

JANUARY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

# FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



 BOW TRAIL  
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NEW DENTAL OFFICE IN YOUR COMMUNITY WELCOMING NEW PATIENTS!

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Glamorgan  
Community  
Kindergarten

## 2024-2025 Registration

- Certified teachers
- Fully accredited program
- Small class sizes
- Junior Kindergarten available

[www.GlamorganCommKindergarten.com](http://www.GlamorganCommKindergarten.com)

Registration/Open House: Tues, Jan 23, 2024 (6:30 - 8PM)

Online Registration opens Wed, Jan 24, 2024 @ 9AM

Monday - Friday: Morning Class 8:45 - 11:30AM

Monday - Thursday: Afternoon Class 12:15 - 3:40PM

For more information, please contact

GCKindergarten1959@gmail.com | 403-249-5275

# OFFICIAL

## PLUMBING & HEATING

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

# \$50

Service Call Fee



## Taekwon-do ITF

KIDS(5+), ADULTS,  
FAMILIES

[TAURUSTKD.COM](http://TAURUSTKD.COM)

JOIN IN JANUARY AND  
**SAVE \$40** ON YOUR NEW  
UNIFORM!

SCAN ME



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info@officialplumbingheating.ca  
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## 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**

## 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).



**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**

## 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

- January 2
- February 6



## 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.*

### Glamorgan Bakery

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



### SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Glamorgan Greats: Susan Fatovich



You may have noticed that this feature has not been in the newsletter for some time. Surely there are hundreds of Glamorgan residents with stories to tell, but they have not been coming forward. In order to continue, we need your help to identify possible folks to interview.

*Do you know an individual or organization that you would like to see in this feature? Contact Loretta Biasutti at [biasutti@shaw.ca](mailto:biasutti@shaw.ca) or 403-249-5945 or drop off a suggestion at the community centre.*

Susan Fatovich is a shining example of the power of resilience and of community. Time after time, when Susan encountered obstacles to her goals, she was flexible to change direction, and in the process, discovered new talents and interests.

Susan grew up on a farm near Tisdale, Saskatchewan, surrounded on neighbouring homesteads by grandparents and aunts and uncles. There were seventeen grandchildren who grew up together, and friends used to tease them that the family had its own little colony.

Susan left the farm to enrol in SAIT in 1990. When she graduated as a Medical Laboratory Technician in 1992, during the Klein-era hiring freeze, she was unable to get a job in her field. For two years, she worked a variety of odd jobs in Calgary, Tisdale, and Kananaskis. She eventually found work as a lab assistant at a Medical Clinic. Susan reminded me that, at that time, many clinics had their own small lab. Her duties went beyond the lab to include receptionist duties and some office management and accounting. She discovered that she liked accounting, and subsequently applied those skills as part of the accounting team at the Resorts of the Canadian Rockies. A perk of the job was four free ski tickets monthly, a benefit that thrilled her boyfriend (now husband), although Susan was less enthusiastic. As she said, "I was from flatland Saskatchewan – I was terrified!"

Susan and her husband, Dave, have lived in Glamorgan since 1997. Their son, Luke, is a software engineering intern and their other son, Mark, is studying criminal justice at Mount Royal University.

After another stint as a part-time lab assistant where she had previously worked, with little prospect of obtaining full-time work as a lab technician, a young family, and with Dave's job requiring frequent travel, Susan decided not to continue working outside the home. She found herself socially isolated and suffered from depression, which was eased with the help of a supportive family physician and with gradual increased involvement in the community.

In Susan's case, involvement is an understatement. For years, she has served the schools that Glamorgan children attend, from kindergarten to Senior High. She served on the Board of the Glamorgan Community ECS (kindergarten) for many years and was instrumental in recommending the wonderful space at Glamorgan Church when the program was moving out of the school.

Susan moved on with her children to Glamorgan School, where she was an active volunteer. She was eventually hired as a lunchroom supervisor and helper to individual students. She also coordinated the volunteers who helped create the mosaic mural that adorns the school hallway. Susan then served on School Council at Bishop Pinkham Junior High and helped with the band program at Western. She is still involved with the Friends of Western and the band program. For the last several years, she has worked for the Calgary Board of Education during registration times for adult learning programs.

