

JANUARY 2026

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GLENDALE thumper

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER

GOODNIGHT 2025



Cover Photo by Emerson Cook



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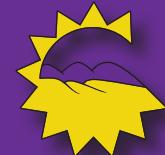
4500 25 Avenue SW, Calgary AB, T3E 0M1

Information: 403-242-2110

Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors and Community Contacts

GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

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Vice President	Lindsay Sali	vice-president@myglendale.ca
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City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182
Hall Rentals	James Durant	403-242-2110
Community Garden	Michael Sander	rentals@myglendale.ca
		garden@myglendale.ca

Board Meetings

Our next meeting will be held on January 14, 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.

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

Happy New Year, Glendale. It's 2026 which means I'll be writing 2025 on any forms I fill out for at least a month.

January can be a tough time for people so we at the GGMCA encourage you to take all the time and tools you need to manage one of the darkest and coldest months of the year. Mental health unwellness can sneak up on any of us so be patient with yourself and others and remember - you got this!

If you're looking for community - by all means, reach out to us and we can find a way to get you involved. We'd be happy to have you join us at one of our many volunteer opportunities during the year.

From our hall to your house - take care in 2026 and we hope to see you soon!

Take care,

Myles

President, GGMCA

On the Cover

Cover photo courtesy of Emerson Cook.

Did You Know? Starting in January, Calgary's days get noticeably longer, starting around 8 hours and 1 minute on January 1 and growing to about 9 hours and 13 minutes by January 31.



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.



Joke of The Month



What kind of cow wears a crown?
A dairy queen



Updates from the City of Calgary

Downtown Events this Winter

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.

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 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.

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.

All Levels Yoga

Wednesday Mornings, February 4, 11, 18 and 25

For details and registration, go to <https://www.saravillamil.com/offerings/yoga-at-glendale>. Classes are \$76 for all 4, or a drop-in price of \$22 per class. Beginner and all levels and experience are welcome.

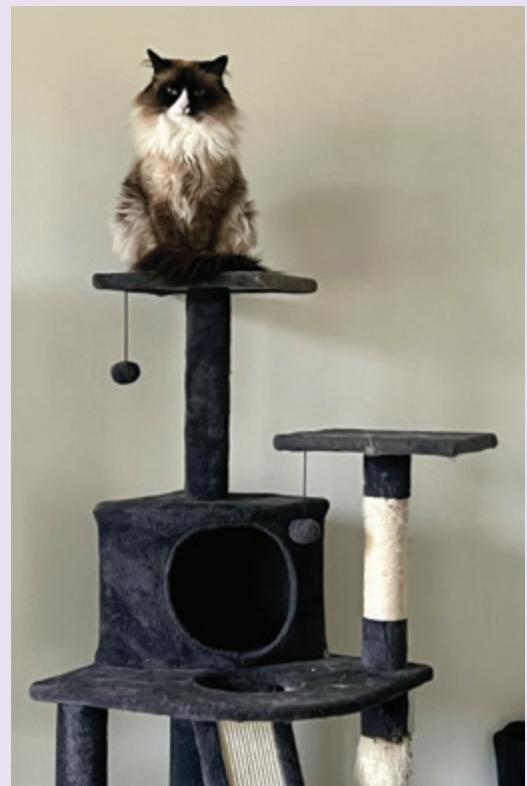


Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!

Pets of Glendale

Hello, my name is Kukla and I was just adopted into this community recently at seven years old. I'm very friendly and like to meow.



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

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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Kid's Corner

by Contributing Writer Tyler S.

IT'S 2026!

Turtle Hill is a awesome hill to go sledding at. It's fun, fast, and amazing.
Make sure to wear a helmet!

By: Tyler



Out and About the Neighbourhood

We've partnered with the folks from Drip and Roll to 'paint the world a better place.' Check out the newly wrapped pillars of the community hall.



Christmas Eve Skate

Sipping hot chocolate and gliding across the ice to Bing Crosby's "White Christmas", neighbours joined together in celebrating Christmas Eve.



