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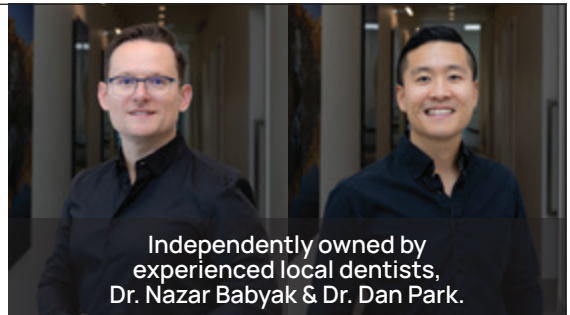
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Board and Contact List

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
Follow us on Facebook or Instagram @glamorgancacalgary



Board Members

President	Nicole Liesemer
Vice President	Damir Krnic
Secretary	Alana Redding
Treasurer	Beth Barretto
Directors At Large	Teri Day, Ann Kus, Karen O'Keefe, Kayla Avramenko

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.

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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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
☐ 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 Update and News

Building Update

Great news! The construction repairs in the East Hall, West Hall, kitchen, and bar are wrapped up, and we are welcoming renters back!

Casino

Our next Casino is December 17 and 18, 2025 at Pure Casino Calgary. Volunteers are needed! Visit myglamorgan.ca to sign up. This is your chance to give back to the Glamorgan Community Association so we can continue to put on free community events like Outdoor Movie Night and Winterfest, work alongside other community members and help make an impact in supporting our community association. No experience needed; training is provided.



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!

BRAIN
GAMES

SUDOKU

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7						1	3	
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		7						
				8		3	1	

SCAN THE QR CODE
FOR THE SOLUTION



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: December 2, January 6, February
3, March 3, April 7, May 5, June 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.

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.



YOUR CITY OF CALGARY

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

Quick and Easy Bruschetta Appetizers

by Jennifer Puri



Affordable and versatile, bruschetta is a deliciously simple tomato and basil combo.

A classic Italian appetizer, bruschetta originated in 15th century Italy. Olive growers would grill bread over an open fire to taste their freshly pressed oil. The simple slice of toasted bread later evolved to include cheeses, meats, and olives.

Soft cheeses like goat cheese, ricotta, or brie can create a unique flavour. This recipe uses bleu cheese and slices of French bread, but you can also use ciabatta bread instead. Bruschetta can be served warm or cold as part of an appetizer platter.

Bruschetta pairs well with pastas and salads, grilled chicken, or fish. Leftovers can be refrigerated for two to three days in an airtight container.

Prep Time: 15 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

- 4 cups of chopped tomatoes
- 2 tbsps. chopped basil
- ¼ cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- ¾ tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsps. white wine vinegar

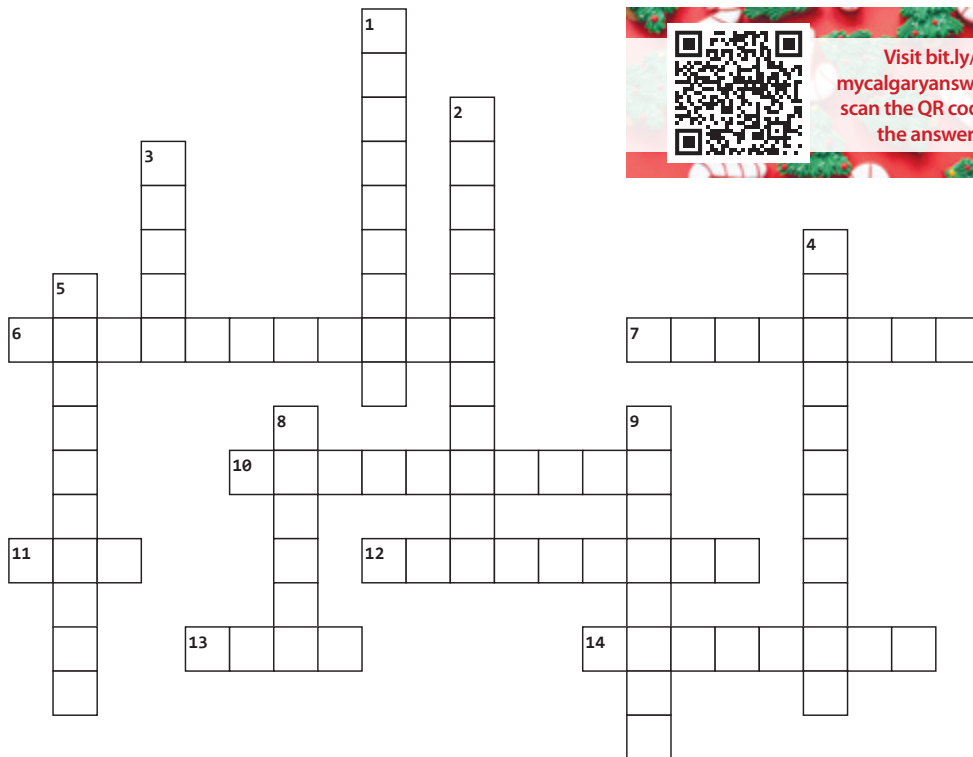
Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice French bread into ½-inch-thick slices and then cut into half. Lightly brush slices with olive oil on both sides, place on a baking sheet and bake in oven for 10 minutes or until lightly brown.
3. Prepare tomato mixture by mixing together tomatoes, red onion, basil, salt, pepper, 2 tbsps. of olive oil, and the white wine vinegar.
4. In a separate bowl gently mix together mayonnaise, mustard, and crumbled bleu cheese.
5. Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!



December Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.

How to Highlight the Quality of a Newer Home to Attract Serious Buyers

by Virginia Cooper



Selling a newer home should, in theory, be easier—after all, the paint is fresh, the systems are modern, and everything feels move-in ready. But in practice, newer homes compete on perception, not just price. Buyers want proof of quality, and the sellers who demonstrate that proof most convincingly are the ones who convert “curious browsers” into buyers.

TL;DR

- Buyers trust what they can see, verify, and document.
- Showcase builder upgrades (materials, finishes, warranties).
- Offer a pre-listing inspection to show transparency.
- Present an organized documentation packet that reinforces quality and condition.

These actions shift buyer perception from “Is this home worth it?” to “This home is a safe investment.”

1. Start with the Builder’s Story

Most buyers don’t just want to know who built the house — they want to know why it’s better than the average home next door. If your home includes premium materials, energy-efficient systems, or smart-home upgrades, make them visible:

- Feature builder highlights in your listing description.
- Include brand names (e.g., Andersen windows, Moen fixtures, Bosch appliances) for credibility.
- Showcase any transferable warranties or green certifications (like Energy Star or LEED ratings).

A clear, fact-based comparison to standard features can create trust quickly.

2. Create an Experience, Not Just a Showing

Newer homes can sometimes feel impersonal — so your job is to make quality tangible. During showings:

- Stage selectively. Highlight craftsmanship with minimalist décor that lets details shine.
- Use daylight to emphasize finishes like hardwood, tile, and cabinetry.
- Keep all mechanical and system panels (HVAC, electrical, etc.) spotless and clearly labeled.

Buyers notice cues of care. Even new homes lose appeal if they feel unmaintained.

3. Offer a Pre-Listing Inspection

Transparency is magnetic. A certified pre-listing inspection signals confidence in the home’s condition — and that you’re not hiding surprises.

An inspection can:

- Validate that systems are in peak shape.
- Identify minor fixes before they become buyer objections.
- Reduce negotiation friction and build immediate trust.

4. Organize Proof of Quality (The Confidence Packet)

Buyers love documentation — especially those purchasing newer homes. Creating a downloadable, well-organized packet builds buyer confidence faster than any marketing phrase can.

Include in your packet:

- Builder plans and upgrade lists.
- Inspection reports and receipts for recent services.
- Appliance manuals and warranties.
- Maintenance records and HOA documentation.

Store the file digitally, label everything clearly, and save it as a PDF so it's universally accessible. A clear, structured packet demonstrates professionalism and reliability — two powerful emotional triggers for serious buyers.

If you're not sure how to compile or convert files, you can use a free online tool to combine or convert different file types into one polished PDF. Buyers and agents appreciate having an organized, shareable summary at their fingertips.

5. Add a Human Touch: Testimonials and Builder Endorsements

Real people validate what glossy marketing can't. Include:

- A short testimonial from your builder or contractor about the materials and workmanship.
- Reviews from neighbours who bought similar models or upgrades.
- Quotes from local service pros who can vouch for system reliability.

