

APRIL 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

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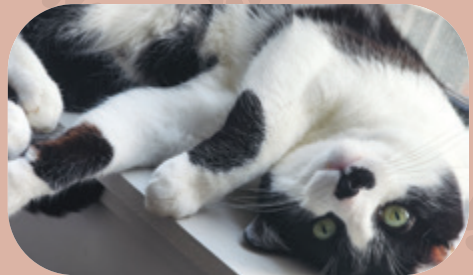
Cats, Canines, & Critters of Calgary



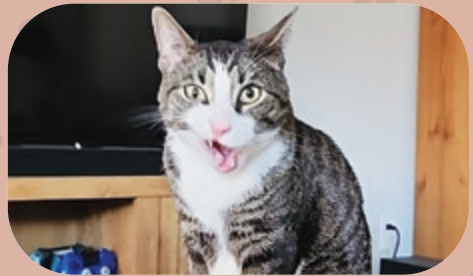
Crouton, Signal Hill



Echo, Nolan Hill



Robino, Mission



Ronaldo, Mission

To have your pet featured, email news@mycalgary.com

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**

For more information, contact the
Glamorgan Community Association

- April 2 - Harmonica Tableau
- May 7



BOOK YOUR EVENT

Book your family or corporate party
here at the Glamorgan Community
Association!

We offer a full bar service,
commercial kitchen and much more.
Call the office for pricing and
availability.

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.

PATHFINDERS – Program is offered Sundays. Please
call 403-283-8349.

ALL LEVELS YOGA – Tuesday nights at 8:00 pm.
For information or to register, email
bonbridges@gmail.com.

TAURUS TAEKWON-DO – Monday and Wednesday
evenings
Ages 4+
403-708-7199
www.taurustkd.com
fit.tkd@gmail.com

*Do you have a program to offer or want to see a
program come to our community? Contact Sara Polzen,
our General Manager.*

Parent & Tots Weekly Drop In Program



Are you the parent of a tot and are looking to meet
other parents in your community?

Join our NEW

Parent & Tot Program

Tuesdays 9:30am to 11:30am

In the Seminar Room

Drop In

\$3/parent includes coffee



You Are Invited To Our Annual General Meeting Thursday April 18, 2024 7:00pm In The Main Hall

AGENDA

1. Call to Order. Introduction of Board Members and Staff
2. Adopt Agenda as presented
3. Adopt Minutes of April 20, 2023 AGM as presented
4. Audited Financial Statements 2022. Presented by Treasurer/Auditor
5. Questions and comments on Board Reports
6. Councillor Pootmans
7. Nominations and election of 2024/2025 Board of Directors
8. Meeting adjourned

**Thank you for attending our AGM.
Please join us after for wine and cheese**



April 2 - Seniors Corner - Harmonica Tableau

April 18 - Annual General Meeting

May 7 - Seniors Corner

September 14 - Community Clean Up

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
- Children's Outdoor Soccer
- Special events to bring residents together and build community

Please purchase or renew your membership today!

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.

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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

Membership expires August 31

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

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

Please list the member(s) of your household to be included on this membership: **A/Y = Adult or Youth**

First Name	Last Name	A/Y

Address:	
Postal Code:	
Primary Phone #:	
Alternate Phone #:	
Primary E-mail:	
Total Amount Enclosed:	Receipt #

Yes, I would like to receive information by email from the Glamorgan Community Association
 Visa/Mastercard _____ Exp. Date _____

Duties of the Officers of the Board of Directors

PRESIDENT

- *delegates and coordinates the affairs of the Board,
- *when present, Chairs all meetings of the general meeting of the Society, the Board and the Executive Committee;
- *acts as the spokesperson of the Society

VICE PRESIDENT

- *presides at meetings in the President's absence;
- *replaces the President at various functions when asked to do so by the President or the Board;
- *is a member of the Executive Committee

SECRETARY

- *attends all meetings of the Society, the Board and the Executive Committee;
- *keeps accurate minutes of these meetings;
- *has charge of the Board's correspondence;
- *makes sure all notices of various meetings are sent

TREASURER

- *makes sure a full and detailed account of revenues and expenditures is presented to the Board at each meeting;
- *makes sure an audited statement of the financial position of the Society is prepared and presented to the Annual General Meeting;
- *prepares and maintains adequate accounting records;
- *prepares the budget for Board approval

DIRECTOR AT LARGE

- *This position is an introduction to the Board and how the GCA functions
- *are able to choose what initiatives they would like to become involved with
- *promote volunteerism and participation within the community
- *an excellent position to familiarize yourself with the different roles within the Board which you may choose to take on in the future

Board and Contact List



4207 - 41 Avenue SW Calgary, Alberta T3E 1G2

Phone: 403-246-8218 • Fax: 403-240-1394

Office Hours: Tuesday/Thursday - 10:00 am to 1:00 pm, Wednesday/Friday - 1:00 to 4:00 pm

Office is closed Mondays and weekends

Website: www.myglamorgan.ca • Email: info@myglamorgan.ca

Board Members

President	Nicole Liesemer
Vice President	Vacant
Secretary	Danielle Southern
Treasurer	Beth Barretto
Director At Large	Alanna Redding
Director At Large	Lindsay Sales

Liaisons

Calgary Police Service		
Community Resource Office		403-428-6200
Community Partnerships Coordinator	Keith Magill	403-476-7185

Community Activities

Girl Guide Centre, Brownie, Guides, Sparks, and Pathfinders		403-283-8349
Calgary Minor Softball Assn		
Gaming Manager		403-246-8218
Kidzinc		403-240-2059

Staff

General Manager	Sara Polzen	403-246-8218
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Board meetings are held on the third Thursday of each month.
Community members are welcome to attend. Call 403-246-8218 for more information.

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.

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Kathryn McRae

403-249-4797 in Glenbrook

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kattax2000@shaw.ca

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at 403-720-0762 or sales@greatnewsmedia.ca

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GLAMORGAN MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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GLAMORGAN PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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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.

BOOKKEEPING, TAX PREPARATION, PAYROLL, GST: I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

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RESIDENT PERSPECTIVES

Do I Need to Be Happy?

by Michelle Poon, Registered Psychologist



Happiness is defined as an emotional state characterized by feelings of pleasure, contentment, and a sense of satisfaction. During a state of happiness, we may feel energized, enjoy healthy relationships, and feel like we are living with a sense of purpose. Alternatively, during a state of unhappiness, we may feel disappointed, think more pessimistically, and experience fatigue and changes in weight or appetite.

However, life is a balance of a variety of emotions, both comfortable and uncomfortable, and it's healthy to experience a wide range of emotions. Anxiety, sadness, guilt, and anger are all normal emotions, and they can help us grow and become more resilient. Life satisfaction does not come from feeling happy all the time, but instead stems from evolving factors such as mindfulness, living by your values, and responding more effectively to unhelpful thoughts.

The following are ways to both increase life satisfaction, and cultivate more moments of happiness:

- **Have more mindful moments** – be in the here and now, practice gratitude, perform random acts of kindness, and pay more attention to the small things around you.
- **Live by your values** – identify what you want to stand for in life and incorporate these values into activities such as volunteering and/or other community involvement.
- **Reframe and respond more effectively to unhelpful thoughts** – consider alternative perspectives, focus on the bigger picture, and let go of thoughts that aren't enhancing your life.

Keep in mind that the above strategies take committed action and time. It's always okay to ask for help and to try out different strategies to find the one that works best for you.

"Even if happiness forgets you a little bit, never completely forget about it." - Jacques Prevert



Glamorgan Real Estate Update

Last 12 Months Glamorgan MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2024	\$ 447,450	\$ 481,000
January 2024	\$ 409,900	\$ 390,000
December 2023	\$ 399,000	\$ 426,000
November 2023	\$ 474,950	\$ 469,500
October 2023	\$ 439,900	\$ 400,000
September 2023	\$ 262,500	\$ 277,500
August 2023	\$ 444,500	\$ 454,000
July 2023	\$ 289,950	\$ 277,500
June 2023	\$ 310,000	\$ 330,000
May 2023	\$ 449,900	\$ 457,500
April 2023	\$ 249,950	\$ 294,950
March 2023	\$ 469,700	\$ 464,500

Last 12 Months Glamorgan MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2024	10	12
January 2024	12	11
December 2023	8	7
November 2023	7	6
October 2023	4	7
September 2023	7	6
August 2023	11	14
July 2023	9	10
June 2023	20	15
May 2023	13	15
April 2023	19	16
March 2023	12	10

To view more detailed information that comprise the above
MLS averages please visit glam.mycalgary.com

GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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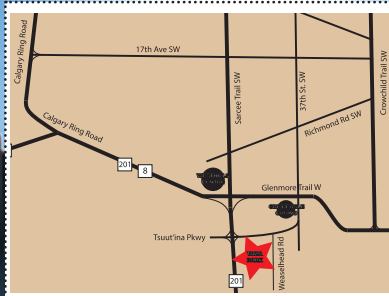
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