Wildlife Sighting in Glendale

Thank you to Brian and Heather for capturing this beautiful image of "Bob" the Bobcat.

Ice Flooding

December! What a month for fluctuating temperatures - from downright balmy to bitterly cold. Thanks to the continued perseverance of our rink flooding volunteers for weathering what nature throws at us.



Ice on Monday versus ice on Tuesday

Lights Up!

Shining in icy blues and warm reds, the evergreens on the southwest corner of the skating rink are a glow! Pop down to the rink to enjoy an evening skate below the twinkling lights.

B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

CLASSIC CARS

1990 CAMARO IROC-Z



by Fred Nelson

Dale special ordered this fully optioned Camaro through his Business Machine company as a tax write-off. It was the last IROC-Z, the only year they were available with the 350-V8.

In the years since, it has logged only 53000 KM. Somehow, he was just too busy to drive it much.

I checked with his neighbours and they suggested that since he doesn't ever drive his car, it would sure make a beautiful planter...

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.

Forest or Grassland

Article and photo by Monika Smith, Master Gardener

The other day, I was asked what I would choose: grassland or forest? And, then another about cutting off a spruce's bottom branches.

Calgary has carved out valleys and lots of gravel, rocks, and clay shoved around by glaciers. And we're much drier being on the leeside of the Rockies. We have our drying chinooks, cold dry winters, and hot dry summers, short days, and other factors that created our prairie landscape and evolved drought-tolerant plants.

We love our trees, but they have a tougher time than we want to admit. Trees must have water and they are getting less of it out of the sky and sometimes in bigger dumps. We rely on our potable drinking water to help them. The trees that do well on their own are in river valleys, near springs or drainage areas.

If your ancestry is from a forested area, like mine is, prairies are not in keeping with, dare I say, home? We cherish our tree canopy! And our leafy green Glendale is part of why living here is wonderful. In the 1950s, when Glendale opened to development, the number of trees here was close to zilch, and very wide spaced aspen clumps. The short grass prairie ruled.

Prairie ecologies are remarkably diverse with a lot of wildlife. Various studies have shown that 70 or 80 other species can grow in a small plot supporting a lot of bugs, birds, and herbivores. Their roots are deeper than trees. Think of a tree as a wine glass. The foot or base in a traditional wine glass is wide, flat and shallow.

Prairie grasses have deep roots. They are remarkable good at storing carbon below ground and proportionally more than a forest. Grasslands also help regulate temperatures, as their light colour reflects solar radiation and contributes to local cooling. Grasslands support pollinators, when decomposing release nutrients, anchors soil; allow rainwater to penetrate and recharge groundwater stores or absorb surplus. Grasslands are better at withstanding environmental stressors like drought and fire (below ground carbon remains mostly intact—remember that big root!).

Putting a bit of prairie in your yard is a good thing—take a look at our beautiful prairie grasses and typical native flowers that grow with them when you're considering adding plants to your yard. Our bunch grasses have such design potential! Blue grama with its dramatic seed heads—aka eyebrow grass (*Bouteloua gracilis*) is cute. My choice? Native shrubs that can grow quite large and buddy up with prairie plants in full sun.

So, why leave the lower branches on a spruce? They shade and moderate the temperature of the trunk and roots and keep the tree a bit cooler. They are also great shelter. Now, look at a spruce! The top half of a big tree has branches pointing upwards. The lower half, down. Those lower branches actually lock in place and take the weight of a snow load. Then slides off. But, without the bigger lower branches in place? This adds stress to the tree: cracking or breaking branches. Who doesn't have a big spruce that was planted too close to a house, garage, or fence. We know better now. You can't put the branches back and it's more stressed than a tree with long skirts. Watch your tree. If it looks grim, water, water, water. Or maybe just cut it down; yes, I just wrote that. Know more about your big trees in your yard so you can make good choices.

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.



