

SEPTEMBER 2024

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER

GLENBROOK'S GOT TALENT

SEPTEMBER 26
MORE ON PAGE 3



FREE Dental Cleaning Days!

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

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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 25** to participate in a community talent show.

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



THURSDAY, SEPTEMBER 26

Sign Up Now at: glenbrookprograms@shaw.ca



CALL FOR BOARD NOMINATIONS

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

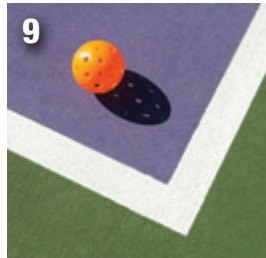
**Any nominee must be a GCA
member in good standing and
currently reside within Glenbrook.
Positions will be voted on at our
Annual General Meeting.**

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



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SCAN HERE TO VIEW ADDITIONAL GLENBROOK CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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.

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

- September 5
- October 3
- November 7

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

Happy September, Glenbrook!

I hope everyone had a great summer – it certainly was a busy one for our hall and facilities. I look forward to the addition of more events and opportunities for Glenbrook residents heading into the fall and winter, which we will be promoting well in advance. We currently have a strong board that is very dedicated to ensuring that we fulfill our mandate; however, we are always looking for new volunteers to help with new and existing events. If you have considered giving back to your community, I encourage you to reach out. Whatever your interests are, we can find you something that fits with your schedule and skills. For some examples, just take a look through this newsletter. Send a quick email to glenbrook.community@shaw.ca and one of us will get back to you.

A welcome addition to our community this summer was the opening of the Women In Need Society (WINS) Thrift Store and Resource Centre.

The Glenbrook Outdoor Sport Facility continues to see lots of use and remains a model for other communities in Calgary to offer. As always, it is free for our residents to take advantage of. If you have yet to make it out to the courts, I encourage you to try it this fall. The lights are now on in the evening and the facilities are open until 10:00 pm each night. Just remember to be respectful of your neighbours and keep the noise to a minimum at later times.

A friendly reminder that your 2024/25 Glenbrook Community Membership fee is now due. You can purchase the membership at any of our community events or by mailing in the form found in this newsletter along with a cheque.

Please remember to watch your speed while driving through the neighbourhood as we enjoy the fall evenings. You can always reach me if you need by email at glenbrook.community@shaw.ca, or call/text me at 403-249-6664.

Take care,

Murray

President

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. We look forward to meeting them!



World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

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- Logo

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calgarymatandlinen.com | 403-279-5554

CLASSIC CARS GLENBROOK

1971 OLDSMOBILE 442 W-30



Words and photo by Fred Nelson

The Oldsmobile Division was one of the first (1964) to produce a factory muscle car. They went really fast in a straight line but were not especially gentle.

Rick's car is the perfect balance of luxury and performance, because it's the last year before GM hobbled the high-horsepower 455-V8 engine due to insurance and emission regulations.

This is a piece of history that is being preserved, the way Oldsmobile intended.

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.

A poster for 'Farm Stand Sundays' featuring illustrations of various vegetables like carrots, onions, bell peppers, and tomatoes. The text is centered on a light pink background.

**FARM
STAND
SUNDAYS**

FEATURING:
SHIRLEY'S GREENHOUSE
(CARSTAIRS)
LOVE GROWS WILD
(MILLARVILLE)

10AM - 2PM
July 14 - October 6

Glenbrook Community Hall
3524 45 St SW

A poster for 'Calling All Glenbrook Vendors' with a red background and yellow snowflake illustrations. The text is in bold yellow and white.

**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
glenbrookprograms@shaw.ca

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. A Glenbrook community membership is requested, but not mandatory.



Pickleball

It has been a good season, welcoming new players and improving our skills. We have around one month of outdoor play left for the year. Meet us at the Glenbrook Sport Court on Monday, Wednesday, and Friday mornings at 9:00 am, weather permitting.

Contact Grace at glenbrookevents@shaw.ca.



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.

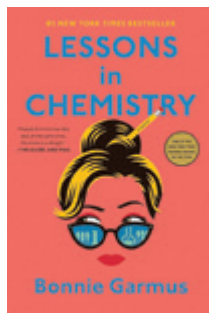
Contact Gary at glenbrookevents@shaw.ca.



Knitting and Crafts

We will not be meeting in September. Our first evening meeting will take place in October.

Contact Ruth at glenbrookevents@shaw.ca.



Book Club

Our September book is *Lessons in Chemistry* by Bonnie Garmus. For October, we will be reading *Lady Tan's Circle of Women* by Lisa See.

Contact Grace at glenbrookevents@shaw.ca.



Fun and Games

Enjoy chatting, crafting, playing games, and meeting your neighbours.

Contact Pat or Gord at glenbrookevents@shaw.ca.



Coffee Social

Fall is here, let's get together and share our summer stories. Please invite your neighbours and join in the Glenbrook fellowship.

Contact Audrey at glenbrookevents@shaw.ca.

Daytime - Main Hall

Tuesday, September 3	Tai Chi	10:00 to 11:30 am
Tuesday, September 10	Tai Chi	10:00 to 11:30 am
Thursday, September 12	Fun and Games	1:00 to 3:00 pm
Tuesday, September 17	Tai Chi	10:00 to 11:30 am
Tuesday, September 24	Tai Chi	10:00 to 11:30 am
Friday, September 27	Coffee Social	10:00 to 11:30 am

Evening – Upstairs Meeting Room

Wednesday, September 18	Book Club	7:00 to 9:00 pm
Wednesday, October 23	Knitting and Crafts	7:00 to 9:00 pm

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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



RESIDENT PERSPECTIVES

A Walk in the Wetlands

by Alisha Sharma



Wetlands are a very important part of our community. They serve as a habitat for birds and other animals, especially when things such as city development force the animals out of their homes. Well, I'm here to support the idea of going to the wetlands more often. Let me share my experiences in the wetlands with you.

