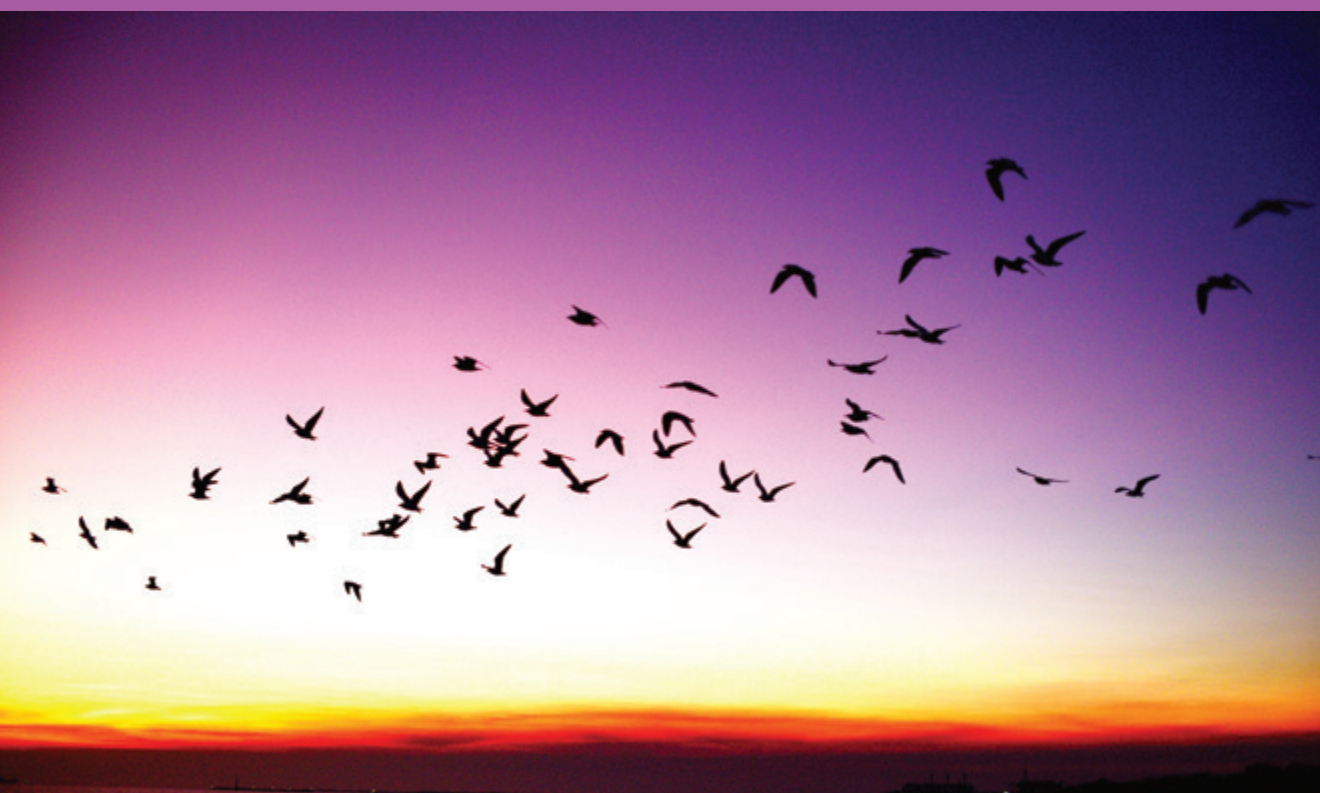


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GLENBROOK globe

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Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using
#postyourpurple



MARCH 26
Purple Day

epilepsycalgary.com

Word of the Month

Imponderabilia: *plural noun*
(im-pon-der-uh-bil-ee-uh)

Experiences, ideas, and objects that are complex to explain.

In her poetry, Jane discusses the imponderabilia of life's milestones and hardships.

Classic Cars



1967 PONTIAC RAG TOP

Article and photo by Fred Nelson

We always remember our first car. For Gord, it was a '63 Pontiac convertible. Years later he went searching for another one, but they were just not around.

He did find this '67 though, and what started out as a repaint turned into a full frame-off restoration. He was even able to secure a correct original blue GM top, making it absolutely authentic.

Driving the car to California for the International Pontiac Show, it scored 393 out of 400 points for the Gold Award. Then, he drove it back home to Glenbrook. It'll be out cruising shortly.

If you have a classic car that you would like to see featured in the Glenbrook Globe, please reach out to Fred at 403-242-3856.

Cats, Canines, & Critters of Calgary



Chile Mango Bean, Sundance



Chloe, Somerset



Kiki, Dalhousie



Stormi, Deer Ridge

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

Glenbrook Community Association

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

2024 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 |
| Senior Programming | Grace |
| Social Committee | Emily |
| Pet of the Month | Charlene |

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 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)

Security Deposit:

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

Boardroom:

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



GCA Meetings

Upcoming Meetings

April 4, May 2, June 6

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).

