

SEPTEMBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

FOCUS ON GLAMORGAN



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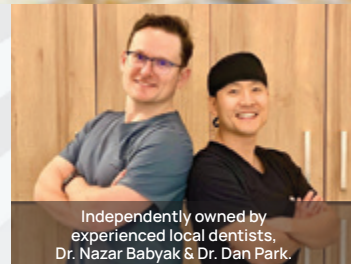
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VOTE INAM TEJA ON OCTOBER 20



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in need

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Saturday, September 27

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre

1320 - 5th Avenue NW



**Get great deals on household goods,
clothing & shoes for all, fashion accessories,
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**For More Information:
samaritanclub.ca**

**All proceeds will benefit
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Back by popular demand:

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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!



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**

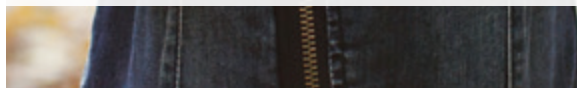


**Real Estate
Statistics**



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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.

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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
-
- ✓ Lived 31 years in west Calgary
 - ✓ Small business owner
 - ✓ 25 years of community service in Ward 6
 - ✓ King Charles III Coronation Medal for community service



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visit website for
video and info.
JoanneBirce.ca



COMMITTED TO HIGHER STANDARDS

Authorized by the chief official agent for the Joanne Birce campaign

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.

GAMES & PUZZLES

Guess the School Tool!

1. In the early 1960s, the first one of these was created to assist with number manipulation.
2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
3. A semi-circular measurement tool that deals with angles.
4. An organizer typically characterized by its circular or D-shaped retainers.
5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
6. Alphabetical reference books that are always being updated, named after the Latin word for “the act of speaking”.



SCAN THE QR
CODE FOR THE
ANSWERS!

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.

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.



WORD OF THE MONTH

RIGMAROLE: NOUN (RIG-MUH-ROHL)
Something long, tedious, and complicated.

*Mr. Scott went through the usual social rigmaroles
at the party.*



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Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: "Why is my partner so emotionally unavailable?" or "Why won't he open up to me?". If you're in a relationship with a man who seems emotionally distant, you're not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it's often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

"Don't cry." "Man up." "Be strong." are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear "in control," which means avoiding emotions, both their own and others'.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn't be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as "not enough".

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn't mean they don't care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven't been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they're feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

"I don't know what I'm feeling." "I'm fine." (when they're clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

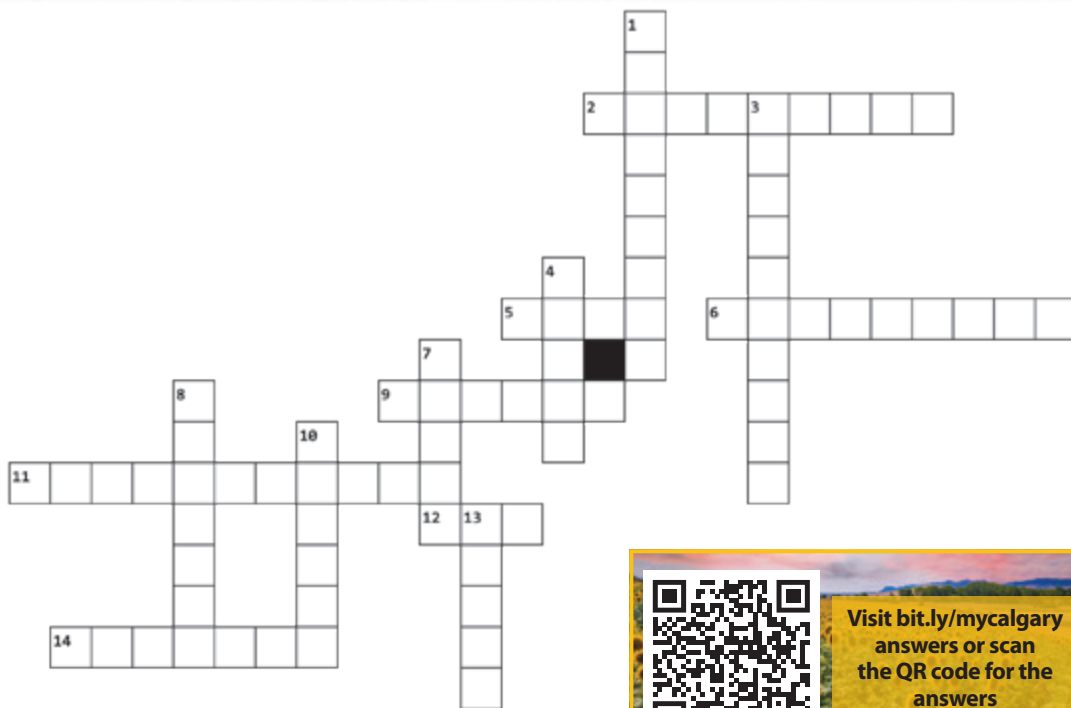
Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn't show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally "lost" and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.

Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



Glamorgan Real Estate Update

Last 12 Months Glamorgan MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
August 2024	\$499,900	\$505,000

Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2025	12	7
June 2025	19	15
May 2025	17	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

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



MLA Calgary-Elbow
Samir Kayande

205 – 5005 Elbow Drive SW T2S 2T6

📞 403-252-0346

✉️ calgary.elbow@assembly.ab.ca

Dear Neighbours,

I hear from too many Calgary-Elbow constituents who are struggling with high housing costs, auto insurance, childcare, and utility bills.

They feel like they're being left behind, and they are right. In fact, Alberta has the slowest wage growth in Canada since 2019, the highest inflation, and the highest youth unemployment in the country. Albertans are being left behind, and the policies of this government are at least partly to blame.

The UCP government has failed to take the affordability crisis seriously and has ignored the challenges facing many Albertans.

A recent Auditor General's report found that the provincial government failed to pass on to Alberta parents the benefit from the child-care subsidy negotiated with the federal government. And the low-income subsidy for childcare, that has been in place for decades, was cancelled by the UCP government.

Perhaps even worse, the UCP government is clawing back \$2,400 every year from a federal disability benefit meant for disabled Canadians. It's a massive tax increase on our most vulnerable neighbours.

Businesses are also being impacted by the UCP government's flirtation with separatism, which is adding to economic uncertainty.

Nancy Southern, the CEO of ATCO, recently expressed her concern about the effect separation talk is having on business investment.

"I think the discussion of separation should have no oxygen, and I believe Canada, as a unified country, is going to be far stronger than if we try to be independent little states, provinces, Absolutely, it's impacting investments now, as we look to (have) partners for our large projects that are from offshore," Southern told the Calgary Herald.

Albertans deserve better. Our hard-working friends, family members, neighbours, and business owners deserve to know they can take care of their families and build a good life in this province.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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continued

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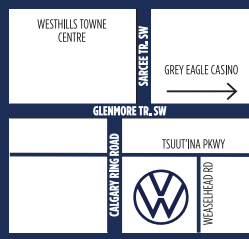


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