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# Glendale/ Glendale Meadows Community Association

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Information: 403-242-2110

**Glendale on the Internet:**

[www.myglendale.ca](http://www.myglendale.ca)

[facebook.com/GlendaleGlendaleMeadowsCommunityAssociation](https://facebook.com/GlendaleGlendaleMeadowsCommunityAssociation)



## Board of Directors and Community Contacts

### GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

President	Myles Trawick		<a href="mailto:president@myglendale.ca">president@myglendale.ca</a>
Vice President	Amanda Saigeon		<a href="mailto:vice-president1@myglendale.ca">vice-president1@myglendale.ca</a>
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Community Garden	Michael Sander		<a href="mailto:garden@myglendale.ca">garden@myglendale.ca</a>

## Board Meetings

Our next meeting will be held on February 11, 2026 at 7:00 pm. All residents are welcome to attend. Join us in person at the community hall, or email [president@myglendale.ca](mailto: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](mailto:thethumper@myglendale.ca)**





### Updates from the City of Calgary

#### January 30 to February 16, 2026, Eau Claire Plaza

Chinook Blast is Calgary's winter festival celebration that brings together partners from the arts, nonprofit, neighbourhood, tourism, and sports communities to create an inclusive event that showcases the best of our city.

#### Chinese New Year Festival, 2026

Check out the Calgary Chinese Cultural Centre for details - 2026 celebrates the year of the Horse, representing themes of passion, energy, innovation, and bold change.

Explore more about the city's ongoing projects and initiatives at [calgary.ca/major-projects.html](https://calgary.ca/major-projects.html).

Please watch your step! It is icy out there! 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](https://myglendale.ca/events) for the following fun activities and to register.

**Yoga at the Hall** - Wednesdays, February 4, 11, 18, and 25. 9:15 to 10:15 am.

For details and signup, go to <https://www.saravillamil.com/offerings/yoga-at-glendale>. Classes are \$76 for all four, or a drop-in price of \$22 per class. Beginner and all levels and experience are welcome; there is something for everyone!

**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.

**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.



## Glendale Hall Rental Rates

Please contact [rentals@myglendale.ca](mailto:rentals@myglendale.ca) or visit [myglendale.ca/hall-rentals](https://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.



## SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



## Out and About the Neighbourhood

Did you notice the cover photo for this month? It looks like a vision from springtime, right? With the south slope of the west field promising green grass and kids with jackets tied casually around their waists. In fact, this photo was captured on January 14! The high temperature on this day was 16.9°C, and according to Environment and Climate Change Canada, shattered the old record of 11.2°C, which was set in 2004.

Kudos to the teachers at Glendale Elementary School for moving their classes outdoors on this record temperature setting day to learn about the Glendale landmarks.



### Ice Rink Update

As of mid-January, our poor Glendale rink is no longer viable with large patches of exposed concrete. The city water main break compounded by unseasonably warm temperatures contributed to this (temporary) end of the ODR.

Will the ice recover? We are ever optimistic now that the water restrictions have been lifted. Keep your fingers and toes crossed that mother nature will deliver some sub-zero temperatures so that there may still be some skating days left this season! Again, thanks to all of our volunteers who are so dedicated to this effort.

### Yoga at the Hall, February 4, 11, 18, and 25

Perhaps it is slightly serendipitous that our new yoga series started in February, the month dedicated to raising awareness about cardiovascular health and encouraging a healthy lifestyle. And what better way to help our hearts (and minds) than to roll out the mat, flow through some sun salutations and find some

stillness in shavasana. Our renovated and refreshed hall, really, is the perfect space for this practice.

Thank you to the lovely Sara Vilamil for her patient and knowledgeable instruction.

We encourage you to register for the remaining classes. Details can be found on her website: <https://www.saravilamil.com/offerings/all-levels-yoga>.



*Courtesy of Sara Vilamil*

### Winter Sparkle

Thanks to Pam for sending us these images of the hoarfrost she photographed as she explored around the neighbourhood.

Many photographers were similarly inspired when the city was coated in these delicate icy feathers that lasted several days, thanks to some rather uncommon conditions.

First, two days of dense fog, accompanied by cold temperatures and the complete absence of wind. Then, on day three, the added sparkling magic from the sun and... abra Cadabra! An enchanting winter wonderland.



## Kid's Corner

Contributed by Elise

The perfect dessert for February!

