

MARCH 2025

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On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

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Arbor Memorial Inc.

Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using

#postyourpurple



Vibrant Caring Connected

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 _____

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!

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SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT

**News, Events,
& More**



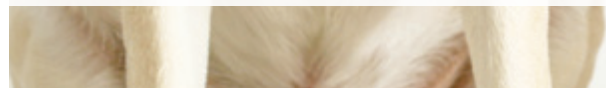
**Crime
Statistics**



**Real Estate
Statistics**



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Board and Contact List



GLAMORGAN
COMMUNITY ASSOCIATION *Vibrant Caring Connected*

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.



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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.

Community Ice Rink

The Glamorgan Outdoor Rink urgently needs volunteers to help with clearing and flooding the rink over the winter months. Please contact Cam at 403-801-8624 to volunteer. Thank you to our amazing existing volunteers for their time and effort, the ice has been amazing and so many people are out enjoying it!

Building Update

The Seminar room and Conference room are open for rentals, please email the office regarding booking availability. The City of Calgary is obtaining construction quotes. The East Hall, West Hall, Kitchen, and Bar will be closed until the work is complete. We will continue to update the community as we get more information.

Seniors' Corner

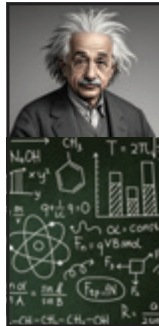
The Seniors' Corner is looking for volunteers that could help set up tables and chairs before and after their monthly get together. If you are willing and able to help with any of their monthly events, they would be very appreciative. Please email the office if you have any questions or can help.

Ideas for the Community?

Let us know if you have ideas or have seen fun events happen in other communities that we could incorporate here. The City often posts grant opportunities that may be available if we have an idea that energizes our neighbourhood or brings the community together. We would love to hear your ideas, and if you can volunteer or help organize an event, we would love that even more. We appreciate your feedback on community engagement, getting involved, volunteering, and how we can offer more to the community.

Winterfest

Thank you to all that came out- it was so nice to see so many faces. A huge thank you to Heather and the other volunteers for putting on this event and making sooo much hot chocolate. Thank you to Glamorgan Bakery for generously donating all our hot dog buns and Safeway for a generous gift card donation so we could buy all our s'mores treats - the community support has been amazing.



Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!

Paintur Art Out

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AGES: 5 to 13



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(587) 210-1377

www.painturartoutyyc@gmail.com
www.painturartout.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: March 4, April 1, May 6, 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.

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
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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.*



BOOK YOUR EVENT

The Seminar Room 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.

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Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



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Birthday Sunflowers

On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

A circular illustration of a sunflower branch with several bright yellow sunflowers and buds against a blue background. The style is reminiscent of Vincent van Gogh's painting.

The Art of Finding Work: Hiring Is a Process of Elimination

by Nick Kossovan

Job seekers owe it to themselves to understand and accept; fundamentally, hiring is a process of elimination. Regardless of how many applications an employer receives, the ratio revolves around several applicants versus one job opening, necessitating elimination.

Essentially, job gatekeepers (recruiters, HR, and hiring managers) are paid to find reasons and faults to reject candidates to find the candidate most suitable for the job and the company.

Nowadays, employers are inundated with applications, which forces them to double down on reasons to eliminate. It's no surprise that many job seekers believe that "isms" contribute to their failure to get interviews, let alone get hired. Employers have a large pool of highly qualified candidates to select from. Job seekers attempt to absolve themselves of the consequences of actions and inactions by blaming employers, the government, or the economy rather than trying to increase their chances of getting hired by not giving employers reasons to eliminate them because of:

Typos, Grammatical Errors, Poor Writing Skills

"Communication, the human connection, is the key to personal and career success." - Paul J. Meyer.

The most vital skill you can offer an employer is above-average communication skills. Your resume, LinkedIn profile, cover letters, and social media posts should be well-written and error-free.

Failure to Communicate the Results You Achieved for Your Previous Employers

If you can't quantify (e.g. \$2.5 million in sales, \$300,000 in savings, lowered average delivery time by six hours, answered 45 to 75 calls daily with an average handle time of three and a half minutes), then it's your opinion. Employers care more about your results than your opinion.

An Incomplete LinkedIn Profile

Before scheduling an interview, the employer will review your LinkedIn profile to determine if you're

interview-worthy. I eliminate any candidate who doesn't have a complete LinkedIn profile, including a profile picture, banner, start and end dates, or just a surname initial; anything that suggests the candidate is hiding something.

