Friday - 1:00 to 4:00 pm

Office is closed Mondays and weekends

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

<b>Board Members</b>		
President	Nicole Liesemer	
Vice President	Vacant	
Secretary	Danielle Southern	
Treasurer	Beth Barretto	
Director At Large	Alanna Redding	
Director At Large	Lindsay Sales	
Director At Large	Morgan Scully	
Liaisons		
Calgary Police Service		
Community Resource Office		403-428-6200
Community Partnerships Coordinator	Keith Magill	403-476-7185
<b>Community Activities</b>		
Adult Fitness	Linda Court	403-931-7539
Girl Guide Centre, Brownie,		
Guides, Sparks, and Pathfinders		403-283-8349
Calman Minar Caftladl Asan		
Calgary Minor Softball Assn		403-245-3008
Children's Centre Director	Heather Eastgaard	403-245-3008 403-217-6677
<u> </u>	Heather Eastgaard Bonnie Ladner	
Children's Centre Director	3	403-217-6677
Children's Centre Director Gaming Manager	3	403-217-6677 403-246-8218
Children's Centre Director Gaming Manager Glamorgan Community ECS	Bonnie Ladner	403-217-6677 403-246-8218

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



### Glamorgan Bakery

**GLAMORGAN** 

**COMMUNITY ASSOCIATION** 

www.glamorganbakery.com 3919 Richmond Road SW 403-242-2800

Our Specialties
Cheese Buns • Donuts • Cakes

Monday to Friday 7 am - 6 pm Saturdays 7 am - 5 pm CLOSED Sundays

### Glamorgan Community Association Community Clean Up Saturday, September 16 9am to 2pm

#### We will be accepting:

- Electronics Recycling
- Metal Recycling
- Household Trash
- Small appliances, small household items and clothing for the Cerebral Palsy Association
- Bottles and Cans
- Documents for shredding

#### We will NOT be accepting:

- Organics
- Tires
- Paint & Chemicals
- Appliances
- Large Furniture Items
- Propane Tanks
- Car Seats, High Chairs
- Car Batteries
- Refrigerants of any kind

#### We need volunteers!

8:30am to 11:30am and 11:30am to 2:30pm

Lunch and refreshments will be provided.

Please email info@myglamorgan.ca to sign up or for information



4207 - 41 Avenue SW, Calgary T3E 1G2

P: (403)246-8218 E: info@myglamorgan.ca W: www.myglamorgan.ca

### **Skate & Scoot!**

The Glamorgan Community Association is hosting a City of Calgary Mobile Skate & Scoot Park!

July 6 to 18

Hours and details will be available at www. myglamorgan.ca and on our Facebook page.



### GAMES & PUZZLES Guess That Song!



- 1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
- 2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
- 3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
- 4.This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
- 5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
- 6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCANTHE QR CODE FOR THE ANSWERS!





### Lunenburg

Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!





### 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





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Commercial mat rentals
and purchases



HOSPITALITY SERVICES
Linens for tables, chairs, and
napkins. Laundry and
pressing services



WORKWEAR
Workwear and cleaning of uniforms and coveralls



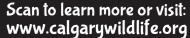
One-stop service for cleaning supplies and paper products

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Most wild babies just need to be left alone. Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? Apply today!





## 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

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**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; 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 | Licensed by Avenue Financial.

**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.

**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.

**EXPERIENCED DOG SITTER:** Pet owner and dog lover! Calling all vacation dogs for pet sitting while parents are away! Pets get regular walks, and spend time relaxing and enjoying some affection. Experienced with anxious dogs also! Call or text Meghan at 403-861-5703.

### **BUSINESS CLASSIFIEDS**

**PLUMBING PARAMEDICS:** Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

**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.

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 or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi awardwinner. Quality work with a warranty! www.gutterdoctor. ca, 403-714-0711.

**KNEADED WELLNESS MASSAGE:** Have a massage in the comfort of your own home, the RMT that travels to you! Graduated in 2014 with 2,200 hours. Relaxation and Deep Tissue massages. Offers receipt to submit to insurance companies. \$120 for 60 minutes, \$160 for 90 minutes. Please contact Kate Bertram to schedule at 403-465-4540.

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.

**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 or call 403-466-1656 to request a quote.

#### **COMMISSIONER FOR OATHS IN AND FOR ALBERTA:**

I can administer oaths and take and receive affidavits, affirmations, and declarations in and for Alberta. John Peter Skarra, call 403-605-0079 or email skarra.john@gmail.com.





### **COMING SOON!**



### **80 Galbraith Drive SW**

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Main floor, bright and sunny 2 bedroom, 1 bathroom, 894 sq. ft. unit in a fantastic location facing a greenspace. Spacious living room and dining room and galley style kitchen with ample storage. A great place to live!

### Call me to view this home! 403-863-4220





Nick Wood The Area Specialist

403-863-4220 • NickWoodRealEstate@gmail.com