

FEBRUARY 2025

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



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CLASSIC CARS GLENBROOK

1971 BUICK GS STAGE 1



Words and photo by Fred Nelson

It was 39 years ago when Tim spotted this fully optioned Buick muscle car sitting forlornly in a lady's driveway. Her daughter, who had previously been driving it to university, said it burned a lot of gas.

The subtle-looking white car was purchased and brought home, where Tim and his late father restored it to original condition.

The 455-V8 engine would explain the gas mileage. It goes like a rocket but does it quietly with the A/C on.

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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SCAN HERE TO VIEW ADDITIONAL GLENBROOK CONTENT

**News, Events,
& More**



**Crime
Statistics**

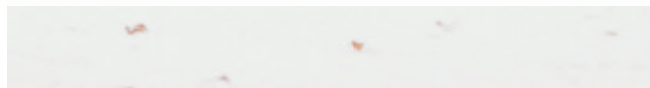


**Real Estate
Statistics**



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Glenbrook Community Association

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

2025 Board Members

President	Kim
Vice-President	Vacant
Past-President	Ken
Secretary	Murray
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

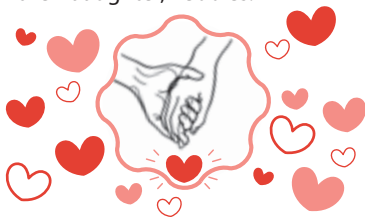
- February 6
- March 6
- April 3

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).

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



O



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Hello Glenbrook!

February is often a time for reflection, slowing down, and huddling indoors. As I reflect on this winter, it's been heartwarming to hear stories of community members coming together to support one another. Whether it's shoveling a neighbour's walkway, or simply checking in with someone who may have been isolated, I've heard countless examples of neighbours helping neighbours.

I would like to take this opportunity to thank Brad, our dedicated volunteer who works tirelessly to maintain our community outdoor rink. His contributions have provided a space where neighbours can come together to forge connections through the simple joy of skating or playing a game of shinny. Brad, we are truly grateful for your time and effort in making the outdoor rink accessible for everyone.

Lastly, as we observe Family Day on Monday, February 17, let's take the opportunity to connect with those around us, celebrate the importance of community, and appreciate the support we can all offer each other.

All the best,

Kim

President, Glenbrook Community Association

glenbrook.community@shaw.ca

403-249-6664



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!

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!



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

**BRAIN
GAMES**

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



**Follow Us On
Social Media**

 Glenbrook Community Association

 @glenbrookcommunityyc

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

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 February is *Study for Obedience* by Sarah Bernstein. For March, we will read *The Last Heir to Blackwood Library* by Hester Fox. We meet upstairs in the community hall meeting space. Please reach out to be informed of possible schedule changes if this is your first visit.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

Join your friends and neighbours for socialization and warm hospitality as we get through the cold winter together. Please reach out to be informed of possible venue changes.

Contact Audrey at glenbrookevents@shaw.ca.

Main Hall

Tuesday, February 4	Tai Chi	10:00 to 11:30 am
Tuesday, February 11	Tai Chi	10:00 to 11:30 am
Tuesday, February 18	Tai Chi	10:00 to 11:30 am
Tuesday, February 25	Tai Chi	10:00 to 11:30 am
Friday, February 28	Coffee Social	10:00 to 11:30 am

Upstairs Meeting Room

Wednesday, February 19	Book Club	1:00 to 3:00 pm
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INCOME TAX PREPARATION



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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!





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

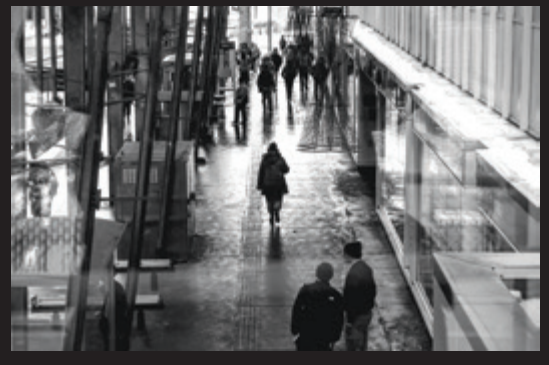
(payable to Glenbrook Community Association)

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.....

