

NOVEMBER 2025

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GLENDALEthumper

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



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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

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors and Community Contacts

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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 November 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

Volunteers of Glendale



Please welcome our newest member Nigel to the GGMCA Board. He will be volunteering in the role of secretary.

Quick Questions

Q: Where were you born?

A: I was born and raised in Calgary, albeit I have violated the unspoken rule that Calgarians shall never leave their quadrant. I grew up in Sundance in the southeast and lived inner city in Crescent Heights and Bridgeland before moving to Glendale.

Q: How many years have you lived in Glendale?

A: I moved to the neighbourhood in 2015 with my wife Gillian.

Q: What attracted you to the neighbourhood?

A: We were expecting our first son in 2015 and ended a long search for a house by choosing Glendale. We loved the location, being close to family in nearby neighbourhoods, quick access to lots of restaurants, and public transit. And it's a beautiful part of the city!

Q: What is your favourite memory of Glendale?

A: Teaching my boys to ride their bikes on the hockey rink! We get out to skate in winter however we're probably on the rink more during summer months. Both our boys went from striders to big-kid bikes, using the rink first as their two-wheel training ground and now as their racetrack.

Q: Anything else to share?

A: I'm excited to join the Board as Secretary and help the Community Association continue its journey! I've spent many years and cold winter nights with the rink crew and look forward to contributing more!



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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Pets of Glendale

Is that a raccoon? A cat? No! It's Pumba! Pumba hails from Cabo San Lucas and came to Calgary thanks to Pawsitive Match Rescue. She recently celebrated her Quinceañera and is 15 years old! If you see her walking around Glendale at 0.5 km/h, say "hi"!

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 and About in the Neighbourhood

Goodbye Autumn

After what seemed like a very wet summer, Calgarians were treated to record high temperatures during the month of September and into October. It was glorious! The tennis courts were bustling, and children were out riding their bikes in shorts and t-shirts like it was the height of summer.



Tennis enthusiasts enjoying the courts on October 16!

Hall Updates

Check out the new solar powered lighting at the entrance to the community hall.



Halloween Dance

Cackling witches, spooky monsters, and cute little fairies arrived at the hall for the Annual Halloween Dance on October 25. Thank you to all the volunteers who help continue this neighbourhood tradition. Extra kudos goes to the canteen hosts Daryl and Patrycja!



Photo from our dance archives.

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Let's Talk Trees!

Article and photos by Monika Smith, Master Gardener

With a very nice, long fall in the plus temperatures this year, we've all loved being outside and watching the trees change colour.

Only one downside: lack of rain! Calgary experienced the hottest September on record and driest in 140 years! How much moisture is in the ground? The trees and shrubs are slowing down metabolically as you can tell by the leaves turning yellow, orange or even red. It's gotten colder and the days shorter; when those leaves are all gone, they are dormant but will revive in spring. The ground needs to be moist for winter, not bone dry. Snow is a great insulator for plants, but that's not a sure thing in Calgary. Chinooks are drying winds.

Although trees are dormant in winter, some keep on photosynthesizing a bit through their bark, for example aspens, which have a fine, greenish bark. Also, some young trees can photosynthesize that way until they mature and their bark is thick and brownish are officially dormant in winter.

Conifers, with their green needles, photosynthesize in winter, but not like flowers or deciduous trees. They must maintain a balance to prevent a 'system' overload. Excess light energy from bright sunny days is safely dissipated, protecting the photosynthetic machinery from damage during freezing conditions.

We love our evergreens in winter! And most are native. However, if you're going to add conifers, native spruce, fir, pine, larches and tamarack cope well with our climate. Easy to grow and hardy are three juniper species: *Juniperus horizontalis*, *Juniperus communis*, or *Juniperus scopulorum* and many cultivars providing creeping, upright or anything in between in size, shape and colours. You will be surprised. Nurseries do have *Juniperus sabina*, which are originally from Europe and Western and Central Asia, but they don't do that well in Calgary. Calgary Carpet is a favourite, but from personal experience I won't get them again as I've had a very nice, mature plants just die, turning into a prickly, orange, dead mass; there is no reviving them. Check with local garden nurseries about what is available. And go online to find out what will grow well in your yard. Not all conifers tolerate Calgary.

