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Glendale/ Glendale Meadows Community Association

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Glendale on the Internet:
www.myglendale.ca
facebook.com/GlendaleGlendaleMeadowsCommunityAssociation

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Member-At-Large	Veronika Duska		ggmca-mal5@myglendale.ca
Member-At-Large, Naturally, Glendale	Monika Smith		naturallyglendale@myglendale.ca
Member-At-Large, Social Media	Jessica Pedlow		social@myglendale.ca
Member-At-Large	Margaret Chandler		
GGMCA COMMUNITY CONTACTS			
Thumper Editor	Jessica Pedlow		thethumper@myglendale.ca
Membership	Lindsay Sali		membership@myglendale.ca
Glendale Book Club	Manibh Awada		manibh@shaw.ca
Guides	WestGlen District	403-217-1294	any-calgarywestglen@girlguides.ca
Rink Flood Crew			rink@myglendale.ca
Building Maintenance	Jim Kelly		
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 Board Meeting is on November 11 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.

Cover Photo: Sunrise Over the Glendale Community Hall

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 Updates
As of October 1, 2026, Calgarians will be able to recycle more than ever as new materials will be accepted in the blue cart. Learn more at www.calgary.ca/recycle.

GGMCA News
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.

Glendale Holiday Market
The Glendale Community Association is currently seeking vendors for our Annual Holiday Market taking place on Saturday, November 7, 2026, from 10:00 am to 2:30 pm. This popular community event attracts over 500 visitors and provides a fantastic opportunity to showcase and sell your products to local shoppers looking for unique holiday gifts and seasonal items. Space is limited to 24 vendors, and spots are filling quickly. If you are interested in participating, please email rentals@myglendale.ca with "Holiday Market 2026" in the subject line to request an application package and secure your space.

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.

Why Participate?
- Over 500 attendees throughout the day.
- Strong community support and local shopping atmosphere.
- Excellent exposure for artisans, crafters, makers, and small businesses.
- Limited to 24 vendor spaces to ensure a quality experience.

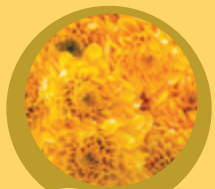
Don't miss your chance to be part of one of Glendale's most anticipated holiday events! For more information visit: https://myglendale.ca/event/holiday-market-at-the-hall/.



A Bloom You Can Brew



Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.







A Thoughtful Series on Aging Well, Living Fully, and Planning Ahead

Did you Know? Falls are the leading cause of injury-related hospitalizations for Canadians aged 65 and older.

Fall-Proofing the Home for Autumn and Winter

As autumn settles in and winter approaches, wet leaves, rain, snow, ice, and earlier darkness can make everyday spaces more slippery, especially for older adults. Even a small slip can lead to serious injury with longer hospital stays, loss of confidence, and reduced independence. The good news is that many falls can be prevented.

1. Brighten Walkways and Rooms
- Replace dim bulbs right away.
- Add nightlights in halls, bathrooms, and bedrooms.
- Keep paths clear of shoes, cords, and clutter.

2. Reduce Trip Hazards Underfoot
- Secure or remove rugs to prevent trips.
- Use sturdy heavy mats inside and outside entrances.
- Wear non-slip footwear instead of socks.

3. Make Wet Areas Safer
- Use non-slip mats in tubs and wet areas.
- Install grab bars near toilets and showers.
- Wipe spills as soon as they happen.
- Store heavy items within easy reach.

4. Prepare for Snow, Ice and Leaves
- Place ice-melt, a scoop, and gloves near the main entrance.
- Test outdoor lights and replace weak bulbs.
- Move boots, mats, and umbrellas away from walking paths.
- Sweep wet leaves from steps and walkways.
- Check railings before snow and ice arrive.
- Push snow rather than lifting when possible.
- Take breaks and stay hydrated while shoveling.
- Ask for help with heavy shoveling or icy steps when needed.

Small changes made now can prevent serious falls later.

Call to Action

Choose one item at a time from this checklist and go from room to room to complete today.

