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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

GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

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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 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: Children from the Seedlings Preschool enjoying a play outside.

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

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



City of Calgary Updates

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, town homes, 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 lasts until 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.

GGMCA News

Glendale Stampede Breakfast

Mark your calendars for Glendale's biggest event of the year; the annual Stampede Breakfast is scheduled

for July 11. Please also consider volunteering at this event—you will be supporting our neighbourhood's longest standing tradition and get the chance to meet other committed community volunteers. Signup details are available on our website.

All Levels, Gentle Yoga and Stretch at Glendale

Wednesday morning drop-in Yoga with Sara Villamil is continuing through the month of June. Please register at www.saravillamil.com.

Don't forget your mat!

Community Garden Plots

Interested in a garden plot in our community garden? Visit our website to learn more and buy a plot for the season. Questions? Email garden@myglendale.ca.

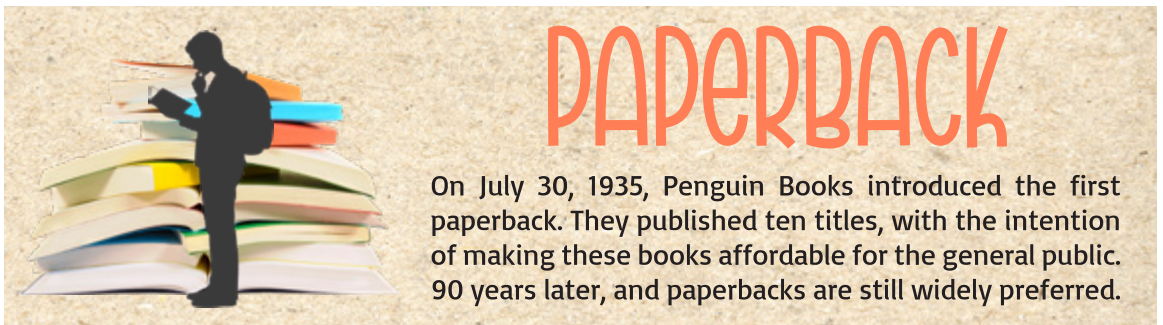
Book Club

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 the months of July and 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: <https://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.



On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.

Rhubarb Buttermilk Coffee Cake



Wondering what to do with all that rhubarb growing like a weed in your garden? Last year, I attempted my own home-made rhubarb simple syrup, it adds a delicious tart and fresh flavour to that late afternoon, summertime Gin and Tonic. Here is another favourite rhubarb recipe and, I promise, it will not disappoint.

Ingredients

- 2 cups diced fresh or frozen rhubarb*
- 1/4 cup plus 2/3 cup sugar, divided
- 1/2 cup butter, softened
- 2 eggs
- 1 ½ teaspoons vanilla extract
- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/8 teaspoon baking soda
- 3/4 cup buttermilk
- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon

Directions

1. In a small bowl, combine rhubarb and 1/4 cup sugar; set aside.
2. In a large bowl, cream butter and remaining sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla.
3. Combine the flour, baking powder, salt and baking soda; add to creamed mixture alternately with buttermilk, beating well after each addition.
4. Fold in rhubarb.
5. Pour into a greased nine-inch square baking pan. Combine brown sugar and cinnamon; sprinkle over batter.
6. Bake at 350° for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Serve warm or at room temperature.

*If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.

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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Out and About

Flower Planters at the Hall

Thanks to Monika and Liz for filling our pots with some bright annual flowers. They should be blooming nicely throughout the rest of the summer.



Community Garden Plots

Interested in a garden plot in our community garden? Visit our website to learn more and buy a plot for the season. Questions? Email garden@myglendale.ca.

Outdoor Maintenance Student

We'd like to introduce Mackenzie who is our new Summer Maintenance Student. She is a Glendale resident, freshly graduated from Grade 12, and plans to attend the MRU business program in the fall. She's already been spotted cutting the grass before heading out to school in the morning.



