

JANUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

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Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

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BRAIN GAMES **SUDOKU**

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FIND SOLUTION ON PAGE 10

OFFICIAL
 PLUMBING & HEATING



Plumbing Services
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 Drain Cleaning
 Boiler Repair

\$50
 Service Call Fee



403-837-4023
 info@officialplumbingheating.ca
 official-plumbing-heating.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**

For more information, contact the
Glamorgan Community Association

January 3



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.

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
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

*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 and choose the
Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters
in and around your community.

Glamorgan Greats: Heather Bensler

Heather's face lights right up when she talks about her work, and it is obvious that she loves what she does.

Ever since she was in high school, Heather has wanted a job where she could "make a difference in the world." Her path was set when she heard a speaker declare that "If you really want to make a difference, become a nurse." Over the past 26 years, she has held various positions, and following her recent completion of a Doctorate in Education, is currently the Assistant Dean, Academic Partnerships, at the University of Calgary (UoC) in the Faculty of Nursing. Her research has centred on combatting Indigenous racism and preparing her students with skills to deal with possible racist incidents in health care settings. She is currently working to develop rural and Indigenous distance-education nursing programs. Heather's teaching goal is to help her students "recognize opportunities to be a change agent." She describes the modern role of nurses as much broader than our past definition of nursing and health.

Some twenty years ago, Heather and her husband, Evan, now an urgent care physician at the Sheldon Chumir Centre, set out to search for an agency that worked to empower Indigenous communities towards self-sufficiency. They appreciated the model of "training, not doing", espoused by the Florida-based Indigenous People's Technology and Education Center (I-TEC). Over several periods in the 2000s, they lived with their three young children in Florida and Peru, working in Ecuador, Peru, and Brazil.

Heather and Evan have owned their home in Glamorgan since 1999. They love the neighbourhood and their neighbours. When Heather is working from home, she enjoys doing so on her front porch, where she can interact with those passing by. During the COVID lockdown, they acquired their first dog, Barley, a Lab cross, and Heather jokes that "this dog introduced us to all the people in the dog park." A welcome respite, to be sure, from the demands during that time of working to reduce vaccine hesitancy. Heather says that "it was very challenging being a nurse and a doctor during COVID."

One of Heather's initiatives as global health lead in the nursing faculty directly impacted some Glamorgan residents. Over three hundred Yazidi refugees escaping the genocide in Iraq in 2017 were settled in Calgary,



with a group of families offered housing in Glamorgan. Nursing students embarked on a community health project to provide support and community connection for the Yazidi women. As Heather said at the time, "I think it's really important for our students to see that health is such a complex thing and it can include access to employment, language — all of these things are determinants of health."

Heather was thrilled to be able to teach her own son, who is the fourth generation of nurses in her family. She says that "Nursing students now are so diverse in language and culture; they add something amazing to our health care system. I am excited to see...the vision they have for their communities."

Thank you, Heather and Evan, for your invaluable contribution to the health care system, especially during the pandemic. And thank you, Heather, for opening my eyes to the wide scope of practice for today's nurses.

You may have noticed that this feature has not been in the newsletter for some time. Surely there are hundreds of Glamorgan residents with stories to tell, but they have not been coming forward. In order to continue, we need your help to identify possible folks to interview.

Do you know an individual that you would like to see in this feature?

Contact Loretta Biasutti at biasutti@shaw.ca or 403-249-5945 or drop off a suggestion at the community centre.

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
- 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 | 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

Bruce Easthope

Phone: 403 880 5989

Vibrant Vibrant Connected
Caring Caring Connected
Caring Connected

MEMBERSHIP

Downloadable version at 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

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 |
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| 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 • Email: 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 | admin@trailswesthockey.com | |

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
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



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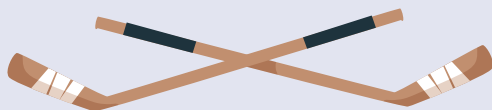


Grassroots Hockey

Grassroots Hockey is Coming
Back to Glamorgan!

Wednesday Nights

For registration and
information, visit our website
at www.myglamorgan.ca



International Sweatpants Day



In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweatpants aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!

**Would you like
to be part of
the amazing group of
volunteers that take care
of the Glamorgan Rink?**

Join the Rink Rats!

**Call (403)246-8218 or
Email info@myglamorgan.ca
for information**

Wanted! GlamShack Concession Volunteers

The GlamShack Concession will be open this winter for the first time since February 2020!

Volunteering in the Concession is perfect for families who enjoy spending time at the rink.

Flexible schedules. Training Provided.

Responsibilities include:

- Opening up GlamShack
- Selling concession products
- Closing at the end of your shift

For information, please call 403-246-8218 or email info@myglamorgan.ca.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Glamorgan. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

GLAMORGAN MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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, 403-269-2707.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.


EXPERIENCED DOG SITTER: Pet owner and dog lover! Calling all vacation dogs for pet sitting while parents are away! Pets get regular walks, and spend time relaxing and enjoying some affection. Experienced with anxious dogs also! Call or text Meghan at 403-861-5703.

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.

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.





New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company. The New York Times!

BRAIN GAMES SUDOKU

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National Hot Tea Day



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!







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

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One Odd Animal



Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!

got digital?

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advertising
quote



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*Not intended to solicit properties already listed for sale.

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Nick Wood The Area Specialist

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