

AUGUST 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

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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

• **September 3**



Mark Your Calendars

September 14 - Community cleanup. We are looking for volunteers. Please email the office if you can help out!



BOOK YOUR EVENT

The Glamshack is available for bookings.

Please email the office for pricing
and availability.

Glamorgan Community Association Building Update

The Glamorgan Community Association is happy to announce that the Authority Having Jurisdiction completed their review, and the building was able to reopen the Children Centre in the basement. Kidzinc is back in the space and now open for summer camps all summer.

The remainder of the Main Building continues to be closed while we work with the City of Calgary and the Authority Having Jurisdiction to progress building repairs in the East Hall and have a Code Review complete in the upstairs spaces. The GCA has submitted applications through The City of Calgary to have design professionals review and provide recommendations for these scopes of work. We are hopeful we will be able to reopen the Seminar room, West Hall, Conference Room, and kitchen for rentals in the coming months. We anticipate building repairs will take longer to complete in the East Hall, so the East Hall and bar will be closed until further notice. We will continue to update the community as we know more information.

Please note the Glamshack continues to be open for rentals and is unaffected by the building closure.

We hope everyone has a wonderful summer and are looking forward to seeing everyone on September 14 at our Annual Community Cleanup.



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.

GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR
CODE FOR THE
ANSWERS!

Glamorgan Community Association Community Clean Up Saturday, September 14 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 to sign up or for information



4207 - 41 Avenue SW, Calgary T2E 1G2
P: (403) 246-6218 E: info@myglamorgan.ca W: www.myglamorgan.ca

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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!

COMMUNITY PROGRAMS

SENIORS FITNESS – Tuesday mornings. Call Louise at 403-701-5494.

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.

TAURUS TAEKWON-DO – Monday and Wednesday evenings
 Ages 4+
 403-708-7199
www.taurustkd.com
fit.tkd@gmail.com

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

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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



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 _____

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News, Events, & More



Crime Statistics



Real Estate Statistics



Board and Contact List



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

Board Members

President	Nicole Liesemer
Vice President	Vacant
Secretary	Alana Redding
Treasurer	Beth Barretto
Director At Large	Teri Day

Liaisons

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

Community Activities

Girl Guide Centre, Brownie, Guides, Sparks, and Pathfinders	403-283-8349
Calgary Minor Softball Assn	
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.



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



Glamorgan Real Estate Update

Last 12 Months Glamorgan
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$594,944	\$613,500
May 2024	\$399,900	\$450,000
April 2024	\$382,400	\$402,500
March 2024	\$330,000	\$356,000
February 2024	\$447,450	\$481,000
January 2024	\$409,900	\$390,000
December 2023	\$399,000	\$426,000
November 2023	\$474,950	\$469,500
October 2023	\$439,900	\$400,000
September 2023	\$262,500	\$277,500
August 2023	\$444,500	\$454,000
July 2023	\$289,950	\$277,500

Last 12 Months Glamorgan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	19	14
May 2024	14	9
April 2024	9	10
March 2024	14	13
February 2024	10	12
January 2024	12	11
December 2023	8	7
November 2023	7	6
October 2023	4	7
September 2023	7	6
August 2023	11	14
July 2023	9	10

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



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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

GLAMORGAN BAKERY



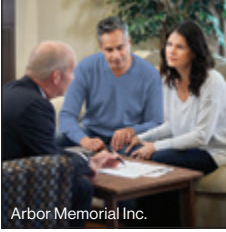
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7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
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	2			1			6	
1			6					9

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**2024-2025
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