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Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



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Community Garden	Michael Sander		garden@myglendale.ca

Board Meetings

Our Annual Ganaral Meeting is on September 9 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**



Calgary City Updates

Ward 6 Updates

We are in the final stages of the City's water meter replacement project. 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

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 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.

All Levels, Gentle Yoga and Stretch at Glendale

Yoga is returning to the hall this fall!

We had a dedicated group attending Sara's Wednesday class before the summer break and everyone is ready to return to their mat again. If you would like to join, look for registration information at <https://www.saravillamil.com>.

GGMCA Annual General Meeting

Wednesday, September 9 at 7:00 pm.

We are on the lookout for new Board Members for 2026 to 2027. Please consider joining our Board and contributing your time to making this community an even better place to live.

Holiday Craft Market

November 7 - Accepting Vendor Applicants

The Glendale Holiday Craft Market at the Hall is scheduled for Saturday November 7 from 10:00 am to 2:30 pm and we are accepting vendor registrations on our website. If you are a maker or artist you can rent a table to participate in this local event. For more information visit: <https://myglendale.ca/event/holiday-market-at-the-hall/>.



Back to school. Back to work. Back to life. Back to reality.

Back to basics. The GGMCA Annual General Meeting (AGM) is being held at our community hall on Wednesday, September 9 at 7:00 pm. This is the time of year we nominate and select new Board members for the upcoming year. We also provide a year-in-review of activities, challenges, and accomplishments, as well as a summary of financials. This community association runs smoothly because of volunteers who care. I highly encourage you to consider joining our board of directors and putting your mark on the history of Glendale. We are interested in all kinds of volunteers' perspectives, but importantly, we are looking for doers. We need people to take an initiative/project/event and run with it. If you'd like to learn more or have any questions at all, please contact me at president@myglendale.ca.

For this upcoming Board year, I will be stepping away from the President role to make way for a new chairperson. Some other members of our Board are stepping away as well this year, and I'd like to thank them all for their time, thoughts, and dedication to Glendale. I value everyone's contributions and will miss working with you.

I hope you had a wonderful summer.

Sincerely, the soon to be "Past President",

Myles Trawick

President, GGMCA



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.



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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Meet 12-year-old Kipper. You might have seen him out and about on a walk with his human. He weighs 2.5 pounds, enjoys beer and Mac and Cheese.



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

by Roxanne Wheaton

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.

BRAIN GAMES

SUDOKU

4	2		8		7			3
	6					1	2	7
3		7	5				8	
		4	9					2
	3						1	
1					5	3		
	8				4	2		
		6					3	
9			1		8		6	

SCAN THE QR CODE FOR THE SOLUTION

+

Paws for Celebration!

+

September is Happy Cat Month! Did you know about 75% of dogs visit the vet annually for checkups and preventative care, while only about 40-50% of cats do? That's why the month of September is dedicated to celebrating and promoting the health and happiness of our feline friends!

Thanking A Tree

Article and photo by Monika Smith, Master Gardener

With the removal of the big spruce in my yard, I had an instant prairie garden space.

It had curves, and a circle would make sense. The final creation was constant adjustments; it's the same way I paint with oils—I'm not intimidated by a white or blank canvas, I'll keep adding. My canvas, my rules. It felt right to have more permanent and defined pathways, unlike the other overgrown ones that allow plants to move where they want. The area is an organic circle divided into four and framed with river rocks. The circle and cross is very old symbolism and fraught with meaning; our oldest ancestors used it in cave paintings. Past cultures aimed to make it perfect—round circle and straight arms, possibly to say that precise, and we are in control. But today, with our numbing straight lines and geometric forms everywhere, I crave organic shapes; modern precision isn't a big part in my yard.

