

OCTOBER 2024

DELIVERED MONTHLY TO 3,150 HOUSEHOLDS

# GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



## FREE Dental Cleaning Days!

We are now offering free dental cleanings on Mondays\* to thank our amazing community for its support.

**There's no catch – just drop in for a brighter smile, on us!**

\*Visit our website for more information. Appointments are limited.



### CONVENIENCE

In a rush? Book your appointment online. We are open evenings and Saturdays!



### EMERGENCIES

Got a tooth problem? Walk-in appointments often available.



### DIRECT

We direct bill your insurance. Payment plans and dental subscriptions are also available.

☎ (587) 871-5224

🌐 [bowtraildental.com](http://bowtraildental.com)

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# GLENBROOK'S GOT TALENT!

Do you have a talent you would love to share  
with your community?

We are looking for talented individuals aged **6 to 18** to participate in a community talent show.

Whether you sing, dance, juggle, or have a unique skill, we can't wait to see you perform!



**SUNDAY OCTOBER 27, 2024**

**3 TO 6 PM @ THE GLENBROOK COMMUNITY  
ASSOCIATION**

**PIZZA AND PRIZES FOR PARTICIPANTS!**

Sign Up Now at: [glenbrookprograms@shaw.ca](mailto:glenbrookprograms@shaw.ca)





# DUNCAN LAW

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Legal Advice.**

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- ▶ Wills & Estates
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Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

## Pets of Glenbrook

Hi! We're Archie and Delilah, two fur siblings who have recently moved to the neighbourhood and have a hot and (mostly) cold relationship. Archie is a three-year-old orange tabby with a vibrant personality. His favourite pastimes are watching the birds fly outside by Richmond Road, cuddling (some may say suffocating) his humans, and making sure Delilah doesn't have a second of peace. Speaking of which, Delilah is a ten-year-old tabby calico cat, who is shy but has the biggest heart when you get to know her. She likes to constantly reposition herself on the couch to make sure she is always in the sun, meow for the faucet to be turned on, and pound her head against her humans for attention. We feel so at home here in Glenbrook and can't wait to see what else there is to explore!

*To have your pet featured in the Glenbrook Globe, send a short write-up and photo to [glenbrookglobePets@gmail.com](mailto:glenbrookglobePets@gmail.com).*




# OFFICIAL

## PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
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Electrical

**\$50**  
Service Call Fee



**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## Joke of the Month



Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

# Glenbrook Community Association

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

## 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

- October 3
- 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).

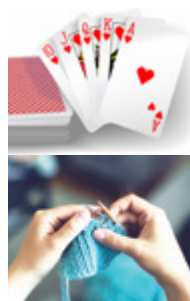
# CONNECTING GLENBROOK

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](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).



## Fun and Games/ Knitting and Crafts

Leave your four walls and regular routines, and join us for games (card, board, etc.), knitting and crafts, meeting and chatting with your neighbours, and refreshments.

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



## Book Club

Our choice for October is the popular *Lady Tan's Circle of Women* by Lisa See. For November, we will read the timely *Our Crumbling Foundation: How We Solve Canada's Housing Crisis* by Gregor Craigie.

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



## Coffee Social

Join us for the most sociable cup of coffee in Glenbrook. Enjoy fellowship, home baking, and maybe a surprise or two.

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



## Pickleball

The nets are coming down. We had a great season with returning players and many beginners who became regulars. Thank you to everyone who contributed to these fun mornings. We hope to start again in May next year. Stay posted, stay fit!

## Daytime - Main Hall

Tuesday, October 1	Tai Chi	10:00 to 11:30 am
Tuesday, October 8	Tai Chi	10:00 to 11:30 am
Thursday, October 10	Fun and Games	1:00 to 3:00 pm
Tuesday, October 15	Tai Chi	10:00 to 11:30 am
Tuesday, October 22	Tai Chi	10:00 to 11:30 am
Friday, October 25	Coffee Social	10:00 to 11:30 am
Tuesday, October 29	Tai Chi	10:00 to 11:30 am

## Evening – Upstairs Meeting Room

Wednesday, October 16	Book Club	7:00 to 9:00 pm
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## Scary, Spooky. Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



## PRESIDENT'S MESSAGE

Hello again, Glenbrook!

I truly enjoy this time of year as we move through fall. It might be because of my youth growing up on a farm, when fall was a time to reflect and be thankful for everything that was accomplished during the year.

We are looking forward to our Annual General Meeting in December, which will bring about great change to the Glenbrook Community Association. As many of you know, I will be stepping down as President after more than 20 years. I am very thankful for the opportunity to be involved and help lead our community, it has been an incredibly rewarding experience. We are extremely lucky to have Kim Taschuk accept her nomination to become the next GCA president. Kim has been serving as Vice President for the last few years, and she is very familiar with our administration. Kim has been instrumental in the establishment of the GCA Social Committee and the resultant events and programs that we have been able to provide for our residents. I am confident that we are in good hands, and I thank Kim for stepping up to accept this role.

