

NOVEMBER 2024

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



HOLIDAY MARKET
PAGE 3

WINE TASTING
PAGE 10

Fall Town Hall

with Janet Eremenko

MLA FOR CALGARY-CURRIE

WED, NOV 13 AT 6:00 PM
SCARBORO COMMUNITY ASSOCIATION
1727 14TH Ave SW

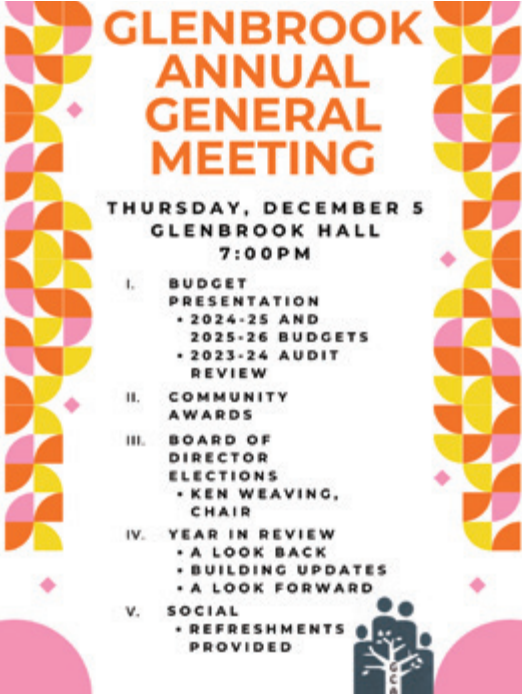



linktr.ee/JanetCgyCurrie

GLENBROOK ANNUAL GENERAL MEETING

**THURSDAY, DECEMBER 5
GLENBROOK HALL
7:00PM**

- I. BUDGET PRESENTATION
 - 2024-25 AND 2025-26 BUDGETS
 - 2023-24 AUDIT REVIEW
- II. COMMUNITY AWARDS
- III. BOARD OF DIRECTOR ELECTIONS
 - KEN WEAVING, CHAIR
- IV. YEAR IN REVIEW
 - A LOOK BACK
 - BUILDING UPDATES
 - A LOOK FORWARD
- V. SOCIAL
 - REFRESHMENTS PROVIDED


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THE FIRST ANNUAL



GLENBROOK

Holiday

Makers Market

SATURDAY NOV. 23

10 AM - 4 PM

GLENBROOK HALL - 3524 45 ST SW

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 |
| City of Calgary Social Worker | Binu |

Hall Rentals

Please direct all questions to
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.

CHECKLIST

9 PM

- 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



CALGARY
POLICE
SERVICE

GCA Meetings

Upcoming Meetings

- November 7
- December 5 (AGM)

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).

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 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.



Book Club

Our book for November is *Lady Tan's Circle of Women* by Lisa See. It was held over from October due to difficulties with obtaining copies from the library. For December, we will read *The Heaven and Earth Grocery Store* by James McBride.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

Join your friends and neighbours for coffee, fellowship, and good conversation.

Contact Audrey at glenbrookevents@shaw.ca.



Daytime - Main Hall

| | | |
|----------------------|---------------|-------------------|
| Tuesday, November 5 | Tai Chi | 10:00 to 11:30 am |
| Tuesday, November 12 | Tai Chi | 10:00 to 11:30 am |
| Tuesday, November 19 | Tai Chi | 10:00 to 11:30 am |
| Friday, November 22 | Coffee Social | 10:00 to 11:30 am |
| Tuesday, November 26 | Tai Chi | 10:00 to 11:30 am |

Evening - Upstairs Meeting Room

| | | |
|------------------------|-----------|-----------------|
| Wednesday, November 20 | Book Club | 7:00 to 9:00 pm |
|------------------------|-----------|-----------------|

Pets of Glenbrook

Norbert is around eight or nine years old and was adopted from the Edmonton Humane Society. He was a former stray. His favourite thing is cuddling with his humans, and he'd prefer to spend all day with them! He's often on his perch or cat tree watching what's going on in the neighbourhood - especially if birds are at the feeder. He's shy and takes a while to warm up to new people, but he's very loving and gentle once he does. He can even be sassy with his humans, yelling at them if they're off schedule.

To have your pet featured in the *Glenbrook Globe*, send a short write-up and photo to glenbrookglobepets@gmail.com.



Happy November, Glenbrook,

Remembrance Day is fast approaching. This year, November 11 falls on a Monday, so it is a great opportunity to attend one of the city's many ceremonies of remembrance. Please take the time to remember this November.

A reminder that the Glenbrook Community Association's Annual General Meeting will be held Thursday, December 5 at 7:00 pm in the Glenbrook Hall. We hope you plan to attend, as this is your opportunity to help us set our priorities for the upcoming years, as well as honour this year's award recipients.

All the best.

Murray

President

Glenbrook Community Association



So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility
- Keeping floors clutter free
- Wearing supportive, well-fitting footwear, both inside and outside of your home
- Reviewing medications with your family doctor or a pharmacist to understand side effects



Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.

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!

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 with any questions. We hope to see you there!

CALL FOR BOARD NOMINATIONS

The Glenbrook Community Association is accepting nominations for all positions on our Board of Directors for the 2025 term.

Any nominee must be a GCA member in good standing and currently reside within Glenbrook. Positions will be voted on at our Annual General Meeting.

Please forward nominations to Ken at glenbrook.community@shaw.ca

November 11, Remembrance Day

As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear. As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

Supporting Veterans and Their Families

While November 11 is a day to remember, let us extend our support and gratitude beyond this date. For more resources, and commemorative events about Remembrance Day, please check out the Government of Canada website at veterans.gc.ca/eng/remembrance.

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GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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BRAIN GAMES

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| 7 | | 1 | | 2 | | | | |
| 8 | | | 1 | 4 | | | | |
| | 6 | | | | | | | |

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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



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

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 Glenbrook Community Association

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

Glenbrook Community Wine Tasting



Admission: \$50/ person includes wine tasting & charcuterie selections. Event hosted by J.WEBB Wine Merchant.

Thursday November 21st, 2024
7:00 to 9:00 PM

Glenbrook Community Hall
3524 45 St SW, Calgary AB
T3E 3V2

Send E-Transfer and RSVP to:
glenbrook.community@shaw.ca

Deadline to register is November 18th
Limited spots available

Advent at Emmanuel Church

December 1 - 10 am Worship Service followed by hot chocolate and cookies

December 8 - 9:30 am continental breakfast, Worship Service at 10 am

December 15 - 9:30 am continental breakfast, Worship Service at 10 am

December 22 - 9:30 am continental breakfast, Worship Service at 10 am

December 22 - 6:00 pm CANDLELIGHT SERVICE


December 25 - 10 am Christmas Day Service

Emmanuel CRC
3020 - 51 Street SW
Ph. 403-246-0795
website: emmanuelcrc.org



CLASSIC CARS GLENBROOK

1938 FORD DELUXE



Words and photo by Fred Nelson

Russell's old Ford is so original it should be in a museum. With only 67,000 miles, that little flathead still purrs like a kittycat.

Recently, he asked his two sons what they would do with it if he passed on and left the car to them. The boys answered at the same time – one said, "hot rod" and the other said, "street rod." Something to ponder.

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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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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Fall Town Hall

with Janet Eremenko

MLA FOR CALGARY-CURRIE



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