

AUGUST 2024

DELIVERED MONTHLY TO 1,900 HOUSEHOLDS

GLENDALE *thumper*

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER

JUMPING INTO THE END OF SUMMER LIKE...



**CHOOSE A \$100 GIFT CARD
FOR VISITING THE DENTIST***

 **EMERGENCIES**

Got a tooth problem?
Same-day appointments
and treatment often
available.

 **CONVENIENCE**

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

 **DIRECT**

We direct bill your
insurance.
Payment plans are
also available.



*visit our website
for details

bowtraidental.com | 587-871-5224

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

BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY
SERVICES

403-282-2226

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



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



Dorothea
Sautter
Realtor®

FROM **FOR SALE**
TO **SOLD**



YOUR JOURNEY STARTS HERE!

Dorothea Sautter

403-613-8133

Dorotheasautter.royallepage.ca

dorothea@royallepage.ca | [@DorotheaSautter](https://www.instagram.com/DorotheaSautter)



Viki Fairbairn

403-850-1322

Homesbyviki.com

vfairbairn@royallepage.ca | [@homesbyviki](https://www.instagram.com/homesbyviki)

AWARD-WINNING WINGS



**FAMOUS CHICKEN WINGS
HALF PRICE ALL DAY
MONDAY, WEDNESDAY & SATURDAY**
Try our whole new revised menu.

SUPPORT LOCAL

Trivia nights every Thursday - 7pm to 9pm
Open Mic & Acoustic Jam every Sunday - 5pm to 8pm



www.regalbeaglepub.ca

[@RegalBeagle17ave](https://www.instagram.com/RegalBeagle17ave)

5308 17 Avenue SW

(403) 457-4313

1966 Mercury



Article by Fred Nelson

Janet's fully-optional Colony Park wagon is a Survivor she purchased from California. It has barely 66,000 original miles and was always kept indoors.

Last summer she and Frank drove it to the famous Hot August Nights car show in Reno, Nevada. There was only one incident when the A/C compressor gave up the ghost.

In 40+ degree Arizona weather they were happy to find that one of the local dealerships had a new one in stock. Retail price, but an easy decision.

If you have a classic car that you would like to see featured in the community newsletter, please reach out to Fred Nelson at 403-242-3856.

Glendale/ Glendale Meadows Community Association

4500 25 Avenue SW, Calgary AB, T3E 0M1

Information: 403-242-2110

Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors and Community Contacts

LENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

President	Chris Welner	403-796-6552	president@myglendale.ca
Vice President	Amanda Saigeon	403-471-2057	vice-president1@myglendale.ca
Vice President	Myles Trawick	403-680-5582	vice-president@myglendale.ca
Treasurer	Shane Duthie		treasurer@myglendale.ca
Secretary	Veronika Duska	403-242-4828	secretary@myglendale.ca
Member-At-Large, Thumper Editor	Laura Nixon		thethumper@myglendale.ca
Member-At-Large, Website/Courts	Aaron Shannon		website@myglendale.ca
Member-At-Large, Membership	Monika Smith		membership@myglendale.ca
Member-At-Large	Kendra Horosko		
Member-At-Large	Mike Meredith		
Member-At-Large	Ian McDermott		development@myglendale.ca

GMCA COMMUNITY CONTACTS

Naturally, Glendale	Monika Smith		naturallyglendale@myglendale.ca
Glendale Book Club	Manibh Awada		manibh@shaw.ca
Guides	WestGlen District	403-217-1294	any-calgarywestglen@girlguides.ca
Rink Flood Crew	Kevin Eike		kceike@gmail.com
Building Maintenance	Jim Kelly		
Councillor	Richard Pootmans		caward6@calgary.ca
City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182	keith.magill@calgary.ca
Hall Rentals		403-242-2110	rentals@myglendale.ca
Social Events	Vacant		social@myglendale.ca
Community Garden	Michael Sander		garden@myglendale.ca

Board Meetings

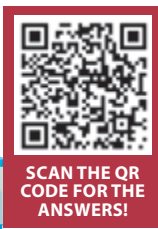
Our next meeting will be our Annual General Meeting, held on Wednesday September 11, 2024 at 7:00 pm. All residents are welcome to attend. Join us in person at the community hall, or email president@myglendale.ca for the virtual link.

