

FEBRUARY 2023

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



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Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

*Friendships
Social Events
Picnics
Role Models
Companionship
Coffee &
Cookies
Movie Nights
Connecting
with Youth
Making a
Difference
Being Proud
Celebrations*



PRESIDENT'S MESSAGE

Hello again, Glenbrook!

As we move into February, winter will soon be coming to an end, and it will not be long until we can start thinking about spring. While looking forward to warmer temperatures, we should take the opportunity to once again thank our team of rink volunteers who have been working hard to keep the rinks open all winter. Our rink workers take time out of their lives to make, maintain, clean, and repair the ice for community members to enjoy, on top of having full-time jobs. I'd like to give a special shout out to Brad Warne for stepping up as our lead ice worker, and to long-time volunteer Dave who is always willing to grab a shovel and help clean the rinks.

We are continuing to reintroduce community events that were once held on a yearly basis before the pandemic. With the increase in respiratory illness among children in the latter part of 2022, many kid-friendly events were cancelled or scaled back to help reduce the spread, just as they had been for the last few years. As always, please take care of each other, and be understanding and kind to one another.

All the best,

Murray, President

Glenbrook Community Association



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

GLENBROOK SPORTS CLUB

Calgary Kangaroos/Kookaburras Australian Football

Junior/Adult Programs and Tournaments
Glenbrook/Killarney

Calgary Padel Club

Junior Program, Adult Teams, Tournaments
3524 45 St SW

Fencing Academy of Calgary

Introductory/Beginner/Intermediate
Foil, Epee, or Sabre Class
3524 45 St SW

Pickleball (Seasonal)

Weekday mornings at 9:00am
New players welcome on Fridays
3524 45 St SW

Umoja Community Mosaic

Soccer Without Boundaries – Saturday Soccer Club
Various locations including Glenbrook

West Hill Softball (Fastpitch)

Girls Aged 6 to 19, SW Calgary Diamonds
Including Glenbrook and Glamorgan

FCSS
FAMILY AND COMMUNITY
SUPPORT SERVICES

CANADIAN
WOMEN'S
FOUNDATION

WOMEN'S
CENTRE OF
CALGARY



Girls After School Programs

GIRL POWER (GRADES 5-6) - STARTS JAN 18TH
WEDNESDAYS (IN PERSON 4:00 - 6:00 PM)

GIRL FORCE (GRADES 7-9)
TUESDAYS (ONLINE 6 - 7:30 PM)
STARTS JAN 17TH

THURSDAYS (IN PERSON 4:30 - 6:30 PM)
STARTS FEB 2ND

CONTACT
YOUTH@WOMENSCENTRE.CALGARY.ORG
403-264-1155 EXT. 223

leadership community activism



CONNECTING GLENBROOK

Tai Chi

Beat the February blues by joining your friends and neighbours for a gentle exercise class on Tuesday mornings. Wear comfortable clothes, dry non-slip shoes, and a nametag. Come out for some good stretching, rhythmic breathing, and a break in your daily routine.

Upcoming Dates: Tuesday, February 7; Wednesday, February 15; Tuesday, February 21 and 28; Tuesday, March 7 and 14.

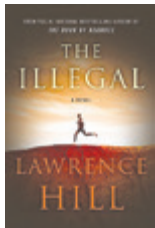
Contact Gary at glenbrookevents@shaw.ca.

Knitting and Crafts

Learn a new stitch, get an idea for your next project, share patterns and yarn, socialize, and drink tea. Meet in the upstairs space of the Glenbrook Hall through the back door. Bring your own mug.

Upcoming Dates: Thursday, February 9 from 1:00 to 3:00 pm; Wednesday, February 22 from 7:00 to 8:30 pm; Thursday, March 9 from 1:00 to 3:00 pm; Thursday, March 22 from 7:00 to 8:30 pm.

Contact Ruth at glenbrookevents@shaw.ca.



