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THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



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CLASSIC CARS

1984 TOYOTA SUPRA



Article and photo by Fred Nelson

Toyota burst upon the Canadian market in about 1970. By 1984 they were well-established with their small cars and trucks.

Now it was time to turn up the fun factor. The new Supra was a more roomy version of the Sports Coupe. Tyler bought his new and vowed to take good care of it.

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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A SUPER BOWL SHOWSTOPPER!

On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's 1984, boldly declared Apple was here to smash conformity—and it worked!



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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



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Member-At-Large, Membership	Monika Smith		membership@myglendale.ca
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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, February 12, 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

Hello neighbours,

Did you hear about the guy who stole a calendar on New Years Day? He got 12 months!

Is it just me or does "2025" sound like we are living in the future? Another year has passed, and another begins. I'm not one to make resolutions; all power to you if that's your jam. I do like to ruminate on what's going well, not well, and things to look forward to. This is a good time to make course corrections, both small and large, to keep us on track.

Your GGMCA Board spent time doing this recently to operate more effectively and continue to add value for you, our community members. We are looking forward to our 2025 projects and events.

January can be a dark and cold month as we come down from holiday highs. Check in with yourself and those close to you. Make your mental health a priority. A concrete way to do that is to focus on doing these three things "well". Eat. Sleep. Move.

Eat well – focus on the nutrients your body needs and the things that make you feel energized. Sleep well – with less natural sunlight, we might need more sleep in winter than we do in summertime. Move well – find ways to stay active despite the cold temperatures outside by bundling up or finding indoor spaces to get moving.

Wishing you the best of luck in making self-care a priority to start off the year. 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.

All the best in 2025!

Myles

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Pets of Glendale



Ruby is one of the newest pup residents of Glendale. She is a mini goldendoodle and will be five months old in January. Still a bit shy with the outside world, she is becoming more familiar with all that Glendale has to offer!

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.



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News, Events,
& More



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RESIDENTS OF GLENDALE

by Janice Kennedy

Our Residents of Glendale feature is a great opportunity to hear what our community members love about Glendale-Glendale Meadows. This month, we welcome Janice to our pages!

Hi people of Glendale!

My name is Janice, and I have lived in “the hood” since 1999. I moved in on a very cold January day after living in Glenbrook a few years. Funny story, my friends used to live in this house, and I would walk over for a glass of wine (or 6!) and would always say “if you’re ever going to sell the house call me first” ...and they did. I have since become the old lady of the cul-de-sac.

People have come and gone and there have been a few major house renos. I enjoy the younger families moving in and watching the kids grow up into young adults. I also love things like Jim and Agnes’ yearly BBQ, watching the neighbours’ granddaughter grow up into a “big girl” who likes pretty dresses, getting doggy hugs and kisses from Luca my neighbours’ dog and standing outside having chats with the neighbours and their children.

Seeing the occasional deer, bobcat, and even skunk wander through the backyard is always fun too. I can only hope that the new zoning laws don’t ruin a very precious place to live. I am worried as I’m sure many of us are. I’m not much of a gardener but I do like to plant some flowers for the bees! I am an avid wood carver and potter. When I am not doing that, I am either swimming or on my bike cycling in Springbank! Cheers everyone.

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!



Puppet Master

What do Yoda, Cookie Monster, and Miss Piggy have in common? They were all brought to life by the legendary puppeteer Frank Oz! From a wise Jedi Master to a cookie-loving monster and a diva pig, Oz's incredible talent made these characters unforgettable.





Board Updates

The Board is always looking out for ways to bring more amenities to our community. Through a recent successful Enhance the Outdoors grant submission, stay tuned for some new benches, chairs, skate aids, etc. for community use!

We are still in winter mode, but some of our annual events require long lead time planning – work is already underway to ensure that the Stampede BBQ and a few of our other summer gatherings are back again in 2025! Stay tuned for volunteer opportunities and event dates and times!

Updates from the City of Calgary

Chill Downtown this winter! Until March, enjoy new Downtown Itineraries that will help you embrace the winter months. See <https://www.calgary.ca/major-projects/experience-downtown.html> to choose your own Downtown adventure!

You can also stay active this winter in Calgary's parks by skating on ice trails, cross-country skiing, playing Crokicurl, or riding an ice bike. Learn more at calgary.ca/winteractivities.

Find out how you can reduce your risk for frozen household pipes, and what actions to take if you suspect you have them at calgary.ca/frozenpipes.

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.

• **January 25** – Winter Fun Day! Come on down to the hall and rinks to join us.



• **February 11, 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 <https://myglendale.ca/book-club/> for the upcoming titles or contact Manibh at manibh@shaw.ca. In February, the club will discuss *Pachinko* by Min Jin Lee.

