

JUNE 2025

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# GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



## Dr. Ernest Olamide Ayeni

FAMILY PHYSICIAN

MBBS 2012  
Bachelor of Medicine, Bachelor of Surgery  
MRCGP - Membership of the Royal College of General Practitioners  
LMCC - Licentiate of the Medical Council of Canada  
CCFP - Certification in the College of Family Physicians

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📍 Unit 136, 3715 51 St SW, Calgary, AB T3E 6V2

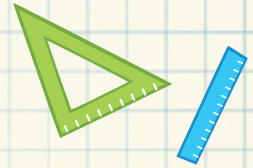
## HUMANA MEDICAL CLINIC

Dr. Ayeni has managed patients in both community and hospital settings, specializing in areas such as geriatric and preventive medicine, mental health, and more.





**SAB CONNECTIONS**



# ANNUAL BACKPACK PROGRAM



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*\*or we can send a volunteer to pick up the items\**

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or call (403) 708-7924



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5								1
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		2	7		9	1		

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# ***CLASSIC CARS GLENBROOK***

## ***1956 PLYMOUTH BELVEDERE***



*Words and photo by Fred Nelson*

As a person who attends every car show and cruise night, I can usually plan on seeing Rob's ragtop there. He's had this pale yellow and black "investment" for as long as anyone can remember.

With the AM radio, V8 engine, push-button automatic transmission (the first), power steering and brakes, his car was considered "loaded" for 1956.

After having enjoyed it on every nice day for several decades, it's worth a whole lot more than he paid for it back then.

*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.*



# MOVIE IN THE PARK

**Back by popular demand!**

**Saturday, September 6**

**3424 45 St SW - open field next to sport court**

Pre-show Entertainment

Popcorn and drinks at affordable prices

No charge for entry!



# Glenbrook Community Association

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

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

# GCA Meetings

Upcoming Meetings  
• June 5

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

Hello Glenbrook!

June marks the start of summer, bringing warmer weather and more opportunities to spend time outside in the garden. Neighbour Day is coming up on Saturday, June 21! It's the perfect opportunity to celebrate community spirit, get to know your neighbours, and strengthen local connections. Whether you're planning a block party, potluck, or simply a front-yard gathering, Neighbour Day is a great way to build a more kindred and caring neighbourhood.

Before summer comes to an end, be sure to check out the outdoor facilities at our community rink. They are free for all Glenbrook residents to use, just bring what you need for a game of basketball, volleyball, pickleball, padel, ball hockey, or soccer. We do ask regular users to buy a community membership, as this helps us pay for maintenance on the facility and keep the lights on.

We have some great events coming up this fall, starting with the long-awaited return of Movie in the Park on Saturday, September 6! Join us for a fun, family-friendly evening hosted by the community association. More details, including what movie we'll be showing, will be shared soon. Also, for those who were disappointed by the cancellation of the Spring Fling Dance, we're happy to announce it's been rescheduled. Mark your calendars for Saturday, October 18, just in time for Oktoberfest. Even better, the event will now be free to attend, but registration is required to ensure we stay within the community hall's capacity limits. We look forward to seeing you there!

Take care,

Kim

President, Glenbrook Community Association

## 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](mailto:glenbrook.community@shaw.ca) with any questions. We hope to see you there!



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## 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  
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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!



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).

Pickleball



The nets are up, and we are having fun. Come out to the Glenbrook Sport Court between 9:00 and 11:00 am on Monday, Wednesday, or Friday mornings. New players are especially welcome on Friday mornings for equipment, instruction, and encouragement as needed.

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

Book Club



Our book for June is *The Pull of the Stars* by Emma Donoghue, set during the Spanish Flu in Ireland. We will then take a break over the summer before meeting again in September, when 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](mailto:glenbrookevents@shaw.ca).

Rock Painting



Back by popular demand, we will be having another rock painting class at the hall. Registration is required as there are limited spots, and priority will be given to Glenbrook residents. There will be a \$2 fee to cover costs, and all equipment will be provided.

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

Coffee Social



Last month, we enjoyed fellowship and listened to an interesting talk on pollinator gardens by Janet Melrose. Join us in June for a new theme and more neighbourly chats.

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

Butterfly Garden



This bare corner of the community hall will be the site of our beautiful butterfly garden. We plan to add pollinator-friendly flowers such as butterfly bush, penstemon, catmint, and others. We are starting various plants from seed and hoping for contributions from you for this project.

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

Main Hall

Tuesday, June 3	Tai Chi	10:00 to 11:30 am
Tuesday, June 10	Tai Chi	10:00 to 11:30 am
Tuesday, June 17	Tai Chi	10:00 to 11:30 am
Thursday, June 19	Rock Painting	6:30 pm
Tuesday, June 24	Tai Chi	10:00 to 11:30 am
Friday, June 27	Coffee Social	10:00 to 11:30 am

Starting June 1st!