SCAN HERE TO VIEW ADDITIONAL GLENBROOK CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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.

The Glenbrook Community Association is pleased to offer a number of free clubs and groups throughout the week at the community hall. If you are interested in trying out one or more of these, please email glenbrookevents@shaw.ca so we can gauge interest. A Glenbrook community membership is requested, but not mandatory.

Tai Chi



Stability, balance, and flexibility are very important as you age. This program can help you improve these factors and decrease health risks. Join your neighbours for gentle exercise and breathing. Bring dry shoes.

Contact Gary at glenbrookevents@shaw.ca.

Knitting and Crafts



The season of toques, scarves, and Christmas gifts has finished. Join us to share some spring ideas and cheer at the hall. Instruction and materials available.

Contact Ruth at glenbrookevents@shaw.ca.

Fun and Games



Join us for cards, games, knitting, chatting, and snacks to escape the remaining winter blues.

Contact Pat or Gord at glenbrookevents@shaw.ca.

Book Club



Patterson House by Jane Cawthorne is our book for March. For April, we have chosen *The First Ladies* by Marie Benedict and Victoria Christopher Murray. These books are available through the library.

Contact Grace at glenbrookevents@shaw.ca.

Coffee Social



Find out what's new in Glenbrook and join the laughter with friends and neighbours at the hall.

Contact Audrey at glenbrookevents@shaw.ca.

Daytime - Main Hall

| | | |
|--------------------|---------------|-------------------|
| Tuesday, March 5 | Tai Chi | 10:00 to 11:30 am |
| Tuesday, March 12 | Tai Chi | 10:00 to 11:30 am |
| Thursday, March 14 | Fun and Games | 1:00 to 3:00 pm |
| Tuesday, March 19 | Tai Chi | 10:00 to 11:30 am |
| Friday, March 22 | Tai Chi | 10:00 to 11:30 am |
| Friday, March 22 | Coffee Social | 9:00 to 11:30 am |
| Tuesday, March 26 | Tai Chi | 10:00 to 11:30 am |

Evening – Meeting Room

| | | |
|---------------------|---------------|-----------------|
| Wednesday, March 20 | Book Club | 7:00 to 9:00 pm |
| Wednesday, March 27 | Knitting Club | 7:00 to 9:00 pm |

Neighbourhood Game Night

Crokinole



Do you remember this game? Use your finger and a checker to shoot an opponent's checker off the board. Look up the rules or reach out if you might be interested in getting together with a few others at a convenient time and place to play. It is very sociable and lots of fun!

Mahjong



This is a popular, rummy-type tile game. Margaret has been teaching and hosting weekly mahjong games for the past year. She is ready to start another group for those who are interested in learning with other beginners, or you can join an existing group.

Contact gracestolte@hotmail.com for more information.

GLENBROOK ATHLETICS

Calgary Padel Club

Junior Program, Adult Teams, Tournaments
3524 45 St. SW | info@calgarypadel.ca

Calgary Wildcats Football

Atom/Bantam/Peewee, Spring Football
Practices at Glenbrook School
Games at Shouldice Athletic Park
contact@calgarywildcatsfootball.com

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3524 45 St. SW | faofc@fencingacademy.ca

Umoja Community Mosaic

Soccer Without Boundaries – Saturday Soccer Club
Various locations including Glenbrook
office@umojamosaic.org



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, 2023 to August 31, 2024)

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.....



Letter from the Editor

Hello, Dear Reader!

My name is Noel, and I am the newsletter editor for the Glenbrook Community Association. I hope you enjoy reading this edition of *the Globe*, whether in print or online. We love to hear from the community and get to know our readership, so if you have any feedback, questions, ideas, or just want to say hi, feel free to email glenbrook.community@shaw.ca and we will get back to you.

Thanks!

PRESIDENT'S MESSAGE

Happy March, Glenbrook!

As spring quickly approaches, we will all be looking forward to the warmer days and having more daylight longer into the evening. Unfortunately, this is also the time of the year when we start to see the ice melt on the outdoor rinks, signaling the end of another season. I ask everyone to be patient as the rinks are put away and we get ready for the summer courts to open again. We will always strive to re-open the courts as soon as we can, but we are at the will of Mother Nature to decide when that is.

An early Easter will see us celebrate both Good Friday and Easter Sunday in March of this year. March is also the month we celebrate St. Patrick's Day, and we will move our clocks ahead one hour as we spring ahead on Sunday, March 10. Spring officially arrives on March 21, and soon the trees will be leafing out and our gardens will start to wake up again.

We have begun accepting nominations for our annual Glenbrook Community Awards, and will continue to accept nominations until Monday, May 20. If you would like more information on the Glenbrook Lifetime Member Award or the Glenbrook Community Partnership Award, please reach out to glenbrook.community@shaw.ca and we will help you through the nomination process.

