

OCTOBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN

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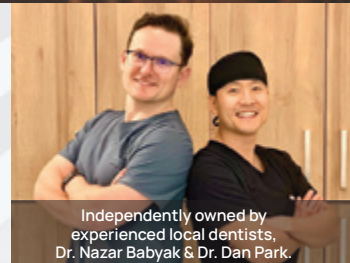
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VOTE INAM TEJA ON OCTOBER 20



Served as Vice President of his Community Association in Ward 6



Oxford graduate, finance executive, and policy leader at Calgary Drop-In Centre



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GLAMORGAN BAKERY



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

☎ 403-242-2800

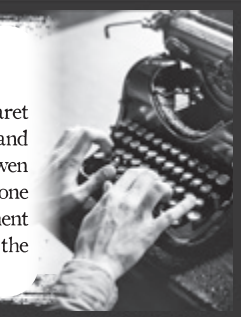
📍 3919 Richmond Rd SW

🌐 glamorganbakery.com

Our Specialties: Cheese Buns, Donuts, Special Occasion Cakes

Fast Fingers

On October 21, 1918, Margaret Owen put her fingers to the test and set a world record for typing. Owen impressively typed 170 words in one minute! To make her achievement even more impressive, she set the record on a manual typewriter.





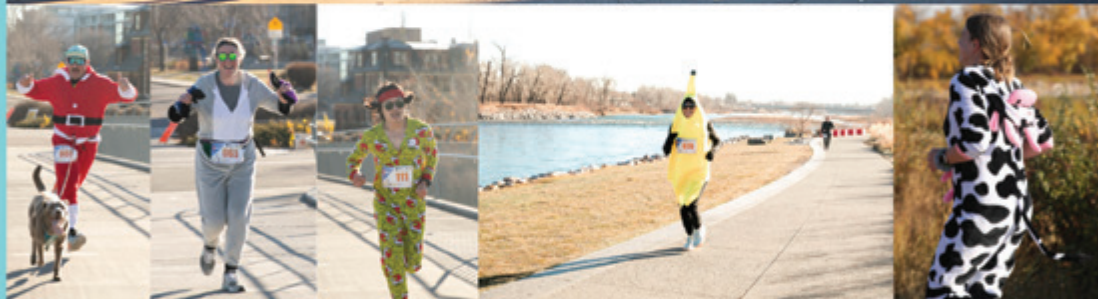
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DUCK LIPS

**What did the duck say
when it bought lipstick?
Put it on my bill**





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

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**SCAN HERE TO VIEW ADDITIONAL
GLAMORGAN CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.

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.

SPIRIT HALLOWEEN

Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



Vibrant Vibrant Connected Caring Caring Connected Caring Connected Vibrant MEMBERSHIP

Downloadable version at www.myclamorgan.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.myclamorgan.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.myclamorgan.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

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

SCAN THE QR CODE
FOR THE SOLUTION



Glamorgan – Community Update and News

Building Update

Great news – construction has started; grants from The City were approved and we were able to award the work to a General Contractor to undertake the scope of work. The East Hall, West Hall, Kitchen, and Bar will be closed through summer and early fall as we work through construction. The Seminar room, Glamshack, and Conference room are open for rentals during this time, please email the office regarding booking availability.

Casino

Our next Casino is 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.

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 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.

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

The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the "Where Do I Vote?" tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at

10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at electionscalgary.ca/vote or by calling 403-476-4100.



How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

The State of Public Education in Alberta

by Brit Hart, Public School Board Trustee Candidate

Students in public schools across Alberta, including the CBE, face a potential teacher strike and here's what you need to know:

The vast majority of teachers in Alberta (95%) have set forward a motion to strike in the fall. The Alberta Teachers Association has requested wage increases and support to address overcrowded classrooms.

If a strike happens the Alberta Teacher's Association must provide 72 hours notice before initiating job action.

The government's education budget released this year saw an overall spending increase of 4.5% while within this, private school funding increased by 13%.

Alberta spends nearly \$1 billion of public funds on private education each year, the highest in Canada.

Alberta public schools have the highest enrollment rate in the country, expecting to see 33,000 new students this year. 66.3% of these students are in public school, 23.1% separate, 5.3% private, 1.4% charter.

Alberta public school students receive the lowest funding in Canada, \$11,464 compared to the national average of \$13,692 according to Stats Canada.

Despite providing the lowest per student funding in the country, Alberta students rank second globally for science and literacy and seventh in math according to the Programme for International Student Assessment (PISA).

Our teachers continue to do more with less each year. In 2012 Alberta was ranked third for student funding in Canada and in the last 12 years we have dropped to the bottom. While we continue to see the overall rate in which we invest in education decrease, our public school teachers continue to deliver students that rank among the highest globally in academics.

What our educators are asking for is a fair wage increase, more classroom supports, and a plan to reduce classroom sizes. The initial offer from the province included a 12 percent general wage increase and improved benefits



and \$405 million in classroom improvements. Note that there are 1,576 public schools currently in Alberta and this number does not account for projected builds. Classroom improvements can include items like salaries for custodians, building repairs and maintenance, and capital infrastructure costs.