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Volunteers of Glendale

by Laura Nixon



We are ringing in the new year with Jessica, who is a new member of the Board as of the September 2024 AGM. According to Jessica, “the timing was right” to join a like-minded volunteer group close to home, having also volunteered her talents with UNICEF and in Calgary theatre marketing. In Glendale, she

will be starting to take a look at integrating our social media tools to ensure we are communicating great information to community members and beyond!

Another area of importance for Jessica is Glendale’s green spaces. Jessica’s family of five has lived in Glendale for the last six years, and they are regulars at the ice rink, tennis courts, and garden plots, and attend all of the community events. They, like so many, love the unique parks and open areas we are so lucky to have that give us our family friendly community feel.

We all have stories about plans that changed when travel stopped in 2020 due to the pandemic. If you happen to catch up with Jessica the next time you are enjoying the songbird chirps and whistles in Optimist Park, you might want to ask her about the 2020 World Whistling Competition she had been about to take by storm!

Joke of the Month

Why did the pony get detention?

Because he was horsing around.



Cats, Canines, & Critters of Calgary



Bear, Palliser



Buster, Hamptons



Lizzy, Huntington Hills



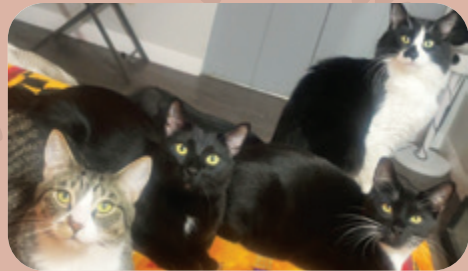
Mirabella, Lower Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

To have your pet featured, email news@mycalgary.com

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

Heart's Ease; A Violet by Any Other Name

Article and image by Monika Smith, Master Gardener

You might be familiar with 'Johnny jump up', as I am, or 'wild pansy'. There are lots of names for it: heart's delight, tickle-my-fancy, Jack-jump-up-and-kiss-me, come-and-cuddle-me, three-faces-in-a-hood, love-in-idleness, and pink-of-my-John. Very rom-com names! The *Viola tricolor* is not native to Alberta, but it is naturalized. I've not found it aggressive.

Viola tricolor, *Violaceae* family, originally from Eurasia, is considered the progenitor of the cultivated pansy. A plant whose big colourful faces I adore.

Johnny jump ups can grow just about anywhere in the northern hemisphere—near seas, inland, up to 2,700 meters, in open grasslands, wastelands, on banks, in neutral soils and partial shade. It's short, just 15 cm in height and has a creeping habit and spreads through rhizomes. That is a tolerant plant. It's a short-lived perennial and can produce up to 50 seeds, which are dispersed 'explosively'; ants can carry the seeds off as food and help them spread.

The heart's ease that I've had popping up in my yard for decades defy the lack of water, being yanked out, or cut down by a lawn mower. They just seem to appear and don't require care.

I really like them and will find an official spot in my yard this year, as they are cheerful flowers that keep on blooming starting early in our season: May/June until September or longer. It is also pollinated by bees, and the *Viola* spp. are host plants for 30 species of fritillary butterflies. Those caterpillars are fully dependent on violets for their food. Plant some violas!

It's not hard to find information about its medicinal properties, and they can be found as a culinary addition—the flowers look great in a salad.

As I'm going to just leave my Johnny jump ups to do their thing and hoping they'll come back in the spring, I will think about including some native violas in my yard. Shade, a bit of moisture is good for the early blue violet (*Viola adunca*); others include the Canada violet

(*Viola canadensis*) with white flowers and the marsh violet (*Viola palustris*) of ground cover height and a pale violet colour. Alberta is also home to the yellow prairie violet (*Viola nuttallii*), a yellow colour found in dry prairie and the valley violet or *Viola vallicola*, also yellow. Both are somewhat rare here and need a social media boost.

We all have plant bucket lists. So, drifting slightly away from a firm stand on native plants: I'd love to have a patch of sweet violet (*Viola odorata*). An intense deep blue flower that I found first by its scent near a pathway in Austria. I could not believe such a small flower could sweetly and intoxicatingly dominate the air. Used in perfume making for millennia, it tastes amazing in cookies and is a great cake topper in a candied form. Violas have been included and written about by poets and playwrights such as Shakespeare in *A Midsummer Night's Dream*.

Think how to attract critters, such as butterflies by including host plants and water. What about growing edible, native mushrooms? If you have ideas for Naturally, Glendale, contact Monika at naturallyglendale@myglendale.ca.



My pretty Johnny jump up. I simply pulled a few scraggly plants from somewhere, put them in this planter, and it just grew into a very nice display.



Calgary

**Councillor, Ward 6
Ward 6**

✉ Ward06office@calgary.ca
🌐 Calgary.ca/ward6

The Ward 6 team is deeply saddened at the unexpected resignation of their boss Councillor Richard Pootmans at the end of November.

