

OCTOBER 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

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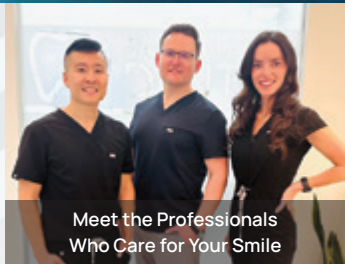
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Board and Contact List

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 Felmar
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 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: 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



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.

Creating a Community Garden

Glamorgan is exploring the idea of creating a community garden, and we want you to be part of it! Whether you love gardening, want to meet your neighbours, or simply like the idea of creating a beautiful, shared space in our community, we'd love to hear from you. Join us for an introductory meeting to learn more about the project, share your ideas, and find out how you can get involved. Sunday, October 25, at 3:00 pm at the Glamorgan Community Centre in the Main Hall. Everyone is welcome—no gardening experience necessary.

Splendor Tournament

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 olivia@myglamorgan.ca. If you would like to be a vendor at our market, please email us at olivia@myglamorgan.ca. Look on 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!

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GLAMORGAN COMMUNITY CENTRE
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Note: Do not send cash through the mail. Make cheque payable to
"Glamorgan Community Association"

Memberships can also be purchased online at www.myclamorgan.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!

Thank you to everyone who volunteered for our movie night!

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



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 ♥



Fall-Proofing the Home for Autumn and Winter

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

Did you Know? Falls are the leading cause of injury-related hospitalizations for Canadians aged 65 and older.

As autumn settles in and winter approaches, wet leaves, rain, snow, ice, and earlier darkness can make everyday spaces more slippery—especially for older adults. Even a small slip can lead to serious injury with longer hospital stays, loss of confidence, and reduced independence. The good news is that many falls can be prevented.

1. Brighten Walkways and Rooms

- Replace dim bulbs right away.
- Add nightlights in halls, bathrooms, and bedrooms.
- Keep paths clear of shoes, cords, and clutter.

2. Reduce Trip Hazards Underfoot

- Secure or remove rugs to prevent trips.
- Use sturdy heavy mats inside and outside entrances.
- Wear non-slip footwear instead of socks.

3. Make Wet Areas Safer

- Use non-slip mats in tubs and wet areas.
- Install grab bars near toilets and showers.
- Wipe spills as soon as they happen.
- Store heavy items within easy reach.

4. Prepare for Snow, Ice and Leaves

- Place ice-melt, a scoop, and gloves near the main entrance.
- Test outdoor lights and replace weak bulbs.
- Move boots, mats, and umbrellas away from walking paths.
- Sweep wet leaves from steps and walkways.
- Check railings before snow and ice arrive.
- Push snow rather than lifting when possible.
- Take breaks and stay hydrated while shovelling.
- Ask for help with heavy shovelling or icy steps when needed.

Small changes made now can prevent serious falls later.

Call to Action:

Choose one item at a time from this checklist and go from room to room to complete today.

If you or someone you know needs help preparing for winter, reach out to a neighbour, family member, caregiver, or local community support service.

YOUR CITY OF CALGARY

Urban Forest Strategic Plan Update

by The City of Calgary



The City of Calgary held engagement for a new Urban Forest Strategic Plan (The Plan) this spring and a What We Heard Report summarizing findings is now available at calgary.ca/UrbanForestPlan.

The Plan's project team is currently reviewing and considering all feedback as they develop the new Plan. A status update, including the approach to finalizing a new Plan, will be provided by the end of 2026. This will include information about the timing of the What We Did Report, which will explain how public feedback helped shape the Plan. For all the latest information, please check back at calgary.ca/UrbanForestPlan.

Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!

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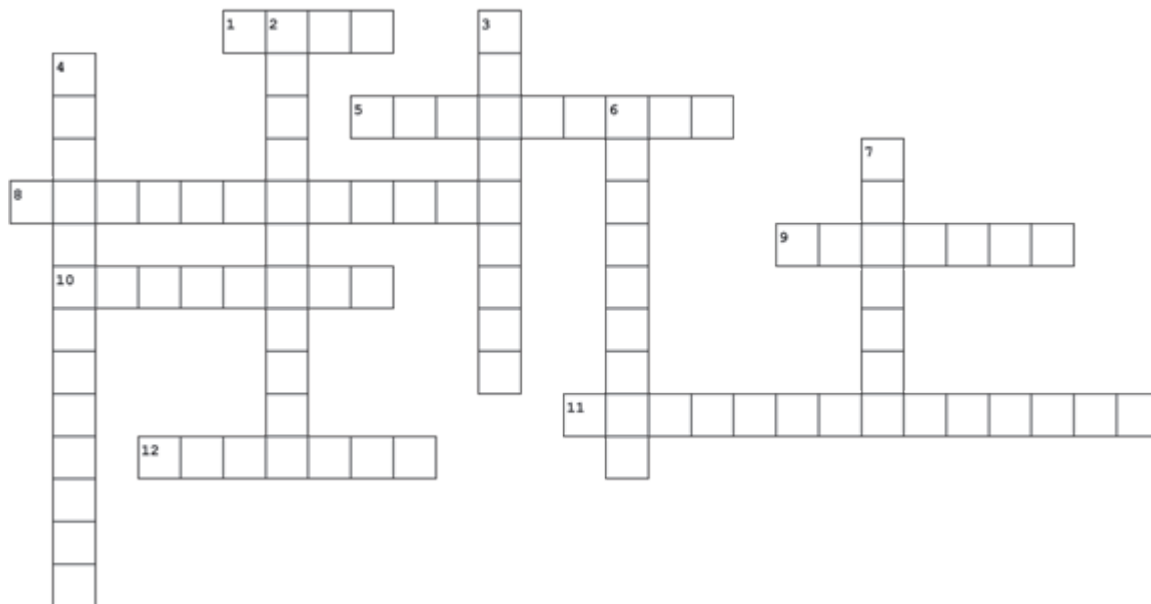
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October Crossword

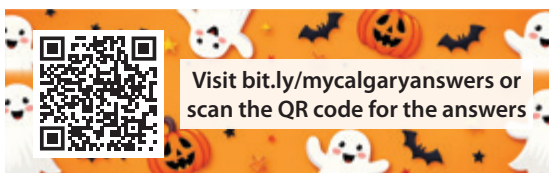


Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION

Ballet Season

In 1841, Paris, France premiered *Giselle*, for the first time. The Romance Era ballet featured a young peasant girl falling in love with noble man in disguise. This delightfully entertaining ballet became increasingly popular for its spooky themes and ghostly motifs.



Halloween Safety

by Alberta Health Services



As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and

establish a time for children to return home.

- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.

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