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Glendale on the Internet:

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Board of Directors and Community Contacts

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Community Garden	Michael Sander		garden@myglendale.ca

Board Meetings

Our next Annual General Meeting will be held on September 10, 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

Aloha community members,

I hope this message finds you all in good spirits and that you have been enjoying a wonderful summer so far. Attention parents of school-aged children. You're on the home stretch - September is approaching and you only have a few more weeks of hearing how bored they are. Hang in there, you can do it. They'll be back in school in no time.

Thank you to all our Casino Fundraiser volunteers who helped fill shifts at Elbow River Casino on July 20 and 21. Many of you stayed up way past your bedtimes to help out your association and we truly appreciate it.

As far as things to do this month in the city, consider attending the Calgary Fringe Festival, GlobalFest, the Calgary International Blues Festival, BUMP festival, Country Thunder, or Expo Latino.

I would like to remind everyone of our upcoming Annual General Meeting (AGM), which will take place on Wednesday, September 10 at our community hall. This is a significant event for our community as it provides an opportunity for us to come together, review the accomplishments and activities of the past year, and plan for the future of Glendale/Glendale Meadows. Please register in advance on our membership portal.

We are also looking for a couple of enthusiastic and dedicated individuals to join our board. If you have ever considered becoming a board member or would like to contribute more actively to our community in a non-board role, please do not hesitate to reach out. We would be thrilled to chat with you about the opportunities and how you can make a difference.

Enjoy the rest of your summer, and I look forward to seeing you at the AGM!

Warm regards,

Myles

President, Glendale Meadows Community



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.



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Annual Stampede Breakfast

The threat of rain and cooler temperatures did not dampen our stampede spirit on Saturday, July 5!

Attendees swaggered down into the East field to the smooth country voice of singer/guitarist Greg Albright. The event was captained by the GGMCA president Myles Trawick leading a team of volunteers who helped make the day run smoothly - from parboiling sausages, mixing pancaking batter, setting up tables, hay bales and a bouncy castle to sweating and smiling behind the grills!

Thank you also to the Le Family Dental team for rolling up their sleeves to flip some pancakes and Viki Fairbairn for donating the coffee.

The event also featured a booth from Paint Ur Art Out, glitter tattoos from the Girl Guides, muralist Jessica Semenoff in action, Master Gardener Monika Smith sharing information about the Naturally, Glendale project, and a visit from our MLA Janet Eremenko.







Updates from the City of Calgary

Downtown Summer Festivals and Events

Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy! Learn more about the what's happening downtown at calgary.ca/exploredowntown.

Register to Vote in Calgary's General Election in October

Check your information on the Permanent Electors Register by August 1, 2025. Visit www.voterlink.ab.ca or call Elections Alberta toll free 310-0000 then dial 780-427-7191.

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.

August 12, 10:00 am to Noon - Book Club will continue to meet through the summer! See <https://myglendale.ca/book-club/> for title listings.

September 10 - Hold the date for our Annual General Meeting. Details to be confirmed. See <https://myglendale.ca/our-board/> for volunteer positions available.

October 28 - Save the date for the always popular Glendale Halloween Dance! We are still looking for a DJ - please contact president@myglendale.ca.

November 8, 10:00 am to 4:00 pm - Glendale Art and Craft Show. Last year's event was a hit! So, please save the date and for more information visit <https://myglendale.ca/art-craft-sale/>.

Happy Birthday

Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?

GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.

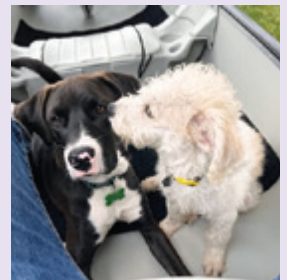


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ANSWERS!

Pets of Glendale

Jake, Glendale's July pet feature, is overjoyed to announce that his humans have already foster failed again, which means he and Maya get to stay together forever and ever. Maya is also helping Jake get comfortable with his land canoe. Land canoes are pretty great...nice and stable and dry...highly recommended!

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



Another Art Project!



"If you go down in the woods today. You're sure of a big surprise" - Teddy Bears Picnic by Henry Hall

Nestled in the evergreens surrounding our community hall, a colourful mural is taking shape - painted by local artist Jessica Semenoff and funded by the Calgary Arts Development Community-Run Public Art Microgrant Program.

Jessica, in consultation with our Master Gardener Monika Smith, conceptualized an art piece that embodies the Naturally, Glendale ethos - dazzling gardens that are water wise, hardy, and pollinator friendly.

The design adds colour with a variety of native plants (prairie crocus, shooting stars, blanket flowers, purple cone flower, bunchberry) and will also be an inspiring teaching tool for the Seedlings Preschool students. The mural uses environmentally friendly lime-based paint and spans the entire length of the community hall's west wall in Jessica's signature whimsical style.

"Jessica Semenoff is a muralist, painter, and printmaker whose work brings the beauty of nature to life in a modern and whimsical way. Known for her aesthetic depictions of local flora and fauna, Semenoff's murals celebrate the native plants of each region she works in, creating art that feels deeply rooted in its environment. Her work often explores themes of sustainability, critiquing the flawed landfill and recycling programs, and raising awareness about the ongoing climate crisis.

Since beginning her professional mural career in 2020, Semenoff has completed large-scale projects spanning over 1,000 square feet. With over 60 murals under her belt, Semenoff brings extensive experience and professionalism to every project. Whether transforming walls or enhancing spaces, Semenoff's work reflects her passion for the environment and infuses a sense of place into every piece she creates." - From Jessica Semenoff's website.



