

NOVEMBER 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

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Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
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Your lender gave you an offer — not necessarily the best one.



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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	Damir Krnic
Vice President	Karen O'Keefe
Secretary	Wendy Felomeyer
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.ca.
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

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: 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



SCAN HERE TO VIEW ADDITIONAL GLAMORGAN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Community News

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

Join us for a free Splendor Tournament on November 8 at 3:00 pm. Splendor is an easy game to learn in just a few minutes and is perfect for those with little experience and those who are veterans to the game.

Volunteers Needed for Holiday Market!

Come to our Holiday Market this November! If you would like to be a volunteer to help run this event, please email us at jenn@myglamorgan.ca. If you would like to be a vendor at our market, please email us at jenn@myglamorgan.ca. See our website for further details

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 (@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 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!

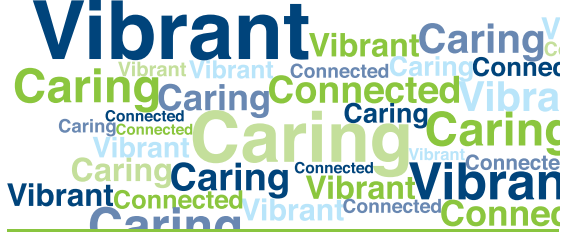


Glamorgan Animal Clinic

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

403.246.1774

www.glamorgananimalclinic.com



MEMBERSHIP

Enclose this form along with your membership fee & drop-off or mail to:

Memberships expire 1 year after purchase

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
Household	\$30
Associate	\$35
Senior (Single)	\$10
Student (Single)	\$10
Adult (Single)	\$20

*Memberships need to be renewed annually.



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!

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.



BRAIN GAMES

SUDOKU

	1	3	4				8	9
		8			3	4		
5			8		9			
		7					3	
	6			9			2	
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SCAN THE QR CODE
FOR THE SOLUTION



Hydration in the Golden Years

Conversation Starters with Roxanne Wheaton: A Thoughtful Series on Aging Well, Living Fully, and Planning Ahead

Did you know? As people age, the brain's thirst signal becomes less sensitive.

Hydration is especially important for seniors because the body becomes less efficient at conserving water with age, and the sense of thirst can become weaker. This means a senior may not feel thirsty even when their body needs fluids.

1. Reasons for dehydration as we age:

- The brain's thirst response changes.
- Kidney's conserve water less efficiently.
- Some medications can increase fluid losses.
- Eating less can also lower daily fluid intake.
- Fear of frequent bathroom trips especially at night or when mobility is difficult.
- Various health conditions can affect how much someone drinks.

2. Why hydration matters:

- Supports brain function: Even mild dehydration can cause confusion, dizziness, tiredness, or trouble concentrating.
- Helps prevent falls: Dehydration can lead to weakness or light-headedness, which may increase fall risk.
- Keeps digestion moving: Fluids help prevent constipation, which is common in older adults.
- Supports kidney and bladder health: Drinking enough fluids helps the body remove waste and may reduce the risk of urinary tract issues.
- Helps regulate body temperature: Seniors can be

more sensitive to heat and may dehydrate faster in warm weather.

- Supports energy and mood: Being well hydrated can help reduce fatigue and support overall comfort.

Creative hydration ideas:

- Keep a colourful water bottle nearby as a visual reminder, use a straw to increase intake.
- Add fruit, cucumber, mint, or lemon to make water more appealing.
- Eat water-rich foods like watermelon, oranges, grapes, cucumbers, tomatoes, applesauce, yogurt, soup, or gelatin.
- Add variety: Herbal tea, milk, smoothies, broth, juice with sparkling water.
- Pair drinking water with daily routines, such as taking medication, watching TV, or after each bathroom trip.

Water rich snack ideas:

- Watermelon and mint
- Cucumber topped with cream cheese or hummus
- Yogurt and berries
- Applesauce and yogurt swirl
- Citrus fruit salad
- Vegetable broth
- Tomato, cucumber, basil soup (blend and serve chilled)
- Berry banana smoothie

Small daily changes can make hydration feel easy, routine, and manageable instead of like a chore.

Call to Action:

Choose one idea at a time from above and make it part of your daily routine. Raise your awareness and prevent dehydration by making sure you regularly take in fluids throughout the day.

A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



Living Alongside Urban Coyotes

by Calgary Wildlife



Spotting a coyote in Calgary isn't unusual. You might see them crossing a quiet residential road at dawn or dusk, moving through an urban park, or down a river path. While seeing one can be surprising, coyotes are naturally cautious animals that generally prefer to avoid people.

Coyotes are highly adaptable, which is one reason they thrive in and around cities. Calgary's network of parks, natural areas, river valleys, and green spaces provides ideal habitat and travel corridors, while urban environments can offer shelter and food. Their natural diet consists primarily of small mammals such as mice, voles, rabbits, and ground squirrels, along with insects, berries, and other seasonal foods. By helping control rodent populations, coyotes play an important role in maintaining healthy urban ecosystems.



