

JANUARY 2025

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# GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



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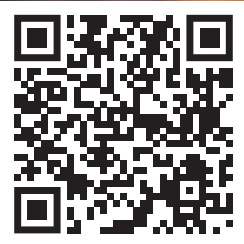
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Dr. Hesla



Dr. LeVasseur

📍 Suite 150 - 5504 Macleod Trail SW  
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## Cats, Canines, & Critters of Calgary



Bear, Palliser



Buster, Hamptons



Lizzy, Huntington Hills



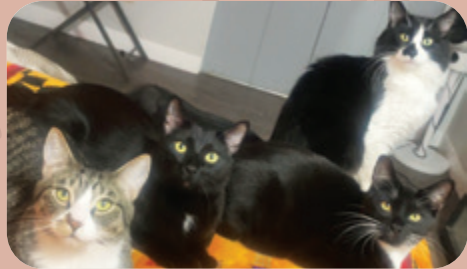
Mirabella,  
Lower Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

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

# **CLASSIC CARS GLENBROOK**

## **1995 RANGE ROVER**



*Words and photo by Fred Nelson*

Barb's family drove a series of Land Rovers over the years. They were tough and dependable, but even they eventually needed replacement.

The solution was always another new one but they kept getting more complicated, with more gimmicks. Barb longed for one of the earlier models she grew up with.

On vacation in California she found this fully-optional, indoor-kept, absolutely mint one for sale. She immediately bought it and had it shipped home to Glenbrook.

1995 doesn't seem to be that old, but it qualifies for Collector's Insurance – full coverage and much cheaper than regular if it's just going to be driven on nice days for eight months of the year. There isn't even a chip in the original paint!

*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.*

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**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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# Glenbrook Community Association

Please direct all questions to  
[glenbrook.community@shaw.ca](mailto:glenbrook.community@shaw.ca)  
 or call 403-249-6664.

## 2025 Board Members

President	Kim
Vice-President	Vacant
Past-President	Ken
Secretary	Murray
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
City of Calgary Social Worker	Binu

# Hall Rentals

Please direct all questions to  
[glenbrook.community@shaw.ca](mailto:glenbrook.community@shaw.ca)  
 or call 403-249-6664.

### Hall:

- Monday to Thursday, Daytime (cut off 5:00 pm)
  - \$30 per hour, minimum three hours
  - Damage Deposit of \$250
- Monday to Thursday, Evening (5:00 to 10:00 pm)
  - \$35 per hour, minimum three hours
  - Damage Deposit of \$250
- Friday, Saturday, and Sunday (8:00 am to 3:00 am)
  - \$400 day rate
- Wedding Package: Friday evening (5:00 pm) to Sunday (12:00 pm)
  - \$700

### Security Deposit:

A \$500 security deposit is required for all hall rentals (unless otherwise noted) to be returned up to seven days past the event.

### Boardroom:

- Monday to Thursday
- \$30 per hour, minimum three hours (daily maximum of \$250)
- Not available for rental Saturday or Sunday

### Storage Rooms:

- Small (8'x16') – \$100 per month
- Large (12'x14') – \$120 per month

### Note:

The sport shack, parking lot/parking spaces, and outdoor rinks/sport courts are not for rent. They are for community association use only.

## 9 PM

### ROUTINE



CALGARY  
POLICE  
SERVICE

### CHECKLIST

- 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

# GCA Meetings

## Upcoming Meetings

- January 2
- February 6
- March 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).

## PRESIDENT'S MESSAGE

Hello Glenbrook!

My name is Kim Taschuk and I am honoured to be the new Glenbrook Community Association President. I've lived in the community for over ten years and have served as the Vice-President of the community association for the last year. I am dedicated to fostering a sense of belonging by encouraging open communication, organizing events that bring neighbours together, and creating opportunities for residents to get to know one another.

In the coming year I am looking forward to working with the board and all of our amazing volunteers to continue building a community we're all proud to call home. We have a lot of fun events planned for 2025 and we hope you check them out. Stay tuned!

On behalf of the entire community, we extend our heartfelt gratitude to our outgoing president, Murray Ost, for his 30 years of dedication, hard work, and commitment to making our neighbourhood a better place. He has led with vision, kindness, and an incredible sense of responsibility, ensuring that our association runs smoothly and that residents feel valued. Through countless volunteer hours and thoughtful decision-making, Murray's leadership has improved our shared spaces and strengthened our sense of community. Thank you hardly covers the depth of our appreciation. Personally, I am grateful for the mentorship that he has provided me over the last year. Fortunately for us, Murray will continue to serve as Secretary for the board in 2025!

I hope you all had a great holiday season and were able to spend time with family, friends, and loved ones. Here's to a bright and prosperous new year.