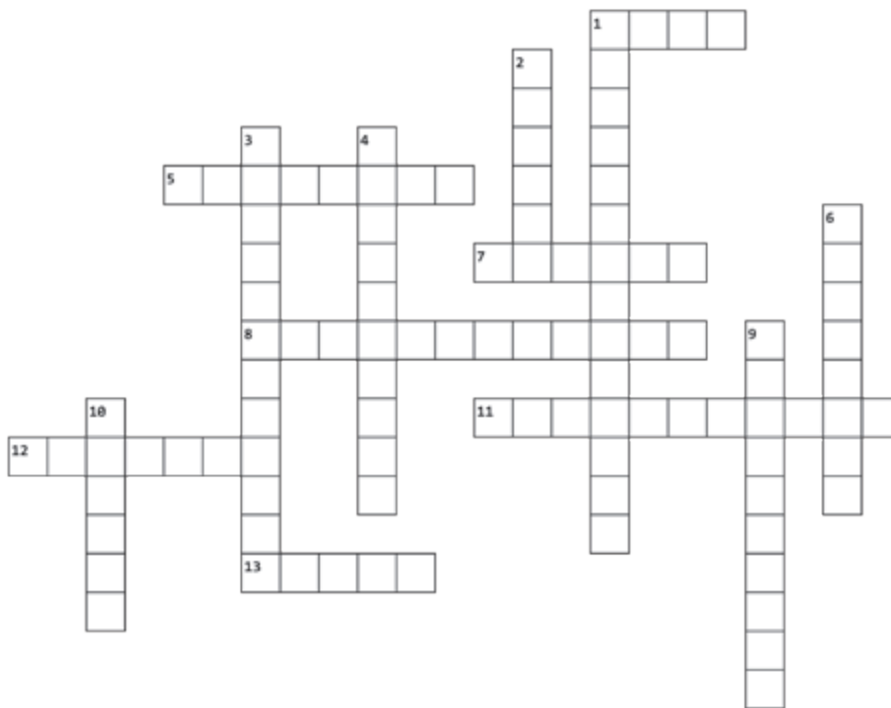
While Alberta teachers are recognized to have some of the highest salaries in the country, their compensation (based on number of students per classroom) is ranked tenth, \$1,600 per student below the national average.

Below is a table outlining recommended classroom sizes vs actual classroom sizes in Alberta, provided by the Alberta Commission on Learning.

	Recommended	Actual 2023/24	Max Size 2023/34
K-3	17	22.5	37
4-6	23	23.4	42
7-9	25	26.3	46
High School	27	28.3	56

If you want more information, the CBE has a Labour Action page to help parents navigate the 2025/26 school year. If you have questions or want to support public education in Alberta it is encouraged that you write to your local MLA as well as the Minister of Education, Demitrios Nicolaides and the Shadow Minister for Education, Amanda Chapman.

October Crossword



Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



**MLA Calgary-Elbow
Samir Kayande**

205 – 5005 Elbow Drive SW T2S 2T6

☎ 403-252-0346

✉ calgary.elbow@assembly.ab.ca

Dear Neighbours,

So many of my Calgary-Elbow constituents, like many Albertans across the province, continue to feel pressure from the ongoing affordability crisis.

From soaring taxes to eroding public health care services, I've heard too many stories from our friends and neighbours who feel abandoned by the UCP government.

Our province has had the slowest wage growth in Canada since 2019, the highest inflation, and the highest youth unemployment in the country.

From rising property taxes to real estate transfer fees and the ad valorem wine tax, UCP government policies have hit families and businesses hard. On top everything else, the UCP government is going to raise the cost of auto insurance.

Alberta already has the highest auto insurance premiums in Canada and because of the UCP government, drivers can soon expect to pay 15 percent or more. To make matters worse, the right to sue insurance companies if they don't provide the benefits that injured people are owed will no longer exist.

On the health care front, chaos continues to reign. Look no further than the UCP government's promise to reduce wait times through the Alberta Surgical Initiative (ASI). A recent report by the Parkland Institute, a non-partisan research institute based at the University of Alberta, revealed the "average cost per outsourced procedure has risen by 79 percent since 2019," when the province started contracting private surgical services through the ASI.

The report also points out that wait times have increased. Since the start of the ASI, wait times have increased for nine of 11 priority procedures tracked by the Canadian Institute for Health Information, including knee replacements and all cancer surgeries.

It's extremely concerning considering there are now multiple ongoing investigations by the Alberta Auditor General and the RCMP following allegations raised by former AHS CEO Athana Mentzelopoulos of political interference and contract irregularities in private surgical contracts.

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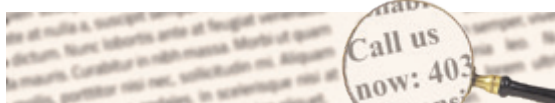
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by Arbor Memorial

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* Research conducted by Wilful and Arbor Memorial Inc. in a 2020 survey.

Arbor Memorial Inc.



Glamorgan Real Estate Update

Last 12 Months Glamorgan
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2024	\$590,000	\$615,200
September 2024	\$484,900	\$474,675

Last 12 Months Glamorgan
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2025	9	15
July 2025	15	7
June 2025	19	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
October 2024	10	19
September 2024	23	14

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

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JOANNE BIRCE

WARD 6

BUSINESS SMARTS COMMUNITY HEART

- ✓ Tax dollars focused on essential services that residents need
- ✓ Affordability: lower taxes, increased efficiency, identify waste
- ✓ Listen to residents and respond
- ✓ Prioritize economic growth

Mark Your Calendar to Vote!

- Advance Voting: Oct 6-11
- Election Day: Oct 20
- Location and Times to Vote: visit ElectionsCalgary.ca
- Save time when voting by checking the registered voter list in advance: ElectionsCalgary.ca



Meet Joanne!
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video and info.

JoanneBirce.ca

Phone:
403-476-1380

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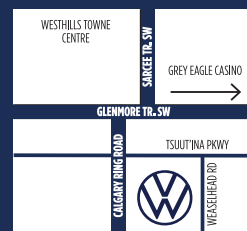
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