

FEBRUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



**SAVE A BUNCH  
OF CASH**

Expert advice | Excellent rates  
Better mortgages



403-771-8771

[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)



## SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial



## DUNCAN LAW

### Impeccable Legal Advice.

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



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

## INCOME TAX PREPARATION

**Kathryn McRae**

403-249-4797 in Glenbrook

T1 PERSONAL TAX RETURNS

Commissioner for Oaths

Email: [kattax2000@shaw.ca](mailto:kattax2000@shaw.ca)



**EXPERIENCED, ACCURATE, AFFORDABLE**

2022 Taxes — **FILING DEADLINE** May 1<sup>st</sup>, 2023

## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



## 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](http://www.glamorgananimalclinic.com)



# 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

## Mark Your Calendar!

**April 1**

Crib Tournament – 4:00 pm

Pub Night – 7:00 pm

**April 20**

Glamorgan CA AGM – 7:00 pm



# got digital?

**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 for an  
advertising  
quote



**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

## PUB NIGHT

Saturday April 1

7pm in the Main Hall



Babysitting in  
the GlamShack

7 to 10:30 pm

Children 3 and up

\$5/ child to a maximum  
of \$20/ family

Large Drink Selection

Snacks

Pizza \$5 for 2 slices

We accept cash,  
credit and debit

## 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](mailto:info@myglamorgan.ca)  
Website: [www.myglamorgan.ca](http://www.myglamorgan.ca)

**Come out and enjoy an afternoon  
with your neighbours!**

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

For more information, contact the  
Glamorgan Community Association

**February 7, March 7**



## BOOK YOUR EVENT

Book your Family or Corporate Party  
here at the Glamorgan Community  
Association!

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

## COMMUNITY PROGRAMS

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

**Brownies / Guides / Sparks** – Programs are offered  
Tuesdays at the community hall. Please call 403-283-8349.

**Pathfinders** – Program is offered Sundays. Please call  
403-283-8349.

**All Levels Yoga** – Tuesday nights at 8:00 pm.  
For information or to register, email  
[bonbridges@gmail.com](mailto:bonbridges@gmail.com).

**Glamorgan Children's Centre** – Before and After  
School Care Program. Supervised Lunch Program. Call  
403-217-6677 for info. Now accepting Kindergarten.

**Taurus Taekwon-Do** –  
Ages 4+  
Monday and Wednesday evenings  
403-708-7199  
[www.taurustkd.com](http://www.taurustkd.com)  
[fit.tkd@gmail.com](mailto:fit.tkd@gmail.com)

**Fencing Calgary** –  
Ages 7 to 14. Six week sessions.  
December 2022 to June 2023, 5:30 to 6:30 pm.  
[www.fencingcalgary.com](http://www.fencingcalgary.com)

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

**SCAN HERE**



**To View Additional  
Glamorgan Content**



**Calling All BABYSITTERS**

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the  
Calgary communities you would like to babysit in.

**Calling All PARENTS**

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters  
in and around your community.

# CRIB TOURNAMENT

**Saturday, April 1**

**4:00 pm to 7:00 pm**

**Main Hall**

**\$30 Per Team**

**WE WILL ATTEMPT TO MATCH UP SINGLES**

If we are unable to match singles we will let you know by Noon April 1

**Bar Will Be Open!**

**Call (403)246-8218 or email [info@myglamorgan.ca](mailto:info@myglamorgan.ca) to register**

## Glamorgan Community Association 2023 Annual General Meeting

**April 20 | Starts at 7:00 pm**

**Full details will be in the March  
issue of the Focus on Glamorgan.**



# Glamorgan Community Memberships

## Expired August 31

There are 3 easy ways to purchase your membership

1. Online at [www.myglamorgan.ca](http://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
- Children's Outdoor Soccer
- Special events to bring residents together and build community

**Please purchase or renew your membership today!**

## New GCA Office Hours

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

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

Phone and email will be monitored Tuesday to Friday from 9:00 am to 4:30 pm.

