

MAY 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN



VIBRANT, CARING, CONNECTED



We have ISA certified Arborists who provide a full range of services.

- Black knot control
- Tree removals
- Stump grinding
- Dead-wooding
- Tree pruning
- And more

Call today and receive your free estimate

(403) 816-8324 or email office@msjdservices.ca

Check out www.calgarylandscaper.ca for more information.





Calgary
Humane
Society

REPORT

ANIMAL ABUSE

ANIMAL NEGLECT

ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca

Father's Day



For all the things your father was to you, honour him this Father's Day by placing a complimentary flower on his resting place.

Sunday, June 15 • 10:00 am – 2:00 pm • All welcome for a Free Family BBQ

 **Eden Brook Funeral Home & Cemetery**

by Arbor Memorial

24223 Township Road 242, Calgary, AB • 403-217-3700 • edenbrookcemetery.ca

Arbor Memorial Inc.

Belonging to May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Your Patio Furniture Superstore!





Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

Vibrant Caring Connected

MEMBERSHIP

Downloadable version at www.myclamorgan.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.myclamorgan.ca

Membership
expires
August 31

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

Glamorgan Community Memberships

Expired August 31

There are 3 easy ways to purchase your membership

1. Online at www.myclamorgan.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
- Special events to bring residents together and build community

Please purchase or renew your membership today!



DUNCAN LAW

Impeccable
Legal Advice.

- Personal Injury
- Real Estate
- Wills & Estates
- Family Law



📍 Conveniently located in Aspen Landing
Phone: 403.300.0870 | DuncanLawYYC.ca

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES



SEALED



UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737

CONTENTS

- 7 COMMUNITY UPDATE AND NEWS
- 8 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK - JOB SEEKERS' TRINITY: FOCUS, ANGER, AND EVIDENCE
- 10 COMMUNITY PROGRAMS
- 11 MENTAL HEALTH MOMENT: SIX WAYS TO STAND UP FOR YOURSELF
- 12 TAKE ON WELLNESS: UNDERSTANDING PREDIABETES
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
GLAMORGAN CONTENT**

**News, Events,
& More**



**Crime
Statistics**

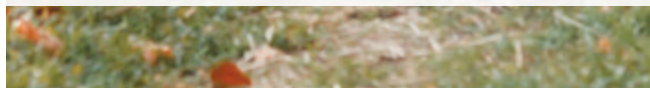


**Real Estate
Statistics**



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.



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 • Email: 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

Guides, Sparks, and Pathfinders	403-283-8349
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 for more information.



BOOK YOUR EVENT

The Seminar Room, Glamshack, and Conference Room are available for bookings.

Please email the office for pricing and availability.

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.

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

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1

Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1

Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1

City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1

Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS

(403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-

4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500

Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250

Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Glamorgan – Community Update and News

AGM

Please come out and join us at our AGM on June 19, 2025, at 7:00 pm. We need you in attendance to meet quorum and keep our board running. If you are interested in joining the board, please consider volunteering.

Building Update

The Seminar room, Glamshack, and Conference room are open for rentals, please email the office regarding booking availability. The City of Calgary is obtaining construction quotes for building repairs. The East Hall, West Hall, Kitchen, and Bar will be closed until this work is completed. We anticipate this to continue through summer and will update the community as we get more information.

Ideas for the Community?

We appreciate hearing any new community building ideas that our residents can enjoy and use to get to know each other. The City often posts grant opportunities that may be available if we have an idea that energizes our neighbourhood or brings the community together. We appreciate your feedback on community engagement, getting involved, volunteering, and how we can offer more to the community. Please contact us as we welcome your feedback.



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



The Art of Finding Work - Job Seekers' Trinity: Focus, Anger, and Evidence

by Nick Kossovan



Though I have no empirical evidence to support my claim, I believe job search success can be achieved faster by using what I call “The Job Seekers’ Trinity” as your framework, the trinity being:

- The power of focus
- Managing your anger
- Presenting evidence

Each component plays a critical role in sustaining motivation and strategically positioning yourself for job search success. Harnessing your focus, managing your anger, and presenting compelling evidence (read: quantitative numbers of achieved results) will transform your job search from a daunting endeavour into a structured, persuasive job search campaign that employers will notice.

The Power of Focus

Your life is controlled by what you focus on; thus, focusing on the positives shapes your mindset for positive outcomes. Yes, layoffs, which the media loves to report to keep us addicted to the news, are a daily occurrence, but so is hiring. Don’t let all the doom and gloom talk overshadow this fact. Focus on where you want to go, not on what others and the media want you to fear.

Bonus of not focusing on negatives: You’ll be happier.

Focus on how you can provide measurable value to employers.

If you’re struggling with your job search, the likely reason is that you’re not showing, along with providing evidence, employers how you can add tangible value to an employer’s bottom line. Business is a numbers game, yet few job seekers speak about their numbers. If you don’t focus on and talk about your numbers, how do you expect employers to see the value in hiring you?

Managing Your Anger

Displaying anger in public is never a good look. Professionals are expected to control their emotions, so public displays of anger are viewed as unprofessional.

LinkedIn has become a platform heavily populated with job seekers posting angry rants—fueled mainly by a sense of entitlement—bashing and criticizing employers, recruiters, and the government, proving many job seekers think the public display of their anger won’t negatively affect their job search.

When you’re unemployed, it’s natural to be angry when your family, friends, and neighbours are employed. “Why me?” is a constant question in your head. Additionally, job searching is fraught with frustrations, such as not getting responses to your applications and being ghosted after interviews.

