

JULY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

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- Wills & Estates
- Family Law



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Drain Cleaning
Boiler Install & Repair
Electrical



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official-plumbing-heating.ca



67 Glenbrook
Place SW

WINS GLENBROOK GRAND OPENING

SAVE THE DATE: FRIDAY, JULY 19, 2024

Women in Need Society (WINS) is excited to bring you a new thrifting and programming experience right in your neighbourhood!

This location will have:

- Thrift Shopping
- Basic Needs Support
- Employment Services
- Volunteer Opportunities
- Donation Drop-Offs

When you support WINS, you are helping families in need thrive in your local community. You help when you shop, donate or volunteer! To learn more, scan the QR code.

Charitable Registration No. 135 185 411 RR0001



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



BOOK YOUR EVENT

The Glamshack is available for
bookings.

Please email the office for pricing and
availability.

Full bar service and commercial
kitchen temporarily closed.

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 Sara Polzen,
our General Manager.*

Mark Your Calendars

July - Mobile skate parking coming!

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

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.

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!

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

Cleaning Services

- ☒ Dry Cleaning
- ☒ Tablecloths
- ☒ Napkins
- ☒ Table Skirts
- ☒ Chair Covers
- ☒ Massage Sheets
- ☒ Face Cradles
- ☒ Gym Towels
- ☒ Face Cloths
- ☒ Chef Coats
- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

Mat Rentals

- ☒ Standard
- ☒ Waterhog
- ☒ Scraper
- ☒ Logo

Paper Products

- ☒ Tork Dispensers
- ☒ Paper Towel
- ☒ Centre Pulls
- ☒ Toilet Paper
- ☒ Facial Tissues

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

GLAMORGAN BAKERY



🕒 Tuesday - Friday: 7am - 6pm
Saturday: 7am - 5pm
Sunday & Monday: CLOSED



📞 403 - 242 - 2800

📍 3919 Richmond Rd, SW

🌐 glamorganbakery.com

Our Specialties: Cheese Buns, Donuts, Cakes



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

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

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 #

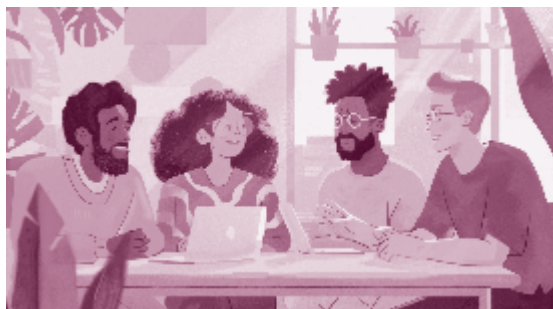
☐ Yes, I would like to receive information by email from the Glamorgan Community Association
 Visa/Mastercard _____ Exp. Date _____

YOUR CITY OF CALGARY

PIP-PIP-HOORAY! Join the Partners in Planning (PIP) Program

by the City of Calgary

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.



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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.



Landscaping you can afford and is simple to maintain. Work less, enjoy your yard more.
Professional and honest.
Call Steve: 403-660-9652

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.



Mobile Skate & Scoot Spot

Glamorgan Community Association

Outdoor Rink - 4207 41 Ave. S.W.

July 4 - 16

Monday - Sunday 11 a.m. to 7 p.m.

A **FREE** Calgary skatepark program for all ages.

All participants must have a signed waiver, if under 18, the participant will need it signed by a parent / guardian before being able to participate in this program. Waivers are available on-site and on www.calgary.ca/register.

Helmets are mandatory when using the park.

You are welcome to bring your skateboard, rollerblades, or scooters to the park.

This program is weather dependent.

For more information call 311 or visit www.calgary.ca/free



Mobile Skate and Scoot Spot **FREE** Skateboarding Lessons



Date	Time	Age	Course ID:
Saturday, July 6 th	1 - 2 pm	6 - 12 yrs	90267
Wednesday, July 10 th	4:30 - 5:30 pm	6 - 12 yrs	90268

Participants must bring their own helmet and skateboard. Knee and elbow protection is recommended.

Glamorgan Community Association

Outdoor Rink - **4207 41 Ave. S.W.**

To register by phone, call 403-268-3800 during the following times: Monday to Friday - 8:30 a.m. - 4 p.m.

To register in-person, visit any City-operated Aquatic Recreation facility or Arts Centre during posted business hours

**For business classified ad rates contact
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at 403-720-0762 or sales@greatnewsmedia.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 | Licensed by Avenue Financial.

CALGARY FRESH JOCK: \$50 for a hockey bag full of gear. 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. 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.

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, 403-269-2707.

BUSINESS CLASSIFIEDS

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.

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.

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 Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. 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.

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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 or call 403-466-1656 to request a quote.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.



**Gutter Doctor**

403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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GLAMORGAN CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



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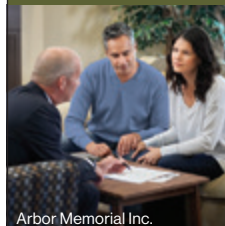
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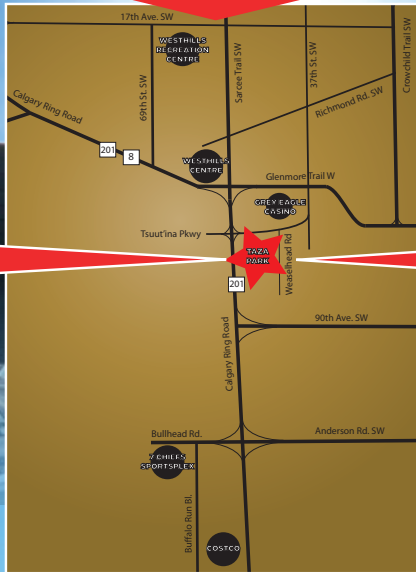
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MOUNT ROYAL
Early Learning Centre

2024-2025 PRESCHOOL FALL ENROLLMENT

Mount Royal Early Learning Centre (formerly known as Mount Royal University Preschool) offers experienced educators and an engaging curriculum that provides children the opportunity to learn and grow in a safe, nurturing environment.

Some program features include:

- Play-based curriculum
- 2 Outdoor play spaces
- Snacks

ENROLL NOW

📞 403-440-6410

