

JUNE 2023

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# GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



**COMMUNITY BBQ**  
JUNE 10  
MORE INFO ON PAGE 6



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## CONNECTING GLENBROOK

The Glenbrook Community Association is pleased to offer a number of free daytime clubs and groups throughout each week. If you are interested in trying out one or more of these drop-in clubs, please email [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca) to let us know which one(s) you are looking to join. If you would like to come on a regular basis, a Glenbrook community membership is requested, but not mandatory.

### Tai Chi

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

**Upcoming Dates: June 6, 13, 20, 27 (all Tuesdays) at 10:00 am**

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

### Pickleball



Warm weather arrived at the beginning of May and so did the Pickleball nets. We are enjoying friendly competition on the courts at all levels. Join us on Monday, Wednesday, and Friday mornings from 9:00 to 11:00 am at the Glenbrook sport court next to the hall. New players are especially welcome on Fridays. Equipment and instruction provided.

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

### Book Club



Our book for June is *The Island of Sea Women* by Lisa See. There will be no book club meetings in July or August. In September, we will discuss *The Perfumist of Paris* by Alka Joshi, and listen to a Zoom presentation by the author herself. Don't forget your mug.

**Upcoming Date: Wednesday, June 21 at 1:30 pm**

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

### Fun and Games

Try a new game every month or stick with a favourite. Laugh, think, socialize, and snack with your neighbours. Bring a mug.

**Upcoming Date: Friday, June 16 from 1:00 to 3:00 pm**

Contact Pat or Gordon at [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca).

### Knitting and Crafts

We had a great run for the 2022-23 year, with folks bringing a variety of hobbies to our group. Our last meeting before the summer will be on Thursday, June 8 at 1:00 pm. We will start up again on September 14. Have a great summer everyone!

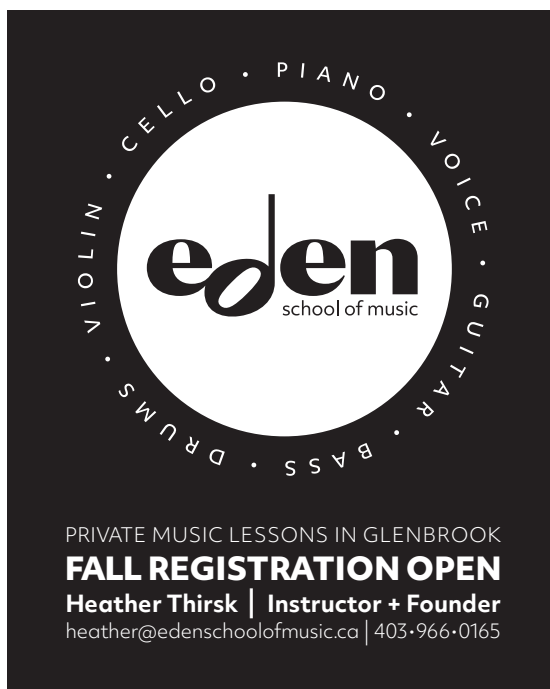
Contact Ruth at [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca).

### Coffee Social

Join your neighbours and meet new ones for a sociable coffee hour at the community hall. The more the merrier! Bring a mug and dry shoes.

**Upcoming Date: Friday, June 24 from 10:00 to 11:30 am**

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



PRIVATE MUSIC LESSONS IN GLENBROOK  
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# What's That Sound?: The Northern Flicker

by Cathy Warwick

If you follow the Alberta Birds Facebook group, you will often see posts that ask, "What bird is this?," with a photo attached from their phone. Invariably it is Calgary's most common woodpecker, the Northern Flicker. Why is it usually a Flicker? My theory is that people know the Crow, Magpie, and Chickadee, and then one day they see a Flicker on their lawn, and they become curious. They are amazed by the brown speckled bird with orange beneath its wings, and they wonder - "What the heck is that!" The Northern Flicker seems to be the gateway bird to the birding world. Interesting, striking, and also quite common and conspicuous.

It's also a bird that is very noisy in the spring. When we first moved into my house, I kept hearing a phone buzzing, "Where is that darn thing?" I thought. I wandered around the house looking for it. Turns out it was a Northern Flicker banging on the metal chimney, so fast it created a buzzing sound. They are claiming their territory and the louder they are, the better their claim.

People on the Facebook group will also ask, "How do I get that bird to stop banging on my chimney?" Read the chat room lady! The Alberta Birds group is not about how to control birds as pests. The comments always start rolling in, the consensus being, "You don't." They also sometimes peck at the side of the house which is more worrisome. If you notice it starting to dig a hole, cover it up, before it chooses your nice and cozy house wall as the site to build its nest. Once it builds a nest you must leave it. All Woodpeckers are protected under the Canadian Migratory Birds Convention Act. Instead, if you notice one starting to peck at your house, hang your old Milli Vanilli CDs nearby. The shiny, flashy object will keep it away, as well as your poor taste in music.

It's amazing these birds don't get a concussion with all that hammering. Their beak and head are built like a hammer, and they have no shock absorption in their skulls. They do have a sponge structure in their skulls that may dissipate the blow. However, the main reason they can do this without getting brain damage, according to Popular Science magazine, is that their brains are so small. These birds sleep, eat, peck, and reproduce. They aren't out using tools like those show off Crows.