We are still looking for volunteers to help at our casino on Friday, May 10 and Saturday, May 11, which will take place this year at the Elbow River Casino. This is our major fundraiser, and it is very important to the continued success of the Glenbrook Community Association. If you would like more information or are interested in volunteering, please reach out.

As always, continue watching your speed while driving around Glenbrook. A reminder that 45 Street recently had its speed limit reduced to a maximum of 40 km/h, and all playground and school zone speed reductions are in effect until 9:00 pm each night.

Murray

GCA President



2024 Casino Volunteers Needed

Dates: Friday, May 10 and
Saturday, May 11

Location: Elbow River Casino
218 – 18 Avenue S.E.

Times: Day Shift (11:15am to 7:30pm)
Evening Shift (7:00pm to 3:15am)
Count Room Shift (11:30pm to 3:30am)

No experience necessary.
Meals will be provided.

If interested, please call/text Murray at 403-616-4644
or email glenbrook.president@shaw.ca.

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kattax2000@shaw.ca

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Glenbrook Lifetime Member and Community Partnership Awards 2024

Awards season is back in Glenbrook! We will recognize exceptional individuals who have demonstrated significant and sustained service to Glenbrook, as well as 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 **Monday, May 20**. Forms are available at the Glenbrook Hall, or by request to glenbrook.community@shaw.ca or by calling 403 249 6664

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Connect with your community!
Learn about neighbourhood events and services!
Find what makes Glenbrook great!



9 PM



CALGARY
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SERVICE

- ### CHECKLIST
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 - Lock door between garage & house
 - Close & lock all external doors
 - Ensure windows are shut
 - Turn on exterior light

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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.

GLENBROOK PRESCHOOL SOCIETY: We offer programs for 3 and 4 year olds in a play-based learning environment. Our preschool is conveniently located in the Glenbrook Elementary School and offers affordable tuition rates for families. For registration and more information, visit www.glenbrookpreschool.org. Registration for 2024-2025 is open!

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The House Finch

by Catherine Warwick



If you are walking around Calgary and hear a bird singing its heart out in a long trilling song, it is most likely a House Finch. These small birds are identified by their brown bodies, heavy beaks, and the red colour on the male. It's hard to believe that these now ubiquitous birds were fairly rare in Calgary; until as recently as the 1990s! In theory, most of us can remember a time when there were no House Finches around. In practice I barely remember the 90s. Look at a group of birds at any feeder now and you will probably see some. The females have a striped body, and I find if you look for the stripes you can readily tell them apart from the House Sparrow.

The House Finch's origins start in the Southwestern US and Mexico. In the 1940s, someone tried to rebrand them as a 'Hollywood Finch' and sold them to pet stores in New York. In what way are they symbols of Hollywood? I'm not sure, it was a different time back then. The Migratory Bird act came into effect, and all of a sudden pet store owners had illegal birds in their store. What do you do with a bird you don't want? You open the window and let it fly away! If that bird is a tough and hardy finch, it will spread across North America.

The House Finch is prone to an eye disease called Mycoplasmal Conjunctivitis. If you see one with red puffy eyes, don't bother running out with tiny little cucumber slices, that bird is too far gone. According to Project FeederWatch you should take down your feeder for a couple days and then wash it. This will stop the spread of the disease to other House Finches.

These birds are fairly strict vegetarians, they fill up on seeds, buds, roots, and foliage. Their colour is believed to be related to how well they are fed, if you see an orange male it could be that he isn't getting all the nutrients he needs. Studies show that the females choose the redder males. The male House Finch is responsible for feeding the young so it's important to choose one that is a good provider. According to allaboutbirds, during courtship the male mimics regurgitating food to the female, showing off how good a feeder he is! These are monogamous birds, and very social, so really what you are seeing around the feeder are just a bunch of couples hanging out together.

What I love about them is their song that seems so out of place on a cold day. Listen for a "zzz" buzzing sound that is part of the up and down warble and it sure to be a House Finch. You can look for the singer and you will see a little brownish bird way up in the heights of a tree singing, perhaps lamenting its ancestors' move from Mexico. Or perhaps it's trying to win back its Hollywood moniker with a winning solo.



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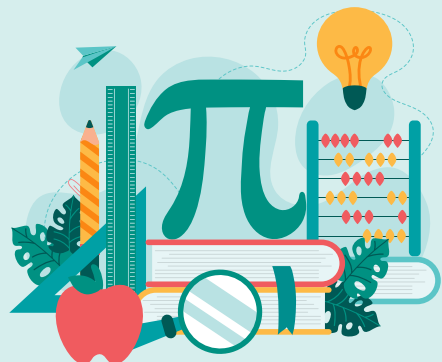
1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



SCAN THE QR
CODE FOR THE
ANSWERS!

Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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