Annual Community Memberships \$35, Tennis Membership \$70, plus \$20 key deposit

To submit content for publication in the Thumper, please email thethumper@myglendale.ca

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called “Brad’s Drink” which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria “gives you wings”.



Glendale Volunteers



This is your faithful *Thumper* editor here, Laura Nixon. As I reflect on the last year that I have spent as a Member-At-Large on the Board, as well as editing the *Thumper*, I think about all of the wonderful opportunities I have had to get to know my neighbours better.

On the Board, I have been so impressed with the tireless efforts of all Board members, especially those of long tenure, for all that they do to make the fun events happen and ensure all of the right engagement, decisions, and paperwork happen in the background. This is really a positive group to be part of. As Editor, I have been so grateful to be contacted by Glendale residents all year at thethumper@myglendale.ca with story ideas. A few folks even welcomed me into their homes to discuss content for articles that you have since enjoyed! Attending our community events and having the opportunity to chat with everyone has been so fun as well. It’s a pleasure to get as many smiling faces onto the pages of the *Thumper* as possible!

Personally, I’ve lived in Glendale for almost ten years, and I’m so thankful we landed here. I’ve lived in the neighbouring communities for my whole life, but I didn’t know how special Glendale was until we started unpacking! We chose the location based on proximity to the train, work, and our life, and we’re so grateful that this Best Little Town in the Big City has so many friendly people who love to live here too.

I love finding ways to support great things in this City. This community has so many fun ways to get involved that it was easy to meet people and find out how to learn more. I am looking forward to being part of how Glendale grows and changes to meet Calgary’s evolution, and I know we will be keeping Glendale beautiful for years to come.

I hope you will join me! We have lots of opportunities for getting involved – please reach out! I hope you will join us at our Annual General Meeting in September. If there are any aspiring *Thumper* editors out there, I am happy to work with you on that too.

DUNCAN LAW

Impeccable
Legal Advice.

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

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

PRESIDENT'S MESSAGE

People often ask me what they get for their Glendale membership. The answer is easy — you get community. In a time when we can seem far too disconnected from each other, being a community member creates connections with your neighbours.

You get news of events and issues affecting Glendale. You get the opportunity to plant a community garden plot, play tennis or pickleball, skate at the outdoor rink, send your child to daycare, eat a pancake breakfast or take advantage of clubs and programs at our brand-new community hall. You might even get to serve on the Glendale/Glendale Meadows Community Association Board of Directors.

For example, on Neighbour Day in June, more than 100 Glendale residents came out to enjoy a day packed with family entertainment, Indigenous history, and the Grand Opening for our hall restoration project, where we celebrated Glendale volunteers with the help of provincial and municipal elected officials.

Supporting your community by purchasing a membership and volunteering your time will pay you back a hundred-fold in the people you meet, the experiences you gain and the satisfaction you get from giving back.

I know because I've been a volunteer in Glendale for more than 20 years, the last six as president of the community association. With the Community Hall officially open I am ready to say thank you and au revoir as I will be stepping aside for a new president to be elected at our Annual General Meeting on September 11.

There is always room for new and creative people on the board who are willing to roll up their sleeves and continue to make Glendale the Best Little Town in the Big City. I think that person might be you!

Chris Welner



Glendale Hall Rental Rates

For rentals, please contact rentals@myglendale.ca or visit myglendale.ca.

Full Space (Hall, Kitchen, Boardroom)

Monday to Thursday: \$75 per hour (minimum of 4 hours).

Friday Evenings: 6:00 pm to 02:00 am, \$750.

Saturday:

Full Day, 10:00 am to 02:00 am, \$1,050.

Afternoon, 10:00 am to 4:00 pm, \$600.

Evening, 6:00 pm to 02:00 am, \$750.

Sunday: Full Day, 10:00 am to 10:00 pm, \$900.

Boardroom

Monday to Friday, 8:00 am to 5:00 pm, \$50 per hour (minimum of 4 hours).

Security Deposit

\$500, returned seven days post-event.

Rates include cleaning and are subject to GST.

Note: Rental rates will be increasing, effective for bookings November 2024 onwards. This includes a separate cleaning fee of \$100 per booking, a wedding weekend rate of \$2,350 for Friday evening through Sunday, and a 10% increase to all other fees listed above.



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.