Non-native conifers such as cedars grow well where winters are cool and wet. That is not Calgary. If you insist on growing one, it may become an expensive annual. If you are determined, plant it in a shady, sheltered spot away from direct sun and winter wind, water well. But be prepared to have your heart broken. There are upright forms of junipers that could be a great substitute. Check those out and be pleasantly surprised.

Why water in the fall? That top up, especially this year, is important. Get water into the ground; it will freeze, stay put, giving a tree or shrub a good start in the spring. Again, our winters are dry and sometimes, not a lot of snow cover. Check out guidelines at Calgary Horticultural Society's website: calhort.org or the City of Calgary, YardSmart information. Local plant nurseries will also provide great information on how to maintain your trees all year round. We all want you to succeed! Look at native trees and shrubs or their cultivars; you'll be surprised at the variety and how beautiful and hardy they are.

For more information about Naturally, Glendale, contact: Monika Smith naturallyglendale@myglendale.ca.



*Western larches (*Larix laricina*) at Highwood. A beautiful native conifer that turns brilliant gold in the fall then loses its needles. For your garden? Select *Larix sibirica* as that tree will fit in an urban lot.*



*Poplars (*Populus* spp) and aspens (*Populus tremuloides*) in Edworthy Park, near the Bow River.*



Updates from the City of Calgary

Downtown Events this Fall

Learn more about what's happening downtown at calgary.ca/exploredowntown.

Explore more about the city's ongoing projects and initiatives at calgary.ca/major-projects.html.

Consider attending a Remembrance Day Ceremony on Tuesday, November 11. There are several offered throughout the city and the Military Museum even offers a live streaming for those unable to attend in person.

Cold weather is coming! For details on city bylaws related to snow and ice removal, please visit <https://www.calgary.ca/bylaws/snow-ice.html>.

Upcoming GGMCA 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.

Book Club - Book Club continues this winter on the second Tuesday of each month from 10:00 am to 12:00 pm.

See <https://myglendale.ca/book-club/> for book selections.

November 8, 10:00 am to 4:00 pm, Glendale Art and Craft Fair - Please join us at the hall for the Annual Art and Craft Fair showcasing beautiful handmade and artisanal works by local artists. This is a perfect and festive event to jump start your holiday shopping!

Talk About Trees by Steve Smith, Arborist - The presentation is followed by a Q&A about your tree issues. Free at the hall, Wednesday, February 18 at 7:00 pm.



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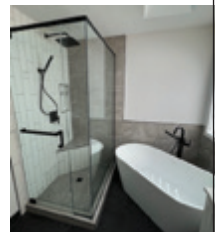
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LETTER FROM THE EDITOR

The ODR

Firstly, know that I am not really a skater. Or at least, a poor one at that. I'm still learning how to stop, and I keep constant vigilance for potential soft snowbanks to cushion an unexpected shift in gravity. I moved to Calgary in 2010 from the West Coast and, for me, the outdoor rink seems like something straight out of a romantic holiday movie.

But I've slowly picked up the local lingo and have come to appreciate that the 'ODR' is a place of reverence in this city. What is more, the ODR here in Glendale, is the lifeblood of the neighbourhood during the winter months - a popular gathering place for people of all ages to shoot the puck or just enjoy a leisurely skate. (Cue the softly falling snow and soundtrack from Joni Mitchell's lyrics, "It's coming on Christmas... Oh I wish I had a river I could skate away on...").

And speaking of heartwarming, five years ago, Bauer Hockey filmed the commercial 'The Game is a Gift', about a boy moving into a new neighbourhood who finds friendship through playing hockey on an outdoor rink. I encourage you to watch it and if the location seems familiar, it should. It is the Glendale rink. In less than two minutes, the story shares the value of kids playing outdoors, the nostalgia of wintertime activities, and the importance of community. Find the video on YouTube using search #TheGameIsAGift or at <https://www.youtube.com/watch?v=B-mzF7wh71E>.

