<u>GLENDALEthumper</u>

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



AWARD-WINNING WINGS



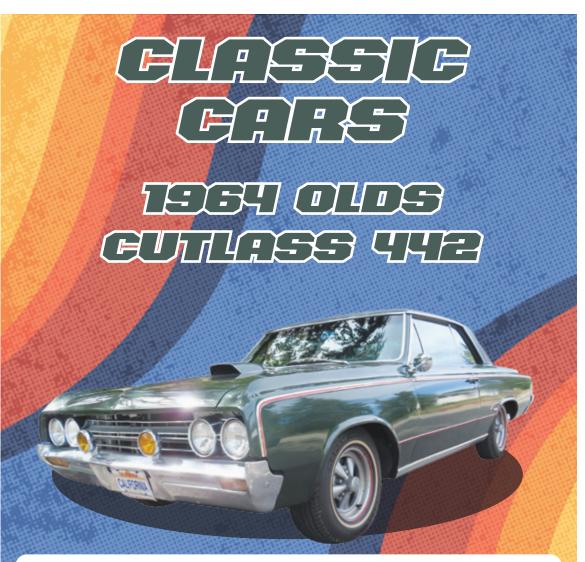
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Article and photo by Fred Nelson

Long-time resident of Glendale Cecil was called home this summer. His pampered first-year Oldsmobile 442 had only 75,000 miles and had never seen winter.

The estate put the car up for sale and began interviewing prospective buyers. A father-and-son team from Red Deer drove to Calgary and bought it.

Their plan is to restore the rare car to its original condition. Nice to know it's in good hands.

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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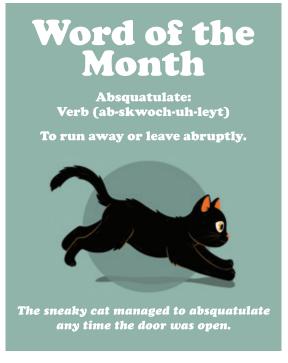
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Glendale/ **Glendale Meadows** Community **Association**

4500 25 Avenue SW, Calgary AB, T3E 0M1 Information: 403-242-2110 Glendale on the Internet: www.myglendale.ca



Board of Directors and Community Contacts

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Treasurer	Shane Duthie		treasurer@myglendale.ca		
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Rink Flood Crew	Kent Viccars		rink@myglendale.ca		
Building Maintenance	Jim Kelly				
Councillor			caward6@calgary.ca		
City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182	keith.magill@calgary.ca		
Hall Rentals	James Durant	403-242-2110	rentals@myglendale.ca		
Community Garden	Michael Sander		garden@myglendale.ca		

Board Meetings

Our next meeting will be held on Wednesday, January 8, 2025 at 7:00 pm. 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 thethumper@myglendale.ca

PRESIDENT'S MESSAGE

Dear Fellow Glendaliens.

Can we call ourselves that? Why not? You may have seen some of our new signage around the hall. Hopefully it has attracted your attention to come for a closer look.

As we enter the holiday season and reach the end of 2024, it's nice to look back and reflect on our year's trials and triumphs. As your community association board, we have been cleaning up some hall renovation issues (trials) and also hosted some awesome events for our community (triumph).

A common word I hear from neighbours and friends is, "Busy." There always seems like there is a lot going on, and some of it is great and some of it is difficult. I encourage you to, figuratively, have a Scrooge moment. No, I'm not suggesting you deprive Bob Cratchit of heating coals for the fire. Rather, step out of yourself and do a mental unpacking. Praise your own accomplishments, identify areas you could have done better, and experience gratitude toward the people and experiences you enjoyed and learned from. Ideally, you'll get a proper break during the holiday season to do this.

As for upcoming events, on the morning of December 24 we will be hosting a family friendly skate at the hall (weather permitting). Feel free to stop by and meet some friends before you put your dinner in the oven.

Lastly, some community members have reached out to us about local property crime and safety. I take these concerns seriously and will be relaying these to the City. Please remember to lock your vehicles and garage doors, and don't leave valuables in your vehicle.