[info@myglamorgan.ca](mailto:info@myglamorgan.ca) | 403-246-8218

### On-Site



Windows



### Computers



"We fix the computers that have you in a fix"

Home, Business, Internet, email, Virus removal, etc. [bruceeasthope@yahoo.com](mailto:bruceeasthope@yahoo.com)

**Bruce Easthope**

Phone: 403 880 5989

Vibrant Vibrant Connected  
Caring Caring Connected  
Caring Connected

## MEMBERSHIP

Downloadable version at [www.myglamorgan.ca](http://www.myglamorgan.ca)

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

**GLAMORGAN COMMUNITY CENTRE**

**4207 – 41 Ave SW Calgary AB T3E 1G2**

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](http://www.myglamorgan.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

Please list the member(s) of your household to be included on this membership: **A/Y = Adult or Youth**

First Name	Last Name	A/Y

Address:	
Postal Code:	
Primary Phone #:	
Alternate Phone #:	
Primary E-mail:	
Total Amount Enclosed:	Receipt #

☐ Yes, I would like to receive information by email from the Glamorgan Community Association  
 Visa/Mastercard \_\_\_\_\_ Exp. Date \_\_\_\_\_

# Board and Contact List

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

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

Office Hours: Tuesday to Friday, 10:00 am to 4:30 pm

Office is Closed Mondays and Weekends

Website: [www.myclamorgan.ca](http://www.myclamorgan.ca) • Email: [info@myclamorgan.ca](mailto:info@myclamorgan.ca)



## Board Members

President	Nicole Liesemer
Vice President	Vacant
Secretary	Morgan Scully
Treasurer	Brian Gray
Director At Large	Sara Haney
Director At Large	Alanna Redding
Director At Large	Danielle Southern
Director At Large	Lindsay Sales

## Liaisons

Calgary Police Service	
Community Resource Office	403-428-6200
Community Partnerships Coordinator	Keith Magill 403-476-7185

## Community Activities

Adult Fitness	Linda Court	403-931-7539
Girl Guide Centre, Brownie, Guides, Sparks, and Pathfinders		403-283-8349
Calgary Minor Softball Assn		403-245-3008
Children's Centre Director	Heather Eastgaard	403-217-6677
Gaming Manager	Bonnie Ladner	403-246-8218
Glamorgan Community ECS		403-249-5275
Trails West Hockey	<a href="mailto:admin@trailswesthockey.com">admin@trailswesthockey.com</a>	

## Staff

General Manager	Sara Polzen	403-246-8218
-----------------	-------------	--------------

Board meetings are held on the third Thursday of each month.

Community members are welcome to attend. Call 403-246-8218 for more information.

## Glamorgan Bakery

[www.glamorganbakery.com](http://www.glamorganbakery.com)  
3919 Richmond Road SW  
403-242-2800

### Our Specialties

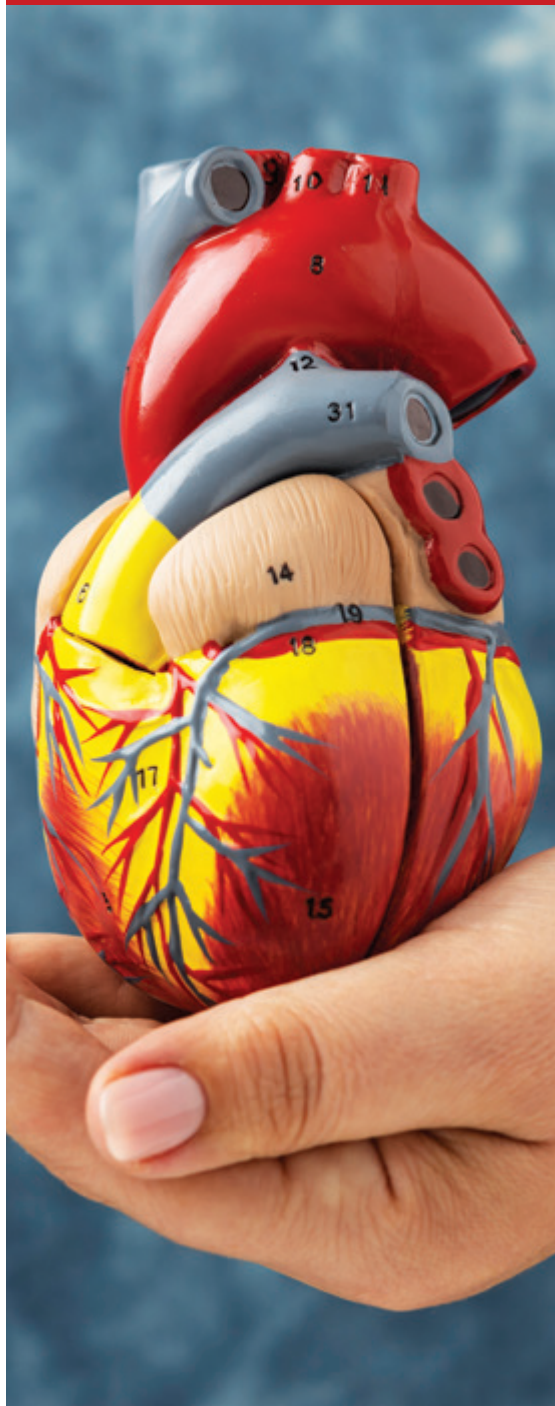
Cheese Buns • Donuts • Cakes

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



**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.



## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://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](http://www.cejelectric.com) or call Clayton at 403-970-5441.


