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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 Membership expires August 31

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:

	<i>/</i> 1					
Membership Type	1 Y	ear	3 Y	ear	5 Y	ear
Resident Family		\$20		\$50		\$75
Resident Adult		\$10		\$25		\$40
Resident Senior		\$7		\$15		\$25
Associate *		\$20		\$50		\$75

^{*} Choose if you do not reside within the Glamorgan Community Boundaries

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
- Special events to bring residents together and build community

Please purchase or renew your membership today!

GLAMORGAN BAKERY



- Sunday Monday: CLOSED
 Tuesday Friday: 7am 6pm
 Saturday: 7am 5pm
- 403-242-2800
- 2 3919 Richmond Rd SW
- R glamorganbakery.com

Our Specialties: Cheese Buns, Donuts, Special Occasion Cakes



WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.



They galumphed around the living room looking for Sara's phone.

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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	Damir Kruic	
Secretary	Alana Redding	
Treasurer	Beth Barretto	
Directors At Large	Teri Day, Ann, Karen O'Keefe, Kayl	a Auramenk
Liaisons		
Calgary Police Service		
Community Resource Office		403-428-6200
Community Partnerships Coordinator	Keith Magill	403-476-7185
Community Activities		
Guides, Sparks, and Pathfinders		403-283-8349
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.



BOOK YOUR EVENT

The Seminar Room, Glamshack, and Conference Room are available for bookings.

Please email the office for pricing and availability.

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.



YOUR CITY OF CALGARY

3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. "Use the app when you notice issues and encourage your neighbours and friends to do the same," says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



Glamorgan – Community Update and News

Skate and Scoot

Thanks to everyone that came out and enjoyed and thanks to the coaches.

Glamorgan AGM

Thanks to everyone that came out, we met our quorum requirement. Thanks to all the new people that volunteered to join our board, we are so appreciative and are looking forward to a great year.

Building Update

The Seminar room, Glamshack, and Conference room are open for rentals, please email the office regarding booking availability. The East Hall, West Hall, Kitchen, and Bar will be closed through summer and early fall as we work through construction.

Casino

Our next Casino is on December 17 and 18, 2025 at Pure Casino Calgary. Mark your calendars! Volunteers are needed! More information will follow about signup and schedule. This is your chance to give back to the Glamorgan Community Association, work alongside other community members, and help make an impact in supporting our community association. No experience needed; training is provided.







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

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: September 2, October 7, November 4, December 2

For more information, contact the Glamorgan Community Association



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.

ALL LEVELS YOGA – For information or to register, email bonbridges@gmail.com.

MAD SCIENCE – Back this summer for summer camps in our building.

CALGARY KIDZINC – Serving grades K-6 in the basement of the community hall.

Do you have a program to offer or want to see a program come to our community? Contact info@myglamorgan.ca.





PLUMBOB Father and Son Small Company Low Overhead, Great Rates Sewer and Drain Cleaning Free Estimates & Advice Hot Water Tank Specials Gas Fitter Call Bob: 403-461-3490

Reconnect! Discover! Square Dance Program Intro to Today's Square Dancing Winston Heights Hall 520 – 27th Ave NE Tuesday, August 5, 12, 19 & 26 6:30 PM to 7:30 PM FREE





RESIDENT PERSPECTIVES

Finding the Right Counselling Support in Your Calgary Community

by Rod Mitchell, MC, MSc, R. Psych.

Calgary winters can feel endless. Job markets shift. Relationships face stress. Life throws curveballs that leave even the strongest people feeling overwhelmed.

Seeking counselling support shows wisdom, not weakness. You're taking action to improve your mental health and well-being. Calgary offers many excellent counselling options, but each quadrant has different resources and accessibility factors.

The key is knowing where to look and what questions to ask. Finding the right therapeutic fit takes some research, but the effort pays off when you connect with someone who truly understands your needs and can help you move forward.

Know Your Neighbourhood Network

Start your search close to home. These community resources often know local mental health practitioners.

Immediate Resources:

- Family Doctor or Walk-In Clinic Best starting point for professional referrals
- Community Associations Many maintain lists of local therapists and host wellness workshops
- Calgary Public Library Branches Staff provide mental health resource guides and information about local support groups

If You Have Children:

- School Counsellors Excellent source for family-friendly therapist recommendations
- Recreation Centres Staff know about local support groups and wellness programs

Cultural and Faith Communities:

 Religious Centres and Cultural Organizations - Often provide counselling or referrals to culturally sensitive practitioners. These resources understand your Calgary neighbourhood's unique needs and can point you toward practitioners who work well with people from your area.

Vetting Your Counselling Options

Ask these essential questions when contacting potential therapists.



Qualifications and Experience:

- What are their credentials? (Registered psychologist, clinical social worker, counselling therapist)
- Do they have experience with your specific concerns?
- · What therapy approaches do they use?

