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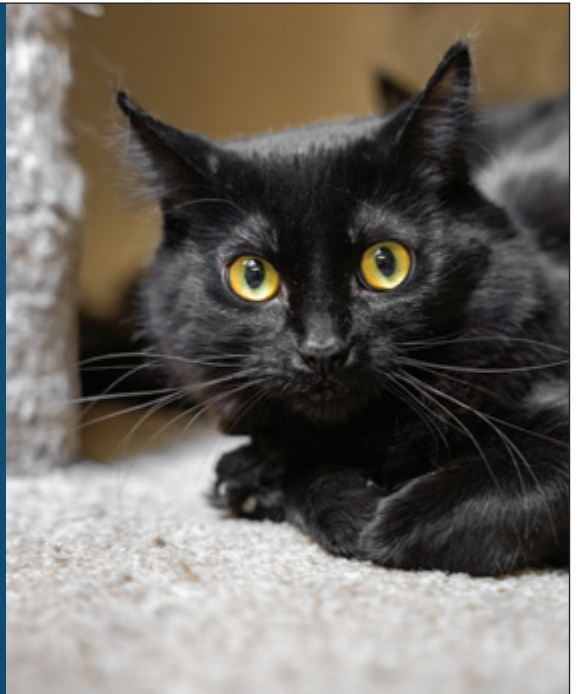


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SCAN ME

Glenbrook Community Association

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

Please direct all questions to
glenbrook.community@shaw.ca
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

• September 3 • October 1

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 flew by and I can't believe that it is now July! I always love Calgary in July, because there is so much going on. Canada Day offers a meaningful opportunity to reflect on our shared pride, diversity, and connection as Canadians. We are 159 years young this year! There are free city-wide festivities taking place on Wednesday, July 1, spanning major downtown riverfront locations and ending with a spectacular fireworks display. Then, the Calgary Stampede takes place from Thursday, July 2 to Sunday, July 12. The Stampede brings its unique energy, tradition, and excitement to all Calgarians. It is a wonderful time to gather with friends, enjoy local events, and take advantage of everything our vibrant city has to offer. I hope you all find a moment to celebrate, connect, and make lasting memories throughout this lively and festive month.

We have fun events planned for August and September, starting with the first ever Glenbrook Amazing Race on Sunday, August 30. Registration is now open, so sign up your team of two today. On Saturday, September 12, we will once again be hosting a community BBQ. All are welcome, and it should be a great time. Look for more details on both of these in this month's *Globe*.

The Glenbrook Community Association Board had our last meeting in June before breaking for the summer. We will reconvene in September. If you are interested in getting involved with the GCA, or simply want to learn more about what we do, please join us for our next meeting on Thursday, September 3. We would love to see you there.

All the best,

Kim

President, Glenbrook Community Association

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

☒ 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

9 PM
ROUTINE

CALGARY
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SERVICE

Mariana Trench

Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!





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

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Games at Shouldice Athletic Park

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www.fencingacademy.ca

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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

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, please email glenbrookevents@shaw.ca so we can gauge interest, or if you have any questions. 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 for more information.



Book Club

There will be no meetings during the summer. We will start up again in September, when we plan to read *My Friends*, a popular book by Fredrik Backman. Meet us on Wednesday, September 16 at 1:00 pm at the community hall.

Contact Grace for more information.



Coffee Social

We finished our season in June with socializing and outdoor lawn games. We look forward to meeting again on Friday, September 25.

Contact Audrey for more information.



Pickleball

Come to the Glenbrook sport court on Monday, Wednesday, and Friday mornings at 9:00 am to join our group of pickleballers.

Beginners are especially welcome on Fridays when equipment, instruction, and encouragement will be freely supplied.

Contact Grace for more information.



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!

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to
donate or visit
gofund.me/31fdeef6f



Any help is
appreciated ❤️

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!



TOUR DE FRANCE

The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!



Know Your Neighbourhood: A Window into Where You Live

Each month, a new piece of Glenbrook's story.

When Glenbrook Became Part of Calgary

For decades, the area we now call Glenbrook was not part of the City of Calgary. Still known as Holmpatrick, it remained more rural than suburban, even as nearby communities continued to grow. That changed in the 1950s.

Glenbrook was annexed into the city in two stages. In 1954, Calgary expanded west to 45 Street SW. Two years later, in 1956, the city boundary moved again to Sarcee Trail. With annexation came access to city water, sewer, roads, and utilities. But those services did not arrive everywhere at the same time.

The area east of 45 Street SW received utilities first, which is why development began there in the late 1950s and early 1960s. Streets were laid out, homes were built, and schools soon followed.

The land west of 45 Street did not have sewer connections for years. Without them, large-scale development could not proceed. That area remained mostly open and was even used as a gravel pit.

When sewer servicing finally reached the west side in the late 1960s, major development followed in the 1970s, including larger apartment buildings and higher density housing. This two-phase growth helps explain why Glenbrook can feel like it developed in two different eras.

Source: The City of Calgary's historic resources inventory.



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**ALL
AGES
WELCOME**

GLENBROOK AMAZING RACE

Sign Up Your Team of 2

Do you have what it takes to race the neighbourhood? Put your athletic, knowledge, and memory skills to the test for a chance to win prizes!

Start Time 1:00 pm

Meet at the **Glenbrook Community Hall (3524 45 St SW)** to receive your first clue. Watch out for detours and road blocks along the way!

Register by Friday, Aug. 21

Reach out to
glenbrookprograms@shaw.ca to
make sure your team gets a spot!

**SUNDAY,
AUGUST
30**

FREE

**REGISTER
NOW**

GLENBROOK

COMMUNITY BBQ

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Members - Free

Memberships

Available

for Purchase



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SEPT. 12
4:30 PM**

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@shaw.ca**

403 249 6664

Classic Cars Glenbrook

1962 CADILLAC 4-DR HARDTOP



Words and photo by Fred Nelson

James acquired his Caddy in 1976 from the estate of a local oil executive. With barely 32,000 miles, it should probably be in a museum.

The original spare tire is in the trunk, still inflated with 1962 air.

Back in those days (think American Graffiti), Cadillac was the undisputed World Standard for Luxury Motoring. Just a short trip around the block reminds us why.

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.

Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

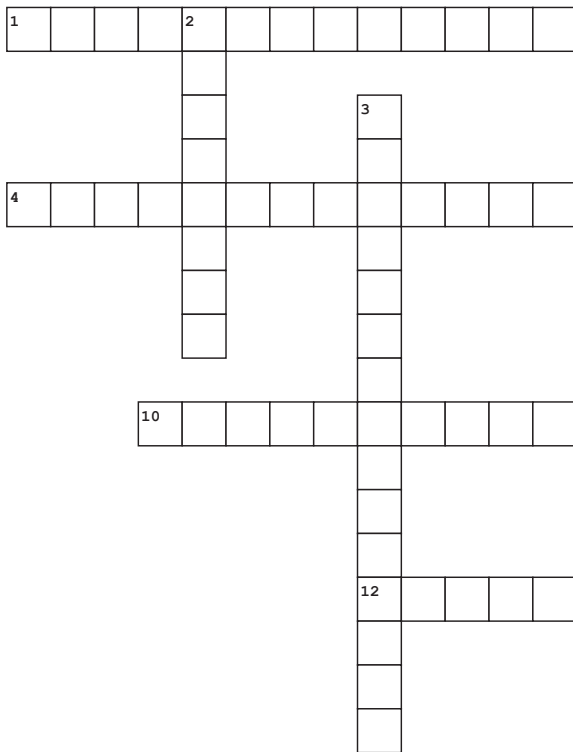
You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

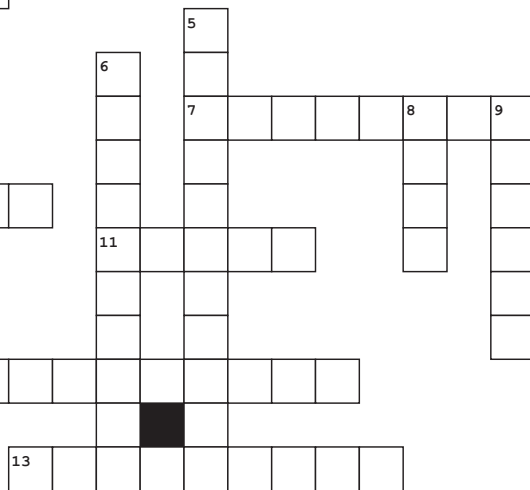
Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.





MLA Calgary-Currie
Janet Eremenko
 206B – 1615 10 Ave SW
 Calgary, T3C 0J7
 ☎ 403-426-4794
 ✉ calgary.currie@assembly.ab.ca

Celebrating Summer in this Beautiful Province

Summer in Alberta is truly something to celebrate.

Whether your passion is hiking and camping, or if you prefer exploring everything our cities and towns, there is always something for everyone to enjoy.

As usual, my family will be spending a lot of our time outdoors this summer, but we'll be staying a little closer to home. I hope to see some friends in Cold Lake, take in Open Farm Days on August 15 and 16, and stay in one of those amazing star-gazing domes at Metis Crossing.

And certainly, this July we won't have to go much further than Westbrook CTrain station to take in the greatest outdoor show on earth. After a lifetime spent in Calgary, the Stampede still blows me away. The community spirit, the volunteerism, the tourism, and celebration make it one of my favourite times of the year.

The Stampede is a perfect reminder of what we can accomplish together. We do it all under the waving Canadian flag, and I hope that it will be that sentiment that wins the day as we prepare to vote in the October referendum.

My staff and I wish you a safe and happy summer with friends and family. Take in something new and a little off the beaten path – I don't think you'll be disappointed.

Please don't hesitate to reach out to my office at calgary.currie@assembly.ab.ca any time with your ideas, issues, or concerns.

P.S. These summer months are the perfect time to get reconnected with the communities of Calgary-Currie. If you have an event that you'd like me to attend, I would love to be there.



MP Calgary Signal Hill
David GL McKenzie, KC, MP
 8561 8A Ave SW
 Calgary, AB T3H 0V5
 ☎ 403-695-0570
 ✉ david.mckenzie@parl.gc.ca

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.

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- ✓ We show up when we say we will

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