Having a Digital Footprint That's a Turnoff

If an employer is considering your candidacy, you'll be Googled. If you're not getting interviews, before you assert the unfounded, overused excuse, "The hiring system is broken!" look at your digital footprint. Employers are reading your comments, viewing your pictures, etc. Ask yourself, is your digital behaviour acceptable to employers, or can it be a distraction from their brand image and reputation? On the other hand, not having a robust digital footprint is also a red flag, particularly among Gen Y and Gen Z hiring managers. Not participating on LinkedIn, social media platforms, or having a blog or website can hurt your job search.

Not Appearing Confident When Interviewing

Confidence = fewer annoying questions and a can-do attitude.

It's important for employers to feel that their new hire is confident in their abilities. Managing an employee who lacks initiative, is unwilling to try new things, or needs constant reassurance is frustrating.

Job searching is a competition; you're always up against someone younger, hungrier, and more skilled than you.

Besides being a process of elimination, hiring is also about mitigating risk. Therefore, being seen as "a risk" is the most common reason candidates are eliminated, with the list of "too risky" being lengthy, from age (will be hard to manage, won't be around long) to lengthy employment gaps (raises concerns about your abilities and ambition) to inappropriate social media postings (lack of judgement).

Envision you're a hiring manager hiring for an inside sales manager role. In the absence of "all things being equal," who's the least risky candidate, the one who:

- Offers empirical evidence of their sales results for previous employers, or the candidate who "talks a good talk"?
- Is energetic, or the candidate who's subdued?

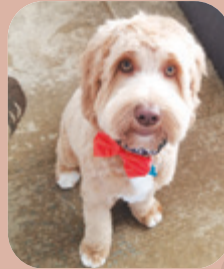
- Asks pointed questions indicating they're concerned about what they can offer the employer or the candidate who seems only concerned about what the employer can offer them.
- Posts on social media platforms, political opinions, or the candidate who doesn't share their political views?
- On LinkedIn and other platforms, criticizes how employers hire or the candidate who offers constructive suggestions?
- Has lengthy employment gaps, short job tenure, or a steadily employed candidate?
- Lives ten minutes from the office or 45 minutes away?
- Has a resume/LinkedIn profile that shows a relevant linear career or the candidate with a non-linear career?
- Dressed professionally for the interview, or the candidate who dressed "casually"?

An experienced hiring manager will lean towards candidates they feel pose the least risk. Hence, presenting yourself as a low-risk candidate is crucial to job search success. It is worth noting, the employer determines their level of risk tolerance, not the job seeker, who doesn't own the business—no skin in the game—and has no insight into the challenges the employer has experienced due to bad hires and are trying to avoid similar mistakes.

"Taking a chance" on a candidate isn't in an employer's best interest. What's in an employer's best interest is to hire candidates who can hit the ground running, fit in culturally, and are easy to manage. You can reduce the odds (no guarantee) of being eliminated by demonstrating you're such a candidate.



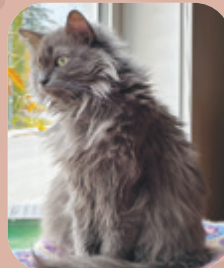
Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



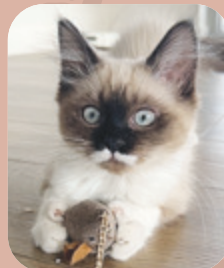
Louie, Panorama Country Hills



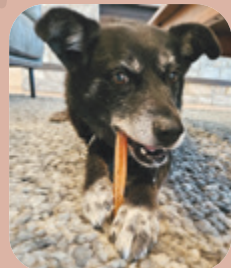
Luna, Marda Loop



Luna, West Hillhurst



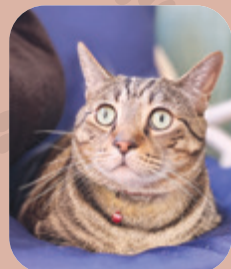
Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email news@mycalgary.com

Recognizing Eating Disorders

by Alberta Health Services

Eating disorders (ED) are complex mental illnesses that can affect people physically as well. They affect people of all genders, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They can occur because of many factors like genetics, brain chemistry, one's environment, as well as stressful life events. This article will explain some common eating disorders and what to do if you suspect that you or someone you know has one.

Types and Features of Common Eating Disorders

The purpose of outlining some common features is to highlight the importance of proper diagnosis and treatment.

- **Anorexia Nervosa:** People who have anorexia nervosa can weigh less than what is healthy for them. They often think they weigh too much even when they do not weigh enough to stay healthy. People may restrict their intake, engage in excessive exercise, and/or engage in purging behaviours such as vomiting, misuse of laxatives, diuretics, or enemas.
- **Bulimia Nervosa:** This is eating large amounts of food within a specified time, feeling out of control during eating, and compensatory behaviours to prevent weight gain (like vomiting or laxatives). Bulimia can occur for anyone, regardless of what they weigh.
- **Binge Eating Disorder:** Eating large amounts of food, feeling out of control, and can include eating rapidly until uncomfortably full, eating alone, eating when not hungry, and negative feelings after binge eating.
- **Avoidant Restrictive Food Intake Disorder (ARFID):** People with ARFID avoid certain foods due to their sensory characteristics, fear of adverse consequences such as choking or vomiting or general lack of interest in food or eating.

