

SEPTEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

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

Licensed by Avenue Financial



VOLUNTEERS NEEDED FOR THE  
COMMUNITY CLEAN UP!!

SATURDAY, SEPTEMBER 16

8 AM TO 11 AM

11 AM TO 2 PM

LUNCH WILL BE PROVIDED  
FOR ALL VOLUNTEERS!

[www.kilbco.com](http://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.

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One-stop service for cleaning  
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**\$50**

Service Call Fee



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official-plumbing-heating.ca



## DUNCAN LAW

Impeccable  
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- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law

📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca



## 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**

### On-Site



### Computers

“We fix the computers  
that have you in a fix”



**Bruce Easthope**

Home, Business, Internet,  
email, Virus removal, etc. [bruceeasthope@yahoo.com](mailto:bruceeasthope@yahoo.com)  
Phone: 403 880 5989

## 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



## 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

- September 5 - Doug Coates
- October 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](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

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics





# No matter how much you sweat, we can get the stink out!

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 – almost any 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 destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
**calgaryfreshjock.com**

# 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 Victoria

On September 20, 1519, explorer Ferdinand Magellan, with five ships and 270 men, set sail from Spain in search of a route to Indonesia. After three treacherous years, 18 men and one ship, *The Victoria*, remained. Captained by Juan Sebastian Elcano, *The Victoria* became the first ship to circumnavigate the globe!

# PUB NIGHT

Friday, September 15  
7pm in the Main Hall

**NEW!**  
Kids under 18 welcome until 9:00 pm

Large Drink Selection  
Snacks  
Pizza \$5 for 2 slices  
We accept cash, credit and debit

# 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!**

## 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

**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.



## 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)



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



GLAMORGAN  
COMMUNITY ASSOCIATION Vibrant Caring Connected

4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

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

Office Hours: Tuesday/Thursday - 10:00 am to 1:00 pm, Wednesday/Friday - 1:00 to 4:00 pm

Office is closed Mondays and weekends

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

## Board Members

President	Nicole Liesemer
Vice President	Vacant
Secretary	Danielle Southern
Treasurer	Beth Barretto
Director At Large	Alanna Redding
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		
Children's Centre Director	Heather Eastgaard	403-217-6677
Gaming Manager	Bonnie Ladner	403-246-8218
Glamorgan Community ECS		
Trails West Hockey		

## Staff

General Manager	Sara Polzen	403-246-8218
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Board meetings are held on the third Thursday of each month.  
Community members are welcome to attend. Call 403-246-8218 for more information.

## Cats, Canines, & Critters of Calgary



Biscuit, Deer Run



Tiger, Copperfield



Walter, Evergreen



Xanthe, Copperfield

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# **Glamorgan Community Association**

## **Community Clean Up**

### **Saturday, September 16**

### **9am to 2pm**

#### ***We will be accepting:***

- ***Electronics Recycling***
- ***Metal Recycling***
- ***Household Trash***
- ***Small appliances, small household items and clothing for the Cerebral Palsy Association***
- ***Bottles and Cans***
- ***Documents for shredding***

#### ***We will NOT be accepting:***

- ***Organics***
- ***Tires***
- ***Paint & Chemicals***
- ***Appliances***
- ***Large Furniture Items***
- ***Propane Tanks***
- ***Car Seats, High Chairs***
- ***Car Batteries***
- ***Refrigerants of any kind***

#### ***We need volunteers!***

**8:30am to 11:30am and 11:30am to 2:30pm**

**Lunch and refreshments will be provided.**

**Please email [info@myglamorgan.ca](mailto:info@myglamorgan.ca) to sign up or for information**



4207 - 41 Avenue SW, Calgary T3E 1G2

P: (403)246-8218 E: [info@myglamorgan.ca](mailto:info@myglamorgan.ca) W: [www.myglamorgan.ca](http://www.myglamorgan.ca)



# CRIB TOURNAMENT

Saturday, September 16

4:00 pm to 7:00 pm

Main Hall

\$30 Per Team

NO SINGLES

Bar Will Be Open!

Call (403)246-8218 or email  
info@myglamorgan.ca to register

BRAIN  
GAMES

## SUDOKU

	7			2			4	6
	6					8	9	
2			8		3	7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3		5	8			7	

SCAN THE QR CODE  
FOR THE SOLUTION



## GAMES & PUZZLES

### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans, which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



# Learn the signs of stroke

**F**ace

is it drooping?

**A**rms

can you raise both?

**S**peech

is it slurred or jumbled?

**T**ime

to call 9-1-1 right away.

Act **F A S T**.

Lifesaving treatment begins the second you call 9-1-1.

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)



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## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### Supernova: Going Out With a Bang

by Patricia Jeffery © 2023 Calgary Centre of the Royal Astronomical Society of Canada



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.

# BUSINESS CLASSIFIEDS

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**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."

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**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.

**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](http://YardBustersLandscaping.com).

**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.

**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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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**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.

**66 Granlea Place SW**



**JUST SOLD  
IN 5 DAYS**

**1C, 80 Galbraith Drive SW**



**JUST SOLD  
IN 16 DAYS**

Our real estate market is still very strong with plenty of buyers looking to purchase homes in our area. If you are planning a move, please call me to help you sell your property in this exciting market.

**Nick Wood  
403-863-4220**



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

**Nick Wood** *The Area Specialist*

**403-863-4220 • [NickWoodRealEstate@gmail.com](mailto:NickWoodRealEstate@gmail.com)**