RESIDENTS OF GLENDALE

by Mike Sander

In June, community gardeners and volunteers worked to move and spread two truckloads of mulch for our garden that was generously donated by the City of Calgary Parks department. Spreading mulch helps our shared growing space by improving the soil health, keeping weeds under control, retaining moisture for our growing plants - and helps the space look its best! We are always looking for more members interested in gardening or helping out from time to time. Email garden@myglendale.ca.



Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.

Deadly Beauty

Photo and article by Monika Smith, Master Gardener

There's quite a list of plants you should not have in your yard. I don't mean fragile, rare, water loving plants that just squeak by in our Zone 4a. Nope, these are plants that the Government of Alberta has given the big no to having in your yard. Check out: alberta.ca/provincially-regulated-weeds.

Prohibited noxious weeds pose a serious threat as they spread rapidly and are highly competitive. The plants in this category are either not currently found in Alberta or are found in few locations and eradication could be possible.

However, there is a category noted as noxious weeds (includes the plant's seeds). They have the ability to spread rapidly, cause severe crop losses and economic hardship. They must be controlled.

A local authority may conduct control programs for these weeds if they feel they may have significant ecological or economic impact on municipal lands. You know some of them: Creeping bellflower (*Campanula rapunculoides*); ox-eye daisy (*Leucanthemum vulgare*); scentless camomile (*Tripleurospermum inodorum*); yellow clematis (*Clematis tangutica*) and Canada thistle (*Cirsium arvense*) and black henbane (*Hyoscyamus niger*).

It's worth your while to get fact sheets from the Alberta Government. Or check out Alberta Native Species Council, abinvasives.ca, which deal with all invasive species from plants to goldfish, wild boars, and feral rabbits. They deal with introduced species of plants that grow on land and in water with no natural means of control. They will spread quickly and reduce biodiversity.

Plants in the noxious weed category are widely distributed in Alberta. If you see any of these plants, you need to remove them. Dig them up, get all the roots, put in a black plastic bag and seal, then into your black bin. These plants are also reportable, and bylaw officers can knock on your door and tell you to get rid of the plant.

A serious problem child showed up in the community association front yard in June. Black henbane is truly a deadly beauty. As a relative of the nightshade family, it

is poisonous! Don't think about eating it; and touching it can give you a rash as its complex alkaloids are all over the plant, so handle with gloves. It's not for picking. Get rid of it. One plant can produce 10,000 to 500,000 seeds which can survive four years. It's not native.

So many plants that we love are poisonous! Download the Poisonous Outdoor Plants published by the Government of Alberta. You'll be amazed at all the plants we use for food have poisonous components (tomato leaves and stems or rhubarb leaves) or enjoy as flowers (all parts of monkshood and lily of the valley), shrubs (all parts of the clematis and hydrangea) or trees (Ohio buckeye, all parts especially mature fruit; oak leaves and unleached acorns). You know most of them, but a review of this document might be useful.

For more information about Naturally, Glendale, native plants or biodiversity, or ask questions and offer comments, contact Monika at naturallyglendale@myglendale.ca.



Black henbane is a lovely plant. But get rid of this poisonous plant!

CLASSIC CARS

1995 FORD RANGER



Article by Fred Nelson

Many of us have seen this little pickup running errands around Glendale for decades. Rita knew it was just the right size for a truck, and she loved how easy it was to drive. It would fit any parking space.

After many years of faithful service however, it began to give warnings that it was about to falter. She pondered what to do.

Deciding that it would be best to donate it to a charity, the call was made. But not unlike Old Yeller, she actually shed a tear when the ramp truck came to haul it away.

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.

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

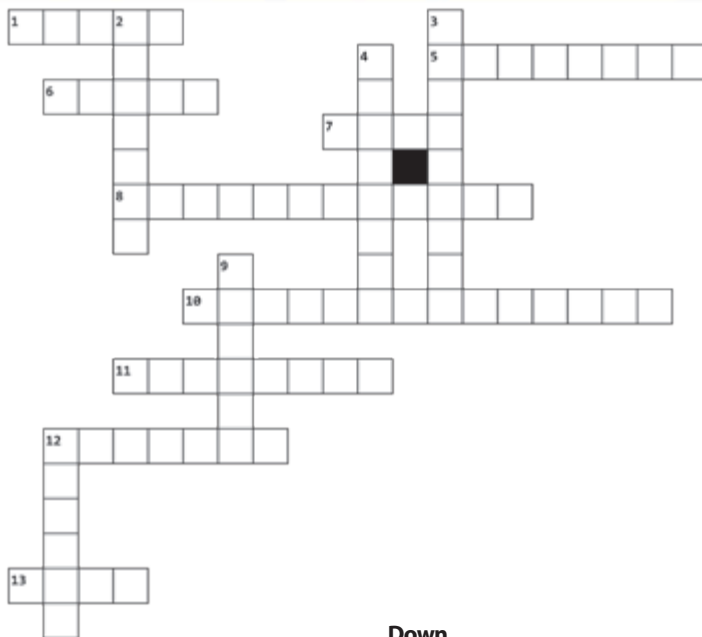
Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.

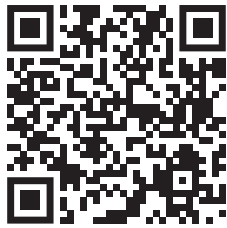


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