

APRIL 2023

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GLENDALE *thumper*

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



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GLENDALE

2023 Parade of Garage Sales

Clean out your closets, drawers, garages, basements, and sheds and turn those unwanted items into \$\$\$ on **SATURDAY, JUNE 3** from 9 AM to 3 PM.

Join up with a neighbour or make it a street event!

Register online at www.glendalegaragesale.com with your name, address, phone number, and email address.

Lawn signs, directional maps, and a list of all participating homes will be available for pick-up the evening before the sale. Location TBD.

Registration deadline is May 30 (no exception, sorry)



Glendale/Glendale Meadows
Community Association



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Viki Fairbairn 403-850-1322

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glendaleparadeofgaragesales@gmail.com



Around Our Community

Another great photo from our January Winter Fun Day, captured by local photographer Kent Klatchuk.



Coyote Sightings

This photo of two coyotes on their morning route through the park was captured by Glendale resident Graham Riley. From where you see them

in the picture, they dipped down the hill, through the playground behind the tennis backboard, up towards 45 Street, and out of sight. Meanwhile, people were walking about in the park with their dogs, many off-leash. Remember to be cautious around local wildlife. To learn more about urban coyotes, please visit <https://www.calgary.ca/parks/wildlife/urban-coyotes.html>.

Spring is Springing

We can't wait to see what the sun, rain, and some TLC will show us this year. The waitlist for plots in our Community Garden is growing and we'd love to see your name on it. We've got fabulous volunteers ready to get to work as soon as the snow has cleared and we can get a shovel in the ground. We're clearing a path to this amazing space that is growing ever more beautiful each year, with surrounding native species growth thanks to Monika and her crew. Hopefully, soon we will be incorporating some hanging pots around our new hall as well. Email Mel today at garden@myglendale.ca to sign up for a plot or get more information.

It's Coming! Community Cleanup Day 2023

A reminder that our annual Community Cleanup Day is happening on April 23 from 9:00 am to 2:00 pm in the Glendale Elementary School parking lot. This event is an opportunity for residents to get rid of any unwanted items or household waste.

The City of Calgary trucks will accept organics, recyclable material, and black bin trash. The trucks will not accept car batteries, glass (e.g., window or glass tops), household appliances, microwaves, liquids (e.g., cooking oil), large metal items (e.g., BBQs, lawnmowers), sod or dirt, or household hazardous waste (e.g., propane

tanks, paint, chemicals).

For more information as we get closer to the date, please keep an eye on our social media accounts.

Transit Safety

Transit safety seems to be an ongoing concern for many Glendale residents. The Transit Watch program was established to make it easier for customers to report safety concerns while riding transit. There are three ways to get help:

- You can discreetly report immediate safety concerns by texting 74100 at any time. Staff will assist you and dispatch officers if needed.
- C-Train stations and MAX Purple stations all have help phones you can use to report a concern. Press the help button until it clicks and the green light comes on to speak with the operator.
- Call 403-262-1000, option 1, to report your concern.

Everyone who uses Calgary Transit deserves to feel safe when riding.



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Recipe Corner

Recipe submitted by Heather Nelson

A friend of mine gave me this recipe, therefore they have always been called "Wendy's muffins."

Wendy's Muffins

Serving: Makes 18 muffins

Liquid ingredients:

- 2 eggs
- 1/4 cup molasses
- 1/4 cup oil
- 1 cup milk
- 1 tbsp. vinegar
- 1 cup applesauce
- 1 tsp. vanilla
- 1/2 cup brown sugar

Dry ingredients:

- 1 cup bran
- 1 1/2 cup flour
- 1/2 cup rye flour or wheat germ
- 2 cups oatmeal
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1 1/2 cups grated carrot
- 1 cup raisins
- 1/2 cup raisins
- 1/2 cup sliced almonds

Directions:

1. Mix liquid and dry ingredients (everything except for the carrots, raisins, raisins, and almonds) separately, then combine.
2. Add 1 1/2 cups grated carrots, 1 cup raisins, 1/2 cup raisins, and 1/2 cup sliced almonds.
3. Bake in muffin tins at 400 degrees for 20 minutes.

