

OCTOBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

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FREE Dental Cleaning Days!

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Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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official-plumbing-heating.ca

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.

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.

SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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: October 1, November 5,
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.

Joke of the Month



Did you hear about
the mathematician
who's afraid of
negative numbers?

He'll stop at nothing
to avoid them.

Glamorgan – Community Update and News

Please note the Glamshack continues to be open for rentals – please email the office for booking availability.

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. Do you know something interesting about our community or have a fun fact – we would love to hear about it and share it in our newsletter.

In September we had to cancel our Community Cleanup due to not having a volunteer coordinator and enough volunteers to run this event. We are entirely volunteer run and rely on community volunteers to host these types of events. To host this event next year, we require a volunteer coordinator, or we will not be able to sign up for this event, please email the office if you can commit; we would request a similar September date in 2025 if we have committed volunteers.

Building Update

Design Professionals came to the main building in August and are in the process of providing recommendations on next steps and scope of work. While the Seminar room, West Hall, Conference Room, and Kitchen remain closed, we are still hopeful these will be open soon 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. Unfortunately, we will not be able to host our Annual Christmas Market this year.

It's Pumpkin Spice Latte Season and Time for Some Halloween Jokes:

- Who did the ghost take on a date?
His ghou-friend.
- What's a ghost's favourite dessert?
I-Scream!
- How do you know if a mummy is sick?
They can't stop coffin.
- Why don't mummies take time off?
They're afraid to unwind.
- What's a vampire's favourite holiday?
Fangs-giving.
- Where does a skeleton go for a fun night?
Anywhere, as long as it's a hip joint.



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



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 _____

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!

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Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



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1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

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📍 3919 Richmond Rd, SW

🌐 glamorganbakery.com

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Of the total body weight of an average human, about 14% is made up of bone mass.

Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

Join the Climate Conversation at the 6th Annual Calgary Climate Symposium

by the City of Calgary

The City is hosting its 6th annual Calgary Climate Symposium to continue the conversation about climate change, share how it affects Calgarians, and how we can work together to ensure no one is left behind. Connect with community leaders, climate experts, and more for a series of unique, free learning opportunities between October 21 and October 25, 2024.



We invite you to join Mayor Gondek and Climate and Environment Director, Carolyn Bowen, on October 21 at 10:00 am as they kick off the week with an opening speech at the Calgary Public Library.

This year's Climate Symposium theme is 'Innovating for a Resilient and Equitable Future: Calgary's Path to Climate Solutions.'

The Calgary Climate Symposium sessions will explore:

- Understanding climate change and the effects of climate hazards on Calgarians and the natural environment.
- How Calgary can position itself for a low carbon future and leverage economic opportunities.
- How our communities can take collective action to reduce the impacts of climate change and build a more resilient city.

Everyone has a part to play in preserving and protecting Calgary's natural environment. Join the conversation to learn how your community can take collective actions to increase our climate resiliency and create a more equitable future for all Calgarians.

We look forward to seeing you in-person at the opening ceremony and online. Recordings of the sessions will be available on calgary.ca/climatesymposium in November.

To learn more and register for sessions, visit calgary.ca/climatesymposium.

Protect Your Pipes

by the City of Calgary

The holidays are a time for food, family, and fun. The aromas of gravy, turkey, and bacon may come to mind.

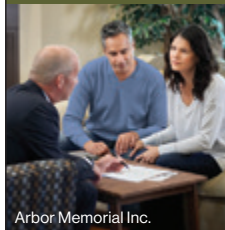
It's important to remember that any fats, oils, and grease (FOG) that travels down the drain can block your pipes and may result in messy and costly sewage backups.

Remember to:

- **Cool it:** in a disposable can or container.
- **Scrape it:** into a certified, compostable bag or paper bag.
- **Compost it:** place the rolled up or tied up bag in your green cart.

Smaller amounts of FOG can be wiped with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

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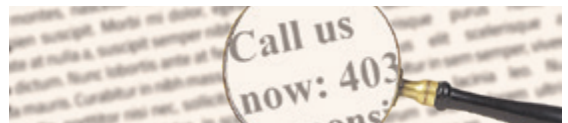
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