

JANUARY 2023

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



**HAVE SOME FUN AND GAMES
WITH YOUR NEIGHBOURS**
PAGE 5



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OPENS FEBRUARY 1ST**
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LOCAL FIELDS:
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Turtle Hill, Richmond Field

Offering U4, U6, U8, U10SWL outdoor programs

✉ info@triwestsoccer.com
🌐 www.triwestsoccer.com

Gentle Intentions

from Alberta Health Services

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some “gentle intentions.” Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night’s sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.



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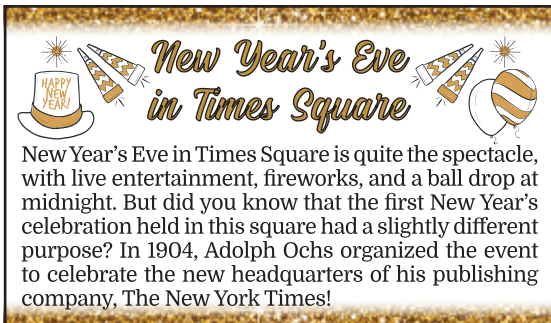


Nicholas Milliken
Your MLA for Calgary-Currie

PRIORITIES

- ✓ ADDRESS AFFORDABILITY
- ✓ STRENGTHEN HEALTHCARE
- ✓ IMPROVE EMS RESPONSE TIME
- ✓ ENHANCE MENTAL HEALTH AND ADDICTIONS TREATMENT

calgary.currie@assembly.ab.ca **United Conservative**



New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

PRESIDENT'S MESSAGE

Happy New Year, Glenbrook!

I look forward to the start of 2023 and a continued return to normal life for all Glenbrook residents. While 2022 was another year of great change, I was happy to see people out and enjoying everything Glenbrook has to offer throughout the year.

Grace has been quite busy organizing a number of programs for the community, including a weekly drop-in Tai Chi class, a knitting and crafts club, a monthly book club, and a coffee social club all running out of Glenbrook Hall. Some additional events and activities we held this year included a community cleanup in the spring, a Canada Day sport celebration, co-hosting a national Padel tournament, and the return of our outdoor skating rinks. As we continue to offer these events and more, we are in need of a Volunteer Event Coordinator to join our team. We have volunteers ready and able to help but need someone to step up and help organize and run the events specifically. If you are interested, please reach out to me.

The need to sincerely thank our rink volunteers comes up every year about this time. Right now, Brad, Darren, Dave, and others are sweeping, cleaning, and flooding the rinks on a regular basis for all of us to enjoy. Thank you!

The final draft of the Westbrook Local Area Plan will go to City Council for a vote this year. There are a number of changes to Glenbrook outlined in this document, including changes to the type and size of residential buildings that will be allowed. I thank everyone who sent in their comments and ideas to the committee, for we did see some positive changes from previous drafts because of your involvement.

I have noticed that during our colder nights, there are many people running extension cords across sidewalks to plug their vehicles in. In the City of Calgary, you are not allowed to run an extension cord across a city-owned sidewalk. This includes suspending a cord above a sidewalk. Please be courteous to our residents who use the public sidewalks on a daily basis and do what you can to avoid having cords crossing the walkways. And as always, please watch your speed when driving through the neighbourhood this holiday season.

I wish everyone the best in 2023 and I look forward to once again participating in all of our planned events.

Murray, President

glenbrook.community@shaw.ca

403-249-6664

GLENBROOK SPORTS CLUB LIST

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

International Sweatpants Day

In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!



CONNECTING GLENBROOK

Contact glenbrookevents@shaw.ca for more information about any of these groups or events, and your inquiry will be forwarded to the appropriate person. Be sure to include the group or event you are asking about, as well as the organizer (listed below), in the subject line.

Tai Chi

Join your friendly Glenbrook neighbours for a gentle exercise class on Tuesday mornings at 10:00 am. Wear comfortable, loose-fitting clothes, dry, non-slip shoes, and a nametag. Come out for some good stretching and rhythmic breathing.

Upcoming Dates: January 10, 17, 24, 31; February 7, 14

Contact Gary at glenbrookevents@shaw.ca.

Crafting/Knitting

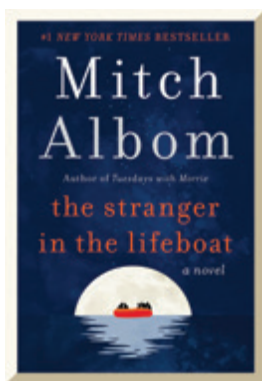
Chat and drink tea while working on your own craft project of any kind. Here's a testimonial from Liz Diana:

"Come and join us. We have Ruth who is helping me learn how to knit, starting with a dishcloth. Yarn and equipment are provided for beginners."

Meet us in the Hall's upstairs space through the back door. Bring your own mug.

