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Board and Contact List



GLAMORGAN
COMMUNITY ASSOCIATION

Vibrant Caring Connected

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2
Phone: 403-246-8218 • Fax: 403-240-1394
Office is currently closed. Please email for any inquiries.
Website: www.myglamorgan.ca • Email: info@myglamorgan.ca
Follow us on Facebook or Instagram @glamorgancacalgary

Board Members

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

Liaisons

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

Community Activities

Guides, Sparks, and Pathfinders	403-283-8349
Gaming Manager	403-246-8218
Kidzinc	403-240-2059

Board meetings are held on the third Thursday of each month.
Community members are welcome to attend. Email info@myglamorgan.ca for more information.



BOOK YOUR EVENT

The Seminar Room, Glamshack, and Conference Room are available for bookings.

Please email the office for pricing and availability.

Development Committee

The Glamorgan Community Association is looking for residents that are interested in forming and participating in a new Development Committee which will be headed up by one of our board members.

With all the DPs and land use changes in process and likely continuing to increase, this is a great opportunity to get involved.

If interested, please email info@myglamorgan.ca.

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



SENIORS' CORNER

The first Tuesday of every month
1:00 to 3:00 pm at the community centre
4207 - 41 Avenue SW
Phone: 403-246-8218
Email: info@myglamorgan.ca
Website: www.myglamorgan.ca

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

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

Planned Dates: April 7, May 5, June 2

For more information, contact the
Glamorgan Community Association



Glamorgan – Community Update and News

Building Update

Great news! The construction repairs in the East Hall, West Hall, kitchen, and bar are wrapped up, and we are welcoming renters back!

Community News

Join us for Flowerbed Volunteer Day! Help us plant flowers in the front garden beds of the Community Association! Snacks will be provided. More details to come.

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

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

Follow us on Instagram at [glamorgancacalgary](https://www.instagram.com/glamorgancacalgary) and on Facebook at Glamorgan Community Association for regular news and updates!

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

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



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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

COMMUNITY PROGRAMS

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

BROWNIES / GUIDES / SPARKS – Programs are offered Tuesdays at the community hall. Please call 403-283-8349.

ALL LEVELS YOGA – For information or to register, email bonbridges@gmail.com.

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

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

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



Glamorgan Community Memberships Expired August 31

There are 3 easy ways to purchase your membership

1. Online at www.myglamorgan.ca
2. Come into the office at 4207-41 Avenue SW
3. Fill out the form in our newsletter and mail to the hall with payment

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

Membership fees collected help to support:

- Community facilities such as the Rink, GlamShack and Hall
- Special events to bring residents together and build community

Please purchase or renew your membership today!

Thank you, Glamorgan Volunteers!

Thank you to the Rink Rats for doing such a fantastic job taking care of the community rink!

Thank you to the Glamorgan Businesses that supported Winterfest! Thank You Glamorgan Bakery, Glamorgan Safeway, and Canuck Amusements!

Thank you to everyone who helped with the Cribbage Tournament!

Thank you to Glamorgan Bakery for supporting the Cribbage Tournament!



Bicycle Helmet Safety

by Alberta Health Services

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent significant injury.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride need to wear helmets.
- Parents can lead by example by wearing a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



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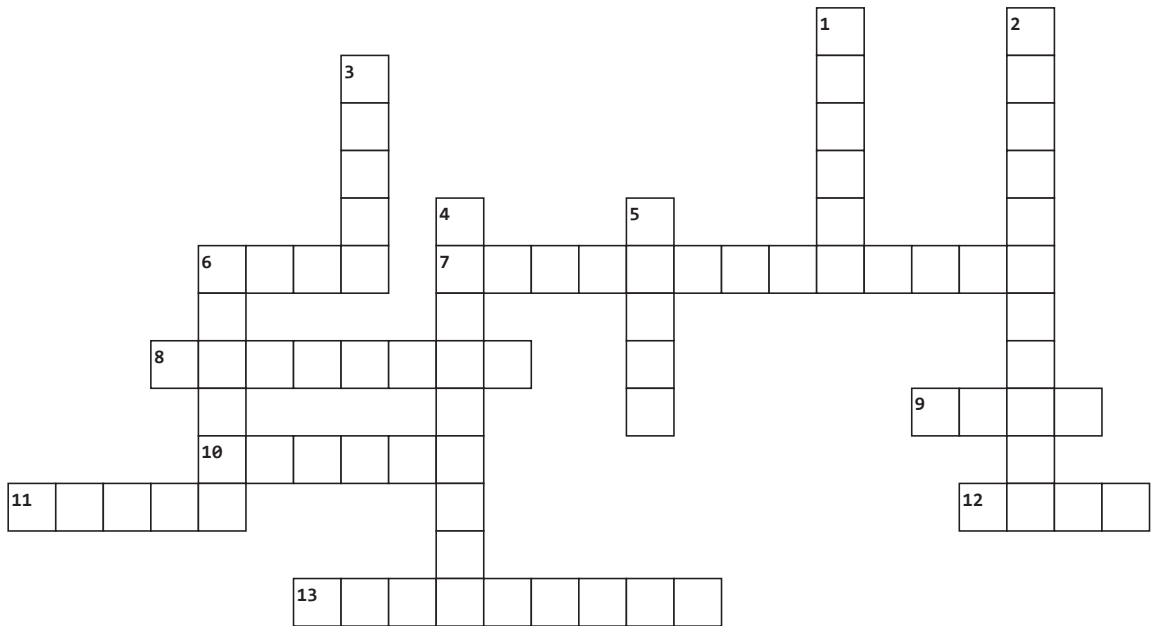
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SCAN ME

