DECEMBER 2026 YOUR OFFICIAL COMMUNITY NEWSLETTER

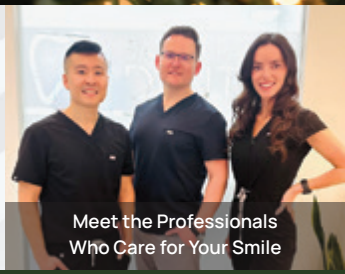
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Great News Media 2026 Readership Survey, 11,104 respondents.

United Conservatives

Cynthia Moore.
— CALGARY-ELBOW —



"Wishing everyone in Calgary-Elbow and beyond a Merry Christmas. This is the season to give back in any way we can to our community and fellow Calgarians who need our support."

Elbow deserves Moore.

Cynthia

Moore Experience.
Moore Local.

@cynthia4elbow
hello@cynthiamoore.com

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

GLAMORGAN COMMUNITY ASSOCIATION
Vibrant Caring Connected

Board Members		
President	Damir Krnic	
Vice President	Karen O'Keeffe	
Secretary	Wendy Feldmeyer	
Treasurer	Doug Meldrum	
Past President	Nicole Liesemer	
Directors At Large	Beth Barretto, Olivia Nelson, Kim Parzen, Shawn Loo, and Jennifer Kennik	
Liaisons		
Calgary Police Service		
Community Resource Office		403-428-6200
Community Partnerships Coordinator	Phil Fulton	
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 Main Hall, Seminar Room, Conference Room, Commercial Kitchen, and Glamshack are available for rentals. Please visit myglamorgan.getcommunal.com to book!

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 Kim Parzen at Kim@myglamorgan.ca.



SENIORS' CORNER

Come out and enjoy an afternoon with your neighbours. We get together and enjoy some light refreshments and have amazing speakers come in to talk about various topics such as the City of Calgary history through the decades, gardening, cybersecurity, and other services available for older adults. We also bring in musical groups on a seasonal basis.

Cost: $10 includes light lunch and refreshments

When: First Tuesday of every month from 1:00 to 3:00 pm (excluding July and August) at 4207 41 Avenue SW

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

For more information, contact the Glamorgan Community Association.

Phone: 403-246-8218

Email: info@myglamorgan.ca

Website: www.myglamorgan.ca



Community News

Check out our new software Communal to rent the building, renew your membership, and register for programs and events.

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 olivia@myglamorgan.ca.

Follow us on Instagram (@glamorgancacalgary) 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 treasurer@myglamorgan.ca to take part!

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

SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics



Glamorgan Animal Clinic

Come visit us at
the London Place West mall near London Drugs.
440, 5255 Richmond Road SW

403.246.1774
www.glamorgananimalclinic.com



MEMBERSHIP

Memberships expire 1 year after purchase

Memberships can be purchased online at www.myglamorgan.ca and are valid for one year from the date of purchase. Our Calgary-based Communal platform makes it easy to manage your membership, register for community events, and sign up for volunteer opportunities. We think you'll love its convenience and features as much as we do!

If you prefer a more traditional approach, you can mail or drop off a cheque (payable to Glamorgan Community Association) at:

4207 41 Ave SW, Calgary, AB T3E 1G2

Please include:

- The type of membership you are purchasing
- Your name, address, and phone number
- The names of any additional household members (if applicable)
- Your email address if you would like to receive communications from the Glamorgan Community Association

Please note that we do not currently maintain regular office hours. However, a secure mail slot is located to the right of the main entrance doors for convenient drop-off of membership forms and payments.

Membership Type	Price
Household	$30
Associate	$35
Senior (Single)	$10
Student (Single)	$10
Adult (Single)	$20

*Memberships need to be renewed annually.



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.

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



Thank You, Glamorgan Volunteers!

If you are looking to volunteer with our community association, please send us an email at info@myglamorgan.ca, or head to our website myglamorgan.ca to check out our volunteer opportunities!

