

JULY 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

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🕒 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

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BOOK AN APPOINTMENT

☎ 780-966-7009

✉ tina.richtin@outlook.com

Richtin





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

Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.



FREE DENTAL DAY

FIRST COME FIRST SERVED

AUGUST 15, 2026
8:00 AM | 2:00 PM

Patients may choose one of the following services:

Dental Check-Up
Professional Cleaning
Simple Extraction
Cavity Filling

Please Note:

This event is intended to provide basic care to as many neighbours as possible. Services are strictly limited to those listed above. We recommend arriving early to secure your spot.



Dr. L. Geng | Dr. L. Stanleigh | Dr. J. Park

#102 - 636 45th Street SW, Calgary, AB, T3C 2G2

(403) 457-3240 | www.wildwooddentalcalgary.com



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
Follow us on Facebook or Instagram @glamorgancacalgary



Board Members

President	Nicole Liesemer
Vice President	Damir Krnic
Secretary	Alana Redding
Treasurer	Beth Barretto
Directors At Large	Teri Day, Ann Kus, Karen O'Keeffe, Kayla Avramenko, Olivia Nelson

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.

Finally, if you are interested in joining the GCA Development Sub-Committee or learning more about what the role entails, please email Beth Barretto at treasurer@myglamorgan.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
Website: www.myglamorgan.ca

**Come out and enjoy an afternoon
with your neighbours!**
Different activities each month
\$10 includes light lunch and refreshments

Resumes in September.

For more information, contact the
Glamorgan Community Association



Glamorgan – Community Update and News

Events

Join us for another cribbage tournament this July. More details to follow.

Contacts

If you want to be added to the mailing list to receive updates and engagement surveys, please email info@myglamorgan.ca.

If you have content that you wish to see in the newsletter or on social media, send us an email at directork@myglamorgan.ca.

Follow us on Instagram (@glamorgancalgary) and on Facebook (Glamorgan Community Association) for regular news and updates!

Do you want to be a part of the Glamorgan Community Gardens Committee? Email directork@myglamorgan.ca to take part!

Do you want to book space in the Glamorgan Community Centre? Check out our website or email info@myglamorgan.ca to book!

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.

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Vibrant

Caring

Connected

Carin

MEMBERSHIP

Downloadable version at www.myglamorgan.ca
Enclose this form along with your membership
fee & drop-off or mail to:

Membership
expires
August 31

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

Membership Type	Price
Family	\$30
Associate*	\$35
Senior	\$10
Student	\$10
Single Adult/Couples	\$20

*Choose if you are not a resident in Glamorgan community boundaries.

Memberships need to be renewed annually.



Thank You Glamorgan Volunteers!

Thank you to our volunteers who helped out with
Community Cleanup! It would not have been
possible without your help!



COMMUNITY PROGRAMS

TAURUS TAEKWON-DO – Mondays and Wednesdays
from 6:00 to 8:00 pm. Ages 6+ to adult. Taurustkd.com
or 403-708-710 or fit.tkd@gmail.com.

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.

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

MAD SCIENCE SUMMER CAMPS – Sign up for
the Mad Science Summer Camps located at the
Glamorgan Community Centre! Call 403-263-4140,
email madscsab@telusplanet.net, or visit their website
at calgary.madscience.org.

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

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
3. Fill out the form in our newsletter and mail to the
hall with payment

