

FEBRUARY 2025

DELIVERED MONTHLY TO 1,900 HOUSEHOLDS

GLENDALE *thumper*

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER

**WINTER FUN
AT THE RINK!**



 **LE FAMILY DENTAL**
3971-17 AVE SW, CALGARY 403.455.2882

Your community partner in dental care!

FREE NEW PATIENT EXAM Valid with 2025 Glendale Community Association membership card.

3 SISTERS, 3 MOTHERS, 3 DENTISTS

www.lefamilydental.ca



CLASSIC CARS

1936 DODGE HUMPBACK



Article and photo by Fred Nelson

After scouring North America to find all the right pieces to restore his panel truck, it became obvious to Dave that only a handful were ever produced.

But finally, the 23-year project was ready for an engine. A 340-V8 was not to be found, a 318-V8 wasn't big enough, and a 360-V8 wasn't exciting enough.

So Dave went the least expensive way with a new 350-V8.

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.



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)

Cats, Canines, & Critters of Calgary



Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles,
McKenzie Towne



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

To have your pet featured, email news@mycalgary.com

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

Paintur Art Out

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.painturartoutyyc@gmail.com
www.painturartout.com

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

GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

President	Myles Trawick		president@myglendale.ca
Vice President	Amanda Saigeon		vice-president1@myglendale.ca
Vice President	Lindsay Sali		vice-president@myglendale.ca
Treasurer	Shane Duthie		treasurer@myglendale.ca
Secretary	Laura Nixon		secretary@myglendale.ca
Member-At-Large, Website/Courts	Aaron Shannon		website@myglendale.ca
Member-At-Large, Membership	Monika Smith		membership@myglendale.ca
Member-At-Large	Veronika Duska		ggmca-mal5@myglendale.ca
Member-At-Large, Social Events	Jessica Pedlow		social@myglendale.ca
Member-At-Large, Rink Coordinator	Kent Viccars		rink@myglendale.ca
Member-At-Large	Daryl Drainville		ggmca-mal6@myglendale.ca
Member-At-Large	John Mar		ggmca-mal4@myglendale.ca

GMCA COMMUNITY CONTACTS

Thumper Editor	Laura Nixon		thethumper@myglendale.ca
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	Kent Viccars		rink@myglendale.ca
Building Maintenance	Jim Kelly		
Councillor			caward6@calgary.ca
City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182	keith.magill@calgary.ca
Hall Rentals	James Durant	403-242-2110	rentals@myglendale.ca
Community Garden	Michael Sander		garden@myglendale.ca

Board Meetings

Our next meeting will be held on Wednesday, March 12, 2025 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

Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

Greetings, neighbours!

We made it through January, hooray! While winter is not over, the days are starting to get a little longer and we are on the back-nine of the winter course.

February is a bit of a funny month, isn't it? It has a funny spelling which few people bother to pronounce phonetically (which is probably for the best, I mean, try saying "feb-roo-arry" to the next person you see, and they might give you a funny look). It has a funny number of days (only 28 this year). It starts off funny with a rodent telling us whether we get six more weeks of winter or not. However, I admit I love the film *Groundhog Day* (also funny).

This month has a holiday called "Family Day" which is a bit funny because that is most days for me. It could just be called "Sunday Again". And then there is Valentine's Day, which is not a 'holiday' per se, but Hallmark tells us it's important. The imagery of a flying cupid can be funny, but disappointing an expectant admirer is not-at-all funny, so don't forget the flowers.

Superbowl is funny because it is a time for friends to get together and watch funny commercials and in between all that, there is a little bit of sports. My friends call it Ultra dish because it's really about the food. Another lesser-known sporting championship occurs in February which many people around the world think is a little funny. Curling! The Canadian women's curling championships, known as the Scotties Tournament of Hearts or simply, 'the Scotties', takes place February 14 to 23 this year. Curling is great! If you've always wanted to try but never knew how, send me an email.

It's settled, February is a funny month, and I'm glad for it.

I'll wrap up this month's note by sharing a big thank you to our helpful and committed contractors at Glendale Hall, Jim and James. Over the past few months, they have responded to several building emergencies to keep us up, running, and with a hall filled with a variety of renters and events that have been great. Thanks for all you do.

Keep an eye out for upcoming events at our hall and our neighbouring community associations via the *Thumper* and eNews. If you have any ideas for community events, email president@myglendale.ca.

Myles Trawick

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

Pets of Glendale



Meet Dipper. Dipper is a ferret of Glendale and enjoys going on leashed outings with Rhonda. Sometimes those outings are four-on-the-floor, and sometimes it is better to get cozy in the hood or arm of a sweater or jacket. Who doesn't want to cuddle while enjoying the sun outside? Life goals.