# Weekly farm stands

Support local [calgary.ca/localfood](http://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!

## 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](mailto:glenbrook.community@shaw.ca) and we will get back to you.

Thanks!



## 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

## 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](mailto:glenbrookglobepets@gmail.com). We look forward to meeting them!



## Butterfly Garden



The beautiful Mourning Cloak is one of the first butterflies to delight us in the spring. It gets a head start by overwintering here as an adult, in tree cavities or under loose bark. When it emerges in early spring, it feeds on tree sap from woodpecker or flicker holes. It is not a pollinator, preferring trees like aspen or willow which are hosts for the larvae.

We can help increase the wildlife in Glenbrook by focusing on pollinator gardens to attract butterflies, bees, and other insects. These can be additions to

your existing gardens or the creation of new ones. The more we plant, the more butterflies we will see and the sooner we will reap the benefits.

Let's start by beautifying our community meeting place, with a butterfly garden at the front corner of the community hall. We will be hosting a plant exchange of pollinator-friendly perennials on Saturday, May 10 at 10:00 am at the Glenbrook Greenthumbs Garden, and then bringing them to the hall to plant. We will focus on native, drought-tolerant species such as *Asclepias* (butterfly weed) and *Penstemon* (beardtongues).

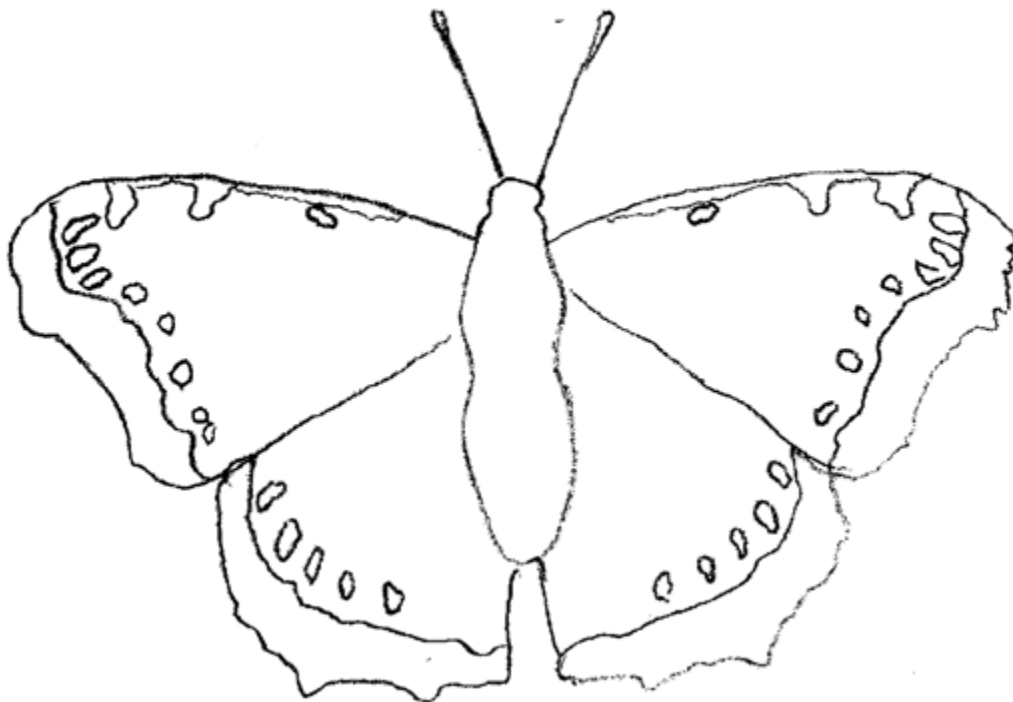
Please reach out if you are interested in putting this together.

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

### Colouring Contest

1. Cut the Mourning Cloak outline out of the *Globe* or print a copy from the online version.
2. Colour it in and put it in the mailbox at the community hall with your name and phone number on the back.
3. We will judge your drawings for accuracy, and perhaps your experience with the butterfly.

The deadline is Sunday, June 15!



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## Cybersecurity Awareness

Workshop

Presented by YouthLink Calgary Police Interpretive Centre  
In partnership with the Glenbrook Community Association

Learn how to protect yourself from online frauds and scams, as well as general internet safety.

 Monday, June 16th

 10 am to 12 pm



3524 45 St SW, Calgary, AB T3E 3V2

## Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

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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:**



# Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas

of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.

2<sup>nd</sup> Annual

# Stampede BBQ

with Janet Eremenko

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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](http://www.communitymediation.ca), 403-269-2707.

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Father's  
DAY



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