

FEBRUARY 2026

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



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SCAN ME

CLASSIC CARS GLENBROOK

1979 EL CAMINO



Words and photo by Fred Nelson

Don picked up his fully-optioned El Camino in Spokane 20 years ago. It had just arrived there from Southern California, where it had been pampered since new.

Anyone who owns one of these will admit that they're not real good as a car or a truck, but the COOL factor just increases, year after year.

Nobody has built anything like this since GM's last one in 1987.

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 Association

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

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

2026 Board Members

President	Kim
Vice-President	Vacant
Secretary	Murray
Treasurer	Gary
Past-President	Ken
Director at Large	Margaret
Director at Large	Noel

2026 Officers

Hall Rentals	Shirley
Memberships	Contact Glenbrook Office
Outdoor Programming	Bill
Senior Programming	Grace
Events	Contact Glenbrook Office
Urban Canopy	Bistrin
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
 - \$30 per hour, minimum three hours
 - Damage Deposit of \$250
- Monday to Thursday, Evening
 - \$35 per hour, minimum three hours
 - Damage Deposit of \$250
- Friday, Saturday, and Sunday
 - \$400 day rate
- Wedding Package: Contact us for more information.

Boardroom:

- Monday to Friday
- \$30 per hour, minimum three hours (daily maximum of \$250)
- Not available for rental Saturday or Sunday

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.

Note:

The sport shack, parking lot/parking spaces, storage rooms, and outdoor rinks/sport courts are not for rent. They are for community association use only.



GCA Meetings

Upcoming Meetings

• February 5 • March 5 • April 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

Hello again Glenbrook!

February has arrived and we are looking forward to a number of special dates in the month ahead. Valentine's Day is on Saturday the 14th, and Family Day in Alberta is set for Monday the 16th. Family Day was created in 1990 by then-Premier Don Getty, to give workers a much-needed mid-winter break and emphasize the importance of family values, filling the gap between New Year's Day and Good Friday in April. I hope you all get to spend some time with your loved ones this month.

Our dedicated volunteers have kept our outdoor rink in great shape and usable for everyone, even though it has been a challenging year due to weather and water restrictions. A big thank you to Brad and the others who have been working on the rink throughout this winter season.

We are continuing to seek out volunteers to work at our upcoming casino, which will be held on Wednesday, March 18 and Thursday, March 19. We hold these casinos about once every 18 months, and they are the largest fundraising effort for the community association, helping to keep everything running at the community hall and facilities, put on events and programming for our residents, and ensuring we are able to fulfill our mandate. If you would like to volunteer, please reach out to glenbrook.community@shaw.ca.

All the best,

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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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 (55 years and older) or individual.
(September 1, 2025 to August 31, 2026)

Name:

Address:

Phone:

Cell:

Email:

Membership type: Family (\$25)

Senior 55+/Single (\$20)

Payment type: Cash Cheque

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

Debit/Credit:

(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, Community cleanup day, sports events, Casinos, other community events, etc.

Contact for Volunteer canvas: Yes..... No.....

With this membership you will be added to our email list.

GLENBROOK ATHLETICS

Calgary Padel Club

Junior Program, Adult Teams, Tournaments
3524 45 St. SW | info@calgariypadel.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



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Association



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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 activities throughout the month, taking place at the community hall. If you are interested in trying out one or more of these, or if you have any questions, please email glenbrookevents@shaw.ca so we can gauge interest. Long-term participation in these programs will require purchase of a community membership.

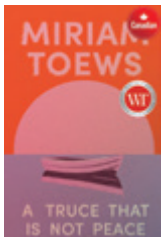


Tai Chi

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. We will meet on Tuesday mornings at 10:00 am. Come out and give it a try.

Contact Gary at glenbrookevents@shaw.ca.



Book Club

Our book for February is *A Truce That Is Not Peace* by Miriam Toews. It is a memoir connected to layers of grief, guilt, and futility. For March, we will read *Six Days in Bombay* by Alka Joshi. We will meet on Wednesday, February 18 at 1:00 pm at the community hall.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

After a fun-filled Christmas session and an informational/sample session on essential oils in January, we are ready to meet again. Come join us

for food and fellowship. Find out what other activities you might be interested in – snowshoeing, cards, other games, etc. – and where and when these groups meet in Glenbrook. Join our email list for other invitations and information.