If you go on vacation, ask a neighbour to bring in your mail and shovel your walk. One of the best preventions of local crime is knowing your neighbours and looking out for each other. If you have any suggestions or ideas for future events that would benefit our community members and bring them together, please email me at president@myglendale.ca.

Wishing you all a joy-filled and restful December!

Happy Holidays,

Myles

Editor's Note: For staying safe and secure, check out these reminders of the 9 PM Routine recommended by the Calgary Police Service: globalnews.ca/video/4300927/calgary-police-explain-the-9-p-m-routine.



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Pets of Glendale



Harper is another one of the best girls in Glendale, and she just turned 4 a few months ago!

If you spend any time walking the streets of Glendale you are sure to have seen this gal around, and she is a big silly girl. She loves to sniff everything on her walks, and the Shepard in her means she'll know if you've made a change to your yard. Don't be surprised if you see her stalking your new garden gnome. She's not a dog's dog, but will happily greet people, and her very own humans have been longtime residents of Glendale, going on 22 years!

To have your pet featured in an upcoming edition of the Thumper, please send a photo and short write-up to thethumper@myglendale.ca. (Out Cat-alogue is steadily growing, and birds, fish, reptiles are welcome too!)

Glendale Hall Rental Rates

Please contact rentals@myglendale.ca or visit myglendale.ca/hall-rentals (includes a 3D walkthrough).

Full Space (Hall, Kitchen, Boardroom)

Monday to Thursday: \$95 per hour (minimum of 4 hours).

Friday Evening: 6:00 pm to 2:00 am, \$750.

Saturday:

Full Day, 10:00 am to 2:00 am, \$1,050. Afternoon, 10:00 am to 4:00 pm, \$600. Evening, 6:00 pm to 2:00 am, \$750.

Sunday: Full Day, 10:00 am to 10:00 pm, \$900.

Wedding Weekend: Friday evening through Sunday, \$2,500.

Boardroom

Monday to Friday: 8:00 am to 5:00 pm, \$50 per hour (minimum of 4 hours).

Security Deposit

\$500, returned seven days post-event.

Rates do not include cleaning and are subject to GST.





RESIDENTS OF GLENDALE

by Laura Nixon

This month we caught up with Glendale resident Lois Gardiner, who has started an amazing offering of art classes at the hall with her company, Paint Ur Art Out! Lois has lived in Glendale for the past 2.5 years and has been in Calgary on



and off for over 30 years, living in Europe for a bit but always coming back home.

Now that she is all settled into Glendale, Lois is loving her cozy bungalow home. The family orientation of the community and the ease of access to downtown and local amenities are once again a highlight for this family, which includes Lois being a proud new grandma, "Gigi"! Walks at Edworthy Park for pup Zeus are also a regular occurrence. Lois recognizes that Glendale is a thriving community and one that is changing with so many new residents joining the community along 17 Avenue, bringing even more vibrancy over time.



Lois has been so excited to partner with the Glendale Community Association to host art classes, Professional Day art camps and spring and summer weeklong camps, adding to the services in our local community. The hall is an amazing venue for the camps, and Paint Ur Art Out is so excited about all the cool art projects that will be possible in such a great place.

The kids will enjoy the outdoor spaces around the hall and nearby schools.

As a risk management professional and an artist, Lois has found that being creative is an important catalyst in her corporate and personal life. She views creativity as a life skill that must be exercised like any muscle and proactively fostered in the younger generation to continue generating new ideas for our society. She loves gardening and has joined the ranks of Glendale gardeners who love all the flowers and plants that grow here. Gardening, writing, journalling, music, or painting are all part of creativity in our lives.

Lois shares, "In a small way I hope that Paint Ur Art Out is giving creativity a forum in Glendale and allowing both children and adults to express their creativity, with a goal to being more connected and mindful in our community and relationships. We have a full suite of classes that can be found at myglendale.ca/paint/ and www.painturartout.com."



