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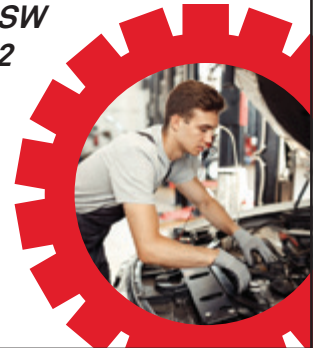
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Glendale/ Glendale Meadows Community Association

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Information: 403-242-2110

Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors 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

Hello Glendale!

September has arrived, and with it, the unmistakable scent of school bus exhaust, fresh notebooks, and pumpkin spice everything. Whether you're a parent, student, teacher, or just someone who enjoys the rhythm of the seasons, this month marks a return to routines and a shift in energy.

As kids head back to school, let's all take a moment to prioritize community safety. Drivers—please slow down near school zones and playgrounds. Watch for little ones darting across crosswalks and remember that distracted driving can have serious consequences. For those walking or biking, make sure helmets are snug, backpacks aren't overloaded, and routes are planned out. Safety is a shared responsibility, and together we can make Glendale a secure and welcoming place for everyone.

Our Annual General Meeting (AGM) is coming up on September 10, and we'd love to see you there. It's a great opportunity to hear what's happening behind the scenes, ask questions, and maybe even consider joining our board. We're always looking for fresh perspectives and helping minds and hands. Property development and change has been a visible and common area of interest to our community members so if you're interested in taking the lead on development-related matters we have a role open for you!

As the leaves begin to turn and the air gets crisp, it's also a great time to reflect. What do you love about our community? What could be better? Your feedback helps guide our projects and priorities, so don't be shy—reach out anytime at president@myglendale.ca.

Wishing you a safe and smooth start to the school year, and a cozy transition into fall.

Take care,

Myles

President, GGMCA



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

Meet Pepper! The newest addition to the Steinmann Bussoli family of Georgia Street.

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 the Neighbourhood

Thank you to everyone for your patience during the brief closure of the rink for repairs. The GGMCA replaced the old chain link fence and frames to better serve the community. Fingers crossed for a cold winter season to support our rink flooding crew getting the ice ready for some skating!



Recipe of the Month

Miso Butter Braised Mushrooms and Wilted Spinach Pasta



"I cannot think of a more versatile food than the mushroom." - Julia Child.

Servings: 6 portions

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 60 minutes

Ingredients

- 1 package (500g) of your favourite pasta noodles
- 4 cups mushrooms, sliced (button, cremini, portobello, shiitake, oyster, or any combination of these)
- ¼ cup white miso paste
- ⅓ cup unsalted butter
- 3 tbsp olive oil
- 4 sprigs fresh thyme
- 1 tbsp honey
- ⅓ cup dry white wine
- ¼ cup full fat cream
- 4 cups fresh baby spinach
- ½ cup reserved pasta water
- Zest from ½ lemon
- Pepper to taste
- ¼ cup Parmigiano Reggiano

Instructions

1. Add mushrooms, butter, miso, olive oil, wine, thyme, honey, pepper to a Dutch Oven and bake uncovered in a preheated oven at 350°F. After the first 5 minutes, stir to incorporate all the ingredients. Bake for another 35 minutes. Add cream and stir to loosen any bits from the pan. Bake another 5 minutes and remove from the oven, discard thyme stems, leave covered while pasta cooks.
2. Prepare pasta noodles as per package directions. Save ½ cup of the pasta water. Drain noodles.
3. Add cooked noodles, spinach, and reserved hot pasta water to the mushrooms and mix well to combine.
4. Garnish with lemon zest and shaved Parmigiano Reggiano.

What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



September 22 marks the official end of summer and it is my favourite month.

Summer tries her very best to linger despite the days inevitably growing shorter and cooler. For me, more so than January, September strangely feels like both a beginning and an end. Back to school and early bedtimes. A return to routines with music lessons and hockey practice. Chrysanthemums reviving tired summer gardens. Last hauls of local produce from the farmer's market.

While life for some of us gets busier, nature is slowing down. Perhaps urging us to consider doing the same. So, take a moment to say hello to passing folks on your dog walk. Join a Book Club. Dig out some spare change for the neighbour's lemonade stand. Remember to wear layers- it's sweater weather.

Enjoy September, friends.





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.

Elections Calgary: The Next General Election is Monday, October 20, 2025

Advance Vote: October 6 to 11, 2025

Election Day: October 20, 2025

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.

October 14, 10:00 am to Noon - Book Club continues into the fall! See <https://myglendale.ca/book-club/> for title listings.

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. Call for vendors! If you have handmade items (no third party or manufactured work), such as painting, knitting, jewellery, author books, clothing, giftware, and more? Sign up now. Limited space. Booth rental is \$35! For more information or to register, email naturallyglendale@myglendale.ca.

Thank You to Our Casino Volunteers

We would like to extend a heartfelt thank you to all the dedicated volunteers who gave their time to support our community association's largest fundraiser of the year—the Glendale Casino was held on July 20 and 21.