April Crossword



Across

- The express mail service, the _____ Express, started delivering mail by horse-and-rider relay teams on April 3, 1980.
- The first exhibition of this type of art opened in Paris on April 15, 1874, featuring artists such as Monet, Degas, and Renoir.
- The dystopian novel *Never Let Me Go* by Kazuo _____ was originally published on April 5, 2005.
- Johnny _____ released one of his biggest hits "Ring of Fire" in April 1963.
- On April 6, 1896, the first modern Summer Olympics opened in Greece's capital city.
- On April 1, 2004, Google launched this email service.
- This Queen of England knighted scientist Isaac Newton on April 16, 1705, at Trinity College.
- Ludwig van _____ dated the manuscript of one of his most popular compositions "Für Elise" on April 27, 1810.

Down

- Grace Kelly married Prince Rainier III, a prince of this European microstate, in April 1956.
- Canadian actor Hayden _____, famous for his role as Anakin Skywalker, celebrates his birthday on April 19.
- One of April's birth flowers, the _____, is a symbol of innocence and purity.
- This technology company was founded by Bill Gates and Paul Allen on April 4, 1975.
- David Lynch's crime drama series, *Twin _____*, premiered on April 8, 1990.
- Last of Us* star, Pedro _____, was born on April 2, 1975, in Santiago, Chile.



How Past Trauma Affects Our Romantic Relationships

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



All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner.

This can look like: Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways: Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive, and some become overly accommodating to avoid tension.

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like: Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviours that cause tension in relationships actually began as survival strategies.

For example: Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: "They don't trust me, they're too sensitive, or they're emotionally unavailable."

The other partner may actually be feeling: "I don't feel safe, I'm afraid of being hurt, or I don't know how to calm my nervous system."

Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of: emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.

Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

Most difficult reactions in our relationships are not intentional attempts to hurt each other. They are usually protective responses rooted in our past experiences.

When couples shift from asking "What's wrong with you?" to asking "What happened to you?" it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.

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by Garth Paul Ukrainetz

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 In their moment of glory
 Though most people don't notice
 Warmer weather they bring

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 Crocus colours remaining
 Springtime hues now fill sky

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Secret Agent Randy Beans, Somerset



Smokey, Tuxedo Park



Peanut, Westhills

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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.



Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ❤️



Councillor, Ward 6

John Pantazopoulos

✉ Ward6@calgary.ca

☎ 403-268-1380 | 🌐 calgary.ca/Ward6

📱 @Johnp4ward6 | 📧 @John4ward6

Happy April, Ward 6!

As we approach the 2027-2030 Business Plans and Budgets, the City of Calgary is asking Calgarians to provide input on how money is spent in our city. The four-year budget decides how much money is spent on City services and programs that Calgarians use every day.

You can share your thoughts and opinions by completing a short online survey or by visiting one of 14 pop-up events across the City. For more information, visit engage.calgary.ca/budgetinput.

In Council and our everyday lives, small choices can make big differences. If I had the chance to speak with you during the campaign, I likely mentioned my ongoing commitment to safety in our Ward 6 communities.

With that in mind, safe parking plays a critical role in keeping school areas safe.

Where drivers stop or park near schools affects visibility and safety for children and families who walk, bike, wheel, or travel through the area. Parking too close to corners, blocking driveways, or stopping where it's not allowed can make it harder to see children, especially during busy drop-off and pick-up times.

Parking Safety and Compliance Officers are regularly present in school zones across the city, helping remind drivers about parking rules and safe choices that protect students and the community.

Safe parking is about more than speed limits and crosswalks. It also means following signs, leaving space at corners, and choosing legal parking spots that keep sightlines clear for everyone.

You can help keep school areas safe. Slow down, follow parking signs, avoid stopping in no-parking zones, and choose safe, legal parking.

For more information, visit calgariyparking.com/schoolpatrol.

On behalf of the Ward 6 Office and the City of Calgary, I wish you a happy April!

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PLANNING FOR THE POSSIBLE

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mru.ca/LRDP



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