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Glendale/ Glendale Meadows Community Association

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Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors and Community Contacts

GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

President	Myles Trawick	president@myglendale.ca
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Member-At-Large	Laura Nixon	ggmca-mal7@myglendale.ca
Member-At-Large	Margaret Chandler	

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Councillor	John Pantazopoulos	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 in September. All residents are welcome to attend. Join us in person at the community hall, or email president@myglendale.ca for the virtual link.

Cover Photo: Glendale Stampede Breakfast.

Annual Community Memberships \$35, Tennis Membership \$70,
plus \$20 key deposit

**To submit content for publication in the *Thumper*,
please email thethumper@myglendale.ca**



Calgary City Updates

Check out www.calgary.ca/parks for all your summer needs - booking picnic tables, hours for outdoor pools and spray parks plus disc golf.

In accordance with the City's water efficiency strategy, please respect the new watering schedule:

Last Digit of Address	Watering Days
Even street address ending in 0,2,4,6,8	Tuesday, Thursday, Saturday 12:00 am to 10:00 am and 7:00 to 11:59 pm.
Odd street address ending in 1,3,5,7,9	Wednesday, Friday, Sunday 12:00 am to 10:00 am and 7:00 to 11:59 pm.

Apartments, condos, townhomes, office buildings, and other properties with multiple addresses should use their building's street address, not their unit number.

Attached home complexes where each house has a unique street address but shares an irrigation system should select their watering days based on the lowest number in the complex.

Ward 6 Updates

Planned installation for water meter replacements is May 2026 to September 2026. When it's time to book your appointment, you'll receive a letter from The City with important instructions and an online booking access code, allowing you to choose a time that works best for you.

Board Meetings

Monthly Board meetings will pause during the summer but please mark your calendar to attend the AGM on September 9, 2026 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.



GGMCA News

All Levels, Gentle Yoga and Stretch at Glendale

Our classes will be paused during August but resume in the fall. Get back into your routine by signing up for the next series. More details can be found at <https://www.saravillamil.com>.

Book Club

Book Club continues at the Hall on the second Tuesday of every month. Interested in joining? Please email Manibh at manibh@shaw.ca Or just read the book and show up!

Paint ur Art Out: Summer Art Programs

Art Camps at the Hall continue through August. Give your kids a week of pure creativity at our Summer Art Camp. They'll dive into various mediums and complete multiple projects every day under the guidance of our skilled instructors. Space is filling up fast, so be sure to secure your child's spot today!

Use link to sign up: Puaoyyc.as.me/KidsArtPrograms.

Don't forget the grown-ups! Our Adult Art Classes are also available all summer long for those who want to join in on the fun. Whether you're a beginner or a pro, come get your own creative juices flowing.



JOKE OF THE MONTH

I went to buy some camouflage pants, but I couldn't find any.

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 four 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 four hours).

Security Deposit

\$500, returned seven days post-event.

Rates do not include cleaning and are subject to GST.



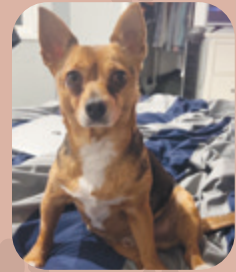
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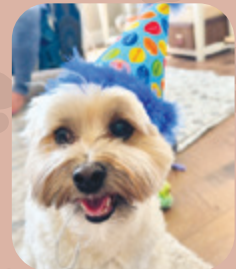
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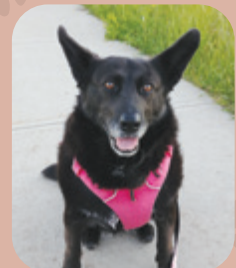
Dexter, Tuscany



Ferland, Cranston



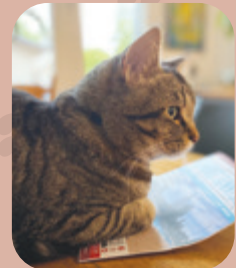
Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral



Tui, Hillhurst Sunnyside

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Out and About



Butterflies!

Thank you to Seedlings Preschool for sharing this message and photo:

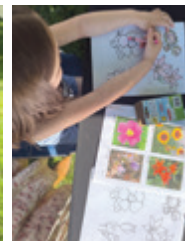
"Yesterday, our children joyfully released five butterflies in the Glendale Community Center garden. It was such a special and meaningful experience

for them to watch the butterflies spread their wings and fly free. Thank you for such a lovely space for moments like these! Have a fantastic summer!"