Starting in November, or whenever temperatures are consistently below zero, the Glendale flooding season ramps up. Most often, under the cover of darkness, our team of dedicated and plucky volunteers, donned with heated gloves and balaclavas, reel out the long, heavy hoses to flood the hockey and pleasure rinks, plus exterior loop. The entire process takes about two hours with a crew of three to five people, each assigned to a different night of the week. They return home late with cold runny noses and a fine mist frozen to their eyelashes. The flood crew are the real-life Jack Frosts (and Jill's too, by the way) leaving a frozen gift in their wake. My husband of the Wednesday night crew says, "It gives me so much pleasure to watch the community use the rink. And the flooding part really is a social thing. It really brings us all together."

Any seasoned ODR skater will tell you that there is nothing better than freshly flooded ice, known as a 'clean sheet' - pristine ice that no one has skated on... yet.

And when the stars align, you may be lucky enough to arrive early one weekend morning and enjoy a few 'rips' on a quiet rink under a blue bird sky in the bracing winter air, the ice like glass. It is simply magical.

The Glendale ODR is one of the best in the city. Made so by volunteers. We welcome more helping hands to join the crew, just give us a shout.



Early morning game

Future flood crew in training



Freshly flooded ice



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



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www.canlearnsociety.ca/magic-carpet-ride

CLASSIC CARS

1959 MONARCH II



by Fred Nelson

The Monarch was a further upscale product of the Mercury Division, Ford Of Canada.

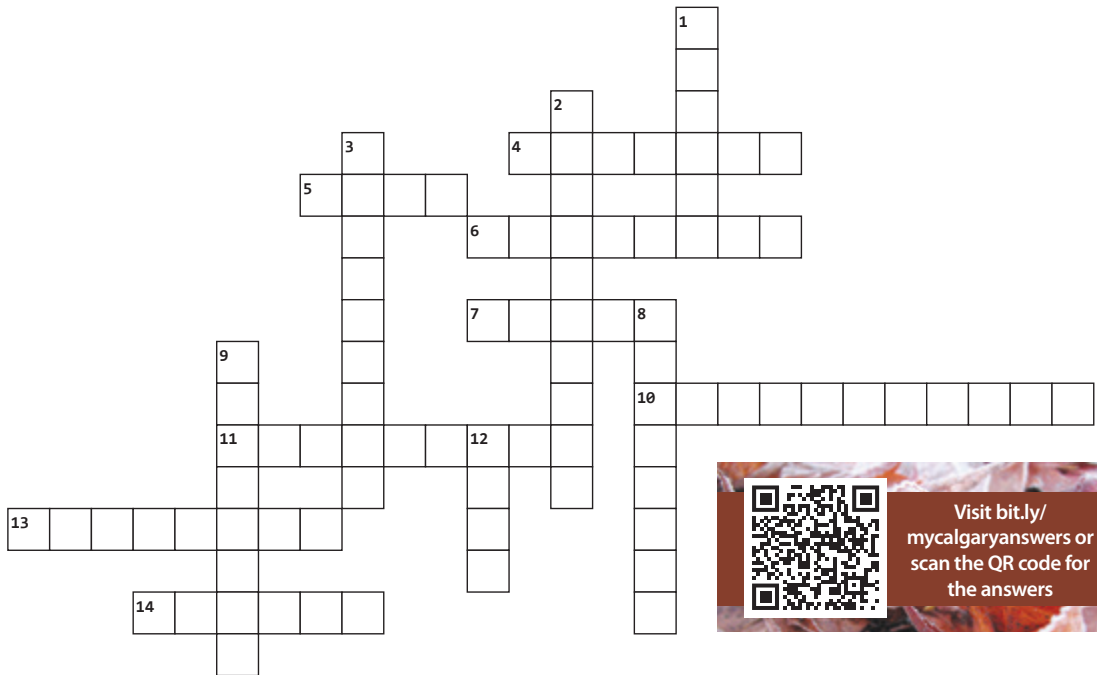
Anyone who remembers 1958 knows Ford discontinued Monarchs for that model year only.

For 1959 they were brought back as the Monarch II to distinguish them from the earlier versions. Then, Ford quietly dropped them from their lineup altogether.

Don's '59 has only 58000 original miles, and he's happy to have one of the handful still in existence. I've only ever seen one other.

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.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Yielding to Emergency Vehicles

by Alberta Health Services

For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.



- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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SPACE SELFIE

On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!



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