I offer a refugia, a sanctuary, for critters. Which gave me a pause as I was looking at what was changing. A lot less of a dense, overgrown look. I've been seeing a pair of young skunks. They are welcome! Ultimately, I've slowed down changing everything—it's very disruptive to my dense wild yard. In taking a serious look, I do need some good tending, weeding, and amending the soil in some places. Plus, cutting back the very aggressive pin cherries, moving plants that are having a tough time: too much shade or not enough water, and revealing rocks that grasses, dirt that plants had started to cover.

As I was raking, I bent down to put clippings into a yard bag. I looked around to lean my rake against something. My lodgepole pine was handy. And as I lent my rake against a branch, I thanked it. And discovered...

I'd rather thank a tree than an AI.

Als are infiltrating all aspects of our life; getting so clever and human. I caught myself thanking one in a 'conversation' and wondered what would happen if I didn't; it wasn't particularly helpful and everything digital is transactional. Should I be thanking myself? We are, by our own behaviour, programmed to respond pleasantly to helping people, a pleasant voice. AI isn't

a person. So, I thanked my tree for holding up my rake.

It reinforced what I was thinking about in creating a refugia! I thank all the critters for enriching my life. They all evolved with, or beside us. Allowing this refugia is an intense creative act that is rewarding beyond anything I've done.

It's about time I thanked these plants for being.

Once upon a time, it was 'hug a tree'. But thanking one? Learning about what it needs? Water? Sun? How we do this must be a learned experience. Getting hands in dirt. Touching, smelling, tasting...

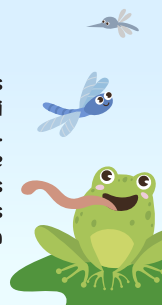
Just ask me about native plants, biodiversity and ecology! Tell me about what you're growing! Volunteer opportunities will appear in E-news: help make the Glendale Association grounds beautiful, healthy and fun. Contact: Monika, naturallyglendale@myglendale.ca.



New front area, where an old Colorado spruce had reigned. Now it's perfect for prairie perennials. It will be full of mature plants in a couple of years.

A Word with Two Worlds

The word **amphibious** comes from the Greek words **amphi** ("both") and **bios** ("life"). Together, they mean "double life"—a fitting name for animals like frogs and salamanders that spend part of their lives in the water and part on land.



CLASSIC CARS

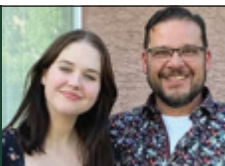
1974 CHEVY NOVA SS



Photo Credit: Fred Nelson

Right after the peak of the high-horsepower Musclecars, the Big Three put out some pretty underpowered, embarrassing offerings. Jeff bought this bright red Nova from that big-bumper, smog-era point in time. The factories gave us disc brakes, better handling and an engine with barely enough power to get out of its own way – but big disco decals to pretend it could keep up with the traffic. Jeff is transplanting a 388 cubic inch engine, ready to support that myth.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert

and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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SCAN ME

September's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a relatively new social trend that you appreciate.

Dear reader,

Social trends are ever-changing, and many are for the better. One shift in particular is near and dear to my heart: the increasing value our society places on pets.

From the moment I could speak, I began asking for a pet dog. Every single Christmas I placed "dog" at the top of my wish list. The significant pressure I put on both Santa and my parents was to no avail; my parents were not "dog people".

Over three decades later, that yearning for a four-legged, furry friend had never faded. In early 2020, my family began fostering dogs from a local shelter as a "test run" to see if we could handle the responsibility. We quickly realized we could. Each time a foster dog went to their forever home, I grieved their absence. The extra work felt worth it. We were ready.

When the world slowed down in the spring of 2020, a combination of isolation and extra time made the decision to officially adopt our own dog quite easy. We weren't alone; statistics showed that an unprecedented number of Canadians brought a pet into their homes during that time. It drastically accelerated a shift towards celebrating the creatures that provide us with companionship and unconditional love.

