

MARCH 2024

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# GLENDALE *thumper*

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



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## Pets of Glendale

Hello, my name is Cheeto. I am a one-year-old orange tabby cat and I just moved onto Glencastle Street. My current living arrangement includes three human roommates, a boy and his mom and dad.

It has been challenging living with these “humans”. The boy is constantly petting and cuddling me. I would be more upset with him, but he feeds me delicious wet food... I love that wet food. Sometimes, I wonder how these humans function, I mean, they only sleep eight to ten hours a day. I would not be able to function without 20+ hours of sleep. Despite our differences, I truly love my new home. Meow!



*To have your pet featured in an upcoming edition of the Thumper, please send a photo and short write-up to [thumpereditor@yahoo.ca](mailto:thumpereditor@yahoo.ca). (Our Cat-atalogue is steadily growing, and birds, fish, reptiles are welcome too!)*

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## 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, Laura Horosko at [thumpereditor@yahoo.ca](mailto:thumpereditor@yahoo.ca).



# Glendale/ Glendale Meadows Community Association

4500 25 Avenue SW, Calgary AB, T3E 0M1

Information: 403-242-2110

**Glendale on the Internet:**

[www.myglendale.ca](http://www.myglendale.ca)

[facebook.com/GlendaleGlendaleMeadowsCommunityAssociation](https://facebook.com/GlendaleGlendaleMeadowsCommunityAssociation)



## Board of Directors and Community Contacts

### GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

President	Chris Welner	403-796-6552	president@myglendale.ca
Vice President	Amanda Saigeon	403-471-2057	amandasaigeon@gmail.com
Vice President	Myles Trawick	403-680-5582	vice-president@myglendale.ca
Treasurer	Shane Duthie		treasurer@myglendale.ca
Secretary	Veronika Duska	403-242-4828	secretary@myglendale.ca
Social Events	Vacant		social@myglendale.ca
Thumper Editor	Laura Nixon		thethumper@myglendale.ca
Website/Courts	Aaron Shannon		website@myglendale.ca
Membership Director	Monika Smith		membership@myglendale.ca
Community Garden	Mary Lynn Bryan		garden@myglendale.ca
Member-At-Large	Kendra Horosko		
Member-At-Large	Britt Gray		brittanygray@gmail.com
Member-At-Large	Mike Meredith	403-461-9555	
Member-At-Large	Michael Sander		garden@myglendale.ca
Member-At-Large	Ian McDermott		development@myglendale.ca

### GMCA COMMUNITY CONTACTS

Glendale Card Shark Club	Theresa Toth		theresactoth@gmail.com
Glendale Book Club	Manibh Awada		manibh@shaw.ca
Guides	WestGlen District	403-217-1294	any-calgarywestglen@girlguides.ca
Rink Flood Crew	Kevin Eike		kceike@gmail.com
Building Maintenance	Ken Rogers	403-801-1602	kwrogers@telus.net
Councillor	Richard Pootmas		caward6@calgary.ca
City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182	keith.magill@calgary.ca
Hall Rentals		403-242-2110	rentals@myglendale.ca

## Board Meetings

Our next meeting will be held on Wednesday, April 10, 2024 at 7:00 pm. All residents are welcome to attend. Join us in person at the community hall, or email [president@myglendale.ca](mailto: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](mailto:thethumper@myglendale.ca)**



# Classic Cars



## **1963 Plymouth Valiant**

*Article by Fred Nelson*

In 2003 Judy and her family were on vacation in BC and stopped at a roadside Automobile Museum. This little convertible was only 40 years old then, and for sale.

Her husband and son both have hotrods and thought this would be fun for her to have, so (a deal was made and) she drove it home. The novelty of that pushbutton transmission never wears off.

Back home in Glendale they upgraded to a newer dual brake system for safety, but seemed not to hear her request for power steering.

Last summer, a complete power steering setup was finally added, so we'll see a lot more of it this year.

*If you have a classic car that you would like to see featured in the community newsletter, please reach out to Fred Nelson at 403-242-3856.*

by Laura Nixon



In this feature, we continue to get to know our neighbours and those who volunteer to help make Glendale a great place to live. This month, we are pleased to introduce Kendra Horosko.