I enjoy going to a trail in the Silverado community which runs along a lively wetland. My favourite thing to do there is birdwatching. There's a good range of birds in the wetland, so I recommend doing a bit of birdwatching in your free time. Common birds found there include yellow-headed blackbirds, red-winged blackbirds, Grackles, American Robins and if you're lucky, you'll find some ducks there as well. And the occasional run-in with the dreaded Canadian Geese!

The wetlands are also a great place to just walk, enjoy the view, and find a bit of time for yourself, which I know some people really struggle with. It's calming, especially with all the sights and sounds; it definitely helps get rid of any stress. So, if you're looking for your next "you-time" destination, check out the wetlands and see what you think.

I've recently noticed that each time I've walked or cycled in the wetlands, I've felt more active. My guess is it's all the Vitamin D from the sun (but still, don't forget sunscreen!). I feel I've improved my physical activity and I feel really good after a peaceful walk. I'm a kid and so far, being in the wetlands has piqued my curiosity because of the variety of creatures and plants. I just can't help but explore it.

I hope you will begin exploring your local wetlands. Maybe next time you need somewhere to walk, to have a bit of "you-time", or even to meet new people, make sure to try the wetlands.

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Glenbrook Hall: 3524 – 45 Street SW, Calgary, AB T3E 3V2
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 and we will get back to you.

Thanks!

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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Social Media**

 Glenbrook Community Association

 @glenbrookcommunityyc

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



FORCED TO FLEE

A Simulation on Decision Making During Conflict and Migration *If faced with urgent choices, limited information and uncertain outcomes, what would you do?*

This 60-75* minute presentation will plunge you into an interactive experience, where you'll be confronted with a series of difficult decisions; realities facing more than 110 million displaced people around the world. Develop awareness and understanding about the global refugee crisis. Then consider how you can support people in vulnerable situations as they flee conflict, migrate and resettle in new communities.

**Duration varies depending on how long each group takes to consider the decisions required in the simulation*



Glenbrook Community Association (3524 45 St SW)
Thursday, September 19, from 7.00 to 8.30 pm.

Registration required. Maximum of 25 participants.

For details and registration:
Binu Sebastian
binu.sebastian@calgary.ca/403-970-8607

Presented by:

**Mennonite
Central
Committee**

in partnership with

**Canadian
Foodgrains Bank**
A Christian Response to Hunger

Stroke Prevention and You

by Alberta Health Services

It is important to learn the signs of stroke, not only to protect yourself but your loved ones around you. But first, let's start with the basics. What is a stroke?

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or is blocked by a blood clot. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly. Brain damage can start within minutes of a stroke, so it is important to act quickly because timely treatment can help limit the damage and increase the chance of a full recovery.

Causes and Symptoms of Stroke

There are two types of strokes which have different causes:

An ischemic (say "iss-KEE-mick") stroke is caused by a blood clot that blocks blood flow to the brain. A blood clot can form in an artery that supplies blood to the brain. Or a blood clot can form in another part of the body (often the heart) and travel through the bloodstream to the brain. Ischemic strokes are the most common type of stroke.

A haemorrhagic (say "heh-muh-RAW-jick") stroke is caused by bleeding in or around the brain. It happens when an artery in the brain leaks or bursts. Haemorrhagic strokes are less common than ischemic strokes.

Symptoms can happen suddenly, so knowing what to look for can ensure you or your loved one is treated quickly. The best way to remember stroke symptoms is by using the acronym **FAST**.

- **F**ace – is it drooping?
- **A**rms – can you raise both?
- **S**peech – is it slurred or jumbled?
- **T**ime – to call 9-1-1 right away

Other stroke symptoms include loss of balance or trouble walking, trouble seeing out of one or both eyes, sudden confusion, sudden trouble understanding simple statements, fainting, a seizure, and a sudden, severe headache.



When you know what stroke symptoms are, you will know when it's important to call for medical help. Quick treatment can limit damage from a stroke, and it may save your life or someone else's life.

Stroke Prevention

Managing health problems such as atrial fibrillation, diabetes, high blood pressure, and high cholesterol can minimize the risk of stroke but there are other ways to prevent.

Some examples include:

- Maintaining a heart-healthy lifestyle, including healthy eating and regular physical activity. Include heart-healthy foods like vegetables, fruits, nuts, beans, lean meat, fish, and whole grains. Limit sodium and sugar.
- Ensure you incorporate at least 2.5 hours of moderate to vigorous exercise a week. Walking is an easy, low-impact option but other activities can include running, swimming, cycling, or playing tennis or team sports.
- Don't smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol intake.
- Stay at a healthy weight.
- Limit and manage stress.
- If you are diabetic, it is important to control your diabetes. To learn more about how to manage your diabetes, see myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1010.

If you think you may have a problem with alcohol or drug use, talk to your doctor. If you use hormone therapy for menopause or hormonal birth control, talk with your doctor. Ask if these are right for you. They may raise the risk of stroke in some people. Decide with your doctor whether you will also take medicines to help lower your risk. For example, you and your doctor may decide you will take a medicine that prevents blood clots.



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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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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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!



Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**