Stampede Breakfast

What a day! The Stampede Breakfast is our biggest event of the year and every time it is made successful by a small army of volunteers. Mother Nature graced us with some incredible sunshine, and the day was by all means a big success. This year we tried a new activity and set up a golf simulator in the Hall which all you golfers enjoyed. We were also introduced to local musician Kylie Austin—our main headliner, followed by guitarist/singer Emerson Cook (a fellow Glendalien) who also shared a few country tunes.

Thank you to everyone who shared your time—either flipping pancakes or signing up for the early shift to set up tables and chairs. A big thanks to those of you who braved the griddle shift—it was so incredibly hot behind those burners. It was nice to see some familiar faces and new ones too. Enjoy our photos from the day...



What's happening?

Photos and article by Monika Smith, Master Gardener

If you haven't been to the Community Association grounds, there's great progress in making the entry more welcoming and beautiful. Our Hall planters are filled with annuals and recently, hanging baskets have been added. Enjoy them, this is for you.

The big news is that we have approval from the City of Calgary to start the process of turning the west field area into a naturalized area, full of native plants and a space to enjoy. Picnic, sit, read, do yoga, or play. We are thinking about your health in a beautiful space and creating good experiences. Help us realize this and maybe provide a bit of your precious time to volunteer. We will be formalizing plans and directions for marketing and fundraising to make our collective vision happen. Stay tuned.

This letter of approval is the start to us becoming a client of the Parks Foundation. Their help and direction will get the work done. It will take years to put the final plan in place, so no insta-park. As this is a huge area, it will take a very big budget to see it to fruition. We will be looking for grants, donations, partnerships and sponsors. Resident and member involvement as volunteers and/or in the management and administration of this area is critical to success. The Board is in for the long haul.

We will offer educational programs and ensure that you and your children learn about pollinators, birds, food forests, native plants, and other critters needed to make a healthy ecology. We have access to experts to guide us through our vision.

A big thank you to everyone who dropped by the Naturally, Glendale tent at the Stampede Breakfast on July 11. Our climate has always been a challenge, so, now, more than ever, we really do need to plant the right plants, in the right places, at the right time.

Winners of the draw prizes, provided by Monika Smith (The Visions West Studio) at the Stampede Breakfast! Congratulations to: Deya Cabrera (hand-made mug and saucer decorated with potentilla flowers, *Dasiphora fruticosa*). Winning *NatureScape Alberta* by Myrna Pearman and Ted Pike is Rebecca Scott. The draw for the Blanket Flower plant (*Gaillardia aristata*) was won by Leslie Alexander.

Everyone should have one native plant in their garden. We have so many that are beautiful, long bloomers with interesting foliage and are drought tolerant. To support this, I will be having an Open Garden at my place in September. I have been working in my garden with some big changes happening now or next spring! I'm looking forward to showing what I'm doing, warts and all, talk about native plants, ecology, and provide you with support and passion to do your garden, your way! (With a little help from experts of course).

Just ask me about native plants, biodiversity and ecology! Volunteer opportunities will appear in monthly Enews: help make the Glendale association grounds beautiful, healthy and fun. Contact: naturallyglendale@myglendale.ca.



Rebecca Scott winner of NatureScapes book. Photo by Liz Scott.



CLASSIC CARS



CRAIG'S 1971 GT6 MK III

Photo Credit: Fred Nelson

What If You Deserved Your Own Compassion

by Rebecca Pink, Registered Provisional Psychologist



When was the last time that you offered yourself the same kindness that you so freely give to others?

Most of us don't hesitate to comfort a friend who is struggling. We remind them that they're doing their best, reassure them that difficult times don't last forever, and gently encourage them to keep going. We can look into someone else's eyes, recognize their pain, and meet it with empathy, endless compassion, and love. Yet when we look in the mirror, that compassion can be dimmed or disappear altogether.

I've come to appreciate that self-compassion isn't something we master; it's something we practice. I'm reminded of that truth in conversations with clients every day. Beneath anxiety, stress, perfectionism, or self-doubt, there's often a quiet but a relentless inner voice whispering that we should be doing more, achieving more, or somehow being more. Over time, that voice becomes so familiar that we mistake it for the truth.

Here's the irony: many of us already know what helps us feel better. We know we need rest, connection, movement, creativity, or time in nature. Yet we

convince ourselves we haven't earned those things until we've accomplished just one more task or met one more expectation.

But what if healing doesn't begin with doing more?

What if it begins by changing the way we speak to ourselves?

Self-compassion isn't about lowering our standards or making excuses. It's about recognizing our shared humanity. We stumble. We all carry lived experiences that others cannot see. And we all deserve the same grace we so naturally extend to the people that we care about.

This month, I invite you to pause when that inner critic begins to speak. Ask yourself: "Would I say these words to someone that I love?" If the answer is no, perhaps it's time to choose a kinder response.

Because maybe the compassion you so freely give to everyone else is the very compassion you've been needing and deserving all along. Take good care of yourself.

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Divorce and Family Businesses

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse owns and runs a business. Alberta divorce law recognizes this kind of business as “family property.” This means that, in most of these cases, a business is an asset that must be valued and divided between the spouses as part of the divorce process. This point raises an obvious question: How is the business divided between the spouses?

The percentage each spouse receives depends on the roles each spouse played during the marriage. For example, if mom stayed home and raised the children, and allowed dad to build and run the business, the result would likely be a 50/50 split. Practically, this makes sense because at least half of the company’s success was based upon mom’s domestic contributions.

However, there are other circumstances where the division might not be equal. Let’s say the wife (Mrs. Darnold), owned a successful dental clinic. Her husband, Mr. Darnold, also earned a significant income working full-time, outside the home. The couple had 3 children, and most of the child-care was performed by a live-in nanny.

In this situation, it is very possible that Mr. Darnold would not be entitled to a 50% share of his wife’s dental clinic. This is because Mr. Darnold did not make any contributions to the success of his wife’s business. It

would be unfair for Mr. Darnold to get half of something he had nothing to do with.

Unequal division of a family business also occurs in the following situation: where one spouse owned the business before the relationship began. In these circumstances, the financial worth of the company is broken down into two different time frames:

1. The business’ value before the marriage, and,
2. The business’ value after the marriage.

The non-business-owning spouse is only entitled to a portion of the after-marriage value of the business. The logic here is that, since the spouse had nothing to do with the business before the marriage, they should not get any share of the pre-marriage value. Conversely, the value of the business post-marriage is a family asset. Here, the spouse likely contributed in some way to the business after the marriage, and thus, they would be entitled to a portion of the business as part of the divorce.

It is important to note that dividing a business between spouses does not always mean the business ends. The company may carry on doing business after the divorce. However, in most cases, part of its value must be paid out to the non-business-owning spouse as part of the divorce process.



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Summer is the season for politicians to get out into their constituencies and hear what's on people's minds. And healthcare has been coming up a lot in my conversations in Calgary-Currie.

People talk about not having a family doctor, long wait times in the emergency department, and a cumbersome and confusing system to navigate. They talk about staff who are stressed out, overworked, and frustrated by the never-ending reorganization.

I also hear from people who are disappointed at the waste. Where there was once one ministry, there are now four. Tens of millions of dollars spent, only to cancel a project, like with the Emergency Health Services rebrand. And we still don't know precisely how much has been spent on private consultants to do all this restructuring.

Meanwhile, Alberta is officially a two-tier system with its dual-practice model whereby physicians can have a foot in both public and private service delivery. To shorten wait times, we should resolve the reason for vacant operating rooms and work on workforce retention. Facilitating private practice does neither of these.

We should always strive for a health care system that is coordinated and patient centred. Public healthcare is a core Canadian promise, and governments have a duty to protect it.

That's why the Alberta NDP Caucus is proud of our vision for healthcare, the development of which was led by Dr. Luanne Metz, who was a neurologist and researcher before being elected as MLA for Calgary-Varsity in 2023. We'll have more to say in the coming weeks on our plans for healthcare that will ensure every Albertan can access timely, high-quality care.

The Alberta NDP Caucus will always defend a fair and equitable, publicly funded healthcare system that works for all Albertans.

Please don't hesitate to reach out to my office at calgary.currie@assembly.ab.ca any time with your ideas, issues, or concerns.

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