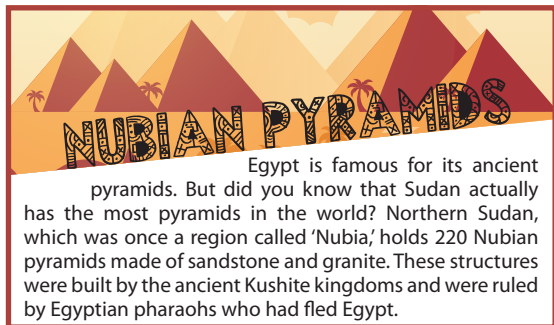
Book Club

We will be reading *The Illegal* by Lawrence Hill this month. Join us at the community hall and bring your own mug for tea.

Our book for March will be *All the Light We Cannot See* by Anthony Doerr.

Upcoming Dates: Wednesday, February 15 from 1:00 to 3:00 pm; Wednesday, March 15 from 1:00 to 3:00 pm.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

We are having great fellowship, interesting speakers, delicious snacks, and coffee in a warm space, and we welcome you to join us. New ideas and possibilities for this gathering are welcome. December's Christmas Social was very festive and convivial. If you feel disconnected from your community or are interested in making new friends, this is the place for you. Bring your own mug, dry footwear, and a name tag.

Upcoming Dates: Friday, February 24 from 10:00 to 11:30 am; Friday, March 24 from 10:00 to 11:30 am.

Contact Audrey at glenbrookevents@shaw.ca.

Fun and Games

Enjoy your favourite game or learn a new one while meeting new neighbours in a friendly environment. Meet at the Glenbrook Hall with a mug, dry footwear, and a name tag.

Upcoming Date: Friday, February 17 from 1:00 to 3:00 pm.

Contact Pat and Gordon at glenbrookevents@shaw.ca.



SUDOKU

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	1	5		7				

FIND SOLUTION ON PAGE 10



GLENBROOK COMMUNITY MEMBERSHIP

Glenbrook Hall: 3524 – 45 Street SW, Calgary, AB T3E 3V2
Glenbrook.Community@shaw.ca • 403- 249-6664

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. You can become involved with your community association in two important ways:

1. Become a member – when you purchase your annual Glenbrook membership, your dues are used to offer you and your neighbours many programs and activities.

2. Become a volunteer – Glenbrook Community Association relies on volunteers to make things happen. There are many ways to volunteer to make your community a more enjoyable place to live. At the same time, you will make new friends and learn new skills.

Membership forms and payment can be dropped off at the Glenbrook Hall mail slot, mailed through Canada Post to the Hall (address listed above), or purchased at community events. Debit and Credit payments are now accepted.

Membership fees: \$25 per family (includes any family member living at same address) or \$20 for Senior (65 years and older) or individual. Please make cheques payable to: Glenbrook Community Association

(September 1, 2022 to August 23, 2023)

Name:

Address:

Phone:

Cell:

Email:

Membership type: Family (\$25)

Senior 65+/Single (\$20)

Payment type: Cash Cheque

(payable to Glenbrook Community Association)

Volunteer – we are always looking for volunteers to help with various events within the community. Volunteer opportunities include the following - Skating events, skating rink maintenance, Family Fun days, Community cleanup day, sports events, Casinos, etc.

Contact for Volunteer canvas: Yes

No.....

Like us on Facebook!



Visit www.facebook.com/glenbrookcommunity

Or search 'Glenbrook Community Association' on mobile!

- Important event updates and times
- Info about the neighbourhood
- Connect with your community

☒ CHECKLIST

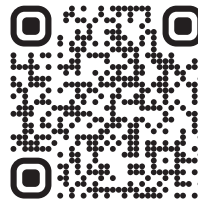
**9 PM
ROUTINE**



CALGARY
POLICE
SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

SCAN HERE



To View Additional Glenbrook Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and more...

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Glenbrook Community Association

Please direct all questions to
glenbrook.community@shaw.ca
or call 403-249-6664.

2022-23 Board Members

President	Murray
Vice-President	Kim
Past-President	Ken
Secretary	Vacant
Treasurer	Gary
Newsletter Editor	Noel
Director at Large	Nicole
Director at Large	Margaret
Memberships	Mary
Outdoor Planning	Bill
Urban Canopy	Bistrin
Hall Rentals	Shirley

Hall Rentals

Please direct all questions to
glenbrook.community@shaw.ca
or call 403-249-6664.

Hall:

- Monday to Thursday, Daytime (cut off at 5:00 pm)
- \$25/Hour, Minimum 3 Hours
- Monday to Thursday, Evening (5:00 PM to 10:00 pm)
- \$30/Hour, Minimum 3 Hours
- Friday to Sunday, Day Rate - \$350/day
- Wedding Package, Friday evening to Sunday at 12:00 PM - \$700 (includes use of Boardroom and upstairs space)

Security Deposit:

- \$500/rental, returned 7 days past the event

Boardroom:

- Monday to Thursday - \$25/Hour, Minimum 3 Hours

Sport Shack:

- Sunday to Saturday (8:00 am to 10:00 pm) - \$25/Hour, Minimum 2 Hours
- Storage Lockers (rooms) - \$75 to \$95/month. For sport equipment storage by sport groups only. Payment required 6 months in advance.

Debit and credit payments are now accepted.

GCA Meetings

Upcoming Meetings

● March 2

Did you know that anyone can attend meetings of the Glenbrook Community Association? They aren't only for board members. Everyone in our community has a voice and we would love to hear them.

Meetings are held on the first Thursday of the month, from September to June, at 7:00 pm in the Glenbrook Hall (3524 45 St SW)

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.



Glenbrook Lifetime Member and Community Partnership Awards 2023

Awards season is back in Glenbrook! We will recognize exceptional individuals who have demonstrated significant and sustained service to Glenbrook, and outstanding contributions from local groups and businesses.

We will consider:

- General attitude and overall demeanor**
- Dedication to the objectives of the association**
- Commitment to good community stewardship**
- Valued leadership and good role modeling**

Nominations are now being accepted until May 23, 2023. Forms are available at the Glenbrook Hall, or by request to glenbrook.community@shaw.ca or by calling 403 249 6664.



Glenbrook Real Estate Update

Last 12 Months Glenbrook
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$612,450	\$595,000
November 2022	\$299,950	\$290,250
October 2022	\$240,900	\$237,000
September 2022	\$569,000	\$537,500
August 2022	\$319,900	\$309,500
July 2022	\$404,949.50	\$395,000
June 2022	\$339,900	\$339,900
May 2022	\$329,900	\$331,000
April 2022	\$487,000	\$482,500
March 2022	\$449,450	\$471,500
February 2022	\$385,000	\$404,444
January 2022	\$599,900	\$621,000

Last 12 Months Glenbrook
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	4	6
November 2022	7	8
October 2022	6	7
September 2022	12	13
August 2022	12	14
July 2022	11	10
June 2022	22	17
May 2022	18	17
April 2022	18	20
March 2022	31	22
February 2022	25	20
January 2022	7	13

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



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BRAIN GAMES SUDOKU

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8	9	4	2	3	1	5	7	6
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6	1	5	9	7	4	3	2	8

**MLA Calgary-Currie
Nicholas Milliken**

Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3

☎ 403-246-4794

✉ calgary.currie@assembly.ab.ca



Dear Neighbours,

I am pleased to report that help is on the way for Albertans needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Your government values and recognizes Alberta's paramedics. Government aims to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. The plan proposes only using ambulances for patients who require medical support during transport. For patients who do not require medical support during transport, AHS will arrange for alternative transportation options like community shuttles and wheelchair accessible taxis. This means more ambulances on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to reduce pressures and improve system performance. This also includes reducing wait times for surgeries and improving overall patient flow and capacity.

Government is also working with AHS for additional action. This includes adding a triage physician to emergency department waiting rooms to support patient offloads and allowing paramedics to assess and treat patients without having to transport them to hospital.

I would also like to provide some good economic news. A new TD Economic report projects Alberta's economic growth will lead the country in 2023 with Alberta outperforming all other provinces. In 2023, oil production is still expected to grow, as well as oil patch spending, driving optimism among banks and businesses. Further, the \$21.4 billion Trans Mountain pipeline expansion project is expected to be completed later in the year.

Job numbers reveal that 88,800 new jobs were created in December alone! Since 2021, Alberta has created 221,000 jobs. Policies matter, and we are putting the right policies in place to grow and diversify the economy.

Your government is taking action on healthcare and the economy, and I am working to make sure my constituents of Calgary-Currie are supported.

Sincerely,

MLA Nicholas Milliken

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

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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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