Anyone can submit a recipe for the Thumper—even you! If you have an original recipe that you'd like to share, please email it to thumpereditor@yahoo.ca.



Note from the Editor

A Glendale resident recently commented on a piece that was published in the February edition of the *Thumper*. The article included a reference to feeding birds in a Calgary park. We wanted to share the important reminder that The City of Calgary asks that people do not feed wildlife, as animals can become dependent on it and learn habits that can harm them or cause conflicts with humans.

With this in mind, it is so wonderful to see all the birds coming back as we finally begin to creep into spring. There are few things better than waking up to daylight and birdsong once again.

Until next time,

Kendra Horosko, Editor

Thumpereditor@yahoo.ca



Call for Glendale Stories

STORIES ENRICH OUR LIVES

The Glendale/Glendale Meadows community is full of stories waiting to come alive on the pages of this newsletter to be shared with our neighbours. We are always looking for content submitted by our local community members.

Even if you don't have a specific story to share in the *Thumper*, you can still contribute by:

- Submitting a recipe (and perhaps photo) for "Recipe Corner"
- Sending in a photo and write-up on your pet for "Pets of Glendale"
- Submitting a picture of artwork that you, or a child in your life, has created.

Please e-mail submissions and questions to Thumper Editor, Kendra Horosko at thumpereditors@yahoo.ca.



Trees, Trees, Trees

Article and photo by Monika Smith

Our weather has been promising spring for a while, then dithered between deep freeze, plus temperatures, and snow. I had angst-ridden moments hoping that my trees and shrubs wouldn't leaf out too early. Fortunately, native trees are not easily fooled; nor are the many trees that do well in our climate. It's actually a bit hard to grow trees here: our soil is poor; our weather is dry, cool, and temperamental. The chinooks can do a lot of damage, as can extreme wind conditions.

There has been a flurry of scientific reports about the importance of trees, from mitigating climate to evaluating economic importance, and research that trees help our well-being.

Calgary didn't originally have a lot of trees. Two deciduous trees: balsam poplar (*Populus balsamifera*) and trembling aspen (*Populus tremuloides*) were found alongside our rivers, seeps, soaks, and seasonal lakes. The other two are native conifers: white spruce (*Picea glauca*) and Rocky Mountain Douglas fir (*Pseudotsuga menziesii* var. *glauca*) found growing on the north-facing slopes, as they require considerable moisture, snow, and protection from drying winds. If you want to see Douglas firs, walk the Douglas Fir Trail in Edworthy Park. Some of them are 500 years old. This is one of the most easterly stands in Canada, but don't expect the massive coastal variety. The specimens along the trail are a respectable size—up to 2.3 m in diameter. You can also find white spruce along this pathway as they need similar conditions.

We have about 7,000,000 trees in the city; it sounds impressive, but Calgary is very much on the lower end of urban tree numbers and canopy (only about 8.25%), as this isn't the best location for trees. But we've learned how to grow them. Over the next 30 years, the City will aim for 16% canopy cover.

The City of Calgary offered free trees through the Branching Out program (now closed). A good number of species, including flowering and fruit-bearing trees (crab apples and pears), trembling aspen, ponderosa (*Pinus ponderosa*), and lodgepole pine (*Pinus contorta*, the provincial tree) were listed. Only 2,000 trees were offered, 500 per quadrant.

If you're curious about City-owned trees, there's an interactive map at <https://maps.calgary.ca/TreeSchedule/>. Just type in your address, and City-owned and managed trees show up as variously coloured dots. It's easy to understand and navigate. Compare the number of trees on private property versus City trees and where they are. In Glendale, there are a lot of trees on private property! The City trees are managed by Calgary Parks and many are assigned a value. Along 45th, the American elm (*Ulmus Americana*) range from \$11,000 to \$36,000 in value; there are a lot of elms in Glendale. The line of poplars on the north side of our community association is valued from \$6,000 to over \$30,000. The City has also planted a burr oak (*Quercus macrocarpa*) and different species of maples, hawthorns, ponderosa pine, and more.

Consider adding another tree to your property and delight in watching it grow and thrive. There are a lot of resources to plant successfully—we all know of spruces that were planted right against a house or trees that now are too shady.

Along with adding value to your property, shade in the summer, a windbreak, shelter, privacy, and maybe even food for you, the birds, and other critters, trees add beauty and life to your yard.

If you would like to participate in more online (Zoom) talks or even give a talk, please contact me. Think about a summer walk throughout Glendale and check out the great variety of trees here!

Until next time,

from Monika's Grove

membership@myglendale.ca



A lodgepole pine (*Pinus contorta*) is growing front and centre. The other trees include: trembling aspen (*Populus tremuloides*), silver buffaloberry (*Shepherdia argenta*), pin cherry (*Prunus pensylvanica*), alder (*Alnus viridis*), peaked hazelnuts (*Corylus cornuta*), and more.

Glendale/ Glendale Meadows Community Association

4500 25 Avenue SW, Calgary AB, T3E 0M1

Information: 403-242-2110

Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors & Community Contacts

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Member-At-Large	Joe Ross		ross_ig@icloud.com

GMCA COMMUNITY CONTACTS

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Guides	Yvonne Orme	403-217-1294	128guides@gmail.com
Sports and Recreation	Ken Rogers	403-801-1602	kwrogers@telus.net
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City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182	keith.magill@calgary.ca

THE THUMPER

Kendra Horosko • Kent Klatchuk • Monika Smith

Board Meetings

are held the second Wednesday of each month.

The next meeting will be held on Wednesday,
April 12, 2023.

Annual Community Memberships \$35, Tennis Membership \$70,
plus \$20 key deposit

**To submit content for publication in the Thumper,
please email thumpereditor@yahoo.ca**

All residents are welcome to attend. Please email president@myglendale.ca for the meeting link.



Glendale/Glendale Meadows
Community Association

COMMUNITY CLEAN UP

The City of Calgary and the Glendale Community Association have partnered again this year to provide residents the opportunity to get rid of any unwanted items or household waste. This event saves Calgarians a trip to the landfill and provides free packing trucks, crew and volunteers!



The following **MAY NOT** be brought to the clean up site:

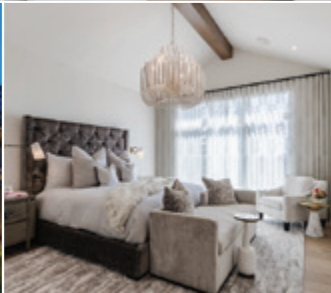
Tires	Home Appliances	Paint
Chemicals	Propane Tanks	Glass
Car Batteries	Microwaves	Liquids

For more information visit

<https://www.calgary.ca/communities/community-cleanups.html>



April 23, 2023
9:00AM - 2:00PM
2415 Kelwood Dr SW



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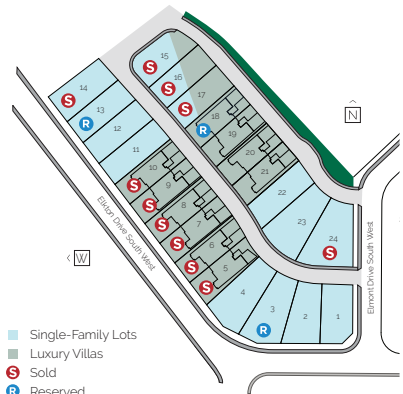
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Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

MLA Calgary-Currie
Nicholas Milliken

Minister of Mental Health & Addiction

#211, 1608 17th Avenue SW, Calgary, AB

T2T 0E3

☎ 403-246-4794

✉ calgary.currie@assembly.ab.ca



Dear Neighbours,

Alberta's government presented Budget 2023: Securing Alberta's Future.

With a forecast surplus of \$2.4 billion, and an economy poised to lead the country in economic growth, Budget 2023 is an opportunity for the government to invest in Alberta's future. Alberta's responsible fiscal management over the last three years made this possible – growing the economy, creating good paying jobs, strengthening health care and education, and keeping communities safe.

Alberta's government is setting new records for spending in health care. Our province has the best front-line health-care workers in the world and Budget 2023 provides the right supports to ensure Albertans get the care they need when and where they need it. An additional \$965 million in operating expense this year will help build a stronger healthcare system and ensure that government can do what's needed to improve wait times for ambulance services, emergency rooms, and surgeries. The budget also includes \$158 million this year to attract, recruit, and train more doctors and nurses, with a focus on family physicians for rural areas.

Your government is growing and diversifying Alberta's economy. According to a recent report from the Canadian Venture Capital and Private Equity Association, Alberta smashed its venture capital investment record for the fourth year in a row, attracting \$729 million in investment in 2022 – a 30% increase over 2021. The increase in year-over-year values stands in stark contrast to Canada as a whole, which saw a near 30% decline in venture capital dollars invested in 2022.

Alberta is attracting big names in the technology world and undoubtedly, 2023 will be another big year for our technology and innovation sector. That means more high-paying jobs for Albertans. Calgary Herald business writer Chris Varcoe recently wrote that "despite a global slowdown and layoffs in the [technology] sector, Alberta technology companies continue to attract the interest of investors." And Alberta Enterprise Corporation President and CEO Kristina Williams said, "Alberta's tech sector has become a force to reckon with in Canada and beyond."

Government is also setting up Indigenous communities for success. Fourteen Indigenous community-owned businesses are receiving an economic boost through the Aboriginal Business Investment Fund. Five million dollars in grants will be distributed through the fund, supporting the growth of Indigenous communities, community-led job creation, and economic development. Grants will go toward capital costs like equipment purchases and infrastructure builds.

Best wishes for a wonderful spring as well as a happy Easter.

Regards,

Nicholas Milliken

MLA for Calgary – Currie

PETS OF GLENDALE



You may have seen Hannah, a nine-year-old Shetland Sheepdog, or Sheltie for short, on one of her many walks around the community. She loves treats, having lots of space to run, and getting out daily. She does not like squirrels or magpies.

Tucker's Travel Tale

Story written by Monika Smith, as told by Rob Finlay. Photo by Rob Finlay

There are many stories about cats unintentionally traveling long distances and finding their way home. Here's one:

Tucker, a handsome tuxedo cat living in Glenbrook, but surely putting at least one paw into Glendale, watched as the house across the lane was set up to be moved. As Tucker was an outdoor cat and his caregiver, Rob, was on holiday, people came by to drop off food and water as usual. Except, for cat reasons, Tucker decided to take one last tour of the house being moved, snuggled down, and woke up in Montana.

As the driver stopped for a break, he heard meows coming from the house and quickly found the furry passenger. This kind soul bought a cat carrier and continued the trip with the feline riding shotgun. The driver called the previous owner of the house and quickly established that he had Tucker. However, Tucker ended up on quite the tour of the U.S. and Eastern Canada before he made it back home.



Tucker has been safely home for a few years, but no longer goes outside. He also hangs around his doggy brother as extra security, just in case he finds himself outdoors. Without a direct quote from Tucker, we can only assume that this was the extent of his travels and is probably no longer on his bucket list.

To have your pet featured in an upcoming edition of the Thumper, please send a photo and short write up to thumpereditor@yahoo.ca.

Glendale Community Garden

Reserve your \$35 Glendale Community Garden plot today!
Contact Mel:
garden@myglendale.ca

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