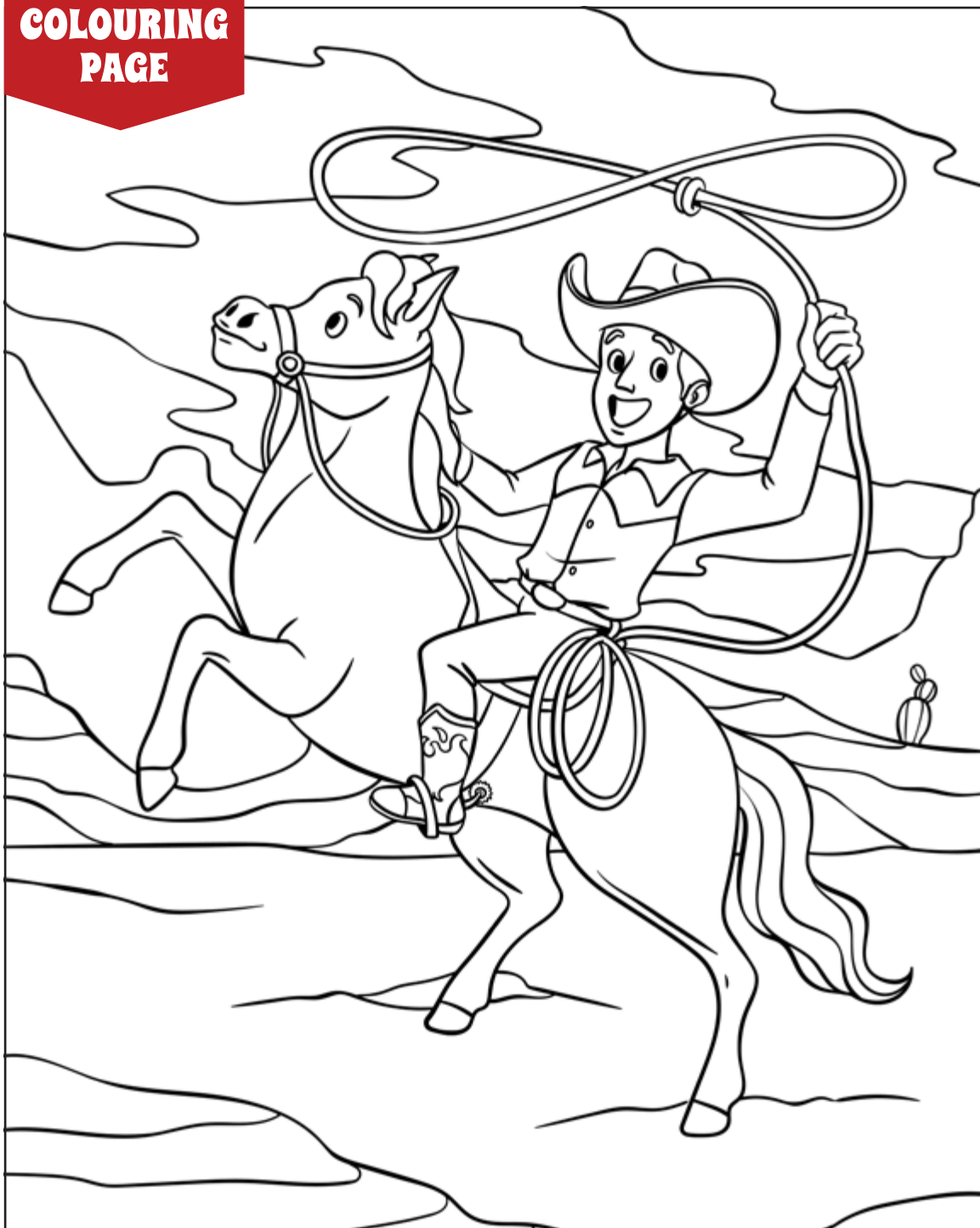
**Purchasing a Glamorgan Community Association
(GCA) membership is an excellent way to support
your community**

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!

**COLOURING
PAGE**



A Fresh Perspective: The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist



Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

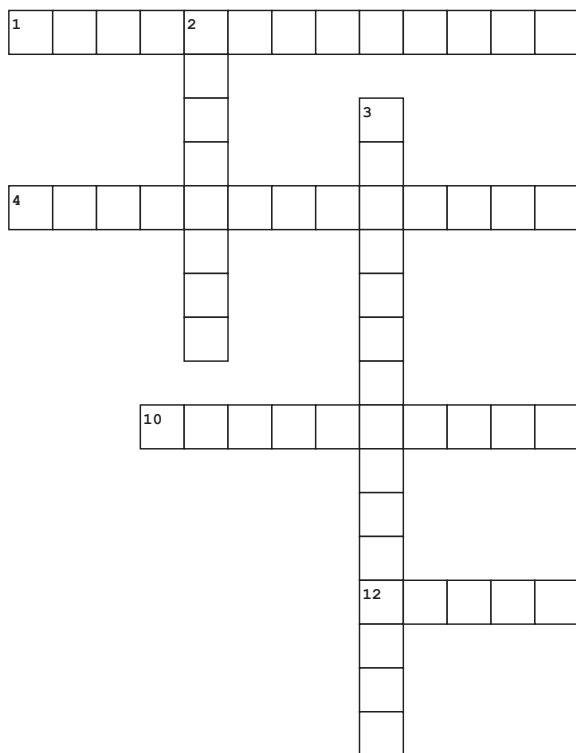
When every weekend is booked and every sunny evening feels like something we should maximize, we