What to Do if You Think Someone Has an ED or if You Think You May Have an ED?

If you think your loved one has an ED, tell them you are worried and let them know you care. It is important to show support. Listen to their feelings and remember the



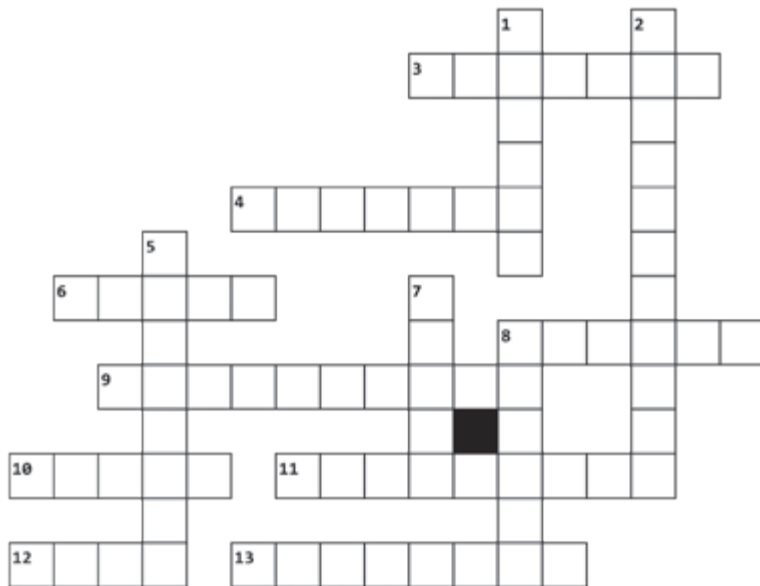
big picture. Eating disorders happen for many different reasons. Many people who have an eating disorder come from families in which other members have eating disorders or have other conditions such as depression. This doesn't mean that a family member caused the disorder. It simply means that these conditions seem more likely to happen in that family.

If you think you have an ED, speak with a primary care provider immediately and explain why you may suspect this. Early intervention is crucial. The primary care provider may ask you to describe any physical or emotional changes you have noticed or experienced that are concerning you.

You can also reach out to the Recovery Alberta Mental Health Helpline at 1-877-303-2642. Remember you are not alone, and help is available. Full recovery from an eating disorder is possible with proper treatment.

For more information about eating disorders, visit the Eating Disorder Support Network of Alberta at edsna.ca or National Eating Disorder Information Centre at nedic.ca.

March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



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



MLA Calgary-Elbow
Samir Kayande

205 – 5005 Elbow Drive SW T2S 2T6

☎ 403-252-0346

✉ calgary.elbow@assembly.ab.ca

I'm writing this at the end of January, ahead of press deadlines, without knowing the full impact of recent political changes in Ottawa and Washington. Even today, January 31, I've seen four separate tariff proposals from Trump. I don't know if the past weeks have brought harsh tariffs slowing our economy, more uncertainty, or no tariffs at all.

This uncertainty makes now a good time to talk about investment stability. Competent governments should minimize unnecessary change while improving people's lives. Unfortunately, Alberta's government is doing the opposite—banning renewable investment, firing two Alberta Health Services boards in months, dismantling Alberta Health Services, overhauling the Heritage Fund's management, and rerouting the Green Line last-minute.

This uncertainty has real costs—both tangible, like the unknown millions for the Green Line re-route, and intangible, like increased risk. When governments tear up contracts, businesses charge more to hedge against losses.

At a time when our biggest trading partner, the U.S., is creating its own chaos, Alberta's government is adding to the instability.

Through this turbulence, I'm grateful for your trust and am committed to serving you. Please reach out to my office to discuss this or any other issues.

This Canmore Wedding

by Garth Paul Ukrainetz

Three Sisters over Canmore

O beautiful the bridesmaids

At the altar in the valley

Where the River Bow does run

Tall groomsmen of Mount Rundle

Rugged handsome chiseled features

Wearing spruce tree green tuxedos

Faces flushed with rising sun

Proud Nakoda poised in middle

His true love will soon make entrance

Yes, at last they'll be united

Grassi tear wells in his eye

Though the bride is slow in coming

Patient bridal party waiting

Heaven knows this Canmore wedding

Stands majestic to the sky



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403.246.1774

www.glamorgananimalclinic.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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