

JUNE 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

VIBRANT, CARING, CONNECTED



Dr. Ernest Olamide Ayeni FAMILY PHYSICIAN

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LMCC - Licentiate of the Medical Council of Canada
CCFP - Certification in the College of Family Physicians

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		7	3		5	9		
	6	3		9		5	4	
5								1
			1		2			
		6				2		
			9		6			
4								6
	9	1		3		8	5	
		2	7		9	1		

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FOR THE SOLUTION**



Annual Pancake Breakfast



Join us for our Annual Pancake Breakfast at Eden Brook Funeral Home & Cemetery. Join us for a hearty breakfast and some fun!

Tuesday, July 8 • 7:30 am – 10:00 am • All welcome • Pancake Breakfast • Music, Fun & Face Painting for the kids

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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

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!

YOUR CITY OF CALGARY

Celebrate Neighbour Day!

by The City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.



CONTENTS

- 6 BOARD AND CONTACT LIST
- 8 GLAMORGAN REAL ESTATE UPDATE
- 9 GLAMORGAN – COMMUNITY UPDATE AND NEWS
- 11 MENTAL HEALTH MOMENT: STOP APOLOGIZING ALREADY
- 12 TAKE ON WELLNESS: OVERCOMING THE BARRIERS OF FRUIT AND VEGETABLE INTAKE
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
GLAMORGAN CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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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

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.

GLAMORGAN BAKERY



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

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9-1-1

Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1

Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1

City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1

Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS

(403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500

Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250

Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



SCAN THE QR CODE FOR THE ANSWERS!

WORD OF THE MONTH



Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.

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Glamorgan Real Estate Update

Last 12 Months Glamorgan

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2024	\$594,944	\$613,500
May 2024	\$399,900	\$450,000

Last 12 Months Glamorgan

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2025	20	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
June 2024	17	14
May 2024	13	9

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

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Glamorgan – Community Update and News

AGM

Please come out and join us at our AGM on June 19, 2025, at 7:00 pm. We need you in attendance to meet quorum and keep our board running throughout the year. If you are interested in joining the board – we would love to have you join us.

Building Update

The Seminar room, Glamshack, and Conference room are open for rentals, please email the office regarding booking availability. The City of Calgary/GCA is in the process of construction quotes and grant funding. The East Hall, West Hall, Kitchen, and Bar will be closed through summer to allow this work to progress. We are hopeful the building will be fully open this fall.

Summer Event Coordinator/Volunteer

We were hoping to host a free family-friendly event for the community this summer since we had so much fun at WinterFest. If we can get a coordinator and volunteers we have some fun ideas for an outdoor fun day. Please email the office if you can help us out.



SAFE AND SOUND

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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: June 23, 2025

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.





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SMOKIN'!

In 1994, Canadian actor and comedian Jim Carrey took Hollywood by storm, becoming the first actor to star in three consecutive box-office hits. Over the span of just eleven months, he headlined *Ace Ventura: Pet Detective*, *The Mask*, and *Dumb and Dumber*. Alrighty then!



Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

• Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own “package.” Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

• **Add Some Flavour**

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• **Pair with Foods You Enjoy**

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.



Dear Neighbours,

I am proud to tell anyone and everyone that I am a born-and-raised Albertan. And I marvel at how fortunate I am to be living in this beautiful province, here in Calgary, at the foot of the majestic Canadian Rockies.

As an unapologetic Albertan, I am also a staunchly proud Canadian and it is so heartwarming these days to see just how many of us there are who love and value our province, and our country.

While the U.S. President would like to divide us and muses about Alberta becoming the 51st state as he tries to bully us with senseless tariffs, "mild-mannered" Canadians are uniting like never before.

Unfortunately, the recent announcement that Dow Inc. is delaying construction of its multi-billion-dollar Path2Zero petrochemical project in Fort Saskatchewan due to the uncertainty caused by Trump's tariffs will hurt Alberta through a loss of jobs and wealth.

We must continue to stand strong and united in a Team Canada approach to Trump's tariffs. Albertans need an ethical, competent government now more than ever. Alberta's New Democrats are calling on the UCP to lead Alberta and stand with all Canadians. Alberta's economy needs a real plan to move forward.

Here's a five-point strategy to strengthen our economy and support workers:

- Build a stronger Canadian market—reduce interprovincial trade barriers and improve labour mobility.
- Engage strategically with the U.S.—secure real wins for Alberta, not just photo ops.
- Expand global trade—grow Alberta's agricultural exports to meet rising global demand.
- Support displaced workers—invest in retraining and income support to keep people working.
- Attract top talent and investment—recruit the best minds and workers to build Alberta's future.



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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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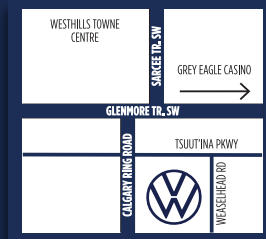


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