Rhubarb Pecan Muffins

Recipe by Maria Campos

Ingredients:

- 4 cups all-purpose flour
- 1 ½ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons salt
- 1 ½ cups chopped pecans
- 2 eggs
- ½ cup vegetable oil
- 4 teaspoons grated orange peel
- 1 ½ cups orange juice
- 2 ½ cups finely chopped rhubarb

Directions:

- In a large mixing bowl, combine flour, sugar, baking powder, baking soda, salt, and nuts.
- In another bowl, combine egg, oil, orange peel, and orange juice.
- Add to the dry ingredients all at once and stir until just moistened. Stir in the rhubarb.
- Fill twelve lightly greased muffin cups almost to the top.
- Bake at 375°F for 25 to 30 minutes. Makes about two dozen.



AGM Planning: Preparation has begun for our September update to the community and election of new Board members. Please see myglendale.ca/agm-2024 for the agenda, registration, Board role descriptions, and the financial statements that will be presented at the AGM. Please reach out to president@myglendale.ca for more information if you are interested.

Upcoming Events

Most events are free, and we ask that all participants have an active community association membership. Watch myglendale.ca/events for the following fun activities and to register.

September – Glendale Book Club – Check myglendale.ca/book-club/ for confirmation of the restart date!

Wednesday, September 11 – Glendale/Glendale Meadows Annual General Meeting. For details see myglendale.ca/agm-2024.



SCAN HERE TO VIEW ADDITIONAL GLENDALE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

Pets Of Glendale



Meet Beepsch (a childhood nickname). Beepsch and his siblings, Tiny and Tommy, came from humble beginnings. Born December 24, 2023, in a cold garage in Glendale, they were rescued (along with Mama) by two kind people. All have now gone to loving, furever homes, and Beepsch stayed in Glendale (shout-out to Sue and Parachutes for Pets for their help getting everyone settled!)



Beepsch's favourite toy is a catnip mouse, he doesn't like liver, and he is a bit of a dramatic napper. He is an indoor cat, so you probably won't see him, but he'll see you from his birdwatching window. He's a pretty special little guy and a true Glendale resident.

To have your pet featured in an upcoming edition of the Thumper, please send a photo and short write-up to thethumper@myglendale.ca. (Our Cat-atalogue is steadily growing, and birds, fish, reptiles are welcome too!)



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

Word of the Month

Mellifluous: adjective
(muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



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

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.

GLENDALE 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 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.

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.

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.

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.

GLENDALE 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.

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.

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

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.

OPEN CANOPY TREE CO.: We are located right next door in 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.

Saving Grandma's Garden

Article and Photos by Monika Smith

As my mom descended into dementia last year and could no longer live in her home, I had to sell her property. As with so many older residential properties on the market, many of my mom's and baby boomer generation had gorgeous gardens.

I needed to save a few token plants that she had tended over the years. They had brought her joy and a funny and often acrimonious relationship with Joe. Joe was born into a farming family, and although he became citified, he was a proud vegetable grower. But flowers? Heck no. He'd occasionally get into a mood and just rip out my mom's hard work, because they were not food.

Just before the new owner took over, I had a moment of, "I have to bring some of mom's plants to my place!" She had been growing them for decades. I broke a number one rule: if you get a plant, there's a hole in the ground ready for it! I basically dug out a big bunch of plant shoots and roots and dumped them into a bucket of soil.

What did I take home, dig in, and promptly forgot about? Primroses (*Primula auricula*), bergenia (*Bergenia crassifolia*), and leopard's bane (*Arnica cucanlis*).

There's another very good rule about plants, 'right plant in the right space'. However, plants want to survive and will make an effort. Just don't expect anything lush or healthy looking.

I was surprised in late May by a few leaves emerging in strange places, like near my Colorado spruce. What is that? Primroses! Ok, so that's where I put them. They were shorter than normal and looking a bit stunned. That's what a spruce tree and lean soil will do. We did have a wet-ish May that helped, and June has coaxed more plant out of the ground.

Mom had a big row of bergenia that I chopped apart and shovelled into a bucket. A gorgeous umbel of pink flowers emerged in the spring where I didn't remember putting them. Those famous big leaves were small! Another super hardy and evergreen perennial, if conditions are right.

Last but not least is leopard's bane. Such a cheerful yellow and the earliest blooming daisy. None of these plants are 'native', but that got me to thinking of maybe leaving those plants in a 'cultivated' zone? Not large — as I prefer native plants — but these are from my mom's garden, and I needed something that is more than a piece of jewelry, art, or her favourite baking pan.