Upcoming Dates: Wednesday, January 25 at 7:00 pm; Thursday, February 9 at 1:00 pm

Contact Ruth at glenbrookevents@shaw.ca.



Book Club

We will be reading *The Stranger in the Lifeboat* by Mitch Albom this month. Join us to discuss this intriguing stranger on Wednesday, January 18 from 1:30 to 3:00 pm at the Glenbrook Community Hall.

Next month's read is *The Illegal* by Lawrence Hill, and the meeting will be on Wednesday, February 15.

Contact Grace at glenbrookevents@shaw.ca.

Upcoming Dates: January 18, 1:30 to 3:00; February 15

Coffee Social

At our November gathering, Kellie, a community social worker, visited and inspired us with lists of resources and possible speakers on topics such as telephone fraud, community safety, health issues, and volunteering.

Yak and snack with friends and neighbours on relevant topics. Bring your own mug.

Upcoming Date: Friday, January 27 from 10:00 to 11:30 am

Contact Audrey at glenbrookevents@shaw.ca.



Fun and Games

Join us for a variety of games and a potluck snack buffet. Bring your own mug and dry indoor shoes.

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

Contact Pat or Gordon at glenbrookevents@shaw.ca.



National Hot Tea Day



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!





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 to 3524-45 St SW, Calgary, AB T3E 3V2 or purchased at community events. September 1, 2022 to August 31, 2023

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

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.

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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.hall.rentals@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.


GCA Meetings

Upcoming Meetings

● February 2 ● 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)



The banner features a central text box with a dashed border, flanked by illustrations of athletes and artists. At the top, two gold medals are shown. The text inside the box reads: "The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours." The background is a light blue gradient with decorative elements.

Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).



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.

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,

Your government is working hard to support you. In fact, in 2022 the government's commitment to fiscal discipline and economic growth allowed for unprecedented economic development and recovery. However, some of Alberta's most vulnerable communities are still struggling. To help these Albertans, the government is working on Bill 2. Upon successful passage, Bill 2 will increase supports for individuals on Assured Income for the Severely Handicapped (AISH), Persons with Developmental Disabilities (PDD), and Income Support monthly benefits. As an example, AISH recipients will see their benefits indexed to inflation, and will receive six monthly payments of \$100, for a total of \$600 in additional support.

I've also heard from many seniors and families that the rising cost of living has had an impact on your day-to-day life. Government is focused on finding solutions that will make a real difference. That's why we're raising the Alberta Senior's Benefit and the Alberta Child and Family Benefit. Families and seniors with household incomes below \$180,000 per year will receive six monthly payments of \$100, for a total of \$600 in additional financial support for seniors and \$100 per dependant child under 18 years of age.

Your government understands the far-reaching impact that this inflation-driven affordability crisis is having on all Albertans. As a result, we have extended the Fuel Tax Relief Program, pausing the 13-cent provincial fuel tax so you can save at the pumps. Also, we expanded the Electricity Rebate Program, putting up to \$500 back into the pockets of Albertans, and we're reindexing personal income tax, meaning most people will receive a higher refund or owe less tax for 2022. But we're not stopping there. Government is also helping low-income Albertans with the cost of transit and providing millions of dollars to Food Banks supporting those most in need.

As we head into a new year, know that I will continue working hard to support you and our entire community here in Calgary-Currie. I hope you had the opportunity to spend time with loved ones over the holidays and I wish you and your family all the best for a healthy and prosperous new year.

Nicholas Milliken MLA
Calgary – Currie



Councillor, Ward 6
Richard Pootmans

☎ 403-268-1646

✉ Eaward6@calgary.ca

🌐 Calgary.ca/ward6 📷 @pootmans

📱 @richardpootmans9

Happy New Year Ward 6,

I hope you had a lovely Christmas and rang in the new year with those who are most important to you. With a new year comes a sense of belief that good things are going to happen for our City, and I am looking forward to what 2023 will bring. A reminder of a couple things that are coming in January:

Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December brings the potential for snowfall in the city, and this means snow bans may come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.

Tax Assessment Notices

Assessment notices are mailed to the current owner at the beginning of January. They reflect the market value of a property on July 1 the previous year and the condition of the property as of the subsequent December 31. I encourage you all to take the time necessary to examine your assessment for accuracy, as the customer review period is from January 4 to March 13, 2023. You can view all your information, access more useful tools and information, or contact the City Assessor at <http://Calgary.ca/assessment>.

The Ward 6 Team looks forward to representing you and helping you collaborate with the various departments within The City of Calgary to resolve your concerns.

Sign up for our more detailed monthly newsletters at Calgary.ca/ward6.

Sincerely,

Councillor Richard Pootmans

SAFE & SOUND

Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. 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 and have fun on the toboggan 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 too 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; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- 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.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media
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.

OPEN CANOPY TREE CO.: We are located right next door in 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.





Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.