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

Glendale Hall Rental Rates

Please contact rentals@myglendale.ca or visit myglendale.ca/hall-rentals (includes a 3D walkthrough).

Full Space (Hall, Kitchen, Boardroom)

Monday to Thursday: \$95 per hour (minimum of 4 hours).

Friday Evening: 6:00 pm to 2:00 am, \$750.

Saturday:

Full Day, 10:00 am to 2:00 am, \$1,050.

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

Evening, 6:00 pm to 2:00 am, \$750.

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

Wedding Weekend: Friday evening through Sunday, \$2,500.

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 do not include cleaning and are subject to GST.



Bruce Miller



BSc, BSc Psych, CCS, CNE, SRES®
EXECUTIVE PLATINUM AWARD



C: 403.667.1441
E: bmiller@cirrealty.ca
F: 403.776.4729
W: www.cirrealty.ca/bruce_miller



#100 707 10 Ave SW Calgary, AB T2R 0B3
Long-Term Inner City Resident



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.

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



2025 Marks Glendale's 70th Anniversary!

The Board received a certificate from the Federation of Calgary Communities at our January meeting, commemorating Glendale and Glendale Meadows' 70th anniversary as an association! A lot has happened around here since 1955. We look forward to continuing to enjoy our special community with all neighbours. Stay tuned for more events and celebrations as we look forward to the 75th anniversary milestone!



Board Updates

The GGMCA Board recently became aware of the City's planning efforts called "the Calgary Plan" (calgary.ca/planning/city-building-program.html), although consultation information has been available online since late 2023. This program is stated to "guide how Calgary will grow and change over the next 30 years". The final draft of the Calgary Plan is scheduled to be presented to the Infrastructure and Planning Committee of Council on February 12, 2025.

At its January meeting, the Board decided to sign on to a letter to the Mayor that almost 30 community associations have signed, requesting a pause on the plan due to lack of engagement of community associations through the process. Another concern raised is that Calgary's "Next 20", a 20-year planning document, with the 2020 Municipal Development Plan (MDP), was approved only four years ago by Council on February 8, 2021 (engage.calgary.ca/next20). The community associations are hoping to receive more information about the need for revisions to the MDP and a better understanding of how meaningful citizen input at the local level can be included.

The Board is also in conversations with Le Family Dental to bring more information to the community about oral health! Stay tuned for information sessions at the hall and other events and opportunities. Le Family Dental is passionate about promoting oral wellness and wanted to make sure that everyone knows that with the tax year approaching, it is very important for community members to file for their taxes so they can apply for Canadian Dental Care Plan (a federal dental benefit), if eligible. Seniors and children with household income under \$90K currently qualify, but it is good to be ready in case this benefit is extended to other age groups as well. Check here for more information! canada.ca/en/services/benefits/dental/dental-care-plan/apply.html.



Le Family Dental in action on Neighbour Day 2024 providing free cleanings to community members! It was an exciting and busy day.

Christmas Eve Skate

The Christmas Eve morning skate was a hit at the hall in December! Thanks to everyone who came out to share some holiday cheer!





The CPS launched Operation Cold Start in January to help prevent warm-up auto theft during the winter months: newsroom.calgary.ca/operation-cold-start-launches-across-alberta/.

Good neighbour practices are compiled for reference at calgary.ca/property-owners/good-neighbour-practices.html. This includes information on property maintenance, home improvements, public behaviour, and responsible pet ownership. Editor's Note: is it just me or have we experienced an increase in canine poop on our sidewalks recently? Maybe this is from our coyote neighbours roaming amongst us, but just a friendly PSA to please pick up after your pets (and perhaps consider a karma pick up from time to time too). Let's keep Glendale clean and enjoyable for all!

You can check out City traffic cameras and other mobility information at calgary.ca/roads/traffic-management-centre.html.

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice, it can lead to large puddles in our streets. You can help during sudden melts by clearing storm drains around your property. Learn more at calgary.ca/StormDrains.

Updates from the City of Calgary

Calgary Arts Development has an open call for submission to the Centre City Banners program until February 19, 2025. If you'd like a chance to colour our City, check out calgaryartsdevelopment.com/public-art/opportunities/all/centre-city-banners-call-for-artists-2025/.

If your black cart is full and you need to buy garbage bag tags to put out extra garbage bags for pick up, you can find out where to buy the tags at: calgary.ca/waste/residential/tag-a-bag-program.html.