Today, society is becoming a friendlier place for pet owners. I've noticed the City of Calgary has become exceptionally welcoming to dogs. New communities are intentionally designed with dog parks, and many outdoor patios welcome our furry friends. We even have a cat café downtown and puppy yoga throughout the city.

Our pandemic puppy, Luna, is six years old this year. She was the piece our family didn't know we were missing until she arrived and made us feel complete. She was worth the wait.

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.



A Small Act of Kindness Can Change a Day

by Rebecca Pink, Registered Provisional Psychologist



Kindness may seem like a simple gesture, but I believe that it's one of the most powerful things we can offer another human being and ourselves.

We live in a world that moves quickly. We are often rushing from one responsibility to the next, reacting instead of pausing, making assumptions instead of asking questions. It's easy to forget that every person we encounter is carrying a story that we know nothing about.

The person that seems impatient may be overwhelmed. The friend who's been quiet may be grieving or dealing with things privately. The parent who appears distracted may be carrying worries they haven't shared with anyone. Even the people who seem to have it together may be quietly fighting battles no one else can see. The truth is that we are all living complex realities. That is why kindness matters so much.

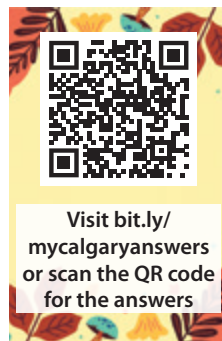
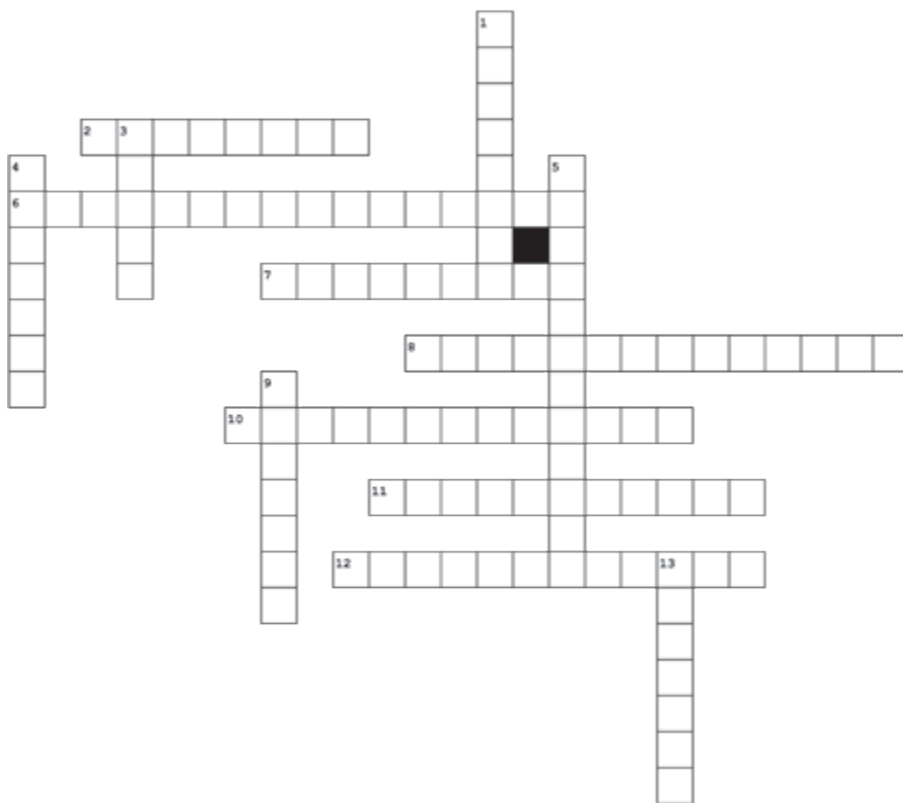
Kindness isn't about having the perfect words or fixing someone else's problems. Sometimes it's a smile, a

little extra patience, a warm greeting, a great big hug, or choosing compassion over criticism. Sometimes it's simply giving someone the benefit of the doubt and being open to their perspective and being aware of subjective realities. Perhaps the person who needs that kindness today is you.