can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

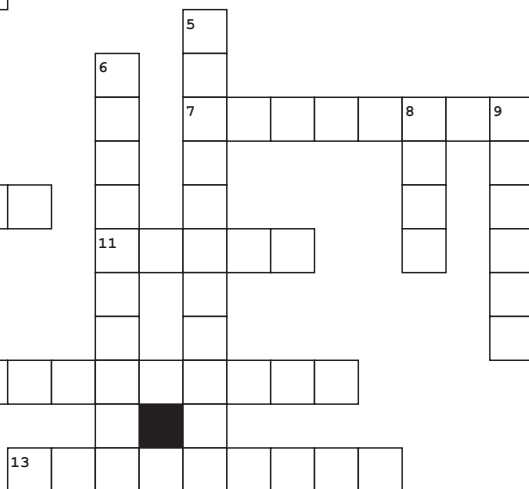
Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.

July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



Divorce And Spousal Support – How Much, and for How Long?

by Christopher Bungay, Divorce Lawyer



You have decided to get a divorce. After this decision is made, either you or your spouse move out. This is also about the time that economic reality kicks in: one of you will need financial support, and one of you realizes you must pay support. Two immediate questions arise:

1. How much monthly support must be paid?
2. How long (months, years) must support be paid?

The law can answer these questions, but only by looking at the circumstances of your marriage. Specifically, the law looks at who worked, how much they earned, and how much will you earn in the future?

Rich Dad, Stay-at-Home Mom

The largest and longest payouts for spousal support arise in the “Rich Dad, Stay-at-Home Mom” marriage. Dad has earned a lot of income by working many hours over the years. Mom has enabled Dad’s success. She has done this by taking care of the children/home responsibilities while Dad worked. In this situation, Dad will likely have to pay a large amount of support for a long time.

The Power Couple

One of the easier cases to determine is the “Power Couple”. Here, both the husband and wife work long hours at high-paying jobs. In this divorce, it is possible that no support is payable. Alternatively, if support is

owed, the amounts may be smaller and for a shorter period of time.

The “Somewhere in the Middle” Couple

A more difficult situation to determine is a couple whose marriage did not follow set patterns for employment and domestic responsibilities. For example, one spouse may have earned a lot of money in the past, but for some reason (health, bad luck, etc.) this is no longer the case. The other spouse may have stayed home and raised the children and then resumed their career later after the kids became teens. Trying to figure how what is “fair” in these situations can be very challenging for lawyers and judges.

To assist with these difficult decisions, lawyers and judges often rely on Canada’s Spousal Support Guidelines. This is a legal tool that helps to link the facts of each marriage with an appropriate formula for determining support. Calculations based on these guidelines can also be accessed for free at www.mysupportcalculator.ca.

It must be emphasized again that each divorce is unique, and guidelines/calculators may not account for the facts of your marriage. However, as a rule of thumb, the past often determines the future. If you were the breadwinner in the past, you likely have an obligation to provide support in the future.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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



Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.



Stack Those Pancakes

by Garth Paul Ukrainetz

Stack those pancakes to the sky
Higher than an old spruce tree
Higher than the Saddledome
Stack them high for all to see

Stack those pancakes to the sky
Higher than big Bankers Hall
Higher than the Calgary Tower
Highest stack downtown of all

Stack those pancakes to the sky
Cover them with golden butter
Smother them with maple syrup
Grab a fork and find a ladder

Stack those pancakes to the sky
Gather all your friends and neighbours
Nothing beats a Stampede breakfast
Stress about the calories later

Stack those pancakes to the sky
With hungry world we'll share our plate
When all are eating, no one's fighting
"World Pancake Peace," the taste is great!



MP Calgary Signal Hill
David GL McKenzie, KC, MP
 8561 8A Ave SW
 Calgary, AB T3H 0V5
 ☎ 403-695-0570
 ✉ david.mckenzie@parl.gc.ca

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.

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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.

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BUSINESS CLASSIFIEDS

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SENIOR HELP CARE: Senior help care offered by a 30 year experienced health care and social worker. This support includes companionship, light housekeeping duties, drives for medical appointments, and other required duties. \$20 per hour. Text 403-510-5534.

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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.

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.



The advertisement for Gutter Doctor features a cartoon character of a man in a blue cap and uniform, holding a yellow spray can and a brush, standing next to a ladder. The background shows a close-up of a white gutter on a roof. The text is arranged in a clear, professional layout with a list of services and contact information.

Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured
403-714-0711 • gutterdoctor.ca



MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

Donate