Your willingness to step up, take on a shift, and contribute your energy and enthusiasm did not go unnoticed. Whether you were a cashier, in the count room, or banker your efforts helped make this event a success and ensure vital funding for our programs and services.

We know how busy life can be, and we are incredibly grateful that you found time to support our community in such a meaningful way. Your commitment and generosity truly make a difference.

Thank you for being the heart of our community: Aaron S., Marilyn S., Diana D., Elaine M., Courtney K., Josh K., Laura N., Paula B., Cristi M., Rande F., Karen F., Julia S., Margaret B., Barbara R., Jadon C., Heidi C., Robert P., Jennifer P., Amanda S., Shirley T., John H., Veronika D., Susan H., Stephanie M., Chris D., Terry C., Sandy G., Murray G., Jacqueline C., Karen F., Frank V., Phyllis S., Peter N., Myles T., William F.

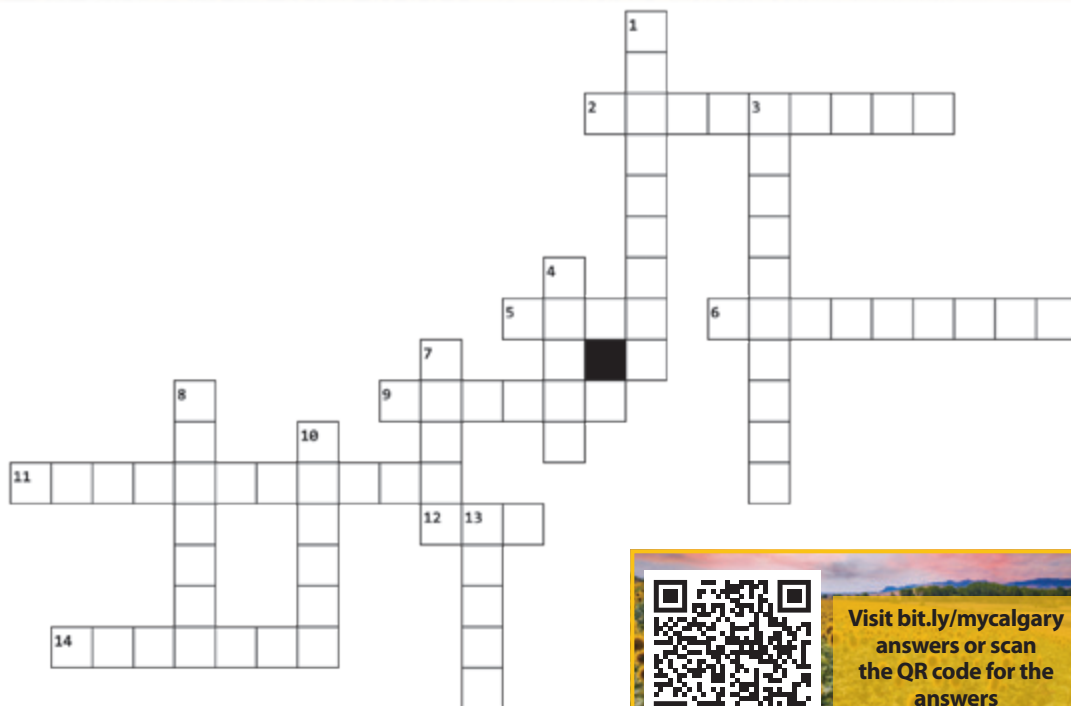


The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.

It's A Mushroom Year in Calgary

by Monika Smith, Master Gardener

Calgary's 172.4 mm of rainfall made for the third wettest July on record. August wasn't as warm or dry as usual. Let's welcome mushrooms showing up in Glendale.

Mushrooms are of the Fungi kingdom. There they are, under your lawn, in your flower beds, beneath your trees and shrubs - or even growing on them. They decompose dead organic matter and are symbiotic partners for most plants. The main body is the typically hidden mycelium, growing as a network of thread-like hyphae, often underground or within decaying matter. They don't use photosynthesis and obtain nutrients by absorbing them.

Many fungi form a mycorrhizal relationship: the fungus supplies the plant with nutrients and water. The plant, in turn, supplies the fungus with sugars. Mushrooms are reproductive structures or fruiting bodies, similar to how apples are the fruits of apple trees. They are part of our ecology.

Without a doubt, the interest in mushroom foraging has increased. People are tempted to add mushrooms to their dinners; but don't we get bored of plain, white, button mushrooms? Wild mushrooms are easy to find, easy to pick, and light to carry. Mushrooms are even good for you. For example, raw brown mushrooms (*Agaricus bisporus*) are 92% water, 4% carbohydrates, 2% protein, and less than 1% fat. In a 100 g amount, raw mushrooms provide 22 calories and are a rich source in vitamin B, selenium and copper and a moderate source of phosphorus, zinc, and potassium.