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.

Knowing When It's Time for Extra Help

A Thoughtful Series on Aging Well, Living Fully, and Planning Ahead

Conversation Starters with Roxanne Wheaton

Did You Know?
86% of the "sandwich generation" caregivers reported that caregiving affected their health or well-being, commonly leaving them tired, worried, or overwhelmed.

The need for extra help often appears gradually: meals, laundry, or familiar routines become harder to manage. Use this checklist to notice changes, not make assumptions based on age, and explore support with your parent(s). The goal is to respect their choices and help them remain as independent as possible at home.

Everyday Tasks Are Becoming Harder
- Meals are becoming difficult to manage.
- Personal care takes more effort.
- Household routines are slipping.

Safety and Health Need More Attention
- Getting around feels less secure.
- Medication routines are becoming confusing.
- Changes in health or memory affect daily life.

Connection and Support Are Becoming More Important
- Your parent is becoming more isolated.
- Getting out is more difficult.
- Your parent says they are struggling.
- Family help is becoming difficult to sustain.

Take The Next Step Together
- Start with a question. "What has been feeling harder lately?"
- Share observations without criticism. "I've noticed carrying the laundry downstairs seems more difficult."
- Ask what matters most.
- Discuss health changes with a professional.
- Request a home-care assessment.
- Explore the right kind of help.
- Keep your parent involved.

Accepting help can mean keeping their independence; it can be a way to protect the routines, choices, and comforts that matter most.

Call to Action
Choose a quiet moment this week to ask your parent, "What would make daily life a little easier for you?"

Important Safety Note
This is general guidance, not a diagnostic checklist or a substitute for a professional assessment. Sudden confusion needs immediate medical assessment not simply more help at home.



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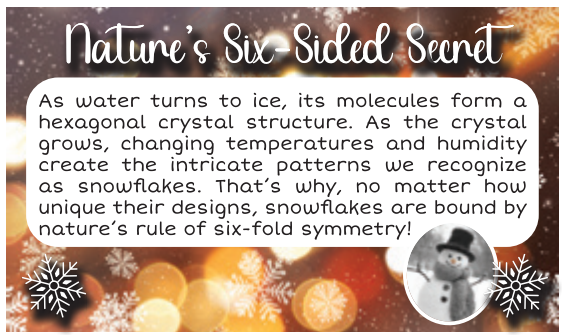
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Please Note: we'll be closed January 1-12 for maintenance



Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

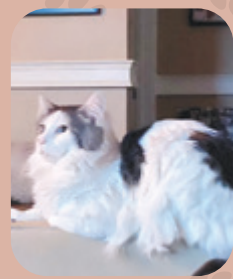
Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*


Jasper, *Arbour Lake*

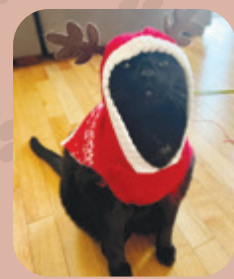

Jewels, *Walden*


Kevin, *Acadia*


Lilly, *Millrise*


Princess Molly, *Acadia*


Sintra, *Midnapore*


Taco, *Woodbine*

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Cold Weather Safety

by Alberta Health Services



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

To Build a City Budget

by Anne Burke



You can explore the current budget, review past budgets, and learn how the budgeting process works. Since City departments must deliver services and programs, each prepared a business plan and a budget for review by Administration (July through October). These were presented in November, when City Council considered public input and approved the final plan. Before a budget is created Calgarians are consulted on values, priorities, and perspectives. A What We Heard Report on the proposed budget for 2027 to 2030 was compiled from public engagement in the spring (March 18 through April 15) with an online survey and pop-up events. The report contains the key themes, findings, and includes comments, if provided. The public results were shared with Administration and Council in July. This feedback is used, along with Council's Strategic Priorities, department plans, economic data and other research. There are annual general surveys in spring and fall on Trust in Council, Calgarians' Priorities, Quality of Life, Value of Taxes, Overall Satisfaction, and Outlook for the Future. https://engage.calgary.ca/budgetinput.