Although coyotes are present year-round, their behaviour changes throughout the seasons. In late winter, particularly January and February, breeding season can make adults more territorial. During spring and early summer,

parents become especially protective as they raise pups. By autumn, young coyotes begin dispersing from their family groups in search of new territories, increasing the chances of sightings throughout Calgary as they travel unfamiliar routes.

When pups are present, coyotes may also show "escorting" behaviour, following a person or dog from a distance as they move away from the den or territory. Although this can feel intimidating, escorting is generally a defensive behaviour rather than an aggressive one. The coyote is responding to a perceived threat and encouraging it to leave the area.

Most encounters between people and coyotes are brief and uneventful. Coyotes typically keep their distance, but problems can arise when they begin associating people with food. Intentional feeding, unsecured garbage, fallen fruit from backyard trees, compost, or pet food left outdoors can attract coyotes into neighbourhoods. Once animals become food-conditioned, they may lose some of their natural wariness, increasing the likelihood of conflict.

Simple actions can help reduce attractants around homes and communities. Make sure to securely store garbage in bins until collection day, clean up any fallen birdseed and pick up any fallen fruit. Compost bins should be properly maintained, pet waste should be regularly picked up, and pet food should not be left outside. These measures help discourage coyotes and many other wildlife species from relying on human-provided food sources.

Responsible pet ownership also plays an important role in preventing conflicts. Cats are safest indoors, particularly between dusk and dawn when coyotes are often most active. Dogs should remain on a leash in parks and natural areas unless they are in designated off-leash spaces where wildlife activity is low. Keeping pets close reduces the chance of defensive interactions, particularly during denning season.

If you encounter a coyote, remain calm and give the animal plenty of space. Do not approach it or attempt to feed it. If a coyote does not give you space or appears aggressive, make yourself appear larger by standing tall, maintain eye contact, pick up small children or small dogs, wave your arms, and speak in a firm voice while slowly backing away. Running is not recommended, as it may encourage the animal to give chase.



Coyotes have adapted remarkably well to urban life, but successful coexistence depends on maintaining healthy boundaries. By keeping wildlife wild, removing food attractants, and respecting their space, Calgarians can help reduce conflicts while supporting one of Southern Alberta's most adaptable native species.

Double Baked Sweet Potato Casserole

by S. Law



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- 1/2 tbsp nutmeg
- 3 tbsps maple syrup
- 1/2 tbsp ground cloves
- 1/2 tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chunks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the oven, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could

use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

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

Write It Forward 

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



Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road

space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.
7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.
8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.
10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.
11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.
12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in 1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.
2. Remembrance Day is celebrated in Canada on what day of November?
3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found in many parts of Alberta, including Calgary parking lots.
4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.
5. Toni ____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *The Sixth Sense*, *Little Miss Sunshine*, and *Knives Out*.
9. These small brown nuts come from oak trees and have a distinct cup shape.

Convert Your Unregistered Basement Suite by December 31 and Save



When The City of Calgary started its Secondary Suite Registry in 2015, just 430 homes dotted the map. November 2026 11 years later, more than 26,000 suites are registered. It's a success story made possible by Calgarians who stepped up to provide renters with a suite that is legal and safe.

For homeowners who have yet to register their suite, time is running out on a program that allows them to convert their suite and save money. The City of Calgary's Secondary Suite Amnesty Program ends December 31, 2026. Homeowners who take advantage of the Amnesty Program before that date will avoid development permit charges and registration fees. Owners of a suite constructed prior to March 2018 must ensure their existing suites meet the minimum life safety requirements. This includes providing a safe exit from all bedrooms, smoke and carbon monoxide alarms, a safe exit from the basement to outside, and drywall barriers between suites and in the mechanical room.

Details about registering an existing suite and the Amnesty Program can be found on calgary.ca/suites. Renters searching for a safe, legal suite can look for The City's official Registered Secondary Suite sticker in the window and visit the online map that lists all registered suites.

Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

Ways to Avoid Freezing Include:

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



MP Calgary Signal Hill
David GL McKenzie, KC, MP
8561 8A Ave SW
Calgary, AB T3H 0V5
📞 403-292-6668
✉ david.mckenzie@parl.gc.ca

How My Office Can Help You

Not Sure Who to Call?

If you're unsure whether an issue is federal, provincial, or municipal, we can help direct you to the right office.

- **Provincial (MLA): healthcare, education, provincial highways.**
- **Municipal (City Councillor): 311 services (garbage, water, roads, parks), police, fire, ENMAX.**

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.

Congratulatory Certificates

We offer certificates for milestone birthdays, anniversaries, and other special celebrations. We can also help request messages from the Prime Minister or Governor General when eligible. To ensure timely delivery, please contact us four weeks before the event.

Notary and Commissioner of Oaths Services

As your MP, I can notarize documents or commission oaths at no cost. Please provide about two weeks' notice, as availability may vary when the House is in session.

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

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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.

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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