Glendale experienced seven crimes in November 2024 (most recent data available at time of publication), and on average experiences 4.4 crimes per month. On an annual basis, Glendale had a total of 53 crimes as of November 2024, which is down 18% in comparison to November 2023. Monthly crime summary information, as well as comparisons to nearby neighbourhoods, are available at mycalgary.com/crime-statistics/glendale-crime-activity-update/, compiled by Community Standards (Bylaw) and the Calgary Police Service (CPS).

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.

- **March 11, 10:00 am to Noon** – Glendale Book Club meets on the second Tuesday of each month at the hall from 10:00 am until noon. Check myglendale.ca/book-club/ for the upcoming titles or contact Manibh at manibh@shaw.ca. March's title will be *Bel Canto* by Ann Patchett.
- **Spring TBD** – We are waiting to hear from the City on our assigned date for the annual Community Cleanup Day – stay tuned!
- **May 3 to 4, TBD** – Jane's Walk is a global event held annually on the first weekend in May. Stay tuned for more information on the Glendale event!
- **May 31** – Save the date and stay tuned for more information about the annual Glendale Parade of Garage Sales!



Glendale Real Estate Update

Last 12 Months Glendale
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$699,000	\$715,000
November 2024	\$949,000	\$920,000
October 2024	\$900,000	\$880,000
September 2024	\$729,900	\$715,000
August 2024	\$767,000	\$753,750
July 2024	\$715,000	\$701,500
June 2024	\$849,900	\$827,000
May 2024	\$720,000	\$717,500
April 2024	\$839,900	\$875,000
March 2024	\$794,900	\$801,000
February 2024	\$789,000	\$775,000
January 2024	\$767,400	\$752,000

Last 12 Months Glendale
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	1	1
November 2024	2	1
October 2024	7	7
September 2024	2	3
August 2024	3	4
July 2024	7	4
June 2024	4	3
May 2024	6	6
April 2024	6	5
March 2024	6	7
February 2024	4	5
January 2024	4	2

To view more detailed information that comprise the above
MLS averages please visit glend.mycalgary.com



Time to Renew Your Mortgage?

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

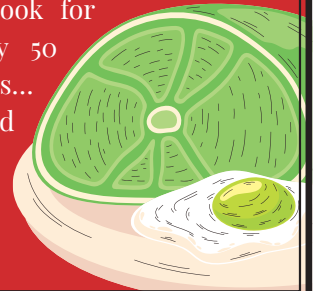


ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!



A Dragon in Your Window

Article and image by Monika Smith, Master Gardener

Needless to say, in our dark months—you know, winter—having a green house plant is almost a must.

Presenting a tried-and-true house plant: *Dracaena trifasciata*, the snake plant.

Also known as mother-in-law's tongue, Saint George's sword, and viper's bowstring hemp. But sadly, not 'lady dragon' plant, although "dracaena" is Greek for lady dragon. Its fibre-laden leaves are used by African communities to make ropes, yarn, and textiles. It is native to West and West Central Africa and accustomed to dry, tropical climate and light. In the wild, they can grow up to two metres tall.

It tolerates low light, so any window will do. It's a low maintenance, low water plant. Gently mist when it gets really dry here and seriously, clean the leaves of dust.

Buy a healthy-looking plant from your local big box store. Look for nice green, upright leaves that feel sleek and solid. No brown spots. Usually, they are potted snug, which the plant likes. Although there isn't a lot of roots, it's a rhizome that wants to colonize and will push and distort the sides of a plastic container! That's a good indication to repot. It is slow growing, so no need to worry about repotting frequently.

This plant cannot tolerate being overwatered. Excellent drainage and a good cactus potting mix is needed. Put the plastic pot inside a heavy attractive container to keep it upright—as the soil dries out, it can become top heavy and tip—don't blame the cat.

Few pests and diseases bother it. But things go downhill with overwatering. Wilt-y or drooping leaves? Brown spots? Rotting roots? Skinny leaves? Time to investigate. The fixes are usually easy: don't overwater.

The snake plant is easy to propagate from leaf cuttings. As the plant creates 'offspring', divide and put into new pots and pass them on to friends and neighbours.

I've had a snake plant, a cultivar with cool yellow racing stripes on the sides, for maybe decades. It got moved around and it kept on growing. I have mistreated it, repotting it very badly, and it's still here.

This plant also produces flowers, but not easily indoors.

In the decades I've had this plant, it has done so only twice. No idea what got it to bloom: right environmental conditions? Super crowded pot? The spike has a lovely scent and lasts a while. Put it outside in the summer but in the right spot and watch it as it's a long distance from its origins!

