

JANUARY 2026

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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

403-428-6200

Community Resource Office

403-476-7185

Community Partnerships Coordinator Keith Magill

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!



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.



Outdoor Movie Night Recap

Thank you to everyone who attended the Outdoor Movie Night! We had over 200 people attend and it was so much fun! We look forward to hosting similar events soon! If you have a suggestion for a community event, email us at info@myglamorgan.ca.



Thank You, Glamorgan Volunteers!

A huge shoutout and thanks to Nicole, Alana, Beth, and Teri for carrying on the work of the GCA for the past several years!

They have been enveloped by the structural beam repair in the main hall which forced the closure of the hall and has taken almost 24 months to re-open! They successfully stick-handled these repairs and remediations through representatives from the City of Calgary, insurance companies and engineering firms, as well as various contractors and inspectors. This all while holding down full-time jobs!

On behalf of the whole Glamorgan community, thank you for a job well done! We look forward to working with you on the GCA to further build a vibrant, caring, and welcoming community.

From your new board members,

Damir, Karen, Olivia, Kayla, and Ann

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 helped run the Community Movie Night! We couldn't have done it without you!





GLAMORGAN COMMUNITY

WINTERFEST

February
Saturday | 7 | 4-8pm

Hot Chocolate - Skating -
Bonfire

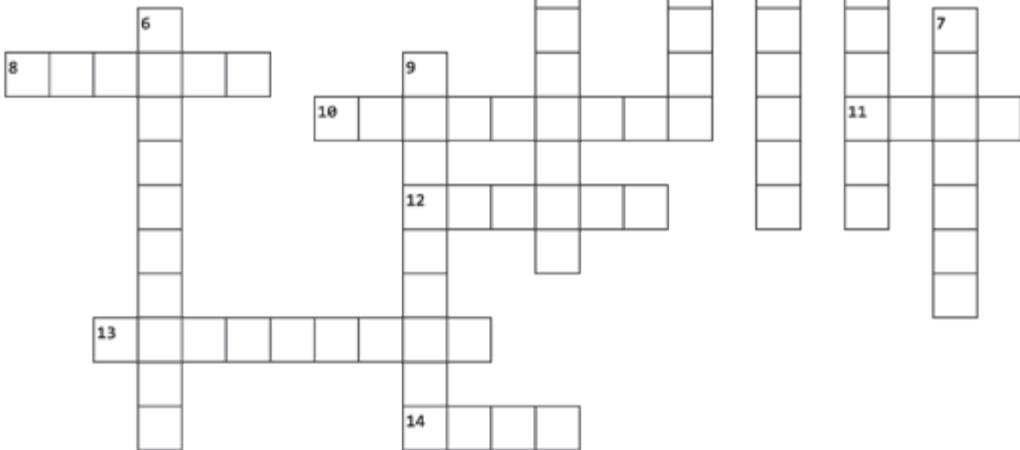
AT THE GLAMSHACK



January Crossword



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mycalgaryanswers](http://bit.ly/mycalgaryanswers) or
scan the QR code for
the answers



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

The Art of Finding Work: What if I Told You Ageism Doesn't Exist?

by Nick Kossovan



When you read the title of this column, where did your focus and mental energy immediately go?

What if, when job searching, instead of obsessing about all the things you can't control—biases, economic factors, the job market, employer's hiring process—you focused on what you can control, such as creating and maintaining a professional network, tailoring your resume and cover letter for each application, managing your digital footprint, and cultivating a positive mindset. Wouldn't this be a more effective approach to your job search?

Every job seeker I encounter seems fixated on what they can't control. LinkedIn has become an echo chamber

of pity, dominated by posts vilifying employers, giving unsolicited advice to employers who'll never read it, and venting about ageism, being overqualified, or ghosting. Participating in these discussions doesn't reflect well on you when employers check your profile to evaluate whether you're interview-worthy.

You're likely familiar with the quote attributed to theologian Reinhold Niebuhr: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." This emphasizes the importance of accepting situations you can't change and directing your energy towards what you can influence.

As a job seeker, you can't control:

Someone's Biases: Do yourself a favour; stop trying to control the beliefs and behaviours of other people. Whether it's age, ethnicity, or any other characteristic, you can't change how someone perceives (read: interprets) you. Biases are a fact of life, and dwelling on them only drains energy.

Speaking of biases: Why do people fail to recognize their own biases but see them in others?

The Economy and the Job Market: Yes, economic downturns, market fluctuations, industry trends, government policies, and global events contribute to the job market landscape, but you have no influence over them. My advice is to say to yourself, "It is what it is," and turn your attention elsewhere.

The Hiring Process: Employers own their hiring process. You can't control how an employer structures their hiring process, accesses candidates, or how long they take to make a decision. Since no two employers hire the same way, job searching is unpredictable, leading to frustration if you let it dominate your mindset.

I often see the unpredictability of hiring; what one employer views as a positive might be seen as a negative by another. For example, hiring manager A might determine, based on the level of your previous job and/or your age, that you're overqualified and, therefore, will soon become bored and leave. Conversely, hiring manager B might perceive you as a potential role model for younger employees, in addition to bringing a wealth of knowledge and experience.

Subjective perception, the basis for creating bias, plays a crucial role in hiring decisions.

Company Culture: You're either a fit or you're not. Trying to contort yourself in hopes of appearing to be someone who'll "fit in" is pointless. If you get the job but can't be yourself, you won't be happy. Hiring managers know their company's culture much better than you, especially its nuances; hence, trust them if they determine you won't be a good fit.

