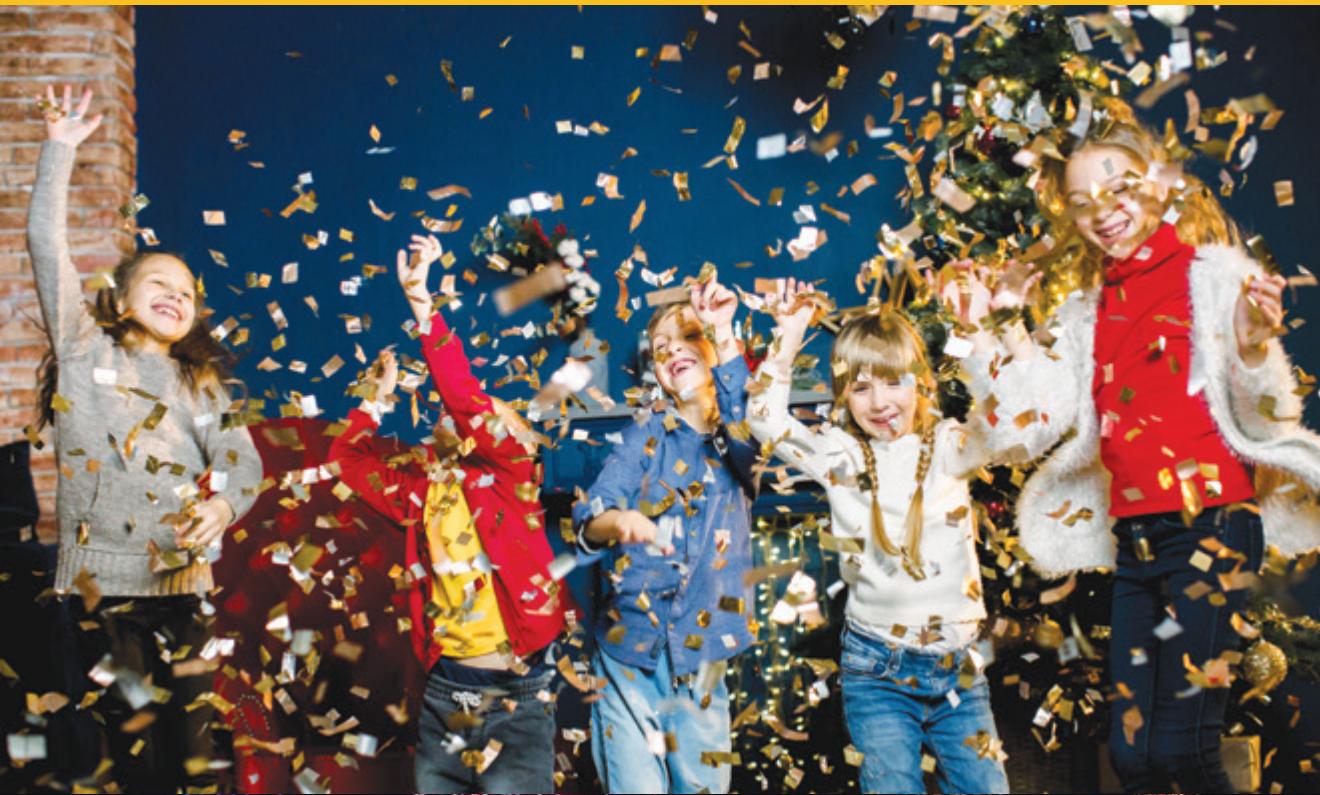


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# GLENBROOK globe

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## 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!



MOUNT ROYAL UNIVERSITY

## PLANNING FOR THE POSSIBLE

Mount Royal University's Long Range Development Plan (LRDP) will guide and shape our campus for decades to come.

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Learn more at [mru.ca/LRDP](http://mru.ca/LRDP)

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**SCAN ME**

# 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.**

## 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
Social Committee	Emily
Urban Canopy	Bistrin
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

• January 8 • February 5 • March 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

Happy New Year everyone!

Hard to believe that we find ourselves in 2026. January always feels like a fresh start, and I am excited about what's to come for the Glenbrook Community Association this year.

Looking ahead, we have some fun things planned for 2026, including more events to bring neighbours together, initiatives to benefit the community, and ongoing programs to engage our residents. All of these continue to make Glenbrook special.

If part of your new year's resolution is to get more involved in your community, come check out our monthly meetings. They are held on the first Thursday of every month at the Glenbrook Hall. They are welcoming, casual, and a great way to hear about what's going on, share your ideas, and help shape our future direction. Your voice matters and we would love to see you there!

Lastly, I would like to take a moment to thank our board of directors, as well as all the volunteers who gave their time and energy over the past year to supporting the community association, and myself in my first year as President. From lending a hand at events to offering guidance behind the scenes, I am grateful for everything you've done.

Wishing you all the best for 2026,

*Kim*

President, Glenbrook Community Association



## On Deerfoot Trail

*by Garth Paul Ukrainetz*

On Deerfoot Trail the potholes grow  
A little larger every day  
They never seem to fill them in  
We zig and zag along the way

On Deerfoot Trail bad tempers show  
The need for speed in rush hour mess  
The faster lane ain't always faster  
The quicker route ain't always best

On Deerfoot Trail the snow plows blow  
They clear the slushy slop away  
But cars still slide into the ditch  
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow  
Like blood cells flow within a vein  
The city's major artery  
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo  
Corralled commuters, Calgary  
Bronc riding on this road together  
Until we exit, until we're free



## 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@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 | faoc@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

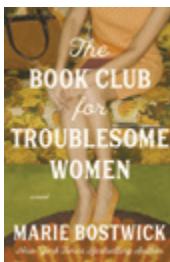
The Glenbrook Community Association is pleased to offer a number of free clubs and activities throughout the month, taking place at the community hall. If you are interested in trying out one or more of these, or if you have any questions, please email [glenbrookevents@shaw.ca](mailto:glenbrookevents@shaw.ca) 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 meet on Tuesday mornings at 10:00 am. Come out and give it a try.

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



### Book Club

Our choice for January is *The Book Club for Troublesome Women* by Marie Bostwick. We will meet upstairs in the Glenbrook Hall on Wednesday, January 21 at 1:00 pm. All visitors are welcome. For February, we have selected *A Truce That Is Not Peace*, a memoir by Mirian Toews.

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



### Coffee Social

Join friends and neighbours at the hall for coffee, refreshments, and fellowship. In the past, we have invited speakers on various topics, met city council candidates, played games, and more. Our group is about 15 to 20 people currently. We connect with each other outside of these meetings as well, to knit/crochet, play mahjong or whist, and plan other fun activities in the community.

We meet on the fourth Friday morning of the month, and our next social is on Friday, January 23 at 10:30 am.

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

## VOLUNTEERS NEEDED FOR GLENBROOK CASINO

We are looking for volunteers to help us run our 2026 casino fundraiser on Wednesday, March 15 and Thursday, March 16. No experience necessary. Meals will be provided.



Location: Elbow River Casino (218 – 18 Ave S.E.)

Times include:

- Day Shift (11:15 am to 7:30 pm)
- Evening Shift (7:00 pm to 3:15 am)
- Count Room Shift (11:30 pm to 3:30 am)

If interested, please email: [glenbrook.community@shaw.ca](mailto:glenbrook.community@shaw.ca)

## 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!



# Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



### Emotional Strategies (Inner Work and Regulation)

#### 1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

#### 2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

#### 3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

#### 4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

### 5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

#### 6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

#### 7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

### Situational Strategies (Practical Boundaries and Care Structures)

#### 1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

## 2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

## 3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

## 4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

## 5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

## 6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

## 7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

## 8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

## 9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

## 10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

# Cats, Canines, & Critters of Calgary



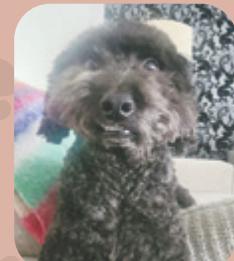
Betty White, Cranston



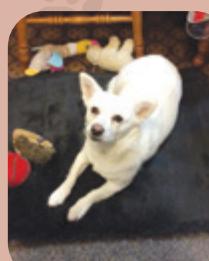
Dazi,  
North Glenmore Park



Jack, Seton



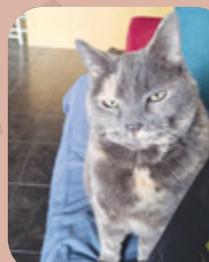
Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Rethinking New Year's Resolutions: A Kinder Approach to Food and Health

by Andrea Kroeker

January is often framed as a month of fresh starts and for many that means making resolutions about food, weight, or exercise. Often resolutions built on restriction don't last past February. When we set rules that feel rigid or punishing our natural response is to rebel against them. Then comes guilt, frustration, and the sense of "failing" before the year has even begun.

But there is another way to think about the new year, one that moves away from dieting and toward a more compassionate, sustainable relationship with food.

### Why Diet-Focused Resolutions Backfire

Traditional resolutions tend to sound like this:

- "No sugar for 30 days."
- "Cut carbs."
- "Lose X pounds."

But these rules ignore how human behaviour works. When we restrict food, our brain interprets it as a threat. Hunger hormones increase, cravings intensify, and the foods we try to avoid become even more appealing. This isn't a lack of willpower, it's biology.

Diet-focused resolutions also reduce health to a number on the scale, overlooking emotional well-being, social connection, culture, and daily rhythms that shape eating habits.

### A Non-Diet Alternative: Intention Over Restriction

Intuitive eating is a framework developed by dietitians and supported by evidence where it invites people to step away from dieting and reconnect with their body's cues: hunger, fullness, satisfaction, and emotional needs.

Instead of making weight-centered promises, consider intentions that foster curiosity and self-trust. For example:

- "I will pause before meals to check in with my hunger level."
- "I will add foods that help me feel energized, rather than cutting foods out."



- "I will explore movement that feels good instead of forcing punishing workouts."
- "I will practice being kinder to myself when I eat emotionally or feel stressed."

These intentions are flexible. They honour daily life and recognize that eating is not only physical but also social, emotional, and joyful.

### Honouring Satisfaction, Not Perfection

A key idea in intuitive eating is satisfaction. When meals feel satisfying, flavourful, comforting, and nourishing it becomes easier to stop eating when full. In contrast, when meals are very low in calories or overly "clean," we often roam the kitchen afterwards searching for something to "hit the spot" and satisfy our hunger.

Allowing preferred foods (yes, including treats or fun foods) within a balanced pattern reduces the urgency and guilt that often lead to overeating.

### A More Compassionate January

The new year does not need to be a self-improvement project. It can be a moment to practice gentleness, to notice small wins, and to reconnect with what truly matters—energy, pleasure, connection, and care.

Resolutions don't have to shrink you. They can expand your life.

As you step into January, consider what it would look like to trust your body a little more and judge it a little less. You might find that the most meaningful change comes not from tightening rules but from letting them go.

# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

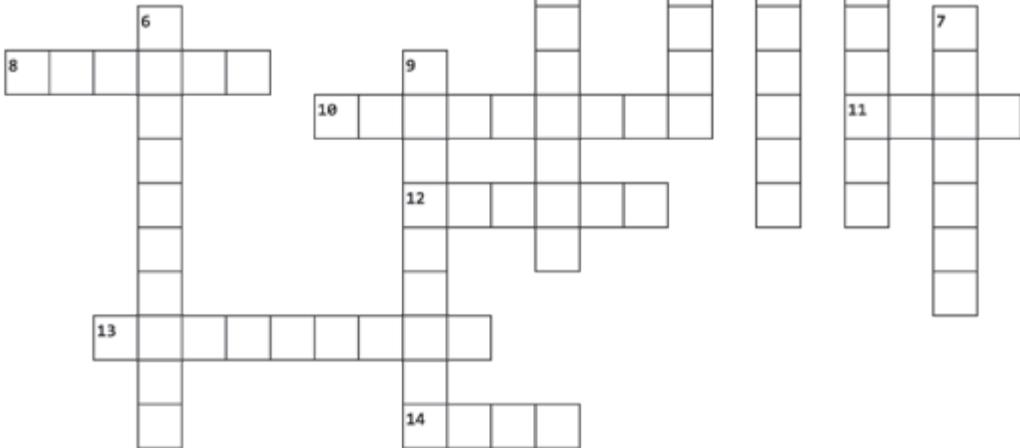
### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

# January Crossword



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or  
scan the QR code for  
the answers



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

# Classic Cars Glenbrook

## 1959 GMC SWB Stepside



*Words and photo by Fred Nelson*

Back in the early 1980s, Ernie bought this rare little pickup in Drumheller for \$250. It needed a new engine, but was completely rust-free.

Being a top-of-the-line model, there was lots of chrome and the seldom-seen Hydramatic transmission.

Once the new driveline was installed, the body was painted Corvette Yellow. It turned out so well that it was probably responsible for starting the pickup craze we still enjoy today.

*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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### Joke of the Month



What kind of cow wears a crown?  
A dairy queen

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### How My Office Can Help You

#### Support with Federal Departments

My team can help you navigate issues with federal agencies such as the Canada Revenue Agency (CRA), Immigration, Refugees, and Citizenship Canada (IRCC), and Service Canada (EI, CPP, etc.). If your file is delayed or you're having trouble getting answers, we can look into the matter and ensure your case is reviewed fairly. While we cannot influence decisions or offer legal or financial advice, we can help make sure all relevant information is considered.

#### Visiting Ottawa?

If you're planning a trip to Parliament Hill, we can help arrange a tour or request tickets to Question Period (when the House is sitting). Please contact us at least two weeks in advance so we can confirm availability.

#### Notary and Commissioner of Oaths Services

As your MP, I can notarize documents or commission oaths at no cost. Please provide about two weeks' notice, as availability may vary when the House is in session.

#### Congratulatory Certificates

We offer certificates for milestone birthdays, anniversaries, and other special celebrations. We can also help request messages from the Prime Minister or Governor General when eligible. To ensure timely delivery, please contact us four weeks before the event.

#### Not Sure Who to Call?

If you're unsure whether an issue is federal, provincial, or municipal, we can help direct you to the right office.

- Provincial (MLA): healthcare, education, provincial highways
- Municipal (City Councillor): 3-1-1 services (garbage, water, roads, parks), police, fire, Enmax

If you need support or have questions, reach out anytime — my office is here to help.

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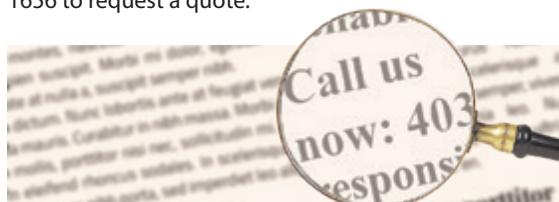
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca),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

**OPEN CANOPY TREE CO.:** We are located right next door in Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website [www.opencanopytree.com](http://www.opencanopytree.com) or call 403-466-1656 to request a quote.



## 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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