When a Flicker is on your lawn, it is probably sweeping up ants with its long, barbed tongue. Ants are its main source of food, unless it's winter and the ground is frozen, then they eat berries and seeds. It has one of the longest tongues of any North American bird, usually about two inches. When retracted the tongue is wrapped around their skull like the inside of a measuring tape. Somehow, we always come back to tool analogies for a Woodpecker.

I love Flickers for their beautiful plumage, it's so nice to see an Alberta bird that has interesting speckles and flashes of orange. They were my vote for the Calgary bird poll. "All About Birds" notes their "gentle expression," which is an apt description but not a good identification tool ("Does it have a gentle expression?").



If you too have noticed and identified a Northern Flicker around then it's too late for you, welcome to the world of birding!



*Northern Flicker photo by Diane Stinson, showing its beautiful, speckled plumage.*



*The gentle expression is in the eyes. Photo by Diane Stinson.*

JOKE OF  
THE MONTH

Why do cows wear bells?  
Because their horns don't work!

# DOGMA

**Glenbrook Community Hosts:**  
**Unleash Your Dog's Spirit!**



**Sunday, July 16th**

**Session 1: 10 - 10:45 am**

**Session 2: 11 - 11:45 am**

**A pet photographer  
will be on-site!**

**Join us for a fun-filled session with your dog.  
Dogma's certified trainers will guide you  
through life skills and tricks!**

**Connect with your community during this  
learning opportunity on how to unleash your  
dog's spirit!**



**This is a free event. Registration is required.  
Register at [www.dogmatraining.com/events](http://www.dogmatraining.com/events) or the QR code above.**



# 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.....

## Glenbrook Greenthumbs Upcoming Events

### Barbecue and Family Games Day

It's been a minute since we got together for a fun evening of socializing with our neighbours. Join us on Saturday, June 10 from 4:30 to 7:00 pm for a community barbecue. We will have burgers, drinks, and games ready and waiting for you. There will also be samples of brews from Wildrose Brewery to try at the event. It is a great opportunity to come out and meet others within the community. We can't wait to see everyone there!

If you would like to volunteer at this event, please reach out to [glenbrookprograms@shaw.ca](mailto:glenbrookprograms@shaw.ca).

### Neighbour Day Garden Tour and Rhubarb Tea



Meet at the Glenbrook Greenthumbs gazebo at 9:00 am on this year's Neighbour Day (Saturday, June 17) for our annual garden walk. Join us to see what beautiful gardens can be created in our community. The walk will be one to two kilometers and last approximately 1.5 hours, after which we will return to the gazebo for a rhubarb tea at 11:00 am.

The garden tour is free, but please register by sending an email to [glenbrookgreenthumbs@gmail.com](mailto:glenbrookgreenthumbs@gmail.com).



## Like us on Facebook!



Visit [www.facebook.com/glenbrookcommunity](http://www.facebook.com/glenbrookcommunity) or search 'Glenbrook Community Association' on mobile!

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

## 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



### 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

### SCAN HERE TO VIEW ADDITIONAL GLENBROOK CONTENT

<b>News, Events, &amp; More</b>	<b>Crime Statistics</b>	<b>Real Estate Statistics</b>
		



# Glenbrook Social Committee

We have a new Social Club that is looking at bringing a number of events to Glenbrook.

Help is needed to volunteer at these events and to come up with new ideas.

Email [glenbrook.community@shaw.ca](mailto:glenbrook.community@shaw.ca) if you are interested.

## Pets Of Glenbrook



Dearest friends and neighbours of Glenbrook, my name is Luda – short for Ludacris.

While the beloved rapper/actor is my namesake, it is also an endearingly accurate adjective for me. I'm an Italian Water Dog, more formally known as a Lagotto Romagnolo. I can be a little wary of strangers at first, but once I've gotten to know you, I'll be like Velcro at your side!

If you've ever had your ball taken by a curly-haired dog at the Glenbrook Dog Park, that was a doppelganger and definitely not me, oh no...but I do apologize on my doppelganger's behalf, I hear their owners are continuing to work on that. Anyway, see you around the community!

*To have your pet featured in an upcoming edition of the Globe, please send a photo and short write up to [glenbrookglobepets@gmail.com](mailto:glenbrookglobepets@gmail.com).*



## Thoughts from a Senior

by Cheryl Dunkley



Be kind to seniors; you'll be one someday.  
We need your patience now more than ever.  
For this and other help, you can hear us often pray.  
We are slower, don't hear or see like we used to.  
We forget, repeat ourselves, and can't find that other darn shoe!

Some of us use canes, some use walkers.  
Some wear hearing aides, some are slow talkers.  
We miss the years when everything worked just so...  
Where the dickens does the time go?

The past went fast.  
Now we take a nap and time goes slow.  
We often drop stuff, can't shovel the sidewalk snow.  
We sit too much, need your arm to take a walk.  
Wish you would come by soon to have a little visit,  
talk.

We look about and think, "I used to go that fast,"  
"I used to look like that."  
Was there a warning the easy laugh and dancing  
would disappear?  
Did we take it all for granted year after year?

Just hold on, we're not done yet...  
We have more smiles, fun, and one more friend to  
go get!



# Glenbrook Community Association

Please direct all questions to [glenbrook.community@shaw.ca](mailto: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](mailto: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

● September 7 ● October 5

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).

### Find us on social media!



Follow 'Glenbrook Community Association' on Facebook and 'glenbrookcommunityyc' on Instagram.



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

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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](http://www.communitymediation.ca), 403-269-2707.

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