This stunning bit of prairie, alongside a highway and hayfields nearby (maybe Alberta's version of a hedgerow), was full of grasses. The flowers were very dense, which is not usual. These native plants withstood heat, lack of rain, wind, possibly salt from the road in winter and growing in

a pale, compacted soil. Forbes include sticky or cranesbill geranium (*Geranium viscosissimum*); the silvery lupin (*Lupinus argenteus*) and northern bedstraw (*Galium boreale*). All attract bees, butterflies; the lupin can attract hummingbirds.



More often, you'll find a lone flowering plant or two in a prairie. In this image, a Canada goldenrod (*Solidago canadensis*) grows well in a sea of grass. This goldenrod spreads easily through seeds and is suitable for large areas. It's a magnet for bumblebees, mining bees, and butterflies like Monarchs.

BRAIN GAMES

SUDOKU

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FOR THE SOLUTION



Cats, Canines, & Critters of Calgary



Betty White, Cranston



Dazi,
North Glenmore Park



Jack, Seton



Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



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Toulouse, Killarney

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

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

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Corralled commuters, Calgary
Bronc riding on this road together
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Councillor, Ward 6
John Pantazopoulos

403-268-1380

ward6@calgary.ca calgary.ca/ward6

@Johnp4ward6 [@John4ward6](https://twitter.com/John4ward6)

Happy New Year Ward 6,

Over the past two months, City Council has been hard at work building relationships with community and business leaders to understand the pulse of our city. To all who have taken time to contact my office, thank you. Community engagement is crucial to a successful and accountable City Hall.

Budget season has officially wrapped up, and I am proud to say that my amendments to the budget have resulted in an approximate 75% reduction in property tax compared to what the previous council proposed. Additionally, they have allowed for a substantial investment in a new YMCA in West District, and improvements to safety on Calgary Transit.

While my goal was to take the property tax increase to 0%, we have still taken meaningful steps to address the cost-of-living strains Calgarians face every day. My amendments used \$50M in reserve funds to take our property tax increase from 5.6% to approximately 1.6%. I am pleased to see Council's support to invest in a new recreation facility in Ward 6, as well as a transit safety pilot program.

In the month ahead, I look forward to continuing the conversation on ending blanket rezoning and prioritizing thoughtful development. It is imperative that the system we are left with is better than what we had previously. Your voice and your community deserve to be heard.

As always, I am committed to fostering an open and honest dialogue between myself, my office, and your community. Thank you for reading!





MP Calgary Signal Hill
David GL McKenzie, KC, MP
8561 8A Ave SW
Calgary, AB T3H 0V5
📞 403-695-0570
✉️ david.mckenzie@parl.gc.ca

How My Office Can Help You

Support with Federal Departments

My team can help you navigate issues with federal agencies such as the Canada Revenue Agency (CRA), Immigration, Refugees, and Citizenship Canada (IRCC), and Service Canada (EI, CPP, etc.). If your file is delayed or you're having trouble getting answers, we can look into the matter and ensure your case is reviewed fairly. While we cannot influence decisions or offer legal or financial advice, we can help make sure all relevant information is considered.

Visiting Ottawa?

If you're planning a trip to Parliament Hill, we can help arrange a tour or request tickets to Question Period (when the House is sitting). Please contact us at least two weeks in advance so we can confirm availability.

Notary and Commissioner of Oaths Services

As your MP, I can notarize documents or commission oaths at no cost. Please provide about two weeks' notice, as availability may vary when the House is in session.

Congratulatory Certificates

We offer certificates for milestone birthdays, anniversaries, and other special celebrations. We can also help request messages from the Prime Minister or Governor General when eligible. To ensure timely delivery, please contact us four weeks before the event.

Not Sure Who to Call?

If you're unsure whether an issue is federal, provincial, or municipal, we can help direct you to the right office.

- Provincial (MLA): healthcare, education, provincial highways
- Municipal (City Councillor): 3-1-1 services (garbage, water, roads, parks), police, fire, Enmax

If you need support or have questions, reach out anytime — my office is here to help.

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