Ground Mural

On your roll down Glenmount, you've likely noticed the refreshed pastel colouring of bees and butterflies. Thanks again to Jessica Semenoff for retouching our whimsical summer inspired ground mural.



Tennis and Pickleball Season

The 2026 season is in full swing, so please ensure your membership is up to date. Note that the GGMCA is installing a new keyless system for the tennis courts. Contact the courts at coordinator@myglendale.ca to arrange for the deposit of your 2025 key at which time you will be given your new access code.



When Do You Do a Reset?

by Monika Smith, Master Gardener



As I've charged along learning everything I can about native plants, I have had 'resets' in beliefs and thinking.

I tend to photograph nature in our magnificent provincial, national, and civic parks, along with quite a few ditches. Early on, it was wildflowers. Years ago, I just kept the grass cut and had a few obligatory flower beds. But I kept thinking: I do want more.

When I learned about the importance of ecology and biodiversity. Lightbulbs turned on. A healthy ecology can have many layers of life, from under the earth to into the sky. Flowers are just one manifestation. Ecology is about interconnectedness. It's very complicated as nature is very flexible, regardless of what we want to change. I was no longer content with just looking at colour and texture arrangements, my reset was to look at the whole yard.

For example, I purchased nettles to attract our resident butterflies: Milbert's Tortoiseshell butterflies (*Aglais milberti*) as their caterpillars feed on them. I also want to keep another resident, the Mourning Cloak (*Nymphalis antiopa*), coming by.

My inspiration photo from a decade ago was a major flex point. If those flowers could grow there; on a hot, dry, windy, chinook-y roadside, after being salted in winter, they could grow in my yard. Caveats hadn't caught up with my enthusiasm.

Another reset was joining garden societies, especially Calgary Horticultural Society. The Master Gardener certification put things into perspective, along with my knowledge and understanding of how plants worked, especially in this region.

Recently, a webinar, hosted by the Master Gardener Association of Alberta provided the biggest flex and reset ever! An 'aha' moment with fireworks, not just a lightbulb. My inspiration shot? These plants were growing in 'road crush', which is meant to compact, yet there were lots of floral species. Native plants are tough. According to Mathis Natvik (University of Calgary and Ecological Garden Design), washed sand (there's a lot in road crush) and tiny gravel is an ideal medium for native plants. Their roots dive deep to find soil; clay soil is just fine as these plants evolved for it. These are not vegetables, which require rich soil, lots of water, and very precise support and coddling.

So, my experiment this year is to put a thick layer of sand on top of eliminated weeds and let the native plant roots dive deep and watch them grow.

This ongoing series of resets and a fresh set of eyes helped by many experts with new-to-me ideas and looking at nature, and my photos have encouraged me to create a more fulsome ecology based on what grows here. I am looking forward to welcoming dragonflies, redwing blackbirds, lots of bumblebee species, butterflies, spiders, a garter snake, hares, bobcats, and whatever wants to check out my yard to find food, water, and sanctuary.

Just ask me about native plants, biodiversity and ecology!

Volunteer opportunities will appear in monthly E-news—help make the Glendale association grounds beautiful, healthy, and fun. Contact me at naturallyglendale@myglendale.ca.



CLASSIC CARS



1999 FERRARI 550 MARANELLO

by Fred Nelson

When Frederick bought his Ferrari at the auction in California, it wasn't nearly as rare as the one he took there to be sold – a BMW M1.

But this one rides better and he likes the sound of the V12 engine. It made for a pleasant trip back to Calgary via the Pacific Coast Highway.

Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on two small rivers. When it rains, water runs off our streets, driveways, and yards, ultimately ending up in our rivers, creeks, and wetlands. This runoff, also called stormwater, picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and out to our rivers. Stormwater is not cleaned by a treatment plant, so keeping it pollution-free is critical to ensure our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations. The City uses storm ponds, to naturally treat stormwater. These ponds, located primarily in newer communities, slow the flow, allowing sediment and pollution to settle before entering our rivers.