If you or someone you know needs help preparing for winter, reach out to a neighbour, family member, caregiver, or local community support service.

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.



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Out and About

"Spook-Tacular!"
Sparkling little fairies, intrepid ghostbusters, and spooky black cats descended upon the Hall on the night before Halloween. The Annual Halloween Dance has become a much loved tradition for neighbourhood kids (and parents!) and made possible by a committed group of volunteers. Thank you!

GGMCA Signage
Do you have a short message, poem, or seasonal greeting you wish to share with the community?

Our Community Association posts update on the electrical billboard on 45 Street by Turtle Hill. Between event updates in Glendale, we'd love to share your work with the community!

Send your ideas to garden@myglendale.ca. Messages should have a maximum length of four lines of 21 characters each. We will not post anything inappropriate, political, or commercial.





Photo of the Month
Thanks to Addison for this beautiful image of a tree in its full autumn flush. If you have a photo to share in *The Thumper*, please email it to thethumper@myglendale.ca.

2026 Alberta Referendum
The 2026 referendum was held on Monday, October 19, with advanced voting available on the weekend previous. Most people remarked that lines were quick!



Voter Entering Glendale Elementary School

The Larches, the Larches

Photo and article by Monika Smith

Master Gardener

Starting mid-September (to mid-October), larches (*Larix lyallii*) put on a spectacular fall display as their clusters of needles turn bright gold. These alpine larches (also known as tamarack) are found at elevations higher than Calgary. You'll see them on trails in Banff and Kananaskis Country.

These golden-hued deciduous conifers are naturally found at 1,800 to 2,400 meters elevation, growing in rocky, gravelly soil. After turning into bright golden torches, they shed their needles and look 'naked'. But, in the spring, soft bright green needles emerge. This larch has 30 to 40 needles per cluster compared to other larches.

Alberta is also home to the eastern or American larch (*Larix laricina),* also referred to as a tamarack which is found in cold, wet places like bogs, swamps, and low-lying wetlands across Canada. Similar to the highland larch, the tamarack has soft, bluish-green needles with 12 to 20 needles per cluster that also turn gold in the fall then drop. There is a stand near Yamnuska Mountain in the Bow Valley.

Much rarer is the Western Larch (*Larix occidentalis*). Also found in K-country, it can survive at 500 m elevation. It might be worth tracking down if you want to see it without herds of people on the trail.

This year, the trees in the Banff area did not have that burst of colour as a large outbreak of the larch needleworm (*Zeiraphera improbana*) made some trees look sparse and reddish-brown. This moth is native to North America and its caterpillars feed on larch needles. It doesn't seem to have killed any trees and the larches should return to their normal appearance in future years.

That said, larches have successfully been planted in Calgary as it's a zone 2a (or even 1). A few are found in our public parks. However, this is a non-native species: Siberian larch (*Larix sibirica*) found in northern Eurasia.

The Siberian larch can grow in a residential yard in moist, well-drained soil, but needs full sun. It's a fast-growing tree adding 30 to 75 cm annually and can reach 21m with a 6 m spread under ideal conditions. Life span is 100 years. It is drought tolerant when established and relatively low maintenance. Deer don't particularly care for it. It has no significant negative characteristics.

There is a Japanese Larch (*Larix kaempferi*) that can grow in Calgary, but it requires care as Calgary's climate sits near the outer edge of its hardiness range (typically thriving best in zones four to seven). It's suited for Ontario and Eastern Canada.

Check out the groves of Siberian larches south of Turtle Hill and the park west of 45 Street. It'll probably be a stick when you read this, but if you're walking around in the spring, you'll see the new clusters.

If you have a garden you would like to share with neighbours? Let's see it next year. Stay tuned for Tree and Plant identification walks in spring, for laughs, learnings and joy of things that grow. For more information about native plants, gardening and biodiversity, contact Monika at naturallyglendale@myglendale.ca.



A lovely stand of Siberian larches (Larix sibirica) in the City park west of 45 Street. There is progression of trees losing their needles, mid-October. The needles are incredibly soft. New green growth comes back in the spring.