A quick reminder that the summer setup in our outdoor sport space will remain open until approximately the third week in October (weather permitting). It will then take a few days to put everything away for the winter, and we usually start making ice for the outdoor rinks in November.

Halloween will fall on a weeknight again this year, so please be careful if you are out that evening. We can all do our part to keep Glenbrook safe for trick-or-treaters. As well, remember to watch your speed while driving through the neighbourhood at any time, as we get out to enjoy the fall evenings.

On a sad note, we lost one of our long-time residents last month. Ron Barge, known to many as Buck Shot, passed away on August 17. Ron was an inspiration to Glenbrook, and while he may have been our local celebrity, he was always someone who would step up and volunteer for the greater good in our community. On behalf of everyone in Glenbrook, we will miss Ron, and our thoughts are with his family.

Take care,

*Murray*

GCA President

## 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!



## Follow Us On Social Media



Glenbrook Community Association



@glenbrookcommunityyc

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

# Let's Share the Road Safely and Look Out for Each Other

by the City of Calgary

October's traffic safety focus is Pedestrian Safety.



Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

### Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.

## 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



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



# A Feisty Hummingbird

by Catherine Warwick

The Rufous Hummingbird is one of several hummingbirds that visit Calgary, and certainly the feistiest. They are very territorial and are known to chase away other hummingbirds from feeders, as well they have been seen chasing squirrels and chipmunks. Although the idea that such a cute, eight-centimeter bird can be frightening is comical, their shocking speed and poky looking beak would have me running for cover!

This summer I had the good luck to watch a Rufous Hummingbird for a solid ten minutes. I watched it stretch its tail feathers and stick its tongue out while it was perched on a branch. Prior to that I had been chasing after it as it flitted around, finally I just decided to sit down and see if it would show itself, a wise decision as they can go about 45 km/hr. I managed to look at it while it took a break from its endless battle with another Rufous Hummingbird. I saw that it had some green on it, as well as the rufous red, meaning it was a female or immature male. The fully grown male is a nice coppery colour all over with a shimmery chin. Hummingbirds are hard to identify, firstly they are so fast you are lucky to see any markings and secondly, they often have a range of plumage that is shared with other hummers. I used the Merlin app to be sure.

These tough little birds travel up to 3,000 miles during migration. All the way from Southern Mexico to Alaska, so far for a tiny bird, maybe it can just soar on the winds. It doesn't seem to be the type to let the wind do all the work though, the one I saw was constantly beating its wings while flying. According to "All About Birds" they fly up through California, then Washington and BC. After that they go east and fly down the Rockies, completing a clockwise circle. So, they will come through Calgary on their way south, especially during August.



A female or immature male Rufous. Photo from [wikimedia commons/Tom Koerner](#).

To attract a Rufous Hummingbird to your yard, consider planting honeysuckle, like my sister-in-law who saw them frequently this summer. They will take a while to find it but once they do, they will come back yearly. The *Atlas of Breeding Birds of British Columbia* mentions that they will band Rufous and note the same bird at the same feeder on the same day, year after year! Our honeysuckle died over the winter, and we had a hummingbird on our deck looking in the back window, as if it wanted to complain to the manager.

A hummingbird feeder is also an option, there are a lot of resources on the internet that explain how to set one up and what to use as a solution. I'll just mention that you need to change the solution at regular intervals to provide optimum fuel for them. A hummingbird is a finely tuned organism whose heart beats 1,260 times per minute, vs. a human's 80ish beats. Perhaps consider putting out multiple small feeders so the Rufous lets other hummingbirds also feed.

I hope you had a chance to see this small bird with an outside personality this summer!



A male Rufous Hummingbird aka "Mr. Feisty." Photo from [wikimedia commons/Tom Koerner/USFWS](#).

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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 .....



**BRAIN  
GAMES**

# SUDOKU

1			8					
		2				5	3	
							6	4
		3			5			
			1	6	4			
8	1						7	
5				7			4	2
6		8			2			3
	4					8		

**SCAN THE QR CODE  
FOR THE SOLUTION**



# CLASSIC CARS GLENBROOK

## 1957 TRIUMPH TR3



*Words and photo by Fred Nelson*

When restoring a Classic, it's important to do the right car. Glenbrook resident Dan happened upon this low-km, small-mouth left-hand-drive TR3, one of only 7,015 produced.

It had all the options, including the factory overdrive. The recently completed frame-off rebuild took seven years and was done to showcar standards.

Now Dan, like most car guys, will drive it around the block a couple times and then put it up for sale. Then, like all car guys, he'll claim it is the last one he'll build...

*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.*

## CALLING ALL GLENBROOK VENDORS

*Are you a local artisan or small  
business who wants to participate in  
an upcoming holiday market?*

**SATURDAY, NOVEMBER 23**

**GLENBROOK COMMUNITY HALL  
ABUNDANT LIFE CHURCH**

If interested, please email  
[glenbrookprogramshaw.ca](mailto:glenbrookprogramshaw.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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**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.



 **the Gutter Doctor** 403-714-0711  
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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