You can also help keep our rivers healthy by doing these simple actions to keep stormwater clean:

- Use a rain barrel or point downspouts toward your lawn or garden and consider transforming part of your landscape into a YardSmart yard.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

Outdoor Fire Safety

by The City of Calgary



As we enjoy the warm summer months, the Calgary Fire Department would like to remind you to take some measures to prevent outdoor fires and keep your loved ones and property safe. Our summers are becoming hotter and drier, increasing the potential for outdoor fires and wildfires.

Always check if a fire ban or fire advisory is in place before starting a fire. They are issued to inform citizens of conditions that pose a moderate to high fire risk, such as major wind events, unusually dry conditions, or hot temperatures. Each advisory or ban will include a list of prohibited fire types including fire pits, barbecues, and other forms of open flames.

To help reduce your outdoor fire risks:

- Never extinguish cigarettes in planters, peat moss, lawns, or gardens.
- Use fire pits, outdoor fireplaces, wood-burning ovens, and chimeneas properly.
- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune tree branches within two metres of the ground.
- Plant new trees at least three metres apart.
- Assess hazards within 1.5 metres of the home, including debris, trees, and other structures.

Visit calgary.ca/firebans for more information.

The Growth of Professional Soccer in Calgary and Canada



Since the launch of Canada's professional soccer landscape in recent years, Calgary has emerged as an important contributor to the sport's national growth. The rise of professional soccer in the city reflects a broader shift across the country, as communities connect more deeply with the world's game and its expanding future in Canada. As excitement builds toward the FIFA World Cup in 2026, communities across Calgary are finding new ways to feel connected to the global game through shared local pride.

That momentum is driven by a shared belief in soccer's power to unite communities, develop talent, and strengthen Canada's place on the global stage. Professional clubs now serve not just as competitive teams, but as local ambassadors for the sport, linking Canadian fans to an increasingly international game.

Set against the iconic backdrop of Spruce Meadows, Cavalry FC blends world-class facilities with a strong local identity. Emphasis has been placed on developing Canadian players - particularly those from Calgary and

Alberta - while integrating experienced international professionals who raise standards on and off the field. This approach plays a vital role in strengthening Canada's soccer pathway, supporting both domestic competition and the national team system.

Matchdays themselves have become a defining part of the experience. ATCO Field's intimate setting brings fans closer to the action, creating an atmosphere distinct from any other sporting venue in the city. Combined with the natural beauty and prestige of Spruce Meadows, it showcases what a uniquely Canadian soccer environment can feel like.

Beyond competition, Cavalry FC continues to make a meaningful difference through school programs, youth camps, community appearances, and grassroots partnerships. As Canada prepares to welcome the world in 2026, the legacy being built in Calgary centres on growing the game locally, strengthening community connections, and inspiring the next generation of players and supporters nationwide.

The Village We Lost: Why Modern Parents Need Community More Than Ever

by Saadah Shehu | The Smart Sitters Club



It wasn't that long ago that raising children was a community effort. Grandparents lived nearby. Neighbours knew one another by name. Aunts, uncles, cousins, and family friends were woven into daily life. If a parent was running late, someone stepped in. If a child needed a ride to practice, another family helped. Parents didn't carry the entire weight of childcare, household responsibilities, and emotional support on their own.

Today, many families are raising children in a very different world. Families are more mobile than ever. Parents often move away from their hometowns for work, education, or housing opportunities. Grandparents may live in another province, relatives may be hours away, and neighbours may remain strangers.

At the same time, the demands on parents have increased. Many households rely on two working parents. Children's schedules are packed with activities. Work doesn't always end at 5:00 pm, and parenting certainly doesn't come with weekends off. The result is that many parents are trying to do what once took an entire village.

