

AUGUST 2025

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER

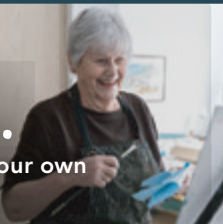
MOVIE IN THE PARK
SEE PAGE 6



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Authorized by the chief official agent for the Joanne Birce campaign



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**The Glenbrook Community Association
is asking for your feedback.**

**Please fill out the following quick surveys on three
crucial topics to let us know where we can improve.**

Thank you!

INVOLVEMENT:



HALL USAGE:



COMMUNICATION:



Glenbrook Community Association

3524-45 Street SW, Calgary, Alberta T3E 3V2

Please direct all questions to
glenbrook.community@shaw.ca
or call 403-249-6664.

2025 Board Members

President	Kim
Vice-President	Vacant
Past-President	Ken
Secretary	Murray
Treasurer	Gary
Media 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
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.

GCA Meetings

Upcoming Meetings

• September 5 • October 2

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

Hi neighbours,

As summer enters its final stretch, August brings a sense of both energy and preparation. Gardens are in full bloom, kids are savouring their last weeks of freedom, and there is still time to enjoy long days and warm evenings.

The community association will resume our monthly meeting schedule starting on Thursday, September 4 at 7:00 pm. We'd love to see some new faces around the table. Whether you're curious about what the association does, interested in getting more involved in the neighbourhood, or just want to stay informed, these meetings are a great way to connect. Everyone is welcome to attend, and no commitment is required. Come out to ask questions, share your ideas, and see what your community association is all about.

We also have a fun event planned for early September. On Saturday, September 6, join us at the community association for Movie in the Park, a perfect way to relax, enjoy the outdoors, and connect with neighbours! Bring your blankets, chairs, and favourite snacks, and settle in under the stars for a family-friendly film screening. There will be entertainment prior to the movie, and we will offer a small concession. Hope to see you there!

Take care,

Kim

President, Glenbrook Community Association



Letter from the Editor

Hello, Dear Reader!

My name is Noel, and I am the media 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!

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!





MOVIE IN THE PARK

**FREE
ENTRY**

**ALL
WELCOME**

**The Day The Earth Blew Up:
A Looney Tunes Movie**

SATURDAY, SEPT. 6 – 3524 45 St SW

Balloon Artist – 6:30 to 8:30 pm

Magic Show – 7:00 to 7:45 pm

MOVIE STARTS AT 8:30 pm

**In case of inclement weather, check GCA
Social Media/Bold Sign day of event for changes**

**BRING
LAWN CHAIRS/
BLANKETS**

**CONCESSION/
GLOW STICKS
50 CENTS**



CONNECTING GLENBROOK



Pickleball

We continue to play on Monday, Wednesday, and Friday mornings. Beginners are welcome to come for instruction, equipment, encouragement, and fun on Friday mornings. We now start at 8:00 am to beat the heat.

Contact Grace at glenbrookevents@shaw.ca.



Tai Chi

We have been gathering at the hall weekly 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 next meeting will take place on Wednesday, September 17, and we will read *Revenge of the Tipping Point* by Malcolm Gladwell. Please reach out for date and time information, especially if you are coming for the first time and in case of changes.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

The next Coffee Social will be on Friday, September 26. Have a great summer!

Contact Audrey at glenbrookevents@shaw.ca.



Butterfly and Pollinator Garden

This fritillary was flitting around my garden in June. The butterfly milkweed, which I am passing out to neighbours, is its favourite flower. Hopefully, we will see more as we add more pollinator-friendly plants across the community. Feel free to check out and add to the growing garden at the southwest corner of the community hall.

Contact Grace at glenbrookevents@shaw.ca.



Started June 1st!



Weekly farm stands

Support local calgary.ca/localfood

Sundays 10am-2pm

Glenbrook: Community Association
3524 45 St SW

In partnership with The City of Calgary and GCA, **Shirley's Greenhouses** is running a farm stand in our community. Get some fresh local fruit, veggies, eggs, and baked goods!



WADDLING TO VOTE

Where do penguins go to vote?

The South Poll



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!

Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the

home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Rewiring Me

by Sumia Rabeah

you taught me to hold my tongue
in the face of devils
for their darkness will come to light
you taught me that
they deserve nothing but my silence
let them simmer in it
let them sink as i rise
you taught me that and yet
i cannot hold my tongue
when it comes to you
you make me spill my guts
unbothered to clean up
i bear my soul to you
every time we speak
will i ever unlearn that?



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GLENBROOK COMMUNITY ASSOCIATION
PRESENTS...

OCTOBERFEST DANCE

MUSIC • BEER • FOOD

WITH AN APPEARANCE FROM

Silence In Between

18
OCT 2025

7:30 – 10:30 PM * \$20/Ticket
Food/Drinks Additional Cost
RSVP TO glenbrookprograms@shaw.ca



CLASSIC CARS GLENBROOK

1957 Buick Special



Words and photo by Fred Nelson

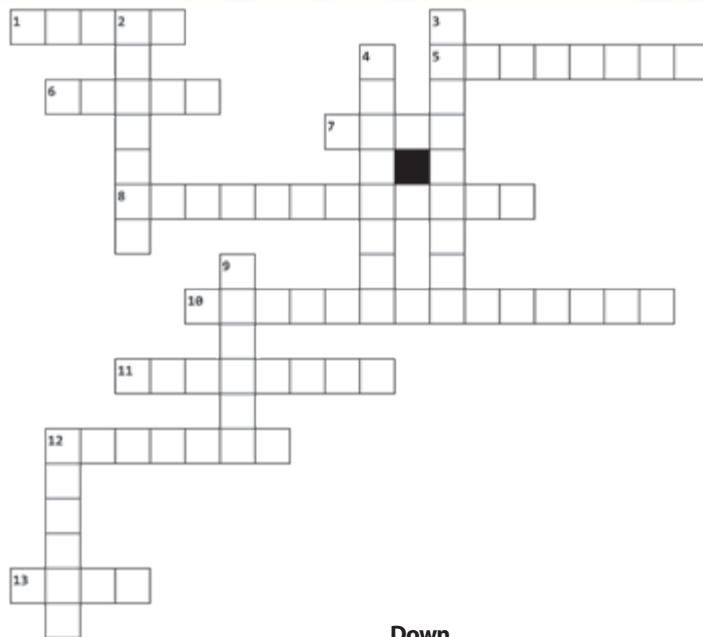
In 1957, an automatic transmission was still an extra-cost option. GM's reasoning for this was that everyone who ordered a new Buick would want it.

The lady who ordered this car figured the 3-on-the-tree standard transmission would be just fine. So, the Buick Division built her this one with three pedals on the floor.

Doug recognized how rare it was, so he snapped it up when she traded it after ten years, as many people did back then. He's only ever seen one other, so he bought it too.

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.

August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Visit bit.ly/mycalgary
answers or scan the QR
code for the answers

Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!





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BRAIN GAMES

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9			4				1	
6	5			1			7	4
	3				8			9
		9			5			
5		3	2		1			
					4	1		3


SCAN THE QR CODE FOR THE SOLUTION



WORD OF THE MONTH

Galumph: Verb
(guh-LUMF)

To move in a noisy or awkward style.



They galumphed around the living room looking for Sara's phone.

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

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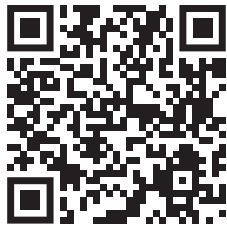


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