The key is acknowledging your anger and not letting it dictate your actions, such as adding to the angry rants on LinkedIn and other social media platforms, which employers will see.

Undoubtedly, rejection, which is inevitable when job hunting, causes the most anger. What works for me is to reframe rejections, be it through being ghosted, an email, a call or text, as “Every no brings me one step closer to a yes.”

Additionally, I’ve significantly reduced triggering my anger by eliminating any sense of entitlement and keeping my expectations in check. Neither you nor I are owed anything, including a job, respect, empathy, understanding, agreement, or even love. A sense of entitlement and anger are intrinsically linked. The more rights you perceive you have; the more anger you need to defend them. Losing any sense of entitlement that you may have will make you less angry, an emotion that has no place in a job search.

Presenting Evidence

As I stated earlier, business is a numbers game. Since all business decisions, including hiring, are based on numbers, presenting evidence in the form of quantitative numbers is crucial.

Which candidate would you contact to set up an interview if you were hiring a social media manager:

"Managed Fabian Publishing's social media accounts, posting content daily."

or

"Designed and executed Fabian Publishing's global social media strategy across 8.7 million LinkedIn, X/Twitter, Instagram, and Facebook followers. Through consistent engagement with customers, followers, and influencers, increased social media lead generation by 46% year-over-year, generating in 2023 \$7.6 million in revenue."

Numerical evidence, not generic statements or opinions is how you prove your value to employers. Stating you're a "team player" or "results-driven," as opposed to "I'm part of an inside sales team that generated in 2023 \$8.5 million in sales," or "In 2023 I managed three company-wide software implementations, all of which came under budget," is meaningless to an employer.

Despite all the job search advice offered, I still see resumes and LinkedIn profiles listing generic responsibilities rather than accomplishments backed by numbers. A statement such as "managed a team" doesn't convey your management responsibilities or your team's achievements under your leadership. "Led a team of five to increase sales by 20%, from \$3.7 million to \$4.44 million within six months" shows the value of your management skills.

Throughout your job search, constantly think of all the numbers you can provide—revenue generated, number of new clients, cost savings, reduced workload, waste reduction—as evidence to employers why you'd be a great value-add to their business.

The Job Seekers' Trinity—focusing on the positive, managing your anger, and providing evidence—is a framework that'll increase the effectiveness of your job search activities and make you stand out in today's hyper-competitive job market, thus expediting your job search to a successful conclusion.



EKA LEGAL
**YOUR NEIGHBOURHOOD
LAWYER**

- Personal Injury
- Immigration
- Wills & Estate
- Notary Services

Your Peace of Mind is Our Priority

GET IN TOUCH

📧 info@eka-legal.com 📞 403.560.9464

🌐 www.eka-legal.com



GLAMORGAN BAKERY



🕒 Sunday - Monday: CLOSED
Tuesday - Friday: 7am - 6pm
Saturday: 7am - 5pm

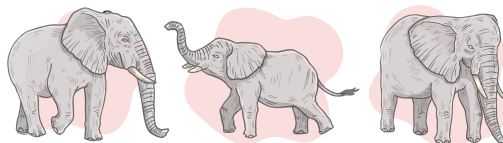
📞 403-242-2800

📍 3919 Richmond Rd SW

🌐 glamorganbakery.com

Our Specialties: Cheese Buns, Donuts, Special Occasion Cakes

ELEPHANT CAT



Did you know elephants can purr like cats when they're content? Unlike a cat's purr, which comes from its larynx, an elephant's purr-like sound is actually a deep rumble created by airflow through its vocal cords—how purr-fect!

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**

Planned Dates: May 6, June 23, 2025

For more information, contact the
Glamorgan Community Association



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.

ALL LEVELS YOGA – For information or to register, email bonbridges@gmail.com.

MAD SCIENCE – Back this summer for summer camps in our building.

CALGARY KIDZINC – Serving grades K-6 in the basement of the community hall.

Do you have a program to offer or want to see a program come to our community? Contact info@myglamorgan.ca.



BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

Free Estimates
www.kilbco.com | 403-870-0737

Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.
3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining $\frac{1}{4}$ plate such as lentils, tofu, meat, fish, and eggs. Visit diabetes.ca/nutrition to find the healthy eating section with additional tips.
4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit ahs.ca/nutritionhandouts and search Fibre for more information about foods with fibre.
5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

Foods high in unsaturated fats:

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

Foods high in saturated fats:

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

Getting Active to Prevent Prediabetes

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit csepguidelines.ca.

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit ahs.ca/nutritionhandouts and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Paintur♥ArtOut

KIDS ART CAMPS FOR SPRING AND SUMMER

- Engaging Art Lessons
- Daily Outdoor Activities
- Expert Instructors

HOURS: 8:30 AM - 5:00 PM
AGES: 5 to 13



Art Camps Held At:
Glendale Community Hall
4500 25 Ave SW, Calgary

(587) 210-1377

www.painturartoutyyyc@gmail.com
www.painturartout.com

Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.



In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It's crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we're believing

We're here to care, we're here to share
For that's what life's about
In loving kindness, hearts prepare
The Food Bank helping out



the Gutter Doctor

403-714-0711
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!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or 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; 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.

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.

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.

HERITAGE WEST PLUMBING AND HEATING: Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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.

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, 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, 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.

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.

GREAT NEWS MEDIA

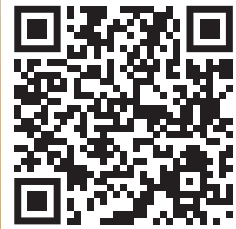
LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



Happy,
Mother's
Day!



SCAN ME