The consequences aren't always obvious. Parents

may postpone date nights, decline invitations, miss professional opportunities, or simply push through exhaustion because they believe they should be able to manage everything themselves.

But perhaps the problem isn't that parents need to do more. Perhaps the problem is that they were never meant to do it alone.

The phrase "it takes a village to raise a child" may sound cliché, but its message remains as relevant today as ever. Children benefit from having trusted adults in their lives, and parents benefit from having support systems that allow them to rest, strengthen relationships, participate in their communities, and maintain their well-being.

I have had the privilege of working with families across Calgary and the surrounding area. One thing I have learned is that parents are not looking for someone else to raise their children—they are looking for support.

Many of the families we serve are newcomers, have relocated for work, or simply do not have family nearby. They are dedicated parents doing their best, but often without the support network previous generations relied upon. Their stories are a reminder that the challenges facing families today are not individual failures; they are the result of a village that has become harder to find.

Rebuilding that village requires all of us. Sometimes it means checking in on a neighbour. Sometimes it means creating family-friendly spaces and events that make it easier for parents to participate fully in community life. Through my work, I have seen firsthand how something as simple as providing on-site childcare at conferences, community gatherings, and professional events can open doors for parents who might otherwise be unable to attend. Sometimes it means supporting services and organizations that help families access trusted childcare when they need it most.

The village may not look the same as it did generations ago, but the need remains unchanged. Parents do not need to be superheroes. They need support. They need community. They need a village. Perhaps one of the most important conversations we can have is not how parents can do more, but how we can do more to support parents. Because when families are supported, children thrive, communities grow stronger, and everyone benefits.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

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.





**MLA Calgary-Currie
Janet Eremenko**

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✉️ calgary.currie@assembly.ab.ca

Celebrating Summer in this Beautiful Province

Summer in Alberta is truly something to celebrate.

Whether your passion is hiking and camping, or if you prefer exploring everything our cities and towns, there is always something for everyone to enjoy.

As usual, my family will be spending a lot of our time outdoors this summer, but we'll be staying a little closer to home. I hope to see some friends in Cold Lake, take in Open Farm Days on August 15 and 16, and stay in one of those amazing star-gazing domes at Metis Crossing.

And certainly, this July we won't have to go much further than Westbrook CTrain station to take in the greatest outdoor show on earth. After a lifetime spent in Calgary, the Stampede still blows me away. The community spirit, the volunteerism, the tourism, and celebration make it one of my favourite times of the year.

The Stampede is a perfect reminder of what we can accomplish together. We do it all under the waving Canadian flag, and I hope that it will be that sentiment that wins the day as we prepare to vote in the October referendum.

My staff and I wish you a safe and happy summer with friends and family. Take in something new and a little off the beaten path – I don't think you'll be disappointed.

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

P.S. These summer months are the perfect time to get reconnected with the communities of Calgary-Currie. If you have an event that you'd like me to attend, I would love to be there.



**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

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.

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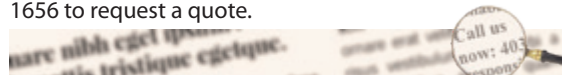
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Zebra Plumbing provides professional plumbing service, repair, and replacement for homes across Calgary and surrounding areas. When something leaks, backs up, or fails – you want it fixed properly, not patched.

WHAT WE DO

- Leaks, clogs, & emergency repairs
- Hot water tank repair & replacement
- Toilets, faucets, & fixture replacement
- Water pressure problems
- Renovation & upgrade plumbing
- Preventive maintenance & inspections



WHY HOMEOWNERS CHOOSE US

- ✓ Licensed & insured plumbers
- ✓ Clear, upfront pricing – no surprises
- ✓ Quality materials, no shortcuts
- ✓ Clean work, respectful of your home
- ✓ We show up when we say we will

PAST PROJECTS

- Townhomes & Condos
- Basement Developments
- Commercial Buildings



READY TO GET STARTED?

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