For most people, mushrooms taste good! They have a savoury, brothy, and lingering taste, attributed to umami, which makes a satisfying meat substitute. Mushrooms also readily absorb flavours when cooking and add texture.

Are you looking at an edible mushroom? I can identify chanterelles (*Cantharellus cibarius*) having seen them in Austria, Northern Ontario, and Alberta. I have picked them, prepared them, and eaten them. They are so yummy! However, there are four that could fool you and not in a nice way. You need to know the morphology of each species to compare and identify stems, gills, spores, colour, etc.). The deadliest Alberta mushroom is the death cap (*Amanita phalloides*). It is extremely toxic and can be

fatal if ingested. Alberta has 10 to 20 harmful species (out of thousands). Be wary about what you pick and if you are not 100 percent certain? Check with the experts.

That said, there are a 'foolproof four' in Alberta, all edible and common: chanterelles, chicken of the woods (*Laetiporus sulphureus*), giant puffballs (*Calvatia gigantea*), and morels (*Calvatia gigantea*—black morels that I've seen; and a yellow species). These are generally considered easy to identify, so a good start for a beginner. Pick one, read about it, look at photos, and get familiar with it. Find out where and when it grows and forage with experienced hunters. Join the Alberta Mycological Society, which provides exceptional information, offers field trips and identification by experts.

Alberta has an official mushroom. The *Leccinum boreale*, also known as the "Red Cap"; it's edible and commonly found in forests.

If you love to eat mushrooms, there is a bounty of edibles here. Learn from the experts to ensure safe, flavourful meals, practice sustainable harvesting and enjoy their kind of beauty. Monika's Grove invites readers to ask for information, share stories and comment on articles! Let's grow together: naturallyglendale@myglendale.ca.



*Thanks to Roy Penner, a long-standing resident for the photo. He saw a shaggy mane behind a neighbour's fence in a back lane. This mushroom, *Coprinus comatus*, also known as the shaggy ink cap or lawyer's wig could be part of the 'foolproof four' as they are distinctive. They predictably appear*

after rain and have one of the longest growing seasons of wild mushrooms, from spring to fall. Shaggy manes love disturbed areas like bike trails, ditches, soccer fields, parks, boat ramps, game trails, etc. They're more likely to grow in the open than dense cover. Shaggy manes have a very delicate flesh and shorter shelf life than other wild edibles. Cook them within hours or days after.



Some of my 'mushrooms' this year. No clue as to what it is. I find it pretty!

Classic Cars

1999 Austin-Rover Mini



Article by Fred Nelson

While out doing an estimate for his painting company, Mazen spotted this cute little Mini sitting in the garage. He noted it was an automatic with A/C. He inquired if it might be for sale and coincidentally, the asking price was exactly the same as his painting quote. So he drove it home, got Collectors insurance on it, and has been playing with it ever since - well, between rainstorms. Now, a couple of his friends want one.

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.

Kid's Corner

All About Tyler

Hi, my name is Tyler. Do you want to know a few things about me?

- I am 9 years old.
- I go to Connect Charter School.
- My favourite animal is a Capybara.
- I've lived in Glendale for six years.
- I love to write, play hockey, and draw.



Clean, Creative Fun

Although it is now a common household toy, Play-Doh was originally made to be a wallpaper cleaner! It's non-toxic, non-staining, and reusable so when people realized kids enjoyed making art with it, the newly marketed Play-Doh took off!



YOUR CITY OF CALGARY

Let's Keep Our Kids Safe as They Head Back to School

by The City of Calgary



As we gear up for the school year, we are asking people who drive to prioritize the safety of our students, and remember these safety tips:

- The kids are counting on us. Slow down and look out for them, especially in playground zones and around schools. It takes less than a minute to travel through most playground zones and speeding typically only “saves” a driver ten seconds. Be safe and slow down.
- Watch the crosswalks. Stopping or parking too close to a crosswalk creates dangerous conditions for pedestrians. People crossing the street cannot see past a car that is parked too close and approaching drivers cannot see pedestrians. Stopping too close to a crosswalk, even for just a minute, is too long. Be safe and watch out—please do not block crosswalks.
- Double parking creates unsafe conditions. Double parking is when a vehicle stops or parks in the roadway alongside another already parked car. Double parked vehicles not only obstruct the flow of traffic but can block the view of other drivers, making it difficult to see pedestrians or other vehicles. Encouraging passengers to get out of the car when double parked puts them in harm's way. When you choose to double park, even just for a minute, our kids are at risk of getting hurt. Be safe, park smart!

When driving, please choose safety over convenience—the kids are counting on us.

Learn more at calgary.ca/besafe.

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Cats, Canines, & Critters of Calgary



Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



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Ruby, Glenbrook



Rusty, Glenbrook

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Served as Vice President of his Community Association in Ward 6



Oxford graduate, finance executive, and policy leader at Calgary Drop-In Centre



Ensure all Calgarians feel safe on our streets, trains, and in downtown



See the full plan at
inamteja.ca



**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 27

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

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