Our next meeting is Friday, February 27 from 10:00 to 11:30 am at the community hall.

Contact Audrey at glenbrookevents@shaw.ca.



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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!



Peak Birding – The Great Horned Owl

by Catherine Warwick

A few weeks ago, I was leaving my house to start my walk to work, and I saw a cloud of Magpies squawking wildly around a spruce tree. I ran over and was delighted to see a large Great Horned Owl! It was a lighter colour than I had seen before, almost white. Its large yellow eyes looked at me wearily. The Magpies were relentlessly hassling it, flying at it and generally freaking out. I managed to get a fairly decent picture of it with my phone and also yelled at a stranger, "An owl is in this tree!", as one should given the special circumstances. If I saw an owl nesting, I wouldn't tell anyone, but I could tell this one was moving on soon.

The Magpies know the owl is a skilled predator that is a threat to their very lives, they don't want it to get comfortable in our neighbourhood. Owls have very sharp beaks, crushing claws, night vision, great hearing, and near silent flight, they must be terrifying to other birds. Whereas we humans just notice their super fluffy feathers and luminous, intelligent eyes. "Don't be mean" we mutter to the Magpies and Crows harassing them.

Owls eat rodents, hares, skunks, and other mammals. With their swiveling head, which can turn up to 180 degrees, no small mammal is safe. They've even been known to go after house cats. I would love to see one hunting, I wouldn't hear it though. There are numerous videos on the internet of an owl flying with a sound detector nearby, they are virtually silent. They have specialized feathers that break up the sound, a subject of much study by scientists.

If you see a very large owl, it is probably one of three in Calgary: Snowy, Grey, or Great-Horned. The Great Horned Owl is the most common and is distinct because of its prominent 'horns' which are part of a 'V' coming down to its beak. Although the Long-Eared owl also has feather tufts protruding from the top of its head, they are much less common. Obviously, the same person didn't name these owls, one taking their tufts for horns and the other for ears. It is difficult to identify owls by colour, for instance the Great Horned can get very light coloured but also can be a tawny brown colour.

I'm not sure if I'll see the owl again, the Magpies are a very dominant force on our street. They seem really smug about it, if they had fingers they would be snapping them like the Jets from West Side Story. Owls don't migrate but they can travel far for food, or to get away from Magpie gangs.



A beautiful photo of a Great Horned Owl by Diane Stinson



A young Great Horned owlet. Isn't it the cutest! Photo by Diane Stinson

Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email news@mycalgary.com

BRAIN GAMES

SUDOKU

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

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FOR THE SOLUTION



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9 PM
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- 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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Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!



Glenbrook Real Estate Update

Last 12 Months Glenbrook
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2025	\$729,983	\$721,500
November 2025	\$849,900	\$827,500
October 2025	\$284,950	\$274,500
September 2025	\$414,900	\$414,900
August 2025	\$724,900	\$720,000
July 2025	\$839,000	\$827,500
June 2025	\$679,900	\$705,000
May 2025	\$580,000	\$585,000
April 2025	\$547,450	\$547,500
March 2025	\$584,900	\$630,000
February 2025	\$739,950	\$730,500
January 2025	\$340,000	\$341,000

Last 12 Months Glenbrook
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2025	6	5
November 2025	11	11
October 2025	9	14
September 2025	13	13
August 2025	19	13
July 2025	19	16
June 2025	16	15
May 2025	22	12
April 2025	14	10
March 2025	18	11
February 2025	9	10
January 2025	10	5

To view more detailed information that comprise the above
MLS averages please visit glen.mycalgary.com

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



Councillor, Ward 6

John Pantazopoulos

✉ Ward6@calgary.ca

📞 403-268-1380 | 🌐 calgary.ca/Ward6

📱 @Johnnp4ward6 | ✉ @John4ward6

Hello Ward 6,

February is a busy and important month across Calgary, and I want to share a few timely updates and opportunities for residents to stay informed and engaged.