Book suggestion: Lois also recently wrote a book called Creativity Unblocked, which is a collection of journaling prompts to help with getting your creative juices flowing. Congratulations, Lois!

Would you like to share a story of why you love living in Glendale or what you have seen change or would like to see in the future? Contact thethumper@myglendale.ca to be part of our Residents of Glendale series!





GLENDALE NEWS BOARD

We are very excited for the temperatures to be dropping and the rink crew to have recently got started making Glendale's well-loved ice! Thank you to everyone who gives their evenings to creating this community gem!



This month we updated our three-year Business Plan, which is a requirement of the City for community associations. We've also been assessing and pursuing grant opportunities that will support continuing to make the Hall and grounds a welcoming and exciting place to gather! Additionally, the Board made the decision to transition our systems to a made-in-Calgary technology platform that is used by many community associations across the City and supported by the Federation of Calgary Communities. More to come on these initiatives!

In Search Of...

A community member has contacted the *Thumper* looking for copies of a Glendale Meadows Cookbook. The current Board doesn't have a recollection of this, but it sounds like a wonderful community initiative! If anyone remembers who and when this might have been put together in Glendale, please reach out to thethumper@myglendale.ca!

Halloween Dance and Craft Fair Recaps

While we are now thinking ahead to snow sports, shovelling, and chinooks, we can also look back at two fun and well attended events that happened at the Hall recently. We had over 250 members and their guests enjoy the Halloween Dance, and 23 vendors meeting everyone who stopped by the holiday craft market. Enjoy these photos of all of the excitement!





Updates From the City of Calgary

Winter is here! You can sign up to receive alerts and up-to-date information about snow clearing and bans, including a map showing road conditions and plow locations (calgary.ca/roads/conditions/snow.html). Also, winter registration for city recreation programs, classes, and camps began November 21, 2024 (calgary. ca/parks-rec-programs/registration.html).

Noisy vehicles in the city are a recognized and ongoing problem. In response, Council invested in the creation of the Traffic Safety team and noisy vehicles program. The team is using advanced technology to monitor and analyse noise levels at identified hotspots, based on resident complaints across the city. This data will help better understand where vehicle noise is a problem in Calgary and guide enforcement efforts. Check out these Glendale stats for topics that residents have been phoning in about:

311 Top 10 Public Service Requests (SRs) for GLENDALE

Service Requests Created between Oct 1, 2024 and Oct 31, 2024

Top 10 SR Types for GLENDALE	SR Count	% of Total Community
Green Cart	12	10.2%
Missing/Broken Carts	10	8.5%
Acera Inquiry	9	7.6%
Property Tax Account Inquiry	6	5.1%
Black Cart	5	42%
Graffiti Concerns	5	42%
Streetlight Maintenance	5	42%
Tree Concerns	5	4.2%
Untidy Private Property Concerns	4	3.4%
Debris on Street-Sidewalk/Boulevard	3	25%
Sowige Backup	0	2.5%
Temporary Sign Removal	3	25%
Total Top 10 SR Types	79	59.3%
Total Other SRs	43	40.7%
Total SRs for GLENDALE	118	100%
Total SRs for Ward 6	1,984	0
% of Total Ward 6	6%	51

Top 10 Roads SR Types for GLENDALE	SR Count	% of Total Community
Streetlight Maintenance	5	42%
Debris on Street/Sidewalk/Doulevard	3	2.5%
Temporary Sign Removal	3	25%
Parking Signs	2	1.7%
Sidewalk/Curb/Gutter Repair	2	1.7%
Speed Education	2	1.7%
Dead Animal Pick-Up	1	0.8%
Detour Inquiry	1	0.8%
Roadway Maintenance	1	0.8%
Streetlight Damage	1	0.8%
Total Top 10 SR Types	21	17.8%
Total Other SRs	97	82.2%
Total SRs for GLENDALE	118	100%
Total SRs for Ward 6	1,084	
% of Total Ward 6	6%	

Have you been curious how City Council members vote on certain items? Now you can view Council voting records, with multiple filters on the left side (e.g. by member, meeting type, keyword). See 'dashboard' in the middle of the page at: calgary.ca/council/meetings/agenda-minutes.html.