### Chocolate Lava Mug Cake

- your favourite mug of course
- 1/4 cup of flour
- 1/4 cup of granulated sugar
- 2 tablespoons of cocoa powder
- A pinch of salt
- 3 tablespoons of unsalted butter (melted)
- 3 tablespoons of milk
- 1 oz of semisweet chocolate chips
- 1 tablespoon of water



Add your ingredients (except the chocolate chips & water) to the mug, and combine well with a fork. Place the chocolate chips in the center of the mug. Drizzle the tablespoon of water right on top of the batter. Cook in microwave for 1-2 minutes or until the cake rises to the top, and the edges look set. Last but not least... ENJOY!



## Feral Apples

*Article and Photo by Monika Smith, Master Gardener*

We're growing pretty good fruit in Calgary. Canada has a wealth of botanists and horticulturalists that follow a 'it has to grow well in Canada' mantra.

Apples are one of them! Mostly eating apples—when they are ripe, pick, eat and enjoy!

While we have plenty of native shrubs from the Rosacea family not much from the *Malus* genus (apples) are found here. There is a native crabapple (*Malus coronaria*) found in southern Ontario and British Columbia, Pacific Crabapple. There is also a native apple in Europe, the *Malus sylvestris*. Originally, apples were found in Kazakhstan, in central Asia. The capital of Kazakhstan, until 1997, means "full of apples." By 1500 BCE apple seeds had been carried throughout Europe. The Greeks, Etruscans, and Romans also cultivated apples. Apples made their way to Canada through French settlers in the 1600s.

The difference between a crabapple and an apple? Simply size. Less than 5 cm is a crabapple.

Yes, you can get fruit from apple seeds of your own tree.

But it will not be the same tree or fruit you will be growing. Apple genetics is very, very complicated, characterized by extreme heterozygosity. Each seed carries a unique combination of genes from its parents, resulting in offspring that are genetically very different from the parent fruit and highly diverse from each other. The parent apple won't give you the same apple: it might be a different shape, colour, flavour. It's a lottery as to what you will get. But it might be really tasty! To get consistency, commercial apple growers use grafting buds to ensure that you get the same fruit every year.

If you haven't heard of the work going on in Europe to bring back older varieties of apples? It's true; there's a hunt for older varieties that could enhance resilience against climate change, and rediscover unique flavours lost to industrial farming.

In Cornwall, they've taken this in a fascinating direction. They are looking for feral apples. They examine thickets, pick the fruit when ripe and have a taste test!

Check out an intriguing, three-minute documentary on YouTube: *Some Interesting Apples – A Short Documentary*.

The documentary talks about the surprising number of apple thickets; a huge variety of apples and the most charming part, show people tasting the apples. A number of people are quite surprised at how good they are. The winning apples have branches grafted on to the original tree as a possibility to create a new type of apple.

City of Calgary bylaws prohibit removing natural materials (like trees, flowers, berries, and plants in general), though some community programs like Calgary Harvest (Permaculture Calgary Guild) connect people with registered private fruit trees to prevent waste, and a few city-planted crabapple trees might offer casual foraging in places like Ralph Klein Park. For Naturally, Glendale? Let's open up our food forest and see smiling people pick wonderful fruit from a big food forest.

If anyone is interested in having a plant share event next spring? Contact me. For more information about Naturally, Glendale, contact: Monika Smith [naturallyglendale@myglendale.ca](mailto:naturallyglendale@myglendale.ca).



*Apple tree growing in the West Field! There are a few fruit trees and not planted by the City. The fruit grows a good size and is tasty when ripe.*



# CLASSIC CARS

## 1970 DODGE CHALLENGER



*by Fred Nelson*

Right out of high school Karen bought a 1970 Dodge Challenger. It was gold with an alligator top.

Seven years later she was financially forced to sell it and she regretted it every day. She vowed to someday replace it.

When she found this blue one at a museum in Texas, she flew there to take a look. A deal was made and she drove it 3,500 miles back to Calgary.

She'll be keeping 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.*

# Peak Birding – The Great Horned Owl

by Catherine Warwick

A few weeks ago, I was leaving my house to start my walk to work, and I saw a cloud of Magpies squawking wildly around a spruce tree. I ran over and was delighted to see a large Great Horned Owl! It was a lighter colour than I had seen before, almost white. Its large yellow eyes looked at me wearily. The Magpies were relentlessly hassling it, flying at it and generally freaking out. I managed to get a fairly decent picture of it with my phone and also yelled at a stranger, "An owl is in this tree!", as one should given the special circumstances. If I saw an owl nesting, I wouldn't tell anyone, but I could tell this one was moving on soon.

