

DECEMBER 2024

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A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



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A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



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At-Home Activities



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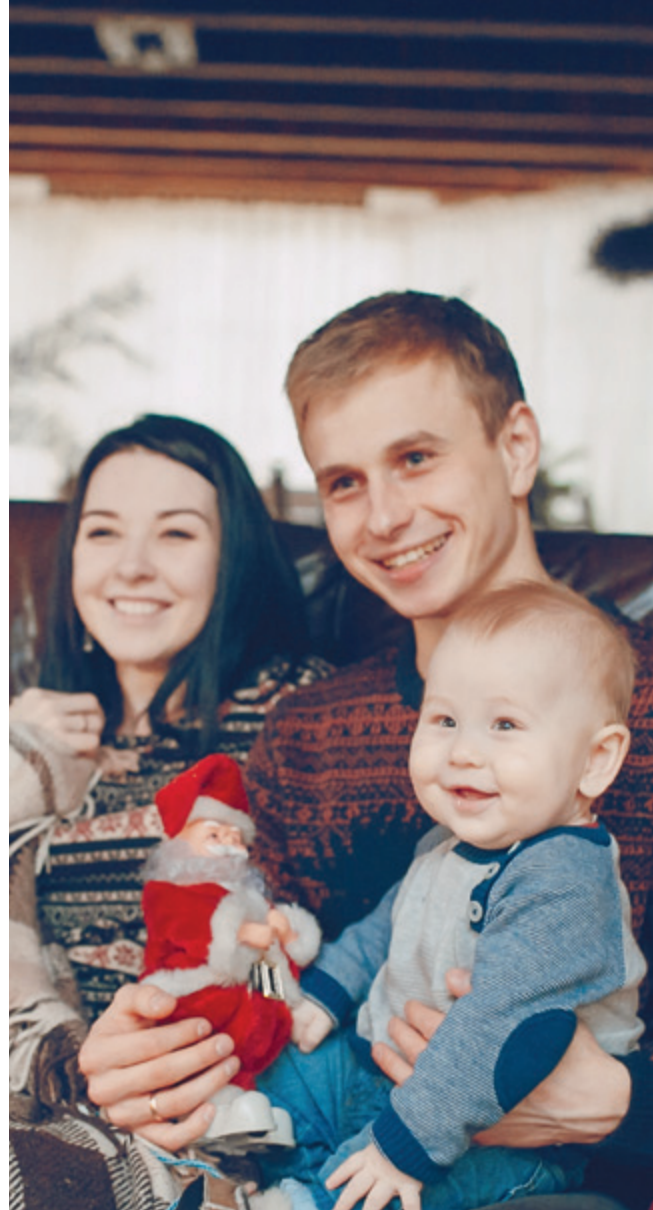
famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

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#HEALTHYTECHNOLOGYUSE
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**SCAN HERE TO VIEW ADDITIONAL
GLAMORGAN CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.

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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 BAKERY



- 🕒 Check website for December + special holiday hours!
www.glamorganbakery.com
- ☎️ 403-242-2800
- 📍 3919 Richmond Rd SW
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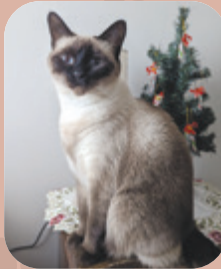
edenbrookcemetery.ca • 403-217-3700

Arbor Memorial Inc.

Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



George, Huntington Hills



George, McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro, Sandstone Valley



Walden

To have your pet featured, email news@mycalgary.com

Glamorgan – Community Update and News

The Seminar room, Conference room, and Glamshack are open for rentals, please email the office for booking availability.

Building Update

We are expecting a response from Design Professionals this calendar year regarding next steps and scope of work for building repairs in the East Hall. As soon as we get this information, we will work with The City of Calgary to obtain the appropriate permits, while also sourcing construction quotes so that we can apply for Grant Funding for the anticipated work. The East Hall, West Hall, kitchen, and bar will be closed until the scopes of work are complete - we will continue to update the community as we know more information.

Seniors' Corner

Seniors' Corner is looking for volunteers who could help set up tables and chairs before and after their monthly get-together. If you are willing and able to help for any of their monthly events, they would be very appreciative. Please email the office if you have any questions or can offer assistance.

Ideas for the Community?

Let us know if you have any ideas or have seen any fun events happen in other communities that we could incorporate here. The City often posts grant opportunities that may be available if we have a fun idea that energizes our great neighbourhood or brings the community together. We love to hear your ideas and love even more if you are able to volunteer or be an event coordinator. We would love your feedback on how we can engage you more, get involved, have you volunteer, and offer more to the community.