Kim

President, Glenbrook Community Association

[glenbrook.community@shaw.ca](mailto:glenbrook.community@shaw.ca)

403-249-6664



## 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](mailto:glenbrook.community@shaw.ca) and we will get back to you.

Thanks!



## Events Committee

Are you interested in how the Glenbrook Community Association plans its yearly events and want to help us with the next one? Come check out our Events Committee! See how you fit into our existing events or propose a brand-new idea. We meet on the second Wednesday of most months. Reach out to [glenbrook.community@shaw.ca](mailto:glenbrook.community@shaw.ca) with any questions. We hope to see you there!

## Word of the Month

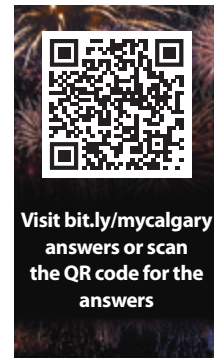
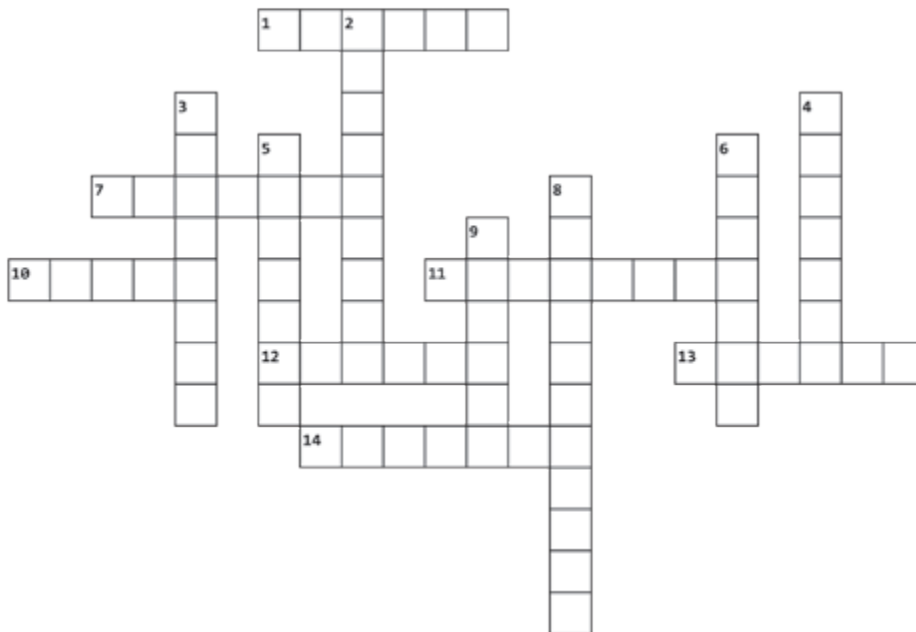
*Cynosure*, noun (SIGH-noh-syoor)

A center of attraction or attention.

*The bride was the cynosure of all eyes at the wedding.*



# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.



# CONNECTING GLENBROOK

The Glenbrook Community Association is pleased to offer a number of free clubs and groups throughout the month, taking place at the community hall. If you are interested in trying out one or more of these, please email [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca) so we can gauge interest. Long-term participation in these programs will require purchase of a community membership.



## Tai Chi

Tuesday mornings at the hall we have been gathering to practice a Qi Gong 18 form modified Tai Chi exercise program. The program consists of a warm-up, two sets of 18 stand-in-place exercises, and some upper body stretches to cool down with a few spontaneous laughter sessions thrown in. Combine this with some socialization and it makes for a fun time. Come out and give it a try.

Contact Gary at [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca).



## Book Club

Our book choice for January is *American Dirt* by Jeanine Cummins, a page turner about escaping the drug cartel in Mexico. We have changed the time from evenings to afternoons, note the schedule below.

Contact Grace at [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca).



## Coffee Social

Avoid the winter blues and come join your friends and neighbours at the community hall. Delicious refreshments and welcoming hospitality will be provided. Please invite others to join.

Contact Audrey at [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca).

## Daytime - Main Hall

Tuesday, January 7	Tai Chi	10:00 to 11:30 am
Tuesday, January 14	Tai Chi	10:00 to 11:30 am
Tuesday, January 21	Tai Chi	10:00 to 11:30 am
Friday, January 24	Coffee Social	10:00 to 11:30 am
Tuesday, January 28	Tai Chi	10:00 to 11:30 am

## Evening - Upstairs Meeting Room

Wednesday, January 15	Book Club	1:00 to 3:00 pm
-----------------------	-----------	-----------------

## Games and Knitting Update

Are you missing the Glenbrook groups that get together for games or crafting? These clubs have been moved out of Glenbrook Hall and are now being hosted at members' homes. If you are interested in joining either of these, send an email to [glenbrook.events@shaw.ca](mailto:glenbrook.events@shaw.ca) and we will forward your message to the appropriate individuals.