Photo Gallery by Khoa Nguyen






Winter Youth Social



SAT, FEB. 22

GLENBROOK HALL
3524 45 ST SW
4:00 - 7:00 PM




ATTENTION GLENBROOK YOUTH AGED **8-18!** LOOKING FOR AN AFTERNOON FILLED WITH FOOD, PRIZES, AND FRIENDS? WE'VE GOT YOU COVERED!

YOU ARE ENCOURAGED TO COME OUT TO THE GLENBROOK COMMUNITY HALL (PEOPLE OF ANY AGE CAN JOIN AS WELL) FOR OUR FIRST WINTER SOCIAL. BUILD COMMUNITY CONNECTIONS WITH YOUR NEIGHBOURS IN A WARM AND WELCOMING ATMOSPHERE.

WE WILL HAVE A KARAOKE MACHINE, ARTS AND CRAFTS, AND COMPLIMENTARY SNACKS AND DRINKS, AS WELL AS FREE PRIZES!

THE EVENT IS FREE FOR EVERYONE, BUT IF YOU'RE INTERESTED, PLEASE EMAIL GLENBROOKPROGRAMS@SHAW.CA TO LET US KNOW HOW MANY PEOPLE YOU ARE BRINGING.

WE HOPE TO SEE YOU THERE!





Learning About Polycystic Ovary Syndrome (PCOS)

by Alberta Health Services

Polycystic Ovary Syndrome (PCOS) is a common condition that is caused by a hormonal imbalance. Hormones control the activity of different cells and organs in your body. With PCOS, the hormone imbalance can affect your period and your overall health. It causes the ovaries to produce higher levels of the hormone testosterone. With PCOS, your ovaries may also develop enlarged, fluid-filled follicles that are often referred to as cysts.

Because of the extra testosterone, people with PCOS may have:

- Missed periods, irregular periods, and very light periods (including spotting)
- Extra hair on the face or body
- Thinning hair on the head
- Severe acne
- Difficulty managing weight
- Difficulty getting pregnant
- Darkening of skin on the neck, armpits, or groin area
- If you notice sudden, unusual hair growth on your face or body or new wide purple stretch marks on your body, contact your healthcare provider right away.
- You may also have symptoms of:
 - Sleep apnea
 - Fatigue
 - Anxiety, depression, and mood changes

- High blood pressure, high blood glucose, and high blood lipids (your healthcare team can test for these things)

People living with PCOS may be at an increased risk of sleep apnea, diabetes, heart disease, pregnancy complications, and endometrial hyperplasia.

Visit Your Healthcare Provider

It's important to consult your healthcare provider about PCOS. Write down how you feel, your symptoms, when your symptoms started, what makes your symptoms better or worse, and any concerns you have. Make a list of questions and concerns. During your appointment, your healthcare provider may ask you several questions about your health history and your family's health history.

They may ask about your:

- Menstrual cycle
- Past pregnancies or attempts to get pregnant
- Unwanted hair growth
- Symptoms
- Weight management
- Medicines and supplements
- Ethnicity

These questions help your healthcare provider diagnose PCOS and know how to best support you and your overall health.

Your healthcare provider will also check your height, weight, and blood pressure. Because PCOS can increase your risk of diabetes and heart disease, knowing your

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current height, weight, and blood pressure will help your healthcare team manage these risk factors and also manage your PCOS symptoms.

Your healthcare provider may also do an exam to check for signs of high testosterone levels, insulin resistance, and other conditions. This exam includes:

- Looking for skin tags and dark, thick, velvety skin in your body folds and creases.
- Looking for extra hair in different parts of your body, especially on your face and chin. You may want to delay shaving, plucking, or doing any hair removal before your appointment.
- Looking for wide purple stretch marks in your belly area and other parts of your body.

Work with your healthcare team to decide what is best for you as you manage your PCOS and find resources and services in your community:

211 Alberta helps people in Alberta find the right resource or service for whatever issue they need help with. 211 is available any time, day or night, by phone (call 2-1-1), text, and online chat. It is confidential and available in over 170 languages over the phone.

The Alberta Healthy Living Program has workshops, classes, and services to improve your health and quality of life.

The Alberta Health Services Chronic Disease Management program has links and resources to help people living with chronic conditions.



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Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

Together Let's Send Winter Down the Drain

by *The City of Calgary*

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.

We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



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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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