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: December 3, January 7, 2025,
February 4, 2025

For more information, contact the
Glamorgan Community Association



BOOK YOUR EVENT

The Glamshack is available for bookings.

Please email the office for pricing
and availability.

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.*

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.

**9 PM
ROUTINE**



CHECKLIST

- Remove valuables & garage door
openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;

- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Glamorgan Animal Clinic

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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
October 2024	\$ 590,000	\$ 615,200
September 2024	\$ 484,900	\$ 474,675
August 2024	\$ 499,900	\$ 505,000
July 2024	\$ 449,900	\$ 472,400
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

Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2024	10	19
September 2024	24	14
August 2024	17	15
July 2024	12	11
June 2024	17	14
May 2024	13	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

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

CRIME STATISTICS



Glamorgan Crime Activity was Down in September 2024

Glamorgan Calgary experienced 8 crimes in September 2024, in comparison to 10 crimes the previous month, and 7 crimes in September one year ago. The Glamorgan community has an average of 6.7 crimes per month. On an annual basis, Glamorgan had a total of 80 crimes as of September 2024, which is down 22% in comparison to 102 crimes as of September 2023. To review the full Glamorgan Crime report visit glam.mycalgary.com.

How To Report Crime In Glamorgan: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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#HealthyTechnologyUse

by Community Health Promotion Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.



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Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper



- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.
- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.



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Councillor, Ward 6
Richard Pootmans

☎ 403-268-1646

✉ Eaward6@calgary.ca

🌐 Calgary.ca/ward6 X f @pootmans

📷 @richardpootmans9

Hello, Ward 6,

As the year draws to a close, I would like to extend my heartfelt gratitude for your continued support and community spirit. This year's water main break demonstrated Calgarians' ability to adapt and showed how we can come together to face adversity. I know it was a challenging time for all of us and your cooperation made a difference in helping us address the situation as effectively as possible.

Looking back on 2024, the team members at the Ward 6 office are pleased to be your advocates, working with both your community and the City Administration. Some things that our office was asked to advocate for this past year were increased public safety, the Sarcee Trail Bow Trail Functional Planning Study, and continued collaboration with developers and community members to shape our communities.

One of Council's priorities this year was rezoning for housing. This was a measure to help address the ever-increasing pressures of the population growth that Calgary is facing. I believe that the rezoning for housing will be a powerful tool to address urban challenges while creating a more vibrant, accessible, and sustainable Calgary.

In October, I was selected to sit on six Council committees/boards. I will continue my work on the Audit Committee to ensure effective governance and compliance at the City. I will also remain on Intergovernmental Affairs and the Calgary Metropolitan Region boards. Sitting on both boards means I will maintain a participative role in shaping policies and ensuring Calgary's interests are represented in regional and provincial plans and decisions.

During this holiday season, I hope you find joy and connection with your family and friends. Let us celebrate our shared achievements and look forward to a new year filled with opportunities and hope. Wishing you a Merry Christmas and a prosperous New Year.

Sincerely,

Richard Pootmans



MLA Calgary-Elbow
Samir Kayande

205 – 5005 Elbow Drive SW T2S 2T6

☎ 403-252-0346

✉ calgary.elbow@assembly.ab.ca

Seasons Greetings Neighbours!

For many of us, December is one of the happiest times of the year. It's a time to gather with friends and family and celebrate the holidays. It's also perhaps the one month of the year where Calgarians are excited about receiving a snowfall.

For others though, the holidays can serve as a stark reminder of the financial pressures of daily life. Where the costs of food and housing supersede the giving of gifts. With the affordability crisis that the province is going through right now, those pressures can feel even more overwhelming.

Yet despite these grim economic forecasts, Calgary remains one of the wealthiest cities in Canada and to my mind, one of the most generous. Which is why I encourage anyone with the means to contribute in any way that they can. Whether it's a donation to a local charity or volunteering at your local shelter, your contribution can help make the holidays a little more joyous for those in need. And to paraphrase a famous, "covetous, old sinner"-formerly-"Honour the holidays in your heart and try to keep it all the year."

With that, I want to wish everyone very happy holidays!

Sincerely,

Samir

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. My door is always open.

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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

Address:	
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Alternate Phone #:	
Primary E-mail:	
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Yes, I would like to receive information by email from the Glamorgan Community Association
 Visa/Mastercard _____ Exp. Date _____

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!

Joke of the Month

How does a scientist freshen their breath?

Experi-mints!





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