

Upcoming Events in Our Community

Get ready for another action packed season of fun activities to get us out and enjoying our community. Here are the events that your Glabar Park Community Alliance (GPCA) is working on:

Glabar Park Community Garage Sale - Saturday, June 7, 7:30am -1:30pm

Our annual neighborhood garage sale is the time to put out those treasures and encourage family and friends to stop by for some bargain hunting. Once again, the GPCA is hosting a community table (at 859 Rozel Crescent, 7:30am) as a fundraiser to make our events bigger and better.

To donate items towards our community table please contact Lynda Richardson at 613-722-8501 or lynda.richardson@gmail.com. Be sure to stop by our community table to meet your GPCA members and drop off your items.



Fools in the Park - an evening in July - To be confirmed, Glabar Park

Stay tuned as the GPCA hopes to welcome another performance by the popular *A Company of Fools* to our community this summer! Visit www.GlabarPark.ca for updates.

Summer Fun Day - August 9, Noon - 3:00 pm, Kingsmere Park

Mark this one in your calendar folks as you don't want to miss another fantastic Fun Day. Get ready to participate in the second annual Glabar Gallup (a real 5K this time, no easing up) and enjoy all the usual festivities including the bike parade, bouncy castle, tug-of-war and the delectable gourmet BBQ! Your GPCA is working hard to bring you an event that is bigger and better than ever. If you would like to volunteer please contact Lynda Richardson at the info above.

For the 5K Glabar Gallop race, please send registration info (name and age) to Craig@runninggoattiming.com

Grow Your Business and Support Your Community:

Advertise in the Gazette!

We encourage any business with ties to our Glabar Park community to advertise in this local newsletter, the Glabar Gazette.

Details:

- All advertising revenue goes directly to our Community events and activities!
- Three editions annually (January, May and October)
- Reaches 1,000+ households in Glabar Park
- This prominent back page is reserved for advertising

2014 Advertising Options:

- **Business Card:** \$75 per edition, or \$150 for all three editions
- **Quarter Page:** \$150 per edition, or \$300 for all three editions

Contact:

Craig Szabo, GPCA Secretary
craigszabo@yahoo.com or 613-261-5886

In this issue >>

Give Kids a 'Brake'
Carlingwood YMCA Info
Glabar Park Trivia Game
Skating Rink Recap
Upcoming Event Details
Advertise in the Gazette



May 2014

Glabar Gazette



A message from our President

As we come out of a long and cold winter, I look back at how much we've accomplished these past months. We changed how the rink ran this year and moved to a more collaborative approach, with a paid main worker (Jesse) and a dedicated team of volunteers to help both on and off the ice, especially in keeping the field house open. It worked very well, with the rink staying open well after the city-mandated closure dates at the end of February. I look forward to more successes next year as we build on this effort.

Winter Fun Day was again a huge success. The weather cooperated, the ice was great, the crowds really came out, and I saw lots and lots of smiling faces. Thanks again to everyone who helped out there – it was truly a team effort.

As we look forward to the summer, I want to remind everyone that there are a lot of streets in our neighbourhood without sidewalks. It gives us extra green space, but also requires extra caution while driving. We have a lot of younger families becoming more active and their kids are playing outside or walking to and from the parks and to friends. Please be vigilant as you drive around, especially as you pass parked cars or see kids on bikes. Also, pay particular attention as you approach Lenester from any side street. There have been a number of close calls at these intersections, with children trying to cross (while supervised) and drivers either turn before it is safe, or roll through stop signs.

I'm looking forward to a great summer in Glabar Park. We've got some great community events lined up. Have a look at the calendar of events and come out and participate.

Trent Gray-Donald
President, Glabar Park Community Alliance

This edition of the Glabar Gazette was printed courtesy of Councillor Mark Taylor, Bay Ward. Thank you!

Give Kids a 'Brake'

Spring has finally arrived, the perfect time to enjoy the freedom from snow and slush before construction season dampens our driving spirit. Within our community, this time heralds the sights and sounds of children running, biking and generally sharing our roads, especially since many roads lack sidewalks within Glabar Park. This situation is not new, yet with the increased density of cars (we are no longer a generation of single vehicle families) everyone needs to be diligent in their driving behaviours.

On Kingsmere Avenue, we have noticed that driving behaviours vary significantly, and we are concerned by the speeds at which some choose to drive on our street. While we are not seeking to circumvent or alter the use of our street, we began searching for effective tools with which to curb these speeds, especially people speeding down our street as a quick route to Carling Avenue.

We discussed traffic behaviours and street designations with Councillor Mark Taylor at the AGM in 2013. Our main contention was that speed limits should be set by road structure in addition to use (highway vs. residential). Our residential streets lack sidewalks, automatically placing pedestrians and cyclists on the road. With parked cars, the natural direction for passing is into the road rather than onto lawns, especially since many of us have ditches for storm drainage. This situation could lead to a child darting quickly towards the middle of the street on a bicycle, unseen from behind a parked car.

With the support of our neighbours, we initiated a study on the frequency of use and the speeds driven on Kingsmere Avenue. The City is planning to install a numeric plate this spring to measure these values over a week. Near the end of April, we will be visiting all our neighbours on Kingsmere Avenue with a petition to lower the speed limit to 40 km/h. This petition will require 66 % approval, so we are hoping they will support this portion of the initiative.

The City has said that many of the fastest drivers are often our neighbours, so while we continue to seek solutions that benefit our street, we would like to remind everyone to be courteous when using all roads within Glabar Park. Despite this statement though, we have noticed many courteous drivers, often waving or nodding in acknowledgment as they pass by, and we hope to continue this relationship. We discussed these initiatives with the Glabar Park executive council and they echoed the concerns. If you are interested in seeking similar solutions for your street, Councillor Taylor's office has been very helpful in both suggesting and supporting these initiatives.

Written by Sean Kirkwood

Stop in to the Carlingwood Y!

The YMCA-YWCA of the National Capital Region invites you to stop in and visit the Carlingwood Y, now open inside Carlingwood Shopping Centre.

The Carlingwood Y has over 20,000 sq. ft. of space for you and your family to enjoy, with programs tailored to serve people of all ages and abilities as they pursue healthy, active living. The facility includes:

- Cardio equipment including treadmills, elliptical machines, climb mills, and stationary and spinning bikes
- A large selection of strength training equipment and free weights
- Updated studios for group fitness, yoga & indoor cycling
- An impressive timber TRX® Suspension Training frame, to leverage gravity and body-weighted training
- New child minding (Playcare) and kids program space
- Spacious men's, women's and universal/family change rooms with lockers, showers and changing spaces
- A team of trained Y professionals, ready to assist members with all their health & fitness needs
- A fully renovated 17-metre pool and hot tub – opening soon.



A great selection of programs for children, youth, families, adults, and seniors are being offered this spring:

- Children (up to 12) can enjoy child dance and gym classes, as well as floor hockey and arts and crafts activities.
- Youth (12-16) can choose from youth Cyclefit, youth weight training or the Y Kids Academy, a free program for Grade 6 students that combines strength and cardiovascular sessions with classroom instruction on healthy, active living.
- Adults can enjoy Yoga, Cyclefit, Pilates, Core Conditioning, Zumba, Boot Camp classes and more.
- Seniors can choose from many of the same classes, with options tailored to the meet the needs of older adults.

Aquatic programs including Aquafit and recreational swimming and lessons will be offered once construction work is completed on the Carlingwood Y's pool. Watch the Y's website for more information.

The full schedule of drop-in and speciality fitness classes is available online at ymcaywca.ca. To learn more about the Carlingwood Y, or to become a member, contact Dylan Harries, Carlingwood YMCA-YWCA Regional Director, at 613-656-9605 ext. 305.

The Glabar Park Trivia Game – 2014 Spring has Flung Edition

Gather round the bursting tulip beds and test your knowledge on all things 'Glabar'. This version is all about the spring critters in our neighbourhood.

Q1. How many squirrels does it take to replace a light bulb in Kingsmere Park?

- a) Seven, one for each of day of the week.
- b) Four, if they are red squirrels.
- c) Twelve, if they are grey squirrels.
- d) None, squirrels don't replace light bulbs, humans do.

Q2. How many legs does a raccoon have?

- a) 4
- b) 6
- c) 8
- d) 3

Q3. If the plural of mouse is mice, and the singular of geese is goose, what do you call three ducks?

- a) Maigret
- b) Canards
- c) A Truck
- d) None of the above

Q4. Glabar Park is home to a very famous grub species. Can you name it?

- a) Glaborosaurus Maximus
- b) The Velocigrubaraptor
- c) Baklava
- d) Fescueeradicator

Q5. A rabbit was sighted this past week carrying a small basket delivering eggs to lucky children. If this is called the Easter Bunny, what would you call a chicken delivering rabbit paws to unsuspecting adults?

- a) Spring Fever
- b) Finger Licking Good
- c) NIMBE
- d) Chicken Little



What a Season for Our Rink! Thank you!

The weather really cooperated this winter for a long skating schedule and some great ice. We opened early in January and went through to March break before the daytime weather really softened the rink up.

We are tremendously thankful for the dedicated group of volunteers that supported Jesse (our rink contractor). There were some really cold nights in there, and some big snow days, but our field house was open and the ice looking great day in and day out. Skating lessons were also arranged and a good number of kids took their first strides on skates this winter.

Thanks again to everyone who helped out, and having seen all the happy faces skating, we know it was worth it.

Trivia Game Answers (*now don't peek, caught you*)

Q1: d, of course! Is it not obvious?

Q2: The answer is b. 6, four legs for getting around and two chicken legs the darn critter stole from your green bin!

Q3: Well tempted to say none of the above (d), but the answer is (c) A truck (Latin root combination of tri and duck)

Q4: d. *Fescueeradicator* – look it up if you don't believe the editor (Not sure why Baklava made it in this question again)

Q5: c. NIMBE – Not In My Basic Education (i.e. I have not the foggiest idea!) Cheers