Susan's impact on young learners was recently highlighted when she was volunteering at the graduation activities at Western. She was approached by two students who remembered her fondly from their days in elementary school when she was helping the recently arrived twins from Colombia with reading.

Susan is modest about her contributions, and says, "Being part of the community helped my mental health. It's worth it to get involved and get to know your neighbours. You'll have support when you need it." And Susan is the kind of neighbour who others can count on as well.

Today, Susan finds herself in a new stage of life. "Now is my exploring time. I need to find something I'm passionate about." She is taking up new hobbies, like flower arranging and jewellery making. Working with life coach, Jennifer Powter, she has lost fifty pounds and her "mindset has completely changed".

Thank you, Susan, for all you have done to enrich the school life of so many Glamorgan children. And may you enjoy whatever new adventures you embark upon.

# 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.

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Vibrant Vibrant Connected  
Caring Caring Connected  
Caring Connected

## 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 |
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| 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,<br>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 |
|-----------------|-------------|--------------|

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)



Happy New Year Ward 6,

As we start the new year, I am invigorated by all the priorities that the City is focusing on - affordable housing, public safety, and transit. I am committed to investing in our city to drive it forward. Keep up to date and informed on our progress by signing up for my monthly newsletter at [Calgary.ca/ward6](http://Calgary.ca/ward6).

**Things To Do This Winter**

**Explore Calgary Parks**

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free, with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks. Plan an afternoon at your local community park or golf course snowshoeing or cross-country skiing. For more ideas, visit [www.calgary.ca/events/winter-city/activities.html](http://www.calgary.ca/events/winter-city/activities.html).

**Experience the Magic of Chinook Blast**

Calgary’s ultimate winter festival returns February 2 to 19, 2024. This year’s event will warm up our city with a celebration of community, culture, and civic pride, where the best of Calgary’s art, music, theatre, sport, and recreation will be on display.

**Property Assessment: Go Paperless Contest – More Prizes, Less Clutter**

Make the change to receive a paperless assessment notice (eNotice), then enter for a chance to win one of four Visa gift cards valued at \$250 each.

After you sign-up for eNotice, you’ll receive an email with the contest entry link. Complete the form and you’re entered. Contest begins January 3, 2024, and ends March 31, 2024. The contest is open to Alberta residents over the age of majority and subject to the full contest rules available online at [calgary.ca/gopaperless](http://calgary.ca/gopaperless).

Sincerely,

*Richard Pootmans*

Happy New Year!

I hope your holidays were relaxing and restful and that the new year brings you much joy and happiness. What a year it was! From Stampede, to Pride, to Diwali and Folk Fest, it has been an exciting six months. Truly though, the best part of the job for me has been speaking with and getting to know so many of you. I feel incredibly grateful to be representing such a great community here in Calgary-Elbow.

As your MLA, I have been hearing a lot of concerns over the last few months about Alberta’s potential withdrawal from the Canadian Pension Plan. Not to mention concerns over healthcare and the dismantling of Alberta Health Services, and of course, the housing affordability crisis, which has gripped so much of the country and our province.

This province belongs to everyone who built it. Ordinary Albertans. The CPP has allowed Albertans to retire with dignity for the last 60 years. So many of you have written to me because you don’t want it to go away, and I’ve been sharing your desire to keep your CPP with the government at every opportunity.

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](mailto:calgary.elbow@assembly.ab.ca) or by phone at 403-252-0346. I am always happy to meet with constituents and listen to what is on your mind.

Once again, thank you to everyone who has taken the time to call, write, and meet with me so far: it is my great honour and privilege to serve the people of Calgary Elbow.





# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**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."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**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 FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**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.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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.

**GLAMORGAN PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Gavin for a free estimate at 403-390-0036. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**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.

**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.

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*continued on next page*

# BUSINESS CLASSIFIEDS

continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**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.



## 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

**BRAIN GAMES**

## SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



## 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).

## PLUMBER

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# How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

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• FINE DRY CLEANING •

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SERVICES**

**403-282-2226**

# CALGARY MAT & LINEN *SERVICES*

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calgarymatandlinen.com

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- Quick turnaround times

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