Past Experiences: What's done is done. If there's anything to learn from a mistake, do so and move on. Dwelling in the past only creates unnecessary anxiety.

As a job seeker, you can control:

Creating and Maintaining a Professional Network: Your professional network is your lifeline in terms of job search and career advancement; thus, it's the most influential factor in your job search. Given that the correlation between networking and job search success is common knowledge, you undoubtedly know the primary benefit of networking is access to unadvertised opportunities.

I highly recommend reading *Never Eat Alone* by Keith Ferrazzi.

Tailoring Your Resume and Cover Letter: Each job application should feel personalized, highlighting your skills and experiences that directly relate to the position you're pursuing. "I applied to over 700 jobs in three months" isn't a flex. As far as job searching is concerned, submitting two quality applications daily is significantly better than the 'spray and pray' method that most job seekers resort to.

Your Digital Footprint: Be mindful of your online presence. Your social media activity reflects your professionalism. A messy digital footprint is a red flag to employers, just as not having one makes you appear out of touch.

Practicing Interview Skills: The best hack I know for honing your interview skills is to have more conversations with family, friends, acquaintances, and strangers and ask more open-ended questions ("How did you spend this past weekend?" "What made you decide to become an accountant?" "What's your go-to restaurant?"). The more comfortable you become having conversations, the better you'll perform in interviews, which are essentially a conversation.

Maintaining a Positive Mindset: Your attitude impacts your job search. Control your mindset by practicing mindfulness and gratitude. Focus on what you can achieve, not on what you believe is holding you back.

Another book recommendation: *Rewire Your Mindset: Own Your Thinking, Control Your Actions, Change Your Life!* by Brian Keane.

As in life, what you focus on determines where your energy goes; therefore, choose your focus wisely.



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Councillor, Ward 6

John Pantazopoulos

📞 403-268-1380

✉️ ward6@calgary.ca 🌐 calgary.ca/ward6

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Happy New Year Ward 6,

Over the past two months, City Council has been hard at work building relationships with community and business leaders to understand the pulse of our city. To all who have taken time to contact my office, thank you. Community engagement is crucial to a successful and accountable City Hall.

Budget season has officially wrapped up, and I am proud to say that my amendments to the budget have resulted in an approximate 75% reduction in property tax compared to what the previous council proposed. Additionally, they have allowed for a substantial investment in a new YMCA in West District, and improvements to safety on Calgary Transit.

While my goal was to take the property tax increase to 0%, we have still taken meaningful steps to address the cost-of-living strains Calgarians face every day. My amendments used \$50M in reserve funds to take our property tax increase from 5.6% to approximately 1.6%. I am pleased to see Council's support to invest in a new recreation facility in Ward 6, as well as a transit safety pilot program.

In the month ahead, I look forward to continuing the conversation on ending blanket rezoning and prioritizing thoughtful development. It is imperative that the system we are left with is better than what we had previously. Your voice and your community deserve to be heard.

As always, I am committed to fostering an open and honest dialogue between myself, my office, and your community. Thank you for reading!



MLA Calgary-Elbow

Samir Kayande

205 – 5005 Elbow Drive SW T2S 2T6

📞 403-252-0346

✉️ calgary.elbow@assembly.ab.ca

Hello Friends,

It's that time of year again, when the cold settles in, the days are short, and with the holidays past us we all start to count down the days until spring. However, along with the chilly weather comes a resurgence in cold, flu, and COVID cases. While I encourage everyone to get vaccinated, I also acknowledge that this has become a burden for many of us.

The government defunded the COVID vaccine program for most Albertans, and now individuals must pay \$100 or more out-of-pocket to get their vaccine. Considering the proven protection for individuals and communities that the COVID vaccine provides, this decision is putting the lives of many at risk and increases the health care system's costs.

Vaccines aren't the only thing being defunded by the government. They have decided to transition to an American-style private healthcare system. This type of system enshrines unequal access and reduces the quality of healthcare, and ultimately, worsens health outcomes.

Wait times are too long for surgery, cancer, and other treatments, and it's not okay. I talk to many Albertans who wait months for the care they need. We need a real plan from the government.

American-style health care isn't going to solve anything. The number one cause of consumer bankruptcy in the U.S. is medical debt. We don't want that here.

The government chose to focus their efforts on denying human rights instead of fixing real issues in healthcare like long wait times, a shortage of nurses and doctors, and poor patient outcomes.

It's time to restore what was once a world-class healthcare system for all Albertans, and fix what the government broke.

Sincerely,

MLA Samir Kayande



MP Calgary Signal Hill
David GL McKenzie, KC, MP
8561 8A Ave SW
Calgary, AB T3H 0V5
☎ 403-695-0570
✉ david.mckenzie@parl.gc.ca

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Support with Federal Departments

My team can help you navigate issues with federal agencies such as the Canada Revenue Agency (CRA), Immigration, Refugees, and Citizenship Canada (IRCC), and Service Canada (EI, CPP, etc.). If your file is delayed or you're having trouble getting answers, we can look into the matter and ensure your case is reviewed fairly. While we cannot influence decisions or offer legal or financial advice, we can help make sure all relevant information is considered.

Visiting Ottawa?

If you're planning a trip to Parliament Hill, we can help arrange a tour or request tickets to Question Period (when the House is sitting). Please contact us at least two weeks in advance so we can confirm availability.

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- Provincial (MLA): healthcare, education, provincial highways
- Municipal (City Councillor): 3-1-1 services (garbage, water, roads, parks), police, fire, Enmax

If you need support or have questions, reach out anytime — my office is here to help.

BRAIN GAMES

SUDOKU

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6				2				
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