

FEBRUARY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



NEW DENTAL OFFICE IN YOUR COMMUNITY WELCOMING NEW PATIENTS!

 EMERGENCIES

Got a tooth problem? Same day appointments and treatment.

 CONVENIENCE

In a rush? Book your appointment online. We are open evenings.

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[bowtraidental.com](http://bowtraidental.com) | 587-871-5224

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We care about the safety, cleanliness, and appearance of your business.

## Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



## Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

## Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



## Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

**VISIT OUR WEBSITE**



**CONTACT US**



## Wanted! GlamShack Concession Volunteers

The GlamShack Concession will be open this winter. 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](mailto:info@myglamorgan.ca).



**February 6 - Seniors Corner with Wicked Pitch of the West**

**February 19 - Family Day**

**March 5 - Seniors Corner**

**March 23 - Crib Tournament & Pub Night**

**April 2 - Seniors Corner**

**April 18 - Annual General Meeting**



## Hate Your Renewal Rate? Call Me!

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Better mortgages



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[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

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# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://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](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

- February 6 - Wicked Pitch of the West
- March 5



## 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

**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](mailto:bonbridges@gmail.com).

**TAURUS TAEKWON-DO** – Monday and Wednesday  
evenings  
Ages 4+  
403-708-7199  
[www.taurustkd.com](http://www.taurustkd.com)  
[fit.tkd@gmail.com](mailto:fit.tkd@gmail.com)

*Do you have a program to offer or want to see a  
program come to our community? Contact Sara Polzen,  
our General Manager.*

## McLAWS LAW

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**Peter B. McLaws**  
**Barrister & Solicitor**  
(403) 710-3712

COME VISIT OUR NEW WEBSITE!  
[www.mclawslaw.ca](http://www.mclawslaw.ca)

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SCAN THE QR CODE  
FOR THE SOLUTION



**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](mailto:info@myglamorgan.ca)  
for 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



**Parent & Tots  
Weekly Drop In  
Program**



Are you the parent of a tot and are looking to meet  
other parents in your community?

Join our NEW

**Parent & Tot Program**

Tuesdays 9:30am to 11:30am

In the Seminar Room

Drop In

\$3/parent includes coffee

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**PLUMBOB Father and Son**

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- ✓ Low Overhead, Great Rates
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- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**



# 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

## INCOME TAX PREPARATION



**Kathryn McRae**  
**403-249-4797 in Glenbrook**  
*PERSONAL TAX SPECIALIST*  
*Small Business, Rental, Cap Gains*  
*Commissioner for Oaths*  
**kattax2000@shaw.ca**

**EXPERIENCED AND ACCURATE. NEW CLIENTS WELCOME.**  
 2023 TAX RETURNS — **FILING DEADLINE APRIL 30, 2024**



## 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)

**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:	
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



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.



## 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](http://www.glamorgananimalclinic.com)**

# PUB NIGHT

Saturday, March 23

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



Fresh Jock

## 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.



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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.

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- ✓ GET ACTIVE
- ✓ HAVE FUN



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[COMETRYRINGETTE.CA](http://COMETRYRINGETTE.CA)

REGISTER HERE



April is Come Try  
Ringette month,  
and there will be  
many sessions  
in Calgary.



## February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.



### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics





**CRIB TOURNAMENT**

**Saturday, March 23**  
**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](mailto:info@myglamorgan.ca) to register

## 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](mailto:info@myglamorgan.ca).



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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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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**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.

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# BUSINESS CLASSIFIEDS

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**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

**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.

**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](mailto: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](http://www.opencanopytree.com) or call 403-466-1656 to request a quote.

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Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

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**[www.enchantedpetals.ca](http://www.enchantedpetals.ca)**

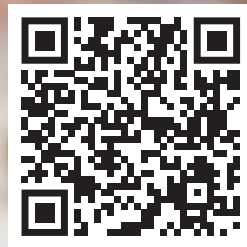


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