My message is simple. Save those old garden plants! If they are your grandmother's, aunt's, family members, or an aging friend's that has to move, ask if you can dig up a few favourites. Or chat with the developer if the house is sold. They don't care as long as you are not in the way or trespassing.

If you're new to gardening, these old plants are time tested to grow well. Find out how to remove a batch from a knowledgeable friend, or contact Calgary Horticulture, or even myself.

Keeping these hardy and old-fashioned plants lovingly tended to by my mom is a special legacy which I honour.

Thanks mom, your plants will remind me of you and wonderful memories of gardening and growing up.



This lovely pink umbel is one of the early flowering bergenia. An old fashioned, but lovely addition to any yard.



The yellow leopard's bane daisy is such a cheerful addition in a garden.



You've all seen this kind of primula. It's super hardy and will brighten a spring day.



Councillor, Ward 6
Richard Pootmans

☎ 403-268-1646
✉ Eaward6@calgary.ca
🌐 Calgary.ca/ward6 X f @pootmans
📷 @richardpootmans9



MLA Calgary-Currie
Janet Eremenko

206B – 1615 10 Ave SW
Calgary, T3C 0J7
☎ 403-426-4794
✉ calgary.currie@assembly.ab.ca

Hello, Ward 6,

The District 2 Calgary Police Service would like Ward 6 residents to be aware of an uptick in break and enters. This time of year, CPS generally sees an increase of break and enters due to the warm weather. We encourage you to be diligent in completing the 9PM routine.

The 9PM routine recommends: Removing valuables from vehicles including keys and garage door openers. Ensuring vehicles are locked, windows are closed, and, if possible, parked in a garage. Closing garage doors and windows. Locking any person-doors in the garage, including those leading into a house. Checking that all house doors are locked. Ensuring all windows are shut. Turning on an exterior light. Report suspicious activity by calling the non-emergency number at 403-266-1234.

Another advisory that we would like to make sure you are aware of is parking payment scams. Physical parking tickets are being placed on vehicles which include a fraudulent website link - CalgaryParkPlus.com - for payment of tickets.

What Calgarians should know:

Fake vs Real: Fake tickets direct individuals to make payments at CalgaryParkPlus.com. This is not the authorized website that Calgary Parking uses for paying tickets. Calgary Parking's official website for ticket payments is www.calgaryparking.com/tickets.

Verify it: If you receive a parking ticket, you can verify its authenticity by contacting Calgary Parking at 403-537-7000 or online at CalgaryParking.com.

Destroy it: If you identify a parking ticket as fake, please destroy it immediately to prevent further confusion. Do not follow any instructions provided on the fraudulent ticket.

Report it: If you have any information or witness individuals distributing these fake parking tickets, please report it to the Calgary Police Service (CPS) non-emergency line at 403-266-1234.

Protect Yourself: Do not share personal information online or over the phone unless you are sure it's safe.

Sincerely,

Councillor Richard Pootmans

On September 1, the first new health organization to come out of the dissolution of Alberta Health Services officially comes online. This means 10,000 employees, 500 contracts, and more than a billion dollars dedicated to addiction and mental health services under AHS will be transferred to a new entity called Recovery Alberta. If all goes according to the government's plan, it will streamline services and offer Albertans better access to the health care they need.

As the Critic for Mental Health and Addiction, it's my role to ensure the transition pays off, always with the goal that Albertans can access the health resources they need. Over the past few months, I've spoken with many people who described nightmare scenarios trying to find doctors, counsellors, and psychologists, prescriptions, and group programs to help themselves or a loved one with complex mental health issues. While the government is committed to building addiction treatment centres, I'm hearing about mental health programs being eliminated, and deeply inadequate services outside of Calgary and Edmonton.

So, I watch the transition to Recovery Alberta with cautious optimism. In the days following its announcement, there was a lot of confusion amongst addiction and mental health workers about how the transition would impact them. Healthcare is an incredibly complex system that is already difficult for families to navigate and consultation with those who know the system best is critical. Bill 22, the Health Statutes Amendment Act, introduces a new health system framework that is equally complex. We will all need to learn it together, and I look forward to supporting patients, families, and healthcare workers through the transition and beyond.

P.S. Thank you to everyone who came out to my Stampede BBQ. It was an amazing time, and I can't wait to do it again next year!



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



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING