

AUGUST 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

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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'Keeffe, Kayla Avramenko, Olivia Nelson

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.

Finally, if you are interested in joining the GCA Development Sub-Committee or learning more about what the role entails, please email Beth Barretto at treasurer@myglamorgan.ca.



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

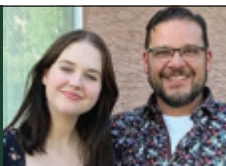
\$10 includes light lunch and refreshments

Planned Dates: September 1, October 6, November 3, December 1, January 5, February 2, March 2, April 6, May 4, and June 1.

For more information, contact the Glamorgan Community Association



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

**Scan to donate or visit
gofund.me/31fdeef6f**

Any help is appreciated ♥



Glamorgan Community News

Check out our new and improved website at myglamorgan.ca.

If you want to be added to the mailing list to receive updates and engagement surveys, please email info@myglamorgan.ca.

If you have content that you wish to see in the newsletter or on social media, send us an email at info@myglamorgan.ca.

Follow us on Instagram (@glamorgancalgary) and on Facebook (Glamorgan Community Association) for regular news and updates!

Do you want to be a part of the Glamorgan Community Gardens Committee? Email directork@myglamorgan.ca to take part!

Do you want to book space in the Glamorgan Community Centre? Check out our website or email info@myglamorgan.ca to book!



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Let's Canvas

the Situation

On August 21, 1911, Leonardo da Vinci's Mona Lisa was stolen from the Louvre. It took twenty-eight months for the painting to be returned. Today, the Mona Lisa is valued so highly that most would simply call it priceless.





MEMBERSHIP

Downloadable version at www.myglamorgan.ca
Enclose this form along with your membership
fee & drop-off or mail to:

Membership
expires
August 31

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 Type	Price
Family	\$30
Associate*	\$35
Senior	\$10
Student	\$10
Single Adult/Couples	\$20

*Choose if you are not a resident in Glamorgan community boundaries.

Memberships need to be renewed annually.



Thank You, Glamorgan Volunteers!

Thank you to our volunteers who replanted the
front flower beds of the Community Association!
They look great!



COMMUNITY PROGRAMS

TAURUS TAEKWON-DO – Mondays and Wednesdays
from 6:00 to 8:00 pm. Ages 6+ to adult. Taurustkd.com
or 403-708-7199 or fit.tkd@gmail.com.

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.

MAD SCIENCE SUMMER CAMPS – Sign up for
the Mad Science Summer Camps located at the
Glamorgan Community Centre! Call 403-263-4140,
email madscsab@telusplanet.net, or visit their website
at calgary.madscience.org.

*Do you have a program to offer or want to see a
program come to our community? Contact info@myglamorgan.ca.*

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!

What If You Deserved Your Own Compassion

by Rebecca Pink, Registered Provisional Psychologist



When was the last time that you offered yourself the same kindness that you so freely give to others?

Most of us don't hesitate to comfort a friend who is struggling. We remind them that they're doing their best, reassure them that difficult times don't last forever, and gently encourage them to keep going. We can look into someone else's eyes, recognize their pain, and meet it with empathy, endless compassion, and love. Yet when we look in the mirror, that compassion can be dimmed or disappear altogether.

I've come to appreciate that self-compassion isn't something we master; it's something we practice. I'm reminded of that truth in conversations with clients every day. Beneath anxiety, stress, perfectionism, or self-doubt, there's often a quiet but a relentless inner voice whispering that we should be doing more, achieving more, or somehow being more. Over time, that voice becomes so familiar that we mistake it for the truth.

Here's the irony: many of us already know what helps us feel better. We know we need rest, connection, movement, creativity, or time in nature. Yet we convince ourselves we haven't earned those things until we've accomplished just one more task or met one more expectation.

But what if healing doesn't begin with doing more?

What if it begins by changing the way we speak to ourselves?

Self-compassion isn't about lowering our standards or making excuses. It's about recognizing our shared humanity. We stumble. We all carry lived experiences that others cannot see. And we all deserve the same grace we so naturally extend to the people that we care about.

This month, I invite you to pause when that inner critic begins to speak. Ask yourself: "Would I say these words to someone that I love?" If the answer is no, perhaps it's time to choose a kinder response.

Because maybe the compassion you so freely give to everyone else is the very compassion you've been needing and deserving all along. Take good care of yourself.



Glamorgan Animal Clinic

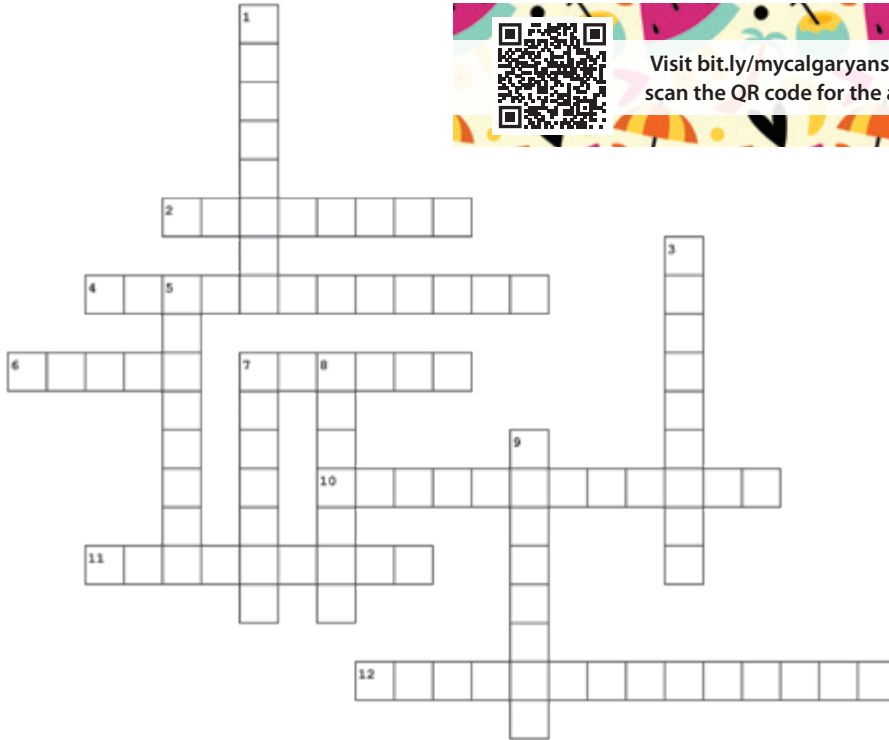
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August Crossword



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



Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day

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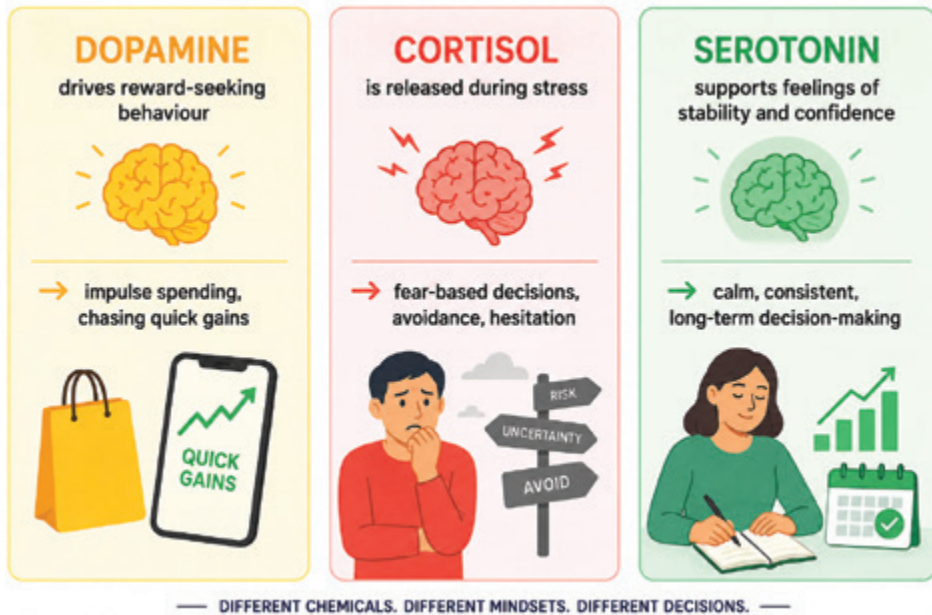
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SCAN ME

The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and

provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: "I deserve this" spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns

The goal is not to eliminate emotion that's neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don't dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it's emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

The goal isn't to remove emotion, it's to make better decisions alongside it.

A promotional image for the Calgary Girls Choir. On the left, a group of young girls in blue patterned dresses are singing. On the right, a logo features a girl jumping with a red heart above the text "calgarygirlschoir" and "Choirs for Gr. 1 to Adult". Below this, a pink banner contains the text "Register Today for 2026/27! calgarygirlschoir.com".

calgarygirlschoir
Choirs for Gr. 1 to Adult
Register Today
for 2026/27!
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A promotional image for Glamorgan Bakery. On the left is a circular logo of a baker with a tray. To the right, text lists the bakery's hours: "Sunday - Monday: CLOSED", "Tuesday - Friday: 7am - 6pm", and "Saturday: 7am - 5pm". Below this is the phone number "403-242-2800" and the address "3919 Richmond Rd SW". The website "glamorganbakery.com" is also listed. At the bottom, it says "Our Specialties: Cheese Buns, Donuts, Special Occasion Cakes".

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

September Starts in August: Five Simple Steps to Make Fall Feel Less Chaotic

by Shayla Moulton



September has a way of sneaking up on us. One minute you're enjoying long summer evenings, and the next you're juggling school schedules, work deadlines, extracurricular activities, appointments, and holiday planning.

The secret to a less hectic fall isn't becoming more organized overnight—it's taking care of a few key tasks before September arrives. Spending just a little time preparing now can save you hours of stress later.

Here are five simple steps to help make the transition into fall feel much more manageable.

1. Book Your Fall Appointments Before Everyone Else Does

As soon as September arrives, appointment calendars fill up quickly. Instead of scrambling to find availability, use August to book routine appointments for yourself and your family.

Think about:

- Dental checkups
- Annual physicals
- Eye exams
- Specialist appointments you've been putting off
- Vehicle maintenance before winter

Even if the appointment isn't until October or November, having it booked means one less thing to remember during an already busy season.

2. Create One Master Calendar

Before September begins, gather every commitment in one place. Add school calendars, extracurricular

activities, work commitments, birthdays, medical appointments, and travel plans. Looking at the entire season at once makes it much easier to spot scheduling conflicts before they become stressful surprises. Whether you prefer a digital calendar or a paper planner, the important thing is to have one reliable calendar that everyone in your household can refer to.

3. Check Your Passport Before You Need It

Many Calgary professionals start thinking about warm-weather getaways once temperatures drop, but passport renewals can take time. Take a few minutes to check the expiry dates on everyone's passports now. Many countries require your passport to be valid for at least six months beyond your travel date, so even a passport that hasn't technically expired could cause problems. It's a simple task that can prevent unnecessary stress if a fall or winter trip comes together.

4. Schedule a Weekly Life Admin Hour

Life admin has a habit of piling up when we're busy. Instead of trying to squeeze in small tasks whenever you remember them, block one hour each week to handle things like paying bills, completing school forms, booking appointments, renewing memberships, organizing paperwork, or running errands. Treat it like any other appointment. A consistent routine keeps little jobs from becoming overwhelming.

5. Prepare Your Home for Fall

A little home maintenance now can save you time, money, and frustration once the weather turns colder. Take an hour to tackle a few seasonal tasks, such as:

- Replacing your furnace filter,
- Testing smoke and carbon monoxide detectors,
- Cleaning out your gutters,
- Putting away summer furniture and garden tools,
- Checking weather stripping around doors and windows,
- Restocking your winter emergency kit for your home and vehicle.

None of these jobs take long on their own, but together they can help your home and your family be ready for the months ahead. September doesn't have to feel like a whirlwind. By taking care of a few important tasks in August, you'll spend less time reacting to last-minute surprises and more time enjoying the season ahead. Sometimes, a little preparation today is the best gift you can give your future self!

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



FRIENDS of Fish Creek

The Listen Garden at Bow Valley Rancho

This summer, the Listen Garden is taking shape.

Located in the heart of Fish Creek Provincial Park, the Listen Garden is a collaboration between the past and the future; the land and the people; Indigenous and newcomer communities. The garden will be one in which native plants, Indigenous knowledge, and (re)conciliation all flourish. Visit the Listen Garden page on the Bow Valley Rancho Historical Society's website.

Our team of staff and dedicated volunteers have been hard at work prepping the site, from harvesting and processing native plant seeds to spraying the site to remove invasive species and distributing an impressive seven truckloads of sand. This summer, we're seeding and planting native species representative of the plant communities chosen for this space. We're looking forward to seeing this special spot alive with life by the end of summer 2026! Check out these photos from the Listen Garden this spring.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at [@fishcreekpp](https://www.facebook.com/fishcreekpp) to learn more about summer day camp and all our exciting programs.



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OPEN CANOPY TREE CO.: We are located right in the heart of Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website www.opencanopytree.com or call 403-466-1656 to request a quote.

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FREE DENTAL DAY

FIRST COME FIRST SERVED

AUGUST 15, 2026
8:00 AM | 2:00 PM

Patients may choose one of the following services:

Dental Check-Up
Professional Cleaning
Simple Extraction
Cavity Filling

Please Note:

This event is intended to provide basic care to as many neighbours as possible. Services are strictly limited to those listed above. We recommend arriving early to secure your spot.



Dr. L. Geng | Dr. L. Stanleigh | Dr. J. Park
#102 - 636 45th Street SW, Calgary, AB, T3C 2G2
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