First, I encourage homeowners to review their 2026 Property Assessment, which was mailed in mid-January. The City’s Customer Review Period runs until March 23, giving residents the chance to confirm property details, compare assessments with similar homes, and ensure values reflect the market as of July 1, 2025. Your assessment plays a key role in how property taxes are calculated. Tools and support are available online, and questions can be directed to 3-1-1.

February also brings opportunities to celebrate community and accessibility. From January 30 to February 16, Chinook Blast returns with winter activities, art, and events across the city. In addition, nominations for the Accessibility Awards open February 9, recognizing individuals and organizations making Calgary more accessible. These awards highlight the impact residents have when we build a city that works for everyone.

Youth ages 15 to 24 can connect with employers at the City’s Youth Hiring Fair on March 26 at Stampede Park. Visit [Calgary.ca/yeichiring](https://calgary.ca/yeichiring) for ongoing announcements and advice on how to get prepared!

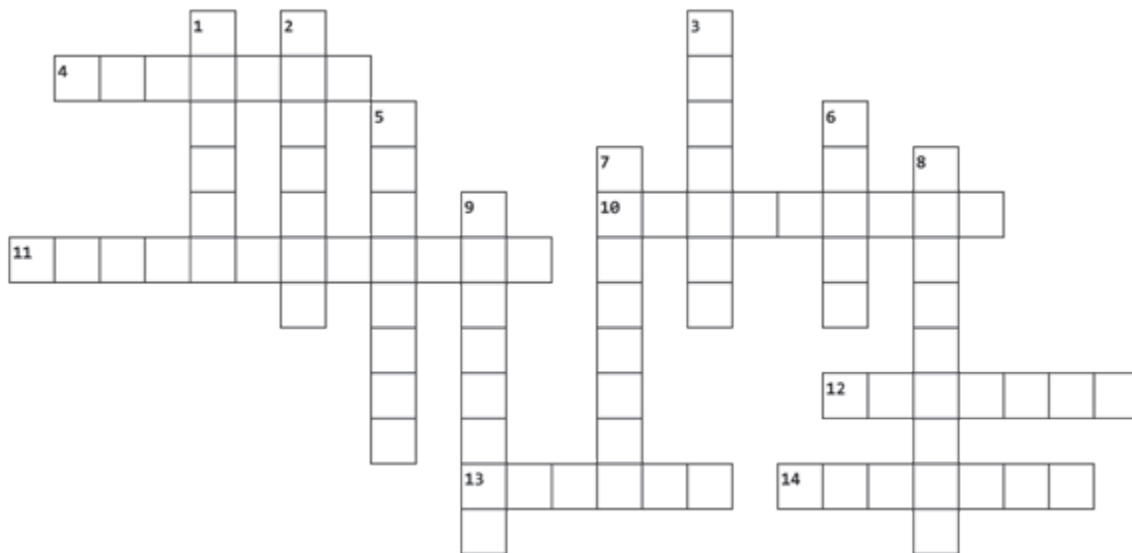
Next month, I look forward to continuing the conversation surrounding the repeal of blanket rezoning during Public Hearings. Many residents have shared thoughtful feedback about how growth and development affect established communities. I believe Calgarians deserve a planning process that is transparent, contextual, and responsive to local voices. I will continue advocating for meaningful engagement and practical solutions that respect neighbourhood character while planning responsibly for Calgary’s future. Public Hearings are set to occur in March. For more information, visit our website at [Calgary.ca/ward6](https://calgary.ca/ward6).

As always, thank you for staying engaged and taking part in shaping our city.

Regards,

Councillor John Pantazopoulos

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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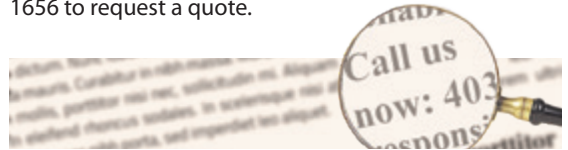
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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