

FEBRUARY 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
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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.

Glamorgan – Community Update and News

Building Update

Great news! The construction repairs in the East Hall, West Hall, kitchen, and bar are wrapped up, and we are welcoming renters back!



Vibrant Vibrant Connected Caring Caring Conn Caring Connected Vibrant Carin

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

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: February 3, March 3, April 7, May 5, June 2

For more information, contact the
Glamorgan Community Association



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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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.



Thank You, Glamorgan Volunteers!

Thank you to the Rink Rats for doing such a fantastic job taking care of the community rink!

Thank you to all the volunteers who volunteered at the Casino Nights! We really appreciate your support of the community!





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GLAMORGAN COMMUNITY

WINTERFEST

February

Saturday | **7** | 4-8pm

Hot Chocolate - Skating -
Bonfire

AT THE GLAMSHACK



February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

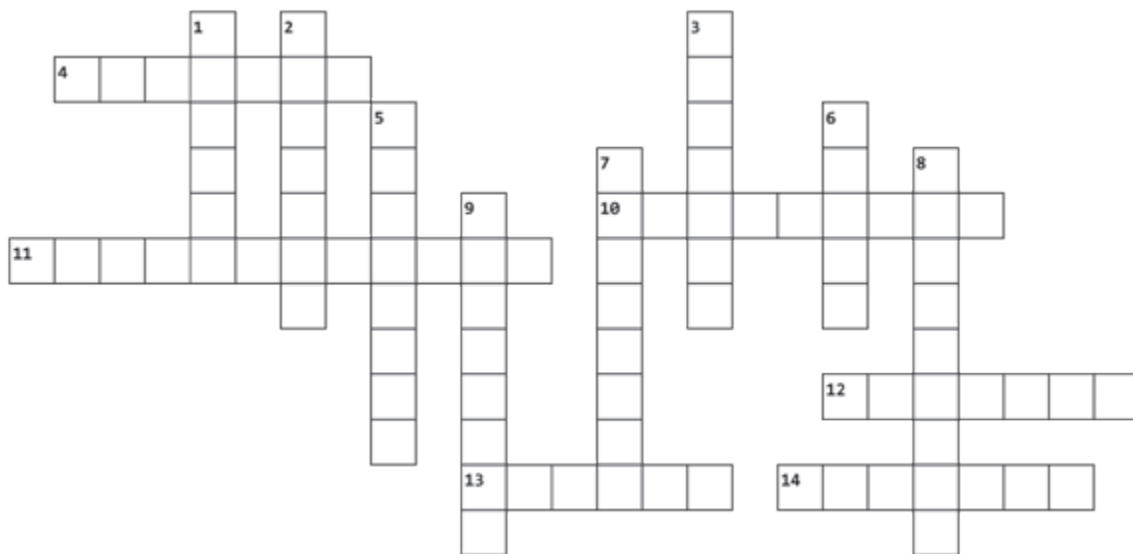
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta's example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year's Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan's family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine's Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.



Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

- 1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.
- 2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.
- 3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- **Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- **Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- **Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!

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Councillor, Ward 6

John Pantazopoulos

✉ Ward6@calgary.ca

☎ 403-268-1380 | 🌐 calgary.ca/Ward6

📱 @Johnp4ward6 | ✂ @John4ward6

Hello Ward 6,

February is a busy and important month across Calgary, and I want to share a few timely updates and opportunities for residents to stay informed and engaged.

First, I encourage homeowners to review their 2026 Property Assessment, which was mailed in mid-January. The City's Customer Review Period runs until March 23, giving residents the chance to confirm property details, compare assessments with similar homes, and ensure values reflect the market as of July 1, 2025. Your assessment plays a key role in how property taxes are calculated. Tools and support are available online, and questions can be directed to 3-1-1.

February also brings opportunities to celebrate community and accessibility. From January 30 to February 16, Chinook Blast returns with winter activities, art, and events across the city. In addition, nominations for the Accessibility Awards open February 9, recognizing individuals and organizations making Calgary more accessible. These awards highlight the impact residents have when we build a city that works for everyone.

Youth ages 15 to 24 can connect with employers at the City's Youth Hiring Fair on March 26 at Stampede Park. Visit Calgary.ca/yecheiring for ongoing announcements and advice on how to get prepared!

Next month, I look forward to continuing the conversation surrounding the repeal of blanket rezoning during Public Hearings. Many residents have shared thoughtful feedback about how growth and development affect established communities. I believe Calgarians deserve a planning process that is transparent, contextual, and responsive to local voices. I will continue advocating for meaningful engagement and practical solutions that respect neighbourhood character while planning responsibly for Calgary's future. Public Hearings are set to occur in March. For more information, visit our website at Calgary.ca/ward6.

As always, thank you for staying engaged and taking part in shaping our city.

Regards,

Councillor John Pantazopoulos

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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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GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

Palms

What kind of tree fits in your hand?

A palm tree



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Glamorgan Animal Clinic

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403.246.1774

www.glamorgananimalclinic.com

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

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News, Events, & More



Crime Statistics



Real Estate Statistics



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