Kendra and her family have lived in Glendale since 2015, and she has served on the Board since 2018, including a number of years as *Thumper* editor. As editor, she introduced so many reader-favourite columns, such as Residents of Glendale, Pets of Glendale, and Recipe Corner. She previously served on the Cliff Bungalow-Mission community association board, and we are lucky to have her in Glendale now!

Kendra moved to Calgary from northern Alberta, and it's safe to say she has fallen in love with the beautiful City and now Glendale and is a huge supporter of building community. She shares, "I've always loved connecting with new people, so joining the Glendale community association board just made sense. I found it a great way to meet new people, and feel like I'm part of shaping the community we live in. Also, I love knowing people nearby and running into friendly faces when you're out for a walk in the neighbourhood!"

Like many, Kendra loves Glendale for our green spaces: "I remember walking through Glendale once while taking on the phone to a friend who lives in Toronto. He was blown away to hear all the birds in the background!" Kendra also loves Glendale for the great neighbours; "When we moved in, we had neighbours on three sides of us that were in their 90s and still living in their own homes. This felt like a good omen for living here, and they have become like grandparents to us." She also points out the charm of the 1950s era bungalows that still make up so much of the neighbourhood, "we love the original hardwood floors, the arched entryways, and the crazy textured ceiling in the living room that's like looking up at lily pads from underwater."

Kendra is one of many neighbours who are great to talk to about gardening and growing food! For her, it's all about finding ways to produce more local food. Many residents have raspberry bushes, apple trees, sour cherry trees. Kendra thinks it would be wonderful to have a harvest food sale/swap in Glendale each year, or maybe a spring seed exchange. If this sounds great to you, reach out via the Community Contacts list in this issue!

## Should I Prepare My Own Tax Return?

by David Townsend, CPA, long-time Glendale resident

There are good reasons to do your own tax return, after all, there is good tax software easily available. And doing it yourself saves some money and gives you a better perspective on your finances. But there are downsides too and, in my view, it depends on your personal situation and circumstances.

Most consider their returns "pretty straightforward". If you just have a few slips and deductions, that may well be the case. But if you're uncomfortable about missing something, consider your skills, time availability and patience for the job. Be prepared to invest some time and effort.

There are several good tax programs that can help you through the process. However, you cannot rely completely on software, it is only as good as the input. Here are some things to think about:

Much of your tax information is available online; and downloading slips and other information can be helpful. But be aware that information becomes available at various times during the tax season, and you can easily miss a slip if you download information too early or include duplicates if you do multiple downloads.

If you do pension-splitting with a partner, the software programs manage this reasonably well. However, there are many opportunities to split income, expenses, deductions and/or credits between partners. Are you aware of all of these?

The Canada Revenue Agency is particularly vigilant in following up on donation and medical expenses and may contact you several months after filing. Can you deal with this in the summer or fall?

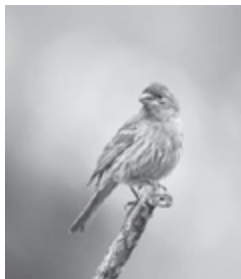
In the case of self-employment or rental income, are you familiar with what expenses can you deduct and how to apply GST?

Of course, changing and/or correcting a previously filed return is difficult and time-consuming. It is much easier to do the return right the first time. It may also be useful to think ahead to future tax years: do you have a backup plan if you are not available next year? Will someone be able to follow and continue your work? If there is a crisis, it may not be the best time to seek out a good accountant. Some questions to ask yourself before taking on the job.

# The House Finch

by Catherine Warwick

If you are walking around Calgary and hear a bird singing its heart out in a long trilling song, it is most likely a House Finch. These small birds are identified by their brown bodies, heavy beaks, and the red colour on the male. It's hard to believe that these now ubiquitous birds were fairly



rare in Calgary; until as recently as the 1990s! In theory, most of us can remember a time when there were no House Finches around. In practice I barely remember the 90s. Look at a group of birds at any feeder now and you will probably see some. The females have a striped body, and I find if you look for the stripes you can readily tell them apart from the House Sparrow.