There's lots of information on *Dracaena trifasciata*—do check a few good sources such as the Calgary Horticultural Society, university extension services, or botanical gardens to ensure a healthy, happy plant.

Contact Monika at naturallyglendale@myglendale.ca.



My snake plant, the tall version. Some of the leaves got to 1.5 m! In this photo (January 2018), it's in flower, which I found out is challenging for a house plant to do.

**SCAN HERE TO VIEW ADDITIONAL
GLENDALE CONTENT**

**News, Events,
& More**



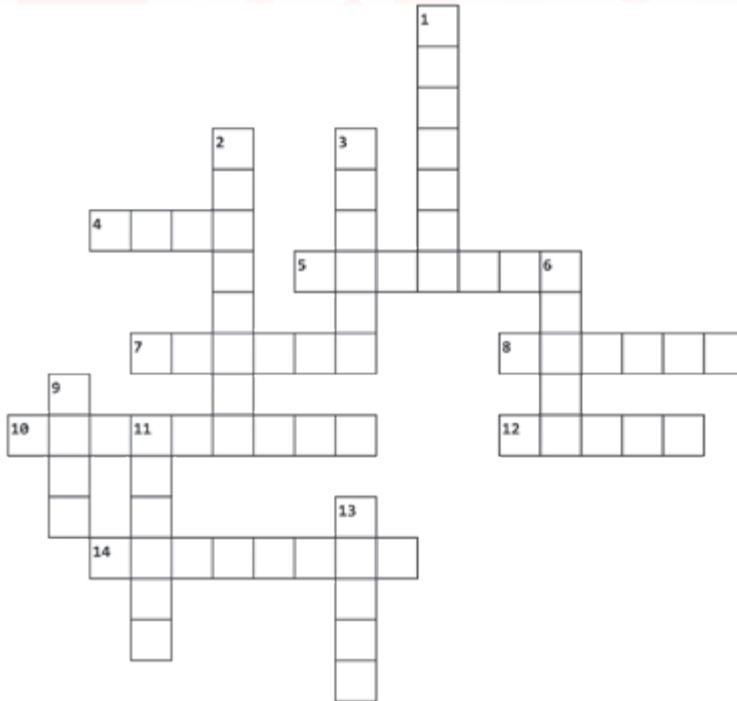
**Crime
Statistics**



**Real Estate
Statistics**



February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



Note from the Editor

Hi Glendale,

This is a call for contributors!
I would love to work with you!



We are so lucky to have regular contributors on our pages...thank you to Monika and Fred for continuing to keep us informed and entertained about local flora, fauna, and classic cars! As you can tell, we have wonderfully active and diversely interested residents in Glendale. This always makes for interesting conversations across backyards and through our parks.

There is room in the *Thumper* for more content. Do you have interests or hobbies that you would like to share? Home improvement? Activities for the kids? Favourite local hikes? Energy efficiency? City and Glendale history? Arts and entertainment? Health and wellness? There is so much we could explore.

Getting involved can be as easy as reaching out to thethumper@myglendale.ca with an idea.

I would also like to bring on a co-editor in 2026. 2025 is a great opportunity for us to talk about what that could look like. Many hands make light work, and the *Thumper* has been a lot of fun to work on. Please reach out if this is something you are curious about!

Laura Nixon

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.

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.

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.

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.

Joke of the Month



Why aren't dogs good dancers?
They have two left feet.

Protect Your Household Water Lines and Meter from Freezing

by *The City of Calgary*



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Celebrate the Season at Chinook Blast, Calgary's Winter Festival

by *The City of Calgary*

Chinook Blast is back for its fifth year, running from January 31 to February 17, 2025. This beloved winter celebration is a must-attend tradition, drawing Calgarians and visitors alike to discover Calgary and its downtown in a whole new way.

This year's festival will once again showcase the city's creativity and community spirit with a spectacular lineup of events and experiences for all ages. From live music performances to thrilling outdoor sports, captivating art installations and unique cultural experiences, there's truly something for everyone to enjoy.

Whether you're exploring downtown, discovering local artists, or simply embracing the winter magic with friends and family, Chinook Blast is a perfect way to warm up Calgary's coldest season!

Mark your calendars and don't miss out on this incredible winter tradition. Visit chinookblast.ca to learn more.

DUNCAN LAW

**Impeccable
Legal Advice.**

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

📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

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



TASK FORCE ANIMAL HOSPITAL

Calgary's first not-for-profit veterinary
hospital, supported by donations

There is a critical need for accessible, subsidized,
quality veterinary care



Coming to Calgary in early 2025

help keep families together

cataskforce.org

Registered Charity No.
825596018 RR0001