These micro-endorsements transform a data-driven listing into a story that resonates emotionally. You can even use layout inspiration you find online.

6. Checklist: Quality-Confidence Readiness

Use this quick self-audit before going live:

- Builder name, upgrades, and warranties clearly stated in the listing.

- Pre-listing inspection completed and summarized for buyers.
- All receipts, records, and floor plans consolidated into one PDF packet.
- Home is spotless, staged, and systems labeled.
- Testimonials and neighbourhood context included.
- Agent presentation materials emphasize transparency, not salesmanship.

This checklist ensures your home isn't just seen — it's trusted.

7. Comparison Table: What Buyers Notice Most

Buyer Focus Area	Traditional Home	Newer Home Done Right
Maintenance Costs	Unpredictable	Documented, predictable
Efficiency	Varies by upgrade	Proven energy metrics
Transparency	Reactive inspection	Proactive pre-listing report
Documentation	Scattered or absent	Single organized packet
Emotional Pull	Nostalgia-driven	Confidence-driven

FAQ

Should I still stage a newer home?

Absolutely. Even pristine homes need warmth. A few well-placed furnishings guide buyers' imagination without masking details.

Is a pre-listing inspection worth it for a new house?

Yes. It confirms what buyers hope is true — that the home is sound — and it prevents surprise renegotiations later.

What if my builder is no longer in business?

Provide whatever documentation remains (permits, manuals, or product brand lists). The goal is to show the story of quality, not the brand name alone.

Conclusion

A newer home sells fastest when it tells a story of verified quality. Clear builder documentation, visible upkeep, and transparent proof transform your property from "another listing" into a verified investment. In today's data-driven market, credibility isn't just earned — it's engineered.

Adult ADHD

by Carley Hyder, Reg. Psychologist



The typical stereotype of Attention Deficit/Hyperactivity Disorder (ADHD) often centres on young boys who appears restless and unable to sit still. However, ADHD has vastly changed now that research in the past ten years has (finally) branched out to include girls and adults. Adult ADHD is one of the top diagnoses right now, next to adult autism because so many of us were missed or never diagnosed as children. What does adult ADHD look like? Adult ADHD can differ by person, but these common traits are associated with adult ADHD:

1. **Disorganization:** Documents being scattered, messy cabinets/closets, missing appointments. Some people are able to 'keep it together' at work, even when their home life feels chaotic. This is called masking, and can work for a while, but can also lead to burnout. Other people struggle to stay employed due to the severity of their disorganization.
2. **Impulsivity:** Some indicators include impulsive spending, impulsive decisions, and erratic changes in daily schedule. Some individuals may not be able to

plan for things in advanced. There also seems to be a preference for change their routine.

3. **Executive Function:** The ability to plan and execute, such as meal planning, prioritize tasks, and being able to stick with them might be challenging.
4. **Struggles To Get Simple Activities Completed:** Having a hard time doing chores or tasks that are not exciting or 'less dopamine rich' such as dishes, laundry, tidying up, and balancing a budget.

If this sounds like you, you could have some of the symptoms associated with ADHD. There are great tools to help you stay on task and organized. Use a calendar to keep track of deadlines, appointments, and events. Do the less favourable task first, followed by a 'reward' or favourable task. Try to schedule each day to get a balance of items completed. You are not in this alone, ask for help; professional organizers, financial planners, executive function support from a licenced psychologist and in some cases, talking to your family doctor can also be helpful.

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X Marks the Festive Spot



You might think "Xmas" is just a modern-day abbreviation for Christmas—but it actually dates back to the 16th century! The "X" comes from the Greek letter "Chi" which is the first letter of the word "Christos" meaning "Christ".



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



Glamorgan Real Estate Update

Last 12 Months Glamorgan
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2025	\$699,900	\$685,000
September 2025	\$724,900	\$715,000
August 2025	\$469,000	\$450,000
July 2025	\$485,000	\$475,500
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

Last 12 Months Glamorgan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2025	20	7
September 2025	8	5
August 2025	6	15
July 2025	11	7
June 2025	17	15
May 2025	17	18
April 2025	17	9
March 2025	15	9
February 2025	4	6
January 2025	10	5
December 2024	3	5
November 2024	4	5

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

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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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