Classic Cars

1961 METEOR MONTCALM



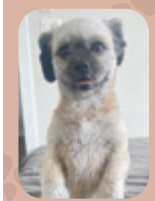
By Fred Nelson

According to the listings, this car doesn't exist. Meteor was an exclusive model of the Mercury Division, Ford Of Canada.

As you can see from the picture, this car is really here in the flesh, so to speak.

Somebody slipped up somewhere, so possibly we shouldn't believe everything we are told on the Internet, or social media either. But you can rely on *The Thumper* Classic Cars.

Cats, Canines, & Critters of Calgary



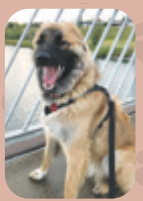
Bean,
Seton



Coco,
New Brighton



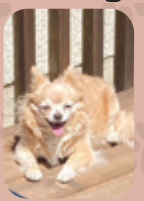
Ember,
Seton



Kato,
McKenzie Lake



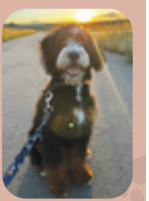
Max,
Signal Hill



Teasha,
Huntington Hills



Whiskers,
Oakridge



Zeke,
Seton

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

Naturally, Glendale: What's Happening

by Monika Smith, Chair: Naturally, Glendale

With a beautiful fall and prediction of a mild winter here's brief update on what's happening with Naturally, Glendale. This is the project to enhance the outdoor space near our community hall with naturalization, beautification and mobility/circulation.

We received our letter of authorization from the City of Calgary, which additionally requires the results of a line-of-sight survey of neighbours who can see the gully and west field from their property. Engagement information from these folks will be delivered to the City in December; that will give us another step forward.

In the meantime, we are officially a client of the Parks Foundation; do take a look at their website on all the great work they do in helping revitalize community spaces that reflect local voices and needs; design and support innovative and inclusive outdoor spaces that inspire connection, movement, and learning for all ages and abilities; champion access to nature, sports, and play especially in high-need areas; and invest in nature positive projects that strengthen biodiversity, protect ecosystems, and help Calgary adapt to a changing climate.

We now have access to the expertise, knowledge and guidance to move forward on naturalizing the west field area for beauty, wellness and enjoyment while supporting a rich and biodiverse ecology. This all takes time. We have to fundraise and secure 90% of the overall budget, estimated at 1.6 million, in order to get to the development permit stage. You may not realize the land is leased from the City of Calgary and therefore we will work closely with the City. They want to ensure we can do it, and, yes! We can!

The target date for fundraising is 2028/29. There are a lot of hoops to go through and fences to jump to get shovels in the ground.

We will need specialists for fundraising, marketing, etc. If you have experience and think you could help move this project forward please reach out. Of course, we will need volunteers for the many aspects of bringing this project to fruition from providing administrative help to planting flowers and shrubs.

If this could be of interest? Contact me by email at naturallyglendale@myglendale.ca. With our partnership with Parks Foundation, anyone can now receive a charitable tax receipt for donations to the project. Check out 'donations' for details on the Parks Foundation website.

Join us to create something wonderful and magical that will last decades.

For more information, contact Monika: naturallyglendale@myglendale.ca.

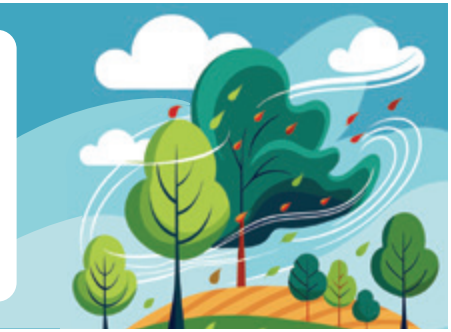


Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



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by Alberta Health Services



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When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is $390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

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Joke of the Month

What's the smartest month of the year?

Know-vember.

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How My Office Can Help You

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): 311 services (garbage, water, roads, parks), police, fire, ENMAX.**

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.

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.

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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.

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.

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

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