## Pets of Glenbrook

Do you have a furry friend who you would like to show off to the readers of the *Glenbrook Globe*? We are taking submissions for our monthly Pets of Glenbrook feature. Just email a photo and short write-up about them to Charlene at [glenbrookglobepets@gmail.com](mailto:glenbrookglobepets@gmail.com). We look forward to meeting them!





# 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, 2024 to August 31, 2025)

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.....

## 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

### Fencing Academy of Calgary

Introductory/Beginner/Intermediate  
Foil, Epee, or Sabre Class  
3524 45 St. SW | faofc@fencingacademy.ca

### Umoja Community Mosaic

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



## Follow Us On Social Media



Glenbrook Community  
Association



@glenbrookcommunityyc

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

# How to Be a Great Communicator

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



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

### Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.



## Glenbrook Real Estate Update

Last 12 Months Glenbrook  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2024	\$685,000	\$700,000
October 2024	\$712,450	\$713,100
September 2024	\$715,000	\$700,000
August 2024	\$487,450	\$476,250
July 2024	\$439,900	\$450,000
June 2024	\$699,900	\$700,000
May 2024	\$482,400	\$526,000
April 2024	\$389,800	\$460,000
March 2024	\$450,000	\$499,000
February 2024	\$699,999	\$730,000
January 2024	\$519,888	\$510,000
December 2023	\$304,950	\$311,000

Last 12 Months Glenbrook  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2024	10	13
October 2024	12	12
September 2024	16	11
August 2024	17	18
July 2024	11	13
June 2024	25	21
May 2024	30	30
April 2024	17	13
March 2024	20	19
February 2024	15	15
January 2024	13	11
December 2023	8	10

To view more detailed information that comprise the above  
MLS averages please visit [glen.mycalgary.com](http://glen.mycalgary.com)

## CRIME STATISTICS



### Glenbrook Crime Activity was Down in October 2024

The Glenbrook community experienced 3 crimes in October 2024, in comparison to 23 crimes the previous month, and 3 crimes in October one year ago. Glenbrook experiences an average of 7.7 crimes per month. On an annual basis, Glenbrook experienced a total of 92 crimes as of October 2024, which is up 16% in comparison to 79 crimes as of October 2023. To review the full Glenbrook Crime report visit [glen.mycalgary.com](http://glen.mycalgary.com).

*How To Report Crime In Glenbrook: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

## BRAIN GAMES SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION



# A Big Black Bird

by Catherine Warwick

Most people know that a flock of crows is called a “Murder of Crows”, it’s probably the most popular collective noun for birds. Did you know a flock of ravens is called an “Unkindness of Ravens”? Still not very cheery, but better than murder. Perhaps some songbirds got together and made these up, they are very apt for their experience of crows and ravens. These big black birds love eating eggs from nests.

If you have ever seen a raven up close, you may agree with me when I say they are the more impressive of the two birds. If you want to get a close look at one, take out a sandwich in a ski hill parking lot, the ravens will come flying in! I always remark on how big they are up close, every time. Their black feathers are so impeccably black they almost bend the light around them. Then they have impressive fluffy neck feathers and a massive black beak. Their intelligent eyes pierce into yours and for a second you may consider throwing the sandwich at them while you make your getaway. I once saw a raven take a grocery bag of food right out of the back of a truck. As it was flying away, I saw there was a box of cereal in its bag, unsurprisingly it had chosen wisely. Ravens are well known for being one of the more intelligent birds.

A crow is an interesting bird also, smaller than a raven but also intelligent. They have smaller beaks and smoother feathers. They also tend to flock together more than ravens. If you have been to Burnaby, BC, which is a known evening roost for crows, you will see huge flocks, all cawing relentlessly. They are so loud you need to raise your own voice to be heard. I’m not sure what the point of all the cawing is, the first caw sounds exactly like the 1000th, it’s some kind of crow conversation. Crows have very sophisticated social relationships, which is a big reason for their success as a species.

A big black bird is flying in the air above your neighbourhood, which is it? A crow or a raven? Here is a handy guide to help out:

- **Wing Movement:** A raven glides and a crow flaps.
- **Tail Shape:** A raven has a large wedge-shaped tail; a crow has a flat fan.
- **Number of Them:** A raven is alone or in a pair, crows tend to flock together.

• **Vocalization:** Crows caw and ravens croak, gurgle, squawk, rattle.

• **Size:** Ravens are bigger, which isn’t very helpful when there is a faraway bird against a blue sky!

The birds didn’t seem to get this memo however, and you may see a large bird, solo, flapping its heart out. If you see the bird do a barrel roll or somersault then it is a raven, they are the more acrobatic fliers. It looks like a lot of fun and they should do it more often, then we would know what they were and wouldn’t be forced to call it a ‘Craven’.