To Our Ward 6 Residents,

Our office remains dedicated to supporting your communities. Your Council Representatives who will be representing your interests in any matters coming before Council are:

Councillor Courtney Walcott, Councillor Sonya Sharp, and Councillor Kourtney Penner.

We are fortunate to have these three Councillors step up to assist with Ward 6 matters. Their commitment will ensure that your concerns are addressed, and your voices will be heard at City Hall. Please note that these councillors will not have an extra vote.

The Councillors' respective areas of focus will be as follows:

- Councillor Walcott - Communities East of 69 Street, which includes Spruce Cliff, Wildwood, Westgate, Glendale, Glenbrook, Glamorgan, Strathcona, Christie, Signal Hill, Coach Hill, and Patterson.
- Councillor Sharp - Communities West of 69 Street, which includes Medicine Hill, Canada Olympic Park, Cougar Ridge, West Springs, Aspen Woods, Springbank Hill, and Discovery Ridge.
- Councillor Penner - Tsuut'ina Nation.

As always, the Ward 6 team, comprised of Suzy Trottier, Ralph Smith, and Cindy Aldous will remain in place to listen, support, and collaborate with you.

For your day-to-day concerns, including requests around City services, please continue to reach out to ward06office@calgary.ca or contact 3-1-1.

If matters need to be escalated to a Councillor, the Ward 6 team will pass it along to the appropriate representative based on your community.

Finally, a special thank you to Mayor Jyoti Gondek and the City Administration staff for helping direct us through this stressful and hectic interlude. Our profound gratitude also goes to everyone who has reached out to our office to send us well wishes.

Regards,

The Ward 6 Team - Suzy Trottier, Ralph Smith, and Cindy Aldous



**MLA Calgary-Currie
Janet Eremenko**

206B – 1615 10 Ave SW
Calgary, T3C 0J7
📞 403-426-4794
✉ calgary.currie@assembly.ab.ca

At my November town hall, several attendees raised questions about the environment and climate change. The main concern was the apparent lack of attention from the party and me on these issues and their impact on Alberta's economy.

Though climate change may not be front and centre as a priority when we talk to Albertans, it undoubtedly remains a critical issue.

Personally, I worked in our provincial and national parks for many years. I planted trees across BC and Alberta to pay for university. I have hiked and skied countless trails in the mountains and foothills. Like so many of you, I find solace and renewal in those ever-present mountains on the horizon.

Where you may not see 'capital-C Climate Change' in our daily statements, I trust you will see a clear position on the environment on various stand-alone issues on which we have been unequivocal:

- Ending any new coal mines in the eastern slopes.
- Demanding adequate resources for wildfire management.
- Advocating for water preservation and integrity of our headwaters.
- Calling out the short-sighted decision to restart hunting of grizzly bears, wolverine, lynx, and cougars.
- Seeking to amend Bill 35: the All-Season Resorts Act to respect the Land Stewardship Act and duty to consult Indigenous People.
- Condemning the strict regulations on new wind and solar projects.
- Taking meaningful action to reduce greenhouse gas emissions at extraction, processing, shipping, and end-user consumption.

Please know that even though it's not in the everyday, I share your concerns about the health of the air, land, and water, and our future in relation to it. Moving forward, I will strive to highlight this and related issues so there's no doubt I take my role as a steward of Alberta's environment and ecosystem with the utmost importance.

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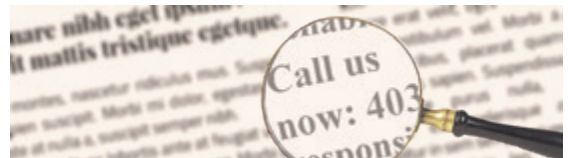
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A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



A Big Black Bird

by Catherine Warwick

Most people know that a flock of crows is called a “Murder of Crows”, it’s probably the most popular collective noun for birds. Did you know a flock of ravens is called an “Unkindness of Ravens”? Still not very cheery, but better than murder. Perhaps some songbirds got together and made these up, they are very apt for their experience of crows and ravens. These big black birds love eating eggs from nests.

If you have ever seen a raven up close, you may agree with me when I say they are the more impressive of the two birds. If you want to get a close look at one, take out a sandwich in a ski hill parking lot, the ravens will come flying in! I always remark on how big they are up close, every time. Their black feathers are so impeccably black they almost bend the light around them. Then they have impressive fluffy neck feathers and a massive black beak. Their intelligent eyes pierce into yours and for a second you may consider throwing the sandwich at them while you make your getaway. I once saw a raven take a grocery bag of food right out of the back of a truck. As it was flying away, I saw there was a box of cereal in its bag, unsurprisingly it had chosen wisely. Ravens are well known for being one of the more intelligent birds.

