

MAY 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

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.

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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

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CLASSIC CARS GLENBROOK

1957 PONTIAC PATHFINDER



Words and photo by Fred Nelson

In 1957, Bill's parents bought a Canadian Pontiac 2-door sedan with the new 238-V8 engine and 3-on-the-tree standard transmission. They loved that car.

Bill decided to look for one of his own, and a mere 40 years later, he found this one.

When you see it out cruising this year it will be detailed and have new mags and tires, but it still looks pretty much like it does here. Be sure to say hi to him.

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.



GLENBROOK COMMUNITY CLEANUP

Hey Glenbrook! Each year, City of Calgary Waste & Recycling Services and Community Strategies partner with community associations to help Calgarians get rid of unwanted household items and property waste.

This event saves residents a trip to the landfill for items that do not fit in their waste carts – or for those who do not have cart service at their address – by providing multiple packer trucks and crews for waste. This service is free for all Calgarians.

Community volunteers will be on hand to assist with unloading items from vehicles. One vehicle load per household. No charitable exchanges.

The following items **MAY NOT** be brought to the cleanup site:

- | | | |
|-----------------------|-------------------|--------------|
| - Tires | - Home Appliances | - Paint |
| - Household Chemicals | - Propane Tanks | - Microwaves |
| - Car Batteries | - Glass | - Liquids |
| | - Railroad Tires | |

Household items and clothing will be collected by Women In Need Society (WINS), and Eligible Program Electronics by Technotrash.

For more information, and to check what will be accepted, please visit Calgary.ca/cleanups.

Saturday, May 31
9:00 AM to 1:30 PM
3524 45 St. S.W.

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
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.

GCA Meetings

Upcoming Meetings

- May 1
- 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!

May is a great month for beautifying our community after a long winter. On Saturday, May 3, we will be hosting our Parks Cleanup event, where we will spruce up local parks, streets, and public spaces. If you are interested in participating, more details can be found in this newsletter.

We will also be having our annual Community Cleanup, a.k.a. Dumpster Day, on Saturday, May 31 in partnership with the City of Calgary. A full list of goods that can and cannot be accepted is included in the newsletter as well. Women In Need Society (WINS) will be onsite to accept donations of gently used household items and clothing. Technotrash will also be on hand to collect Eligible Program Electronics, including televisions, monitors, laptops and other computers, printers and fax machines, as well as batteries from small appliances and other devices. For every tonne of electronic waste collected, the community association will receive a funding rate of \$500.

Now that spring has sprung, we are planning a number of other fun community events for the near future. The Glenbrook Greenthumbs Community Garden will have an herb container workshop on Monday, May 5, led by Janet Melrose from Calgary's Cottage Gardener. Registration is required as limited spots are available.

We will be hosting Confidently You, a workshop in partnership with the Queen's Confidence Academy, on Thursday, May 22. Kids can learn from Calgary Pageant winners about building confidence in themselves and uplifting others through hands-on activities and discussions. Registration is required, and more information can be found inside the newsletter.

We are continuing to accept nominations for our two annual community awards, but the deadline is fast approaching. If you would like more information on the Glenbrook Lifetime Member Award or the Glenbrook Community Partnership Award, please reach out to us before Monday, May 20, and we will help you through the nomination process.

Finally, May is National Bike Month! If you're ever in need of a reason to dust off your bike, May might just be the perfect time to get out and explore the city. It's also a great reminder to be aware that cyclists and motorcyclists are back out on the road. As always, please

continue to watch your speed when driving through Glenbrook. A reminder that 45 Street has a maximum speed of 40 km/h, 26 Avenue has a maximum speed of 50 km/h, and all playground and school zone reductions remain in effect until 9:00 pm each night.

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 with any questions. We hope to see you there!

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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

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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



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Glenbrook Community
Association

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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 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.

Pickleball

Have you checked out the pickleball courts at the Glenbrook Hall sport court? Join us on Monday and Wednesday mornings at 9:00 am, or Friday mornings if you are a beginner. Equipment, instruction, coaching, and encouragement will be provided.

Contact Grace at glenbrookevents@shaw.ca.



Book Club

Our book choice for May is *Move the Body, Heal the Mind* by Jennifer Heisz, a great choice with the coming of spring. 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

Join friends and neighbours over coffee and refreshments and discuss ideas of how to brighten up Glenbrook streets and gardens. All ages are welcome. Please reach out if this is your first time attending to be informed of any changes.

Contact Audrey at 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.

Main Hall

Tuesday, May 5	Tai Chi	10:00 to 11:30 am
Tuesday, May 10	Plant Exchange	10:00 am
Tuesday, May 12	Tai Chi	10:00 to 11:30 am
Tuesday, May 19	Tai Chi	10:00 to 11:30 am
Friday, May 23	Coffee Social	10:00 to 11:30 am
Tuesday, May 26	Tai Chi	10:00 to 11:30 am
Thursday, June 19	Rock Painting	6:30 pm

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!



ALL ABOUT HERBS

A FREE GARDEN WORKSHOP BY **JANET MELROSE** FROM **CALGARY'S COTTAGE GARDENER**



In this workshop, you will learn about:

- Definitions and properties of herbs
- How herbs help create a biodiverse garden, including attracting beneficial insects
- How to grow and care for them over the seasons
- Designing with herbs – herb gardens, spirals, knots, containers and more
- Techniques and tips for harvesting and preserving herbs
- The best herbs for Calgary, annual and perennial
- Native herbs to consider
- Bringing herbs inside for the winter
- Using your herbs
- Planting a mache container with a selection to grow at home this season!