**DIRECT FROM ITALY!** Dongio Caffè's curated, blended coffees range from smooth and sophisticated Milano, popular Roma to bold Napoli – the birthplace of espresso. Beans, Nespresso compatible capsules, espresso pods, etc. to fit your coffee maker. 10% off first order. Free delivery in Glamorgan. Use code GLAM01 at checkout. [www.justethiopiancoffees.com](http://www.justethiopiancoffees.com).

**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](mailto: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](http://www.opencanopytree.com) or call 403-466-1656 to request a quote.

**COMMISSIONER FOR OATHS IN AND FOR ALBERTA:** I can administer oaths and take and receive affidavits, affirmations, and declarations in and for Alberta. John Peter Skarra, call 403-605-0079 or email [skarra.john@gmail.com](mailto:skarra.john@gmail.com).





## Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

**RE/MAX FIRST** **REAL ESTATE GROUP**  
Independently Owned and Operated

**Thinking of Buying or Selling in 2023?**

Life can be stressful, selling your home shouldn't be!

**Let's Chat!**

**DANNY GREENE**  
YOUR LOCAL RESIDENTIAL EXPERT

**DANNY@CALGARYSAGENT.COM**  
**403-605-6626**



## Glamorgan Real Estate Update

Last 12 Months Glamorgan

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$252,450.00	\$251,000.00
November 2022	\$527,400.00	\$512,500.00
October 2022	\$305,000.00	\$315,200.00
September 2022	\$585,000.00	\$567,000.00
August 2022	\$314,450.00	\$300,750.00
July 2022	\$439,900.00	\$427,000.00
June 2022	\$396,400.00	\$392,000.00
May 2022	\$485,000.00	\$475,000.00
April 2022	\$439,999.00	\$426,000.00
March 2022	\$499,900.00	\$488,000.00
February 2022	\$384,450.00	\$392,500.00
January 2022	\$299,900.00	\$285,000.00

Last 12 Months Glamorgan

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	5	4
November 2022	5	12
October 2022	16	7
September 2022	5	5
August 2022	9	12
July 2022	11	13
June 2022	11	12
May 2022	17	17
April 2022	17	11
March 2022	20	19
February 2022	15	18
January 2022	13	13

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

## McLAWS LAW

ESTATE PROBATE  
WILLS  
POWERS OF ATTORNEY  
PERSONAL DIRECTIVES

Experienced, cost effective  
and practical advice, representation  
and counsel to meet  
your legal needs

*Insurance Disputes - Small Business  
Employment Issues - General Litigation*

**Peter B. McLaws**  
**Barrister & Solicitor**  
**(403) 710-3712**

COME VISIT OUR NEW WEBSITE!  
**[www.mclawslaw.ca](http://www.mclawslaw.ca)**



# Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



*Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies,  
Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations*

Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)



## **PLUMBER**

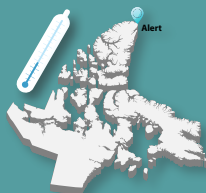
***PLUMBOB** Father and Son*



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**

## **The Northernmost Settlement**



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole!

February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!

## **NUBIAN PYRAMIDS**

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.



**4260 Gloucester Drive SW | \$569,900**

Warm, bright, and inviting family home situated on a superior 6,800 sq ft lot on Gloucester Drive. This home has been loved and enjoyed by the current long-term owners and you can feel the pride of ownership as soon as you step through the front door. Almost 1,200 sq ft on the main floor that has hardwood floors throughout and includes three spacious bedrooms, a kitchen large enough for a kitchen table, and a living/dining room with a cozy wood-burning fireplace. The yard is completely private, is fenced and secure, and contains a single detached garage with a rare front drive. This home has so many possibilities that include moving in and enjoying just the way it is, renovating, or building your dream home.

**Call me today to view this fantastic property!**  
**403-863-4220**



**SELLING**  
**GLAMORGAN.COM**  
— HOME AND CONDOS —

**Nick Wood** The Area Specialist

**403-863-4220 • NickWoodRealEstate@gmail.com**