Practical Considerations:

- · How flexible is their scheduling?
- · What are their fees and payment options?
- Do they offer sliding scale pricing?
- Can they provide virtual sessions during Calgary's harsh winters?
- What's their cancellation policy?

Treatment Approach:

- How do they typically work with clients facing your situation?
- What does a typical session look like?
- Do they involve family members or partners when appropriate?
- · How do they handle confidentiality?

You don't need to understand every therapeutic technique, but you should feel comfortable with their general approach. Most therapists will answer these questions during a brief initial consultation.

Next Steps

Taking that first step toward counselling shows strength. Whether you're dealing with anxiety, relationship challenges, or life transitions, support exists in your Calgary community.

Your mental health matters, and the right support is available when you're ready to seek it.



Glamorgan Real Estate Update

Last 12 Months Glamorgan MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$579,900	\$577,500
May 2025	\$389,450	\$379,000
April 2025	\$525,000	\$526,000
March 2025	\$649,900	\$683,388
February 2025	\$629,000	\$610,000
January 2025	\$639,900	\$625,000
December 2024	\$619,000	\$598,000
November 2024	\$520,000	\$509,900
October 2024	\$590,000	\$615,200
September 2024	\$484,900	\$474,675
August 2024	\$499,900	\$505,000
July 2024	\$449,900	\$472,400

Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

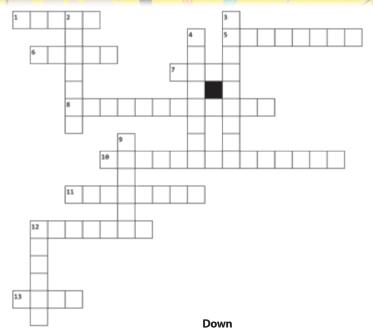
	No. New Properties	No. Properties Sold
June 2025	21	15
May 2025	18	18
April 2025	18	9
March 2025	15	9
February 2025	4	6
January 2025	10	5
December 2024	3	5
November 2024	4	5
October 2024	10	19
September 2024	23	14
August 2024	16	15
July 2024	12	11

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





August Crossword



Across

- 1. This classic Disney film about a young deer premiered in August 1942.
- Canadian astronaut, Chris ______, was born in Sarnia, Ontario on August 29, 1959.
- 6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
- 7. The Wizard of Oz premiered on August 15, 1939, and was based upon the book written by Lyman Frank
- 8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, ______.
- 10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
- 11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and ______.
- 12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
- 13. International _____ Handers Day is observed annually on August 13.

- 2. In August 2008, the ______ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
- 3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
- 4. Delia Owen's murder mystery novel, *Where the*Sing, was published in August 2018.
- 9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
- Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Applications For Election Workers Open in August

by The City of Calgary

Are you or someone you know interested in becoming an election worker?

Elections Calgary is looking to recruit roughly 5,000 Calgarians to work the General Election in October 2025, and the application portal opens in August.

Election workers help with voting and vote counting, including voting station set up and take down, helping voters with the voting process, and counting ballots. There are many opportunities available and it's a great way to show your civic and community pride.

You can be an election worker if you are eligible to work in Canada and are over the age of 16. Apply today and participate in one of Calgary's biggest community engagement events!

Information about Calgary's upcoming General Election, including applying to be an election worker, can be found at electionscalgary.ca.



City Inspections Made Easier with Remote Video Inspection Services

by The City of Calgary

You've pulled the permit, completed the work, and now all that's left is the inspection. With the City of Calgary's Remote Video Inspections (RVI), you can wrap up your project from the comfort of your home and at a time that works for you.

RVI gives homeowners the flexibility to request a virtual inspection for a variety of plumbing and gas, building, and development permit inspection types. A City Safety Code Officer will take you through the process using reliable, secure communication to ensure your project is inspected with the same diligence and accuracy as an on-site inspection.

Close out your permit the convenient way—visit calgary. ca/video-inspections to learn more about available inspection types and to request your RVI today.



Catholic Cemetery Memorial Mass

Please join us for our annual Mass, celebrated by Bishop William T. McGrattan of the Roman Catholic Diocese of Calgary, in our chapel.

Thursday, August 21, 2025 • 7:00 pm • All welcome • Light refreshments to follow

Eden Brook Funeral Home & Cemetery

24223 Township Road 242, Calgary, AB • 403-217-3700 • edenbrookcemetery.ca

Arbor Memorial Inc.

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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.

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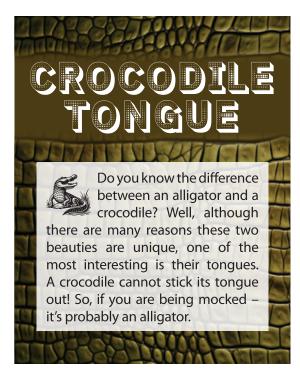
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