

SEPTEMBER 2023

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GLENDALE *thumper*

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	8	4		9	7			
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SCAN THE QR CODE
FOR THE SOLUTION



Glendale's Cash Raffle Winners

During the Glendale Stampede Breakfast on July 15, three winners were drawn for the I Love Glendale Cash Raffle. Congratulations to Shirley Reinhardt (ticket D-1979) who won \$2,535 for first prize, Ryan Swelin (ticket C-3447) who took home \$507 for second prize, and Judy McKenzie (ticket C-2978) who walked away with \$338 as the third prize. Congratulations to our winners and thank you to everyone who bought tickets to support our community!



Ryan Swelin (centre) and Shirley Reinhardt (right of centre) meet with community board members (left to right) Chris Welner, Terry Craigmile, Amanda Saigeon, and Myles Travick to collect their winnings!



Judy McKenzie receives her third prize cheque from Glendale treasurer Terry Craigmile.

Kids in the Hall – Looking for a Volunteer!



Kids in the Hall is a monthly one-hour meetup for Glendale parents and children at the Glendale Community Association. Historically, the event has included crafts, games, toys, or movies and is an opportunity to meet and connect with other Glendale families.

Glendale Community Association is looking to recruit an energetic Glendale parent who would be interested in organizing Kids in the Hall! The community hall is provided as the venue and there are various supplies available to use.

If you are interested in volunteering, please email rentals@myglendale.ca.

Catalytic Converter Theft

Catalytic converter theft has been on the rise across our province, city, and community. Having yours stolen can cost hundreds or even thousands of dollars and hours of frustration to replace. To make this crime less profitable for thieves and to make prosecution possible, AMA and law enforcement agencies across Alberta are encouraging drivers to get their catalytic converters engraved with their vehicle identification number.

By having your vehicle identification number engraved on your catalytic converter, law enforcement can trace it if it is stolen, making it harder for thieves to sell.

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Glendale/ Glendale Meadows Community Association

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Information: 403-242-2110

Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors & Community Contacts

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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

Our next meeting will be held on Wednesday, October 18, 2023. All residents are welcome to attend. Join us in person at the community hall, or email president@myglendale.ca for the virtual link.

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

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

Something Gourmet

Article and photo by Monika Smith

My flowering perennials that normally start early are done flowering and are going for a break and a snooze; I hope some come back in the fall. The mild winter, then the big heat and dryness of earlier months, is again changed to warm then hot in early August, with lots of rain in the evenings and some spectacular lightning. Will that continue throughout September? Who knows.

The wild strawberries (*Fragaria virginiana*) provided a wonderful nosh. The pin cherries (*Prunus pennsylvanica*) and silver buffalo berries (*Shepherdia argentea*) are for the critters. My Saskatoons (*Amelanchier alnifolia*) are still small shrubs, and I'm desperate to have some beaked hazelnuts (*Corylus cornuta*) someday.

I've been doing a bit of harvesting of my very ripe golden currants (*Ribes aureum*), and oh my, how delicious the fruit is. If ever there is a perfect Alberta shrub, this gets my vote. Frankly, I really have no idea why this gorgeous plant hasn't been commercialized, hybridized, or something to bring it to public attention and sale. I'm going out on a limb and swear that it's better than Saskatoons or raspberries (*Rubus idaeus*); it's right up there with wild strawberries, as each of these admittedly delicious fruits have some, often tiny, shortcomings.

So, as fan number one, I'm definitely on a mission now to popularize this plant. So, what is it about it that has lifted it above all others? The fruit. I won't go over how beautiful the shrub is in flower or the delicious spicy scent of the blossoms. The ripe berries are black, just like a regular currant in size and shape. The fruit is milder and if I dare say, an aristocratic cousin. A refined, pleasing taste that you can just eat off the branch, without the overwhelmingly strong flavour that a ripe black currant can offer! No, these berries sneak up on the palate in a gentle, tasty currant-like way. But what jolted me in a most pleasurable surprise was the hit of vanilla that followed the delicate black currant flavour! I had to eat a

few more to believe it. Oh my, so delicious. The flavour is delicate, so too much sugar or other flavourings would beat it into oblivion. Maybe just placed on a dessert with a mint leaf? A subtle dessert, such as a panna cotta? I must ask, where are the ambitious chefs who are foraging Alberta, amplifying, praising, and using the wonderful wild treats or adding the plants to their kitchen gardens for new delicious offerings?

So, consider that the glove slapped, the mic dropped, and challenge given! I'm not a 'foodie' or purist, not even a great cook; I'm just puzzled! This shrub is here in Alberta! It grows very well and quickly, has all the benefits of a native shrub, and deals with what's thrown at it. And it has wonderfully cascading yellow flowers that are wedding worthy. It's been hanging around as long as raspberries, Saskatoons, and other fruits, but seems to have been ignored. I do have beef with commercial fruit growers. Where have the black currants gone? Bring them back! I used to be able to get syrups, candies, and jams readily, but those products have retreated to the English, European, or specialty food or grocery store corners. I happen to love black currant syrup, but the cost has more than doubled. If you haven't had a Kir or Kir Royale, it's a mix of black currant and white wine or sparkling and you're missing out.

Until next time,

Monika's Grove

membership@myglendale.ca



A decent crop of fruit from my golden currant. The fruit changes colour from yellow to black as it ripens.



Celebrate Calgary Culture Days

from the City of Calgary

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all

Calgarians to discover, experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on calgary.ca/culturedays.

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.



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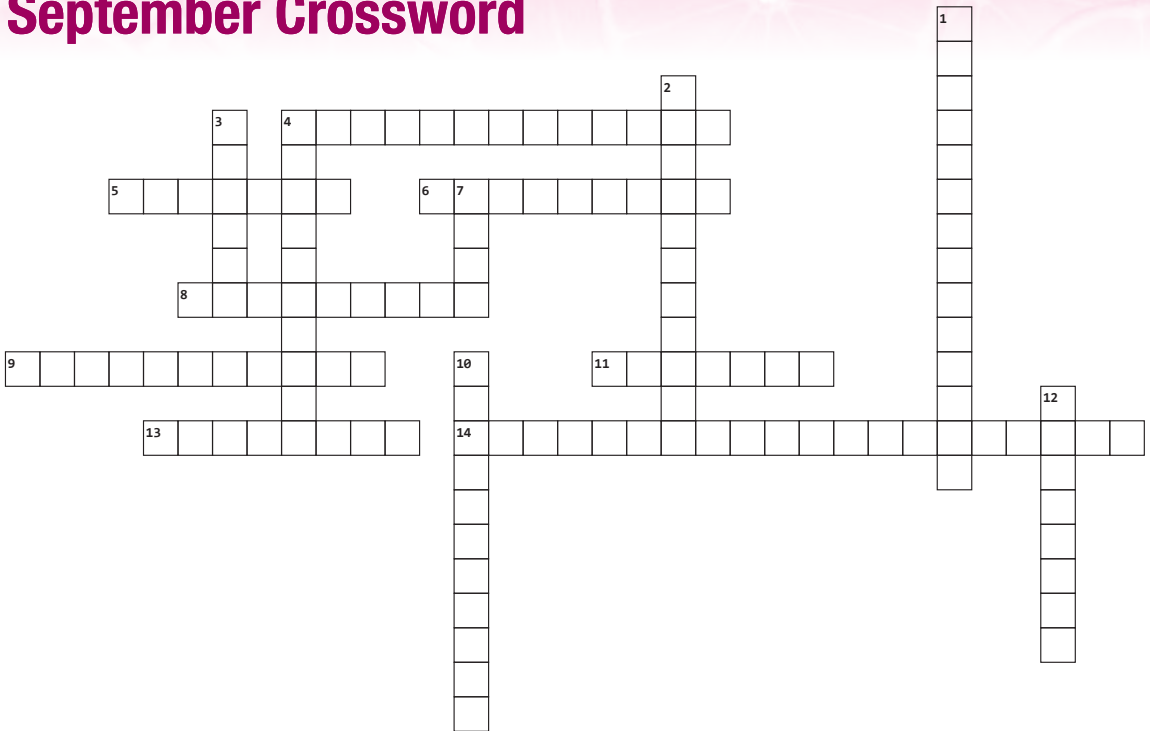
1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans; which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!



September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



**SCAN THE QR CODE
FOR THE ANSWER KEY**

Choosing the Best Plant-Based Beverages

by Alberta Health Services



Someone may choose to drink plant-based beverages because of allergies, a vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called “milks” but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds, and grains, such as oat, soy, coconut, cashew, or almond.

Guide to Choosing a Plant-Based Beverage

With so many options, it is important to pick a plant-based beverage that meets your nutritional needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 percent daily value (less than 15g) of sugar per one cup (250 ml).
- Has at least six grams of protein per one cup (250 ml).
- Has at least 23 percent daily value of calcium per one cup (250 ml).
- Has more than 10 percent daily value of vitamin D per one cup (250 ml).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added,

the drink has been fortified. This information usually appears on the ingredient list as “Vitamin and Mineral Blend.”

If you choose plant-based beverages, serving advice is as follows:

Children under the age of two

Plant-based beverages do not contain enough fat, calories, and nutrients to help children’s brains and bodies grow and develop. Feed your child breastmilk or infant formula.

For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods for meals and snacks. Try beans, lentils, tofu, eggs, nuts, and seed butter, fish, poultry, and lean meats.

Dementia Advice Line Connects Albertans to Care

from Alberta Health Services



Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8:00 am and 8:00 pm daily, Albertans can call Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment, and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral, and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment, and the ability to carry out daily activities.

The number of dementia cases is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

For more information, call 811 or visit our website.



Hello Ward 6,

Back to School Reminder

As we begin another school year, I ask that you take extra caution when driving through school zones in the morning and afternoon. Thousands of students will be returning to school, and I want to remind us all to be attentive in the designated zones and student loading spots. Check with your child's school traffic coordinator on the rules in the pick-up/drop-off zones.

Also remind your children to be extra attentive walking across the street. Put away devices, dismount bicycles, and look both ways before crossing.

Wishing everyone a safe and fun school year!

Ward 6 Open House

Save the date! On Wednesday, October 4 from 6:00 to 8:00 pm, I will be hosting our Ward 6 Open House at Rundle College (7379 17 Avenue SW). The Ward 6 office staff and I will be on hand to address any questions or concerns that you may have. Other City of Calgary attendees will include representatives from Mobility, Parks, Waste & Recycling, Transit, Neighbourhoods, the Calgary Police Service, and many more. We look forward to seeing you there!

Follow us on our social media accounts and ensure that you are up to date on all our community events!

Keep in Touch

Have you signed up for our digital newsletter? You can do so on my website at www.calgary.ca/ward6.

Keep up to date with all the latest from your Ward 6 Councillor! Follow me on Facebook, Twitter, and LinkedIn:

Facebook: www.facebook.com/pootmans

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LinkedIn: www.linkedin.com/in/richardpootmans

Warm Regards,

Councillor Richard Pootmans

www.calgary.ca/ward6

Classic Cars



M-Code Barracuda

Article and photo by Fred Nelson

In 1969, the Muscle Car Wars were in full swing. The Big Three (Ford, GM, Chrysler) still advertised that they would build whatever you special ordered.

Only 303 ordered Plymouth's Barracuda with the 440 Magnum V8, and Dennis has one of them in Glendale with 45,000 original miles. It's bright, sun fire yellow and you might catch a glimpse of it on a really nice day.

If you have a classic car that you would like to see featured in the community newsletter, please reach out to Fred Nelson at 403-242-3856.

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Joke of the Month

Why did the scarecrow win an award?
Because she was outstanding in her field.

Learn the signs of stroke



Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

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