The Magpies know the owl is a skilled predator that is a threat to their very lives, they don't want it to get comfortable in our neighbourhood. Owls have very sharp beaks, crushing claws, night vision, great hearing, and near silent flight, they must be terrifying to other birds. Whereas we humans just notice their super fluffy feathers and luminous, intelligent eyes. "Don't be mean" we mutter to the Magpies and Crows harassing them.

Owls eat rodents, hares, skunks, and other mammals. With their swiveling head, which can turn up to 180 degrees, no small mammal is safe. They've even been known to go after house cats. I would love to see one hunting, I wouldn't hear it though. There are numerous videos on the internet of an owl flying with a sound detector nearby, they are virtually silent. They have specialized feathers that break up the sound, a subject of much study by scientists.

If you see a very large owl, it is probably one of three in Calgary: Snowy, Grey, or Great-Horned. The Great Horned Owl is the most common and is distinct because of its prominent 'horns' which are part of a 'V' coming down to its beak. Although the Long-Eared owl also has feather tufts protruding from the top of its head, they are much less common. Obviously, the same person didn't name these owls, one taking their tufts for horns and the other for ears. It is difficult to identify owls by colour, for instance the Great Horned can get very light coloured but also can be a tawny brown colour.

I'm not sure if I'll see the owl again, the Magpies are a very dominant force on our street. They seem really smug about it, if they had fingers they would be snapping them like the Jets from West Side Story. Owls don't migrate but they can travel far for food, or to get away from Magpie gangs.



*A young Great Horned owllet. Isn't it the cutest! Photo by Diane Stinson.*



*A beautiful photo of a Great Horned Owl by Diane Stinson.*





## Pets of Glendale

This sweet little guy goes by Rusty Roger, a two-year-old Australian Labradoodle. He is extremely friendly and loves to lick and cuddle. He is a member of the Cook Family and apparently believes he is a human. He especially enjoys jumping up into everyone's lap.



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

## 360 Degrees



Without turning their heads, rabbits can see nearly 360 degrees, as well as high above themselves. Their eyes are placed high and to the sides of their head which gives them this range of sight, though they do tend to be farsighted.

## Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that



truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

### 1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

### 2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

### 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

### 4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

### 5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

### 6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

### 7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

### 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

### 9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

### 10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

BRAIN GAMES

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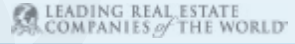
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Councillor, Ward 6

**John Pantazopoulos**

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📧 @Johnp4ward6 | 📧 @John4ward6

Hello Ward 6,

February is a busy and important month across Calgary, and I want to share a few timely updates and opportunities for residents to stay informed and engaged.

First, I encourage homeowners to review their 2026 Property Assessment, which was mailed in mid-January. The City's Customer Review Period runs until March 23, giving residents the chance to confirm property details, compare assessments with similar homes, and ensure values reflect the market as of July 1, 2025. Your assessment plays a key role in how property taxes are calculated. Tools and support are available online, and questions can be directed to 3-1-1.

February also brings opportunities to celebrate community and accessibility. From January 30 to February 16, Chinook Blast returns with winter activities, art, and events across the city. In addition, nominations for the Accessibility Awards open February 9, recognizing individuals and organizations making Calgary more accessible. These awards highlight the impact residents have when we build a city that works for everyone.

Youth ages 15 to 24 can connect with employers at the City's Youth Hiring Fair on March 26 at Stampede Park. Visit [Calgary.ca/yechiring](https://calgary.ca/yechiring) for ongoing announcements and advice on how to get prepared!

Next month, I look forward to continuing the conversation surrounding the repeal of blanket rezoning during Public Hearings. Many residents have shared thoughtful feedback about how growth and development affect established communities. I believe Calgarians deserve a planning process that is transparent, contextual, and responsive to local voices. I will continue advocating for meaningful engagement and practical solutions that respect neighbourhood character while planning responsibly for Calgary's future. Public Hearings are set to occur in March. For more information, visit our website at [Calgary.ca/ward6](https://calgary.ca/ward6).

As always, thank you for staying engaged and taking part in shaping our city.

Regards,

Councillor John Pantazopoulos

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