*An American Crow. Up close the neck feathers say crow. Photo by Diane Stinson.*



*A pair of American Crows. Crows by the river, smooth feathers. Photo by Diane Stinson.*



*A close up of a raven's neck feathers and intelligent eyes. Photo: Dario Taraborelli, CC0, via Wikimedia Commons.*



*“Domino”. A raven with some white features was spotted at Lake Louise ski hill on November 25, 2024. This is an abnormal pigmentation (leucism). Photo: Fiona Waters.*



**MLA Calgary-Currie**  
**Janet Eremenko**  
 206B – 1615 10 Ave SW  
 Calgary, T3C 0J7  
 403-426-4794  
 calgary.currie@assembly.ab.ca

At my November town hall, several attendees raised questions about the environment and climate change. The main concern was the apparent lack of attention from the party and me on these issues and their impact on Alberta’s economy.

Though climate change may not be front and centre as a priority when we talk to Albertans, it undoubtedly remains a critical issue.

Personally, I worked in our provincial and national parks for many years. I planted trees across BC and Alberta to pay for university. I have hiked and skied countless trails in the mountains and foothills. Like so many of you, I find solace and renewal in those ever-present mountains on the horizon.

Where you may not see ‘capital-C Climate Change’ in our daily statements, I trust you will see a clear position on the environment on various stand-alone issues on which we have been unequivocal:

- Ending any new coal mines in the eastern slopes.
- Demanding adequate resources for wildfire management.
- Advocating for water preservation and integrity of our headwaters.
- Calling out the short-sighted decision to restart hunting of grizzly bears, wolverine, lynx, and cougars.
- Seeking to amend Bill 35: the All-Season Resorts Act to respect the Land Stewardship Act and duty to consult Indigenous People.
- Condemning the strict regulations on new wind and solar projects.
- Taking meaningful action to reduce greenhouse gas emissions at extraction, processing, shipping, and end-user consumption.

Please know that even though it’s not in the everyday, I share your concerns about the health of the air, land, and water, and our future in relation to it. Moving forward, I will strive to highlight this and related issues so there’s no doubt I take my role as a steward of Alberta’s environment and ecosystem with the utmost importance.



**Calgary**

**Councillor, Ward 6**  
**Ward 6**  
 Ward06office@calgary.ca  
 Calgary.ca/ward6

The Ward 6 team is deeply saddened at the unexpected resignation of their boss Councillor Richard Pootmans at the end of November.

To Our Ward 6 Residents,

Our office remains dedicated to supporting your communities. Your Council Representatives who will be representing your interests in any matters coming before Council are:

Councillor Courtney Walcott, Councillor Sonya Sharp, and Councillor Kourtney Penner.

We are fortunate to have these three Councillors step up to assist with Ward 6 matters. Their commitment will ensure that your concerns are addressed, and your voices will be heard at City Hall. Please note that these councillors will not have an extra vote.

The Councillors’ respective areas of focus will be as follows:

- Councillor Walcott - Communities East of 69 Street, which includes Spruce Cliff, Wildwood, Westgate, Glendale, Glenbrook, Glamorgan, Strathcona, Christie, Signal Hill, Coach Hill, and Patterson.
- Councillor Sharp - Communities West of 69 Street, which includes Medicine Hill, Canada Olympic Park, Cougar Ridge, West Springs, Aspen Woods, Springbank Hill, and Discovery Ridge.
- Councillor Penner - Tsuut’ina Nation.

As always, the Ward 6 team, comprised of Suzy Trottier, Ralph Smith, and Cindy Aldous will remain in place to listen, support, and collaborate with you.

For your day-to-day concerns, including requests around City services, please continue to reach out to ward06office@calgary.ca or contact 3-1-1.

If matters need to be escalated to a Councillor, the Ward 6 team will pass it along to the appropriate representative based on your community.

Finally, a special thank you to Mayor Jyoti Gondek and the City Administration staff for helping direct us through this stressful and hectic interlude. Our profound gratitude also goes to everyone who has reached out to our office to send us well wishes.

Regards,

*The Ward 6 Team - Suzy Trottier, Ralph Smith, and Cindy Aldous*

Paintur♥ArtOut

## ART CLASSES FOR ADULTS AND KIDS

- SPECIAL EVENTS
- KIDS' BIRTHDAY PARTIES
- ART WORKSHOPS
- PD DAYS ART PROGRAMS
- WEEK-LONG ART CAMPS  
FOR SPRING AND SUMMER



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Glendale Community Hall  
Private Art Studios

(587) 210-1377

[www.painturartoutyyc@gmail.com](mailto:www.painturartoutyyc@gmail.com)

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Happy New Year! Wishing you good health and prosperity as we welcome 2025.

Thank you to the kids at Brenda's House for making these snowmen for us!



Janet Eremenko  
MLA, Calgary-Currie

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