Veterans with a valid registered veterans' licence plate can receive complimentary parking credits of \$10 per month per veterans' licence plate (calgaryparking.com/find-parking/veterans.html).

Upcoming Events

Most events are free, and we ask that all participants have an active community association membership. Watch myglendale.ca/events for the following fun activities and to register.

- **December 24, Morning** Christmas Eve Morning Skate! Stay tuned for more information. Come down to the rink and skate track in the morning for some fresh air and friendly neighbourhood socializing.
- Ongoing Paint Ur Art Out is offering a number of creative paint classes at the Hall, and Glendale Community Association members receive a 10% discount on class registration for any class at the Hall in December! Check myglendale.ca/paint for more information and get your membership at myglendale. ca/membership.
- January 14, 10:00 am to Noon Glendale Book Club meets on the second Tuesday of each month at the hall from 10:00 am until noon. Check myglendale.ca/book-club/ for the upcoming titles or contact Manibh at manibh@shaw.ca. January's title is *Being Mortal* by Atul Gawande.



Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes **Cook Time:** 1 hour

Servings: 6

Ingredients:1 lb lean ground turkey

- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- 1/2 tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





What's in Your Fridge?

Article and image by Monika Smith

With the festive season approaching, what dishes will you prepare?

I'm a kohlrabi (*Brassica oleracea var. gongylodes*) fan. If you haven't heard of it, it's of the brassica or cruciferous family (e.g., kale, broccoli, cabbage, Brussels sprouts, cauliflower, and mustard), which has been cultivated for millennia. It's a pale green beauty that also comes in a purple-skinned variety.

Also known as the German turnip or turnip cabbage ('kohl' is cabbage and 'rabi' is turnip in German), it is a biennial vegetable and a cultivar of the wild cabbage. The part we eat is a modified stem, not a root. The flavour is mild, sweet tasting, and crunchy—similar to the delicious, peeled stems of the broccoli. It can be eaten raw or cooked but has a tough skin to peel. You need to select kohlrabi young and of a small size. It gets woody if too large; if you can't cut it with a kitchen knife, it's not edible. I love it prepared in the traditional German style: cooked then heated in a white roux lightly seasoned with salt and pepper, a touch of nutmeg and a bit of chopped parsley.

Earlier this fall, one languished in my fridge in a plastic bag. I fully expected something horrific, but no. I put it in water, under regular light and watched it revive. Leaves kept growing and roots formed in this hydroponic setting. The leaves from the kohlrabi 2.0 can be used raw in a salad, adding a pleasant 'green' flavour or lightly sautéed. It also produced clusters of little yellow, four-petaled cruciform blossoms that are typical of brassicas. That's what biennial plants do. Year one, the plant just grows but if left in the ground (in milder climates, not here), it will go into flower and seed production in the spring, just like a radish or carrot. From seed to maturity is only 50 plus days, and you can sow more seeds later for a fall crop.

Kohlrabi grows well in Alberta. Treat yourself to some during the festive season when everything seems to have gone to eleven on the flavour scale with sage and thyme dominating, and maybe you need to balance that with a 'two'. Wishing everyone in Glendale a very festive season and a happy New Year!

Update on Naturally, Glendale: We are currently applying for a grant from the Parks Foundation to support conceptual drawings. This is a big step to establishing a vision of our grounds with flowers, paths, benches, and much more! For more information, contact Monika at naturally glendale@myglendale.ca.



A rescued kohlrabi with flowers that will go to seed for sowing next year.



Volunteers of Glendale

by Laura Nixon

The heart of our community association's activities comes from our volunteers. Glendale is fortunate to always have people ready to step up and lend a hand. For example, as we've had a few long-standing board volunteers step back in the last year, we've equally benefitted from community members willing to step in to help guide our planning into the future.