We can be incredibly generous with others while being our harshest critic. What if we extended ourselves the same grace we so willingly offer those we love, respect, and care for? Imagine what could happen if each of us choose kindness first. Every person is carrying a story and lived experiences that we may never fully understand. We may not know what someone else is carrying, but we can always decide how we show up. Kindness, no matter how small, has a way of reaching further than we realize. Sometimes the smallest moments of compassion are the ones that stay with us the longest.

Take good care.

September Crossword



Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



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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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On July 2, the new provincial ID card was launched. Through regular renewal, we'll all eventually have the new driver's licence or identification card. It won't just look different; it will now include your Alberta Health Care number and your citizenship status.

Countless concerns have been raised about so much critical information on a single card. If your ID falls in the wrong hands, your privacy could be at risk. Despite the provincial government's claim that the card was introduced to combat fraud, it could leave your personal information more exposed and vulnerable than ever before.

What's more, anyone 14 years or older will be required to register for the provincial ID. That means more cost, more paperwork, and more waiting in lines simply to have proof of Alberta Health Care coverage.

The government's One Card ID rollout has been a mess. It's created massive confusion, delays at the registry, and has added cost and red tape for Albertans who are simply trying to renew what they already have.

It is recommended that you come to the registry armed with all the documents required:

- Proof you can legally be in Canada (i.e., birth certificate, passport, or PR card)
- A recent document showing your Alberta address
- Your physical Alberta Personal Health Card

For all kinds of reasons, these documents may be hard to access and may impede renewal of your ID or driver's licence. If this happens to you, please correspond with my office. We will do everything we can to support you.

The new provincial ID is not optional. Hearing about your experience at the registry will help guide my advocacy to the Ministry to address issues and lessen the burden for you and your neighbours.

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LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

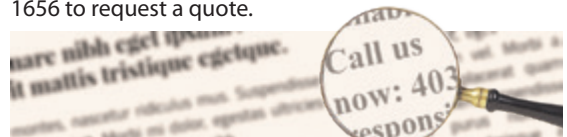
K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GLENDALE PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

OPEN CANOPY TREE CO.: We are located right next door in Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website www.opencanopytree.com or call 403-466-1656 to request a quote.



MOON FESTIVAL

The Moon Festival, or Mid-Autumn Festival, takes place on September 25 this year. This is the second most celebrated Chinese holiday bringing good fortune and prosperity. Often celebrated by eating moon cakes, lighting lanterns and gathering for large family meals, the celebration dates back over 3,000 years and has variations that are celebrated all over East and Southeast Asia.

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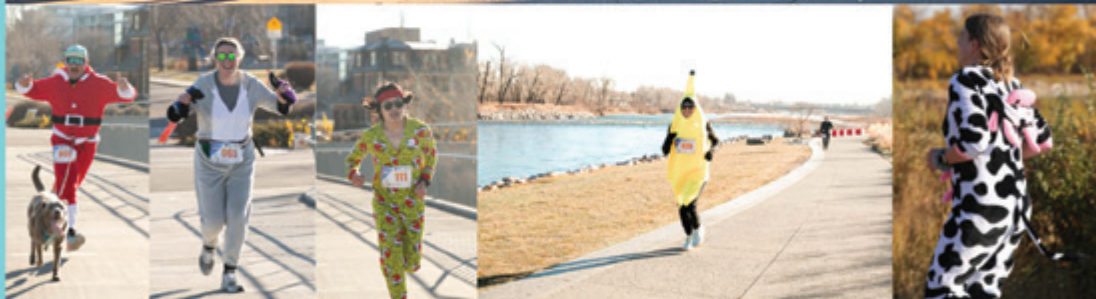
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