MONDAY, MAY 5

6:30 - 8:00 pm
Glenbrook Greenthumbs Garden
3020 - 51 St SW

Presented by Glenbrook
Greenthumbs in partnership
with G.C.A.

Registration is required as
limited spots are available

Register at
glenbrookgreenthumbs@gmail.com

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).

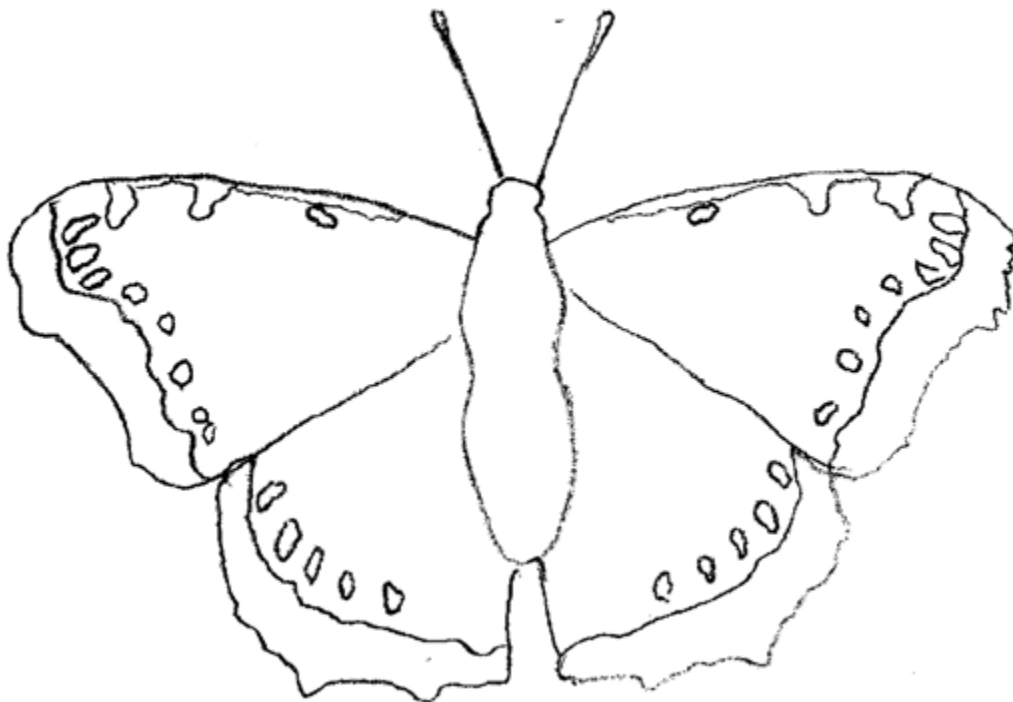
Please reach out if you are interested in putting this together.

Contact Grace at glenbrookevents@shaw.ca.

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!





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.....

CONFIDENTLY YOU –

A Confidence-Building Programs for Kids!

Date: May 22, 2025

Time: 6:30 pm - 8 pm

Location: Glenbrook Community Association 3524 45 St SW, Calgary, AB T3E 3V2



Join us for Confidently You, a fun and empowering program designed to help kids build confidence in themselves and uplift those around them! Through interactive activities, engaging discussions, and hands-on learning, participants will develop essential self-esteem and leadership skills in a supportive environment.

Spaces are limited — reserve your spot today!

Get in touch

**Presented by the
Queen's Confidence Academy
and sponsored by the Glenbrook CA**



Instagram @queensconfidenceacademy
Email queensconfidenceacademy@gmail.com

**BRAIN
GAMES**

SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**





May 3, 2025
10:00 AM
Glenbrook Community Hall



GLENBROOK PARKS CLEAN UP



Join us in helping to make Glenbrook cleaner and more beautiful!
Volunteers will collect litter within an assigned community park, which will be collected in bags and brought back to the community hall.

If you are interested, meet in front of the Sport Shack
on **Saturday, May 3 at 10:00 am.**



GLENBROOK AWARDS 2025

Lifetime Member Award

An exceptional individual who has demonstrated significant and sustained service to Glenbrook

Community Partnership Award

A local organization or business that has made an outstanding contribution to life in the community

We will consider:

- General attitude and overall demeanor
- Dedication to the objectives of the Association
- Commitment to community stewardship
- Valued leadership and positive role modeling

**NOMINATIONS ACCEPTED THROUGH
TUESDAY, MAY 20TH
FORMS AVAILABLE AT GLENBROOK HALL
OR BY REQUEST TO
GLENBROOK.COMMUNITY@SHAW.CA**



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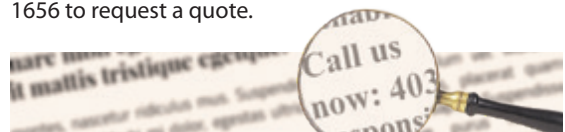
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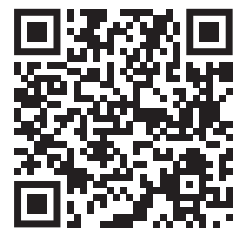
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Mother's
Day!*



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