The House Finch's origins start in the Southwestern US and Mexico. In the 1940s, someone tried to rebrand them as a 'Hollywood Finch' and sold them to pet stores in New York. In what way are they symbols of Hollywood? I'm not sure, it was a different time back then. The Migratory Bird act came into effect, and all of a sudden pet store owners had illegal birds in their store. What do you do with a bird you don't want? You open the window and let it fly away! If that bird is a tough and hardy finch, it will spread across North America.

The House Finch is prone to an eye disease called Mycoplasmal Conjunctivitis. If you see one with red puffy eyes, don't bother running out with tiny little cucumber slices, that bird is too far gone. According to Project FeederWatch you should take down your feeder for a couple days and then wash it. This will stop the spread of the disease to other House Finches.

These birds are fairly strict vegetarians, they fill up on seeds, buds, roots, and foliage. Their colour is believed to be related to how well they are fed, if you see an orange male it could be that he isn't getting all the nutrients he needs. Studies show that the females choose the redder males. The male House Finch is responsible for feeding the young so it's important to choose one that is a good provider. According to allaboutbirds, during courtship the male mimics regurgitating food to the

female, showing off how good a feeder he is! These are monogamous birds, and very social, so really what you are seeing around the feeder are just a bunch of couples hanging out together.

What I love about them is their song that seems so out of place on a cold day. Listen for a "zzz" buzzing sound that is part of the up and down warble and it sure to be a House Finch. You can look for the singer and you will see a little brownish bird way up in the heights of a tree singing, perhaps lamenting its ancestors' move from Mexico. Or perhaps it's trying to win back its Hollywood moniker with a winning solo.

## Hall Rental Rates

For rentals, please contact [rentals@myglendale.ca](mailto:rentals@myglendale.ca) or visit [myglendale.ca](http://myglendale.ca).

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### Boardroom

Monday to Friday: 8:00 am to 5:00 pm, \$50 per hour (minimum of 4 hours).

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## Carrot Cake or Muffins

Recipe submitted by Maria Campos

Muffins are my favourite now and for many past years, I gave to my two boys this healthy snack.

**Serving:** Makes twelve muffins.

### Ingredients:

- 1 cup sugar
- ¾ cup vegetable oil
- 3 eggs
- ½ tsp salt
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 3 tsp cinnamon
- ¼ tsp each cloves and all spice
- 1 ½ cups flour
- 2 cups finely grated carrots
- 1 cup chopped walnuts

### Directions:

1. Beat the first three ingredients together until smooth.
2. Add the rest of the dry ingredients. Blend well.
3. Fold in the grated carrots and walnuts.
4. Pour into a greased and floured 9"/13" cake pan or muffin tin.
5. Bake the cake for 1 hour or 45 minutes at 300-degree Fahrenheit.
6. Bake the muffins for 20 to 25 minutes.



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## Water, It Changes Everything

Article and photo by Monika Smith

The City of Calgary has already put out notice that there are likely to be water restrictions this year. Even the provincial government is stirring itself about drought and the very low water levels in rivers.

There should be rain in Calgary, end of May, June, and July. How much? Will it be a nurturing rain, off and on for weeks, and saturating the ground? Or downpours that just gushes overland and into our storm drains? Maybe La Niña will make a difference. Stay tuned.

In case you missed the memo: water is life.

The big box stores and nurseries have plants out a good month in advance of our growing season. All offer large, healthy, blooming plants, potted in fertilized growing medium, with big roots, while plants in our yards may still be in snooze mode or yawning. Our plants will catch up. But we want that show of colour early in spring.

If you've been selecting plants that can deal with drought, you may not be facing life and death questions. Native plants or hardies local to this area have adapted to sun, wind, heat and cold, plus drought. But if you grow food, fruits and vegetables need water.

Our area is now officially zone 4a, with microclimate pockets. Still not weather to grow palm trees or reduce expectations to growing varieties of ball or prickly pear cactus (*Escobaria vivipara*; *Opuntia polyacantha*), but what we can grow is more tender than what was grown even ten years ago. We are an arid, cold climate; never forget that. And, shocking to us tree lovers, we really are in short grass prairie territory. But we love trees, and we have lots!

It shouldn't be a surprise that trees get water and nutrients through their roots from the ground; absorbing more water (about 98%) than can be used. Only 2% to 5% stays in the plant; the rest is released through the leaves. Trees absorb between 38 and 570 litres of water (depending on size) daily from available water in the soil to "rehydrate" during the nighttime hours, replacing the water loss during the day. High temperatures can also cause severe water loss when

leaves releasing water vapor to the atmosphere exceeds moisture absorption by the roots. Plants do best from 15°C to 30°C. Over 33°C, for a length of time, then leaves start to wilt. High heat in soil also slows down chemical activity and growth. If this continues for weeks, plants can die. Generally, thermal death threshold is 46°C. We can only hope that we don't continue towards drought, higher temperatures, and shorter winters.

Our neighbourhood was originally prairie landscape, with a drift or two of aspens, according to photos of the 1950s of this area. We're now a paradise of treed loveliness, but many of the trees are hitting the 70-year mark, which can mean trouble for our beloved weeping birch (*Betula pendula 'laciniata'*). Trees are not prairie grasses, and they need lots of water.

The City has a list of drought tolerant plants in their YardSmart literature. You can Google this. Reduce your water use and feel good about it. Still recommending: City of Calgary's YardSmart plants. It's going to be that kind of year.

If you're interested in showing your garden to a friendly group of plant lovers, who want to learn and exchange knowledge, tell us about successes and get some shoulders to sob on? Contact me! Been there and done that.

Until next time,

*Monika's Grove*

[membership@myglendale.ca](mailto:membership@myglendale.ca)



*Remnants of short grass prairie landscape, north shore of the Bow River, Silver Springs area that has been disturbed, but doing well.*



## February 2024 Board Meeting

March 17 to 18, 2024 is Glendale's next casino! This is our largest fundraising campaign and an integral part of the operations of our community association. Volunteers are needed, and no experience is required – please see [myglendale.ca/casino](http://myglendale.ca/casino) to sign up.

A huge thank you to all the Rink Volunteers. It has been a challenging year to maintain the ice because of the weather so we appreciate your efforts.

Also, thanks to Mike Sander and Mary Lynn Bryan who teamed up to bring our sign on 45 Street back up to speed for us!



## Tip Us Off on Your Glendale Conservation Project and Story

Are you adding solar, geo-thermal, heat pump, xeriscaping, permaculture or other renewable, sustainable or conservation measures in your Glendale residence? Share your experience with projects and practices with your neighbours! Contact [thethumper@myglendale.ca](mailto:thethumper@myglendale.ca), and we can develop an article together on what you did on your project.

## Winter Fun in Glendale

Glendale's Winter Fun Day on January 27 was a blast with all ages and interests out to enjoy a sunny day. Glendale residents have been making their own fun throughout our parks and yards with the sun and snow that we have been receiving.



## Upcoming Events

Most events are free, and we ask that all participants have an active community association membership. Watch [myglendale.ca/events](http://myglendale.ca/events) for the following fun activities and to register.

**Tuesday, April 2, 2:00 to 4:00 pm** – Glendale Card Sharks – Meetings are the first Tuesday of each month.

**Tuesday, April 9, 10:00 am to 12:00 pm** – Glendale Book Club – Review popular genres in a friendly group! Kids are welcome and toys will be available. The meeting topics are posted to the events page on [myglendale.ca](http://myglendale.ca).

**Thursday, March 28, 11:30 am to 1:30 pm** – Free lunch and learn retirement seminar with Ken Zhang from Edward Jones: Making Your Money Last: 10 Principles for Living in Retirement. Register to reserve your seats and food for free via [ken.zhang@edwardjones.com](mailto:ken.zhang@edwardjones.com) or 403-547-5433 by March 25.

**TBD April** – Glendale Community Cleanup will be back! Community Cleanup events provide an opportunity for Calgarians to dispose of items that do not fit in their waste and recycling carts, or when residents do not have access to carts.

**Saturday, June 8** – Glendale Parade of Garage Sales is back, running from 9:00 am to 3:00 pm. Register your garage sale at <https://www.glendalegaragesale.com/>.

**Saturday, July 6** – Glendale's annual Stampede breakfast! (tentative).



# MINUTES AWAY. MