

FEBRUARY 2023

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GLENDALE *thumper*

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



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WINTER FUN DAY**



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Please allow us to introduce ourselves! We are RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies,
Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations





Westbrook Communities Local Area Plan Approved at City Council

On January 17, City Council passed the Westbrook Communities Local Area Plan by a vote of 14 to 2. The new policy outlines where density development is appropriate in Glendale and nine other neighbouring communities. Visit calgary.ca for more information.



Prior to the plan being approved, many community members spoke at Council, including Glendale/Glendale Meadows Community Association President, Chris Wellner.

Glendale Community Winter Fun Day Recap

Glendale's Winter Fun Day 2023 was a great success! Many families came out and joined in the activities, from sledding to skating to snowshoeing to shinny hockey! Two food trucks were on site, offering free hot chocolate to participants. The weather was mild and community members seemed grateful for another opportunity to get out and visit again with their neighbours.



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

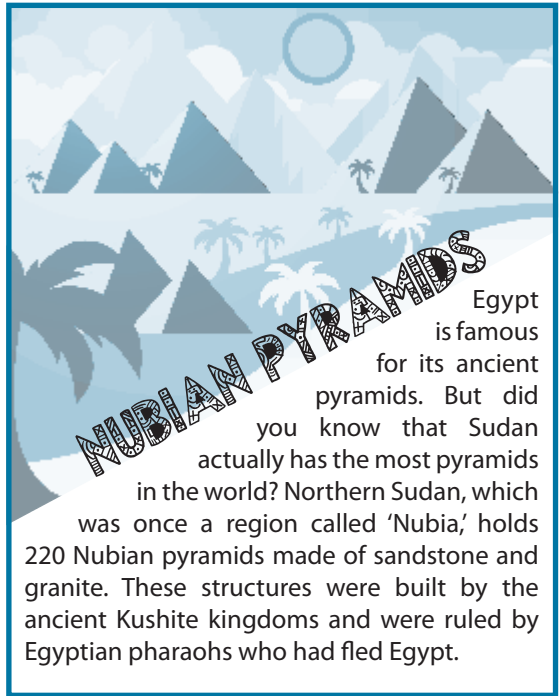
Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



Call for Glendale Stories

STORIES ENRICH OUR LIVES

The Glendale/Glendale Meadows community is full of stories waiting to come alive on the pages of this newsletter to be shared with our neighbours. We are always looking for content submitted by our local community members.

Even if you don't have a specific story to share in the Thumper, you can still contribute by:

- Submitting a recipe (and perhaps photo) for "Recipe Corner"
- Sending in a photo and write-up on your pet for "Pets of Glendale"
- Submitting a picture of artwork that you, or a child in your life, has created.

Please e-mail submissions and questions to Thumper Editor, Kendra Horosko at thumpereditore@yahoo.ca.



A Few Words on Birds

by Cathy Warwick

Two woodpeckers we regularly see during our Calgary winters are the hairy woodpecker and the downy woodpecker. They look very similar and people often have trouble telling them apart; you can be forgiven for mistaking them for a parent and child. They are in fact two very different species and don't even belong in the same genus. How did they evolve to look so similar? What could the advantage of a little red mark on the back of the head be? It may sound like this article will answer those questions, but sorry for misleading you. It does not. I will try and tell you how we can tell them apart, however.

The most obvious difference between them is their size. Judging size can be tricky, especially with birds that are far away and moving quickly; they rarely sit quietly side by side. The hairy is closer to the size of a robin and the downy is closer to the size of a sparrow. Basically, if you find yourself saying "Oh how cute!" then it's a downy.

Another obvious difference, when you have your binoculars, is in their bills. As you can see from Diane's photos that the hairy has a much larger bill, while the downy's is smaller. The other differences can be found on my favourite birding websites, but they are more difficult to see in real life. On the Cornell website, it mentions that the tail of the downy has white outer feathers, but these are not obvious, so "make sure to look from the correct angle." Perhaps if you play some dance music, they'll start shaking their tail feathers and give you some different angles! Usually, you are stuck with whatever angle the bird wants you to see. They also speak of a mythical 'comma' mark around the neck of the hairy, which I can see in the pictures on their website; it looks like a little necklace. I can safely say that I have never seen that in real life; it's nice to have something to check off the next time I look at a hairy through binoculars! Or perhaps a powerful telescope.

Their names come from the feathers on their lower back. The hairy has long hairy looking feathers and the downy has, well, downy looking feathers. These are even more difficult to see so aren't even mentioned as identifying characteristics.

A long while ago, I was feeding chickadees at Fish Creek Park and a downy woodpecker landed on my hand. I froze, imagining the little guy drawing back ready to start pecking. It just gently took a seed though. Apparently the downy is actually a quiet eater and if it is tapping, it is

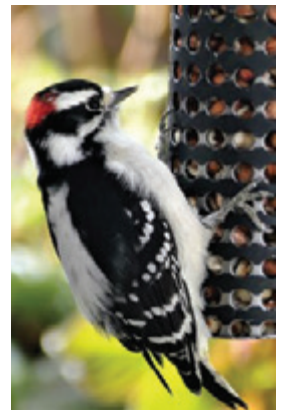
either attracting mates or claiming territory. A downy can land on much smaller branches than regular woodpeckers so they have an advantage to their size. They use their bill to dig in soft wood; a small branch can't be effectively pecked because it would move around. They also can land on swamp reeds and tall grasses. Meanwhile, the hairy spends its time on the tree trunks and taps on them energetically. It too is looking for insects.

These woodpeckers both make little sleeping and nesting cavities on the underside of dead branches of living trees. Why have I never noticed these? I would love to be walking in the woods and see a little white puff in a tree cavity, or a little face poke out. And the only thing cuter than a small bird is the baby of that small bird. Or so I thought before I looked up pictures of baby birds on the internet. Some things are best left unseen.

Beginner birders may not know this, but it is often the flight pattern that helps identify a bird. This is something that can be easily seen, unlike little comma marks around their neck. These woodpeckers fly in an undulating pattern. My *Sibley Guide to Birds* calls their flight pattern "deeply undulating." This just means that they go up and down, in a rounded rollercoaster flight. They are also often with one other woodpecker or alone. However, sometimes the downy is a very social and open-minded little bird; in the winter, it will flock with different species of birds. You'll see it hanging out with chickadees who will warn it of predators and help it find food. I'm not sure what the chickadees think of this interloper but maybe, they too, see the advantage of sticking together and helping each other out through a cold, long winter.



Hairy woodpecker – note the large beak. Photo by Diane Stinson.



Downy woodpecker – note the cute fluffiness. Photo by Diane Stinson.

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



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THE THUMPER

Kendra Horosko • Kent Klatchuk • Monika Smith

Board Meetings

are held the second Wednesday of each month.

The next meeting will be held on Wednesday,
February 8, 2023.

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

**To submit content for publication in the Thumper,
please email thumpereditor@yahoo.ca**

All residents are welcome to attend. Please email president@myglendale.ca for the meeting link.

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.



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Contact: glendalepreschool@myglendale.ca, or
Preschool Coordinator Jodi Durant at 403-560-4881

**MLA Calgary-Currie
Nicholas Milliken**

Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3

📞 403-246-4794

✉️ calgary.currie@assembly.ab.ca



Dear Neighbours,

I am pleased to report that help is on the way for Albertans needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Your government values and recognizes Alberta's paramedics. Government aims to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. The plan proposes only using ambulances for patients who require medical support during transport. For patients who do not require medical support during transport, AHS will arrange for alternative transportation options like community shuttles and wheelchair accessible taxis. This means more ambulances on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to reduce pressures and improve system performance. This also includes reducing wait times for surgeries and improving overall patient flow and capacity.

Government is also working with AHS for additional action. This includes adding a triage physician to emergency department waiting rooms to support patient offloads and allowing paramedics to assess and treat patients without having to transport them to hospital.

I would also like to provide some good economic news. A new TD Economic report projects Alberta's economic growth will lead the country in 2023 with Alberta outperforming all other provinces. In 2023, oil production is still expected to grow, as well as oil patch spending, driving optimism among banks and businesses. Further, the \$21.4 billion Trans Mountain pipeline expansion project is expected to be completed later in the year.

Job numbers reveal that 88,800 new jobs were created in December alone! Since 2021, Alberta has created 221,000 jobs. Policies matter, and we are putting the right policies in place to grow and diversify the economy.

Your government is taking action on healthcare and the economy, and I am working to make sure my constituents of Calgary-Currie are supported.

Sincerely,

MLA Nicholas Milliken

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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.

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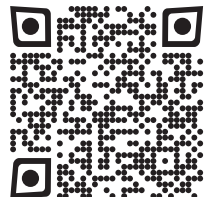
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The Secret Life of Calgary Critters, Part II

by Monika Smith

This is part two of a Zoom talk about how The City is restoring native ecologies in Calgary.

City ecologists, Vanessa Carney and Jacob Weiler, talked about the work that is being done by The City to activate open spaces for Calgarians and enhance biodiversity through monitoring, restoration, and conservation. Natural environments provide many social, economic, and environmental benefits and are important for biodiversity conservation and climate adaptation. The day of just green lawn grass, a few shrubs, and some fast-growing trees in City parks and road allowances is in the rear-view mirror.

Jason's talk focused on habit restoration.

The mini forest pilot project aims to increase the city's canopy and enhance biodiversity through the Miyawaki method, named after a Japanese botanist who created them about 40 years ago. These are densely planted forests, which mimic the way a forest would recolonize itself if humans stepped away. Only naturally occurring native species are planted. The forests grow in two to three years and are self-sustaining. The benefits include helping lower temperatures in concrete heat islands, reducing air and noise pollution, attracting local birds and insects, and creating carbon sinks.

Three projects were developed in underutilized park spaces. These areas were planted with a variety of more than 25 native herbaceous, shrub, and tree species. Monitoring is ongoing and support of the plants is for about three years; community feedback is important. The largest, in Mayland Heights (1,000 sq. feet) was planted with over 4,000 plants. There was a 70% survival rate, which is reasonably good, as plants do thin out as a natural process.

Another project was creating a prairie meadow in an underutilized park along Memorial Drive and 14 Street. Now a gorgeous meadow, there were a lot of challenges: busy roadways, salt and contamination issues, tree protection concerns, and availability of native species. Drought and salt-tolerant grasses and flowering plants were planted as seeds including wild flax, blanket flowers, yellow coneflowers, etc. Grasses were established and a few weeds did show up. Unfortunately, there were three accidental mowing incidents in May, June, and late August, despite fencing and signage. It did affect the woody plants, but ultimately it didn't affect the site. By September, native purple clover,

milk vetch, and blanket flowers came in. Mowing might have been beneficial as this would have cut down the faster-growing weeds compared to the native plants and opened up a prairie canopy. Historically, fire and bison would have been the disturbance needed to keep the prairies healthy. So, mimicking natural disturbances will help. In the third year, more wildflowers were added as plugs. In 2022, the site has really taken off; challenges and using lessons learned are being applied to new projects in 2023.

For more information, check out The City of Calgary website for habitat restoration and pollinators.

Are you tired of mowing? Want more bees and butterflies? Replacing a patch of your lawn with more native perennials and grass species will improve biodiversity. As an added bonus, native plants are adapted to our climate, requiring less water, fertilizer, and fussing!

If you would like to participate in more online (Zoom) talks about biodiversity or native species, or even give a talk, please contact me. It's also a good time to think about what native plants you'd like to add in your yard and order plugs or seeds!

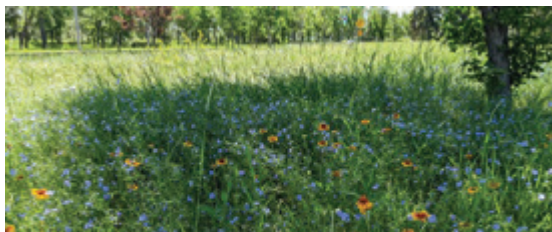
Until next time,

Monika's Grove

membership@myglendale.ca



Mini forest in the community of Temple that was planted in June 2022. Photo credit: J.Weiler.



Restored prairie meadow within an underused park space along Memorial Drive at 14 Street NW. Photo credit: J.Weiler.

Community Art

Four-year-old Madelyn drew this beautiful portrait of her family—herself, her mom, her little sister, her dad, and their dog enjoying a sunny day together.



To have your artwork featured in an upcoming edition of the Thumper, please send it to thumpereditor@yahoo.ca.

PETS OF GLENDALE

Henry and Cody are two standard poodle boys living their best lives! Henry moved in with the family in March of 2021, all the way from Toronto. Cody joined the family only five months ago—actual cousins, now brothers! You can trust Henry to notify you of every passerby, be it car, human, or rabbit! Cody prefers a snooze and a chew toy. If you see us out on walks, a nice wave is our favourite; we get really excited and want to say hi to everyone...but haven't perfected not jumping up! Though we are big, we are still puppies!



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



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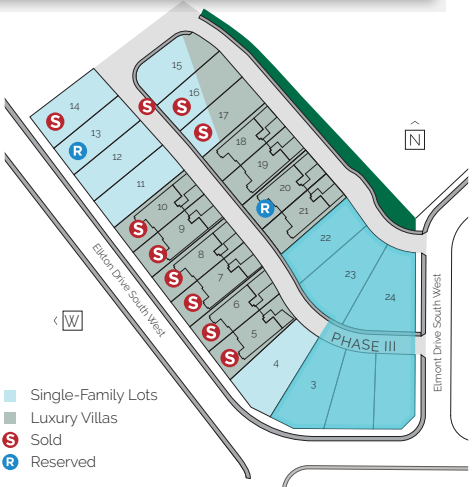
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