A crow is an interesting bird also, smaller than a raven but also intelligent. They have smaller beaks and smoother feathers. They also tend to flock together more than ravens. If you have been to Burnaby, BC, which is a known evening roost for crows, you will see huge flocks, all cawing relentlessly. They are so loud you need to raise your own voice to be heard. I’m not sure what the point of all the cawing is, the first caw sounds exactly like the 1000th, it’s some kind of crow conversation. Crows have very sophisticated social relationships, which is a big reason for their success as a species.

A big black bird is flying in the air above your neighbourhood, which is it? A crow or a raven? Here is a handy guide to help out:

- **Wing Movement:** A raven glides and a crow flaps.
- **Tail Shape:** A raven has a large wedge-shaped tail; a crow has a flat fan.
- **Number of Them:** A raven is alone or in a pair, crows tend to flock together.
- **Vocalization:** Crows caw and ravens croak, gurgle, squawk, rattle.

- **Size:** Ravens are bigger, which isn’t very helpful when there is a faraway bird against a blue sky!

The birds didn’t seem to get this memo however, and you may see a large bird, solo, flapping its heart out. If you see the bird do a barrel roll or somersault then it is a raven, they are the more acrobatic fliers. It looks like a lot of fun and they should do it more often, then we would know what they were and wouldn’t be forced to call it a ‘Craven’.



An American Crow. Up close the neck feathers say crow. Photo by Diane Stinson.



A pair of American Crows. Crows by the river, smooth feathers. Photo by Diane Stinson.



A close up of a raven's neck feathers and intelligent eyes. Photo: Dario Taraborelli, CCO, via Wikimedia Commons.



“Domino”. A raven with some white features was spotted at Lake Louise ski hill on November 25, 2024. This is an abnormal pigmentation (leucism). Photo: Fiona Waters.

City of Calgary Home and Small Business Webinars

by the City of Calgary



Start your 2025 home renovation projects or new business idea off on the right foot by watching a City of Calgary Home and Small Business webinar. Our catalog of recorded webinars covers everything you need to know about indoor and outdoor home renovations, how to start a small business, building a secondary or backyard suite, and more.

If you're a DIY home renovator, City experts outline the necessary building permit types, safety code requirements, land use bylaws, and essential tips for hiring a contractor and preparing for inspections.

For small business owners or those planning to start one, our recorded webinars dive into best practices for both commercial and home-based businesses. We'll walk you through the process of applying for a business licence, registering your business, and more.

If you're thinking about developing a secondary suite or backyard suite, take advantage of our recorded content outlining the development process including applying for permits, registering and legalizing suites, and information on programs like the Secondary Suite Incentive Program.

Access recorded webinars and stay up to date about upcoming live webinars and Q&As coming soon at calgary.ca/webinars.



Happy New Year! Wishing you good health and prosperity as we welcome 2025.

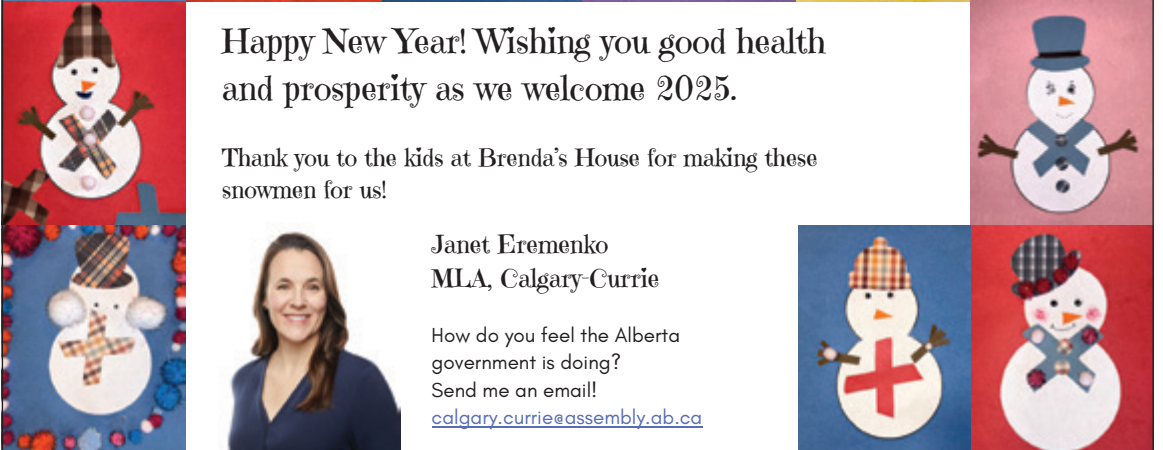
Thank you to the kids at Brenda's House for making these snowmen for us!



Janet Eremenko
MLA, Calgary-Currie

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