The City does regular research with businesses to better understand the viewpoint of the business community. If you are a business owner, leader or manager, you can join the online business research panel. If you have opinions and want to share them, tell others what you think, you can participate through online surveys, discussions, and engagement activities. The Panel of Calgarians is a group of residents who want to be involved in City improvements. Information collected will be used as one source of input for City decision making.

The Panel of Calgarians is open to all Calgary residents 18 years of age and older.

As a member you can expect to:

- Participate in surveys every two months;
- Provide your valuable input on a variety of topics;
- Receive information and updates on the survey results.

Feedback helps to shape the programs and services created in the city. You are not required to complete every survey. Participation in each survey is at your discretion. Enter your first name, last name and email address on the sign up form. https://www.calgary.ca/research/get-involved.html.

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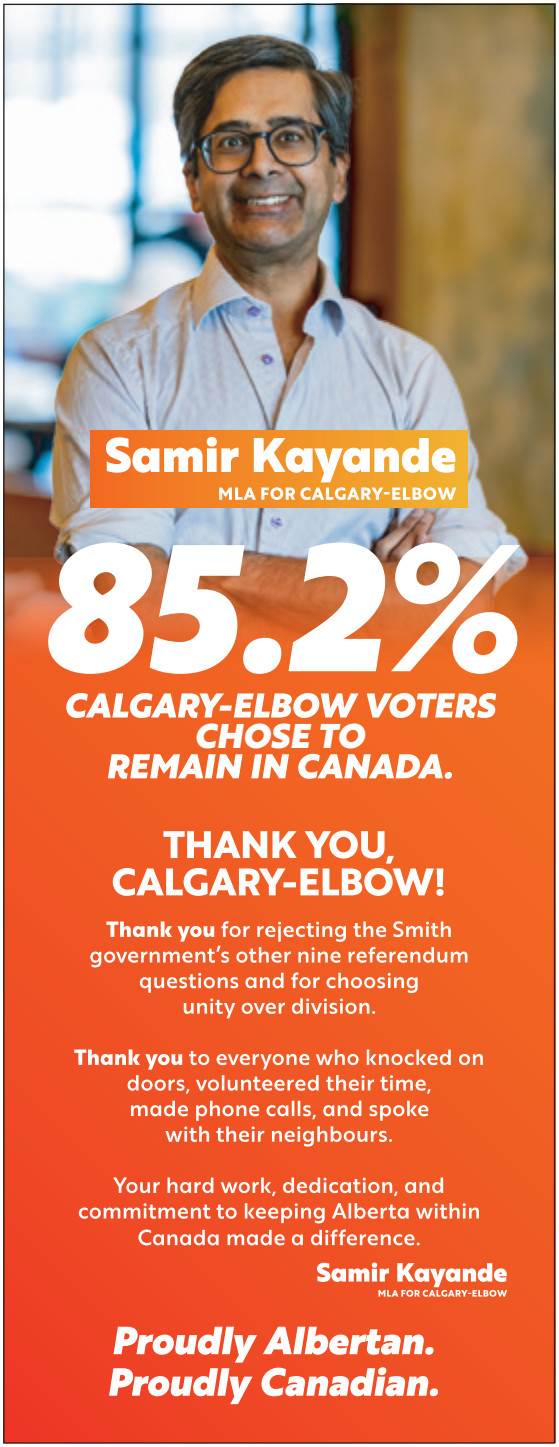
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The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.



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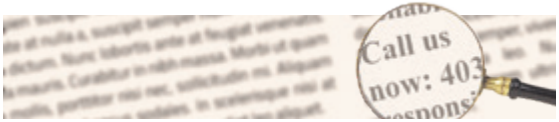
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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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Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



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Friday: 9:30 AM - 12:30 PM