Lindsay Sali is one of those people who recently joined the board and has taken on one of our co-vice-president roles, having lived in Glendale with her family for over a

decade. She brings with her a ton of ideas about what events and opportunities residents and families will enjoy at the hall and in the community, having volunteered with a number of minor sports teams and the United Way GenNext board.

One of the things Lindsay loves most about living in Glendale and raising her kids here is the ideal balance our location offers between urban convenience and suburban tranquillity. Our proximity to Optimist Athletic Park, as well as Edworthy Park, is perfect for enjoying outdoor



activities and relaxation. Glendale's schools and connections to the bike pathways system make it a practical and family-friendly place to live.

Looking ahead, Lindsay plans to help ensure Glendale is a welcoming and vibrant community as the area grows, which includes preserving our strong sense of community. Maintaining that balance of urban convenience and suburban tranguillity will be key to maintaining our peaceful atmosphere.

So, if you're out on your bike or enjoying Glendale's greenspaces, keep an eye out for Lindsay and make sure to sav hi!

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MLA Calgary-Currie Janet Eremenko 206B – 1615 10 Ave SW Calgary, T3C 0J7

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□ calgary.currie@assembly.ab.ca

I'm saddened that this government has chosen to introduce legislation that will interfere with the delivery of healthcare for transgender youth and will interfere with the provision of sexual health education in schools. I want school and sports and healthcare to be safe spaces for all. I want this for myself, my neighbours, my own children and their respective school communities. Part of ensuring safety is creating spaces where kids can feel confident to be themselves. I believe more than ever that parents, teachers, and physicians want the same, and that this legislation does not improve safety or trust.

On this issue, every single email I received has asked me to vigorously oppose the UCP government's legislation. Often, the writers have shared personal stories about gender affirming care and how it allowed themselves or their loved ones to grow up to be incredibly successful adults. They talk about how their decisions regarding health care were made together with their doctor at the appropriate age and stage. That at each step, there was informed consent.

Others have written not because of any personal relationship with a transgender or questioning person, but because they worry about the lives of youth and empathize with the school staff and healthcare workers faced with an impossible choice. Many of these people gave me permission to table their emails in the Legislature to ensure their voices are captured on the public record. If this is of interest, I welcome your correspondence.

Lastly, to those who feel alone, like you're being forced to hide your true self and carry on quietly without any support, you have a huge community in Calgary-Currie out there cheering for you and speaking up for you. To the LGBTQ+ community and your family, friends and allies, I am 100% on your side.





Councillor, Ward 6
Richard Pootmans

403-268-1646✓ Eaward6@calgarv.ca

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@ @richardpootmans9

Hello, Ward 6,

As the year draws to a close, I would like to extend my heartfelt gratitude for your continued support and community spirit. This year's water main break demonstrated Calgarians' ability to adapt and showed how we can come together to face adversity. I know it was a challenging time for all of us and your cooperation made a difference in helping us address the situation as effectively as possible.

Looking back on 2024, the team members at the Ward 6 office are pleased to be your advocates, working with both your community and the City Administration. Some things that our office was asked to advocate for this past year were increased public safety, the Sarcee Trail Bow Trail Functional Planning Study, and continued collaboration with developers and community members to shape our communities.

One of Council's priorities this year was rezoning for housing. This was a measure to help address the ever-increasing pressures of the population growth that Calgary is facing. I believe that the rezoning for housing will be a powerful tool to address urban challenges while creating a more vibrant, accessible, and sustainable Calgary.

In October, I was selected to sit on six Council committees/boards. I will continue my work on the Audit Committee to ensure effective governance and compliance at the City. I will also remain on Intergovernmental Affairs and the Calgary Metropolitan Region boards. Sitting on both boards means I will maintain a participative role in shaping policies and ensuring Calgary's interests are represented in regional and provincial plans and decisions.

During this holiday season, I hope you find joy and connection with your family and friends. Let us celebrate our shared achievements and look forward to a new year filled with opportunities and hope. Wishing you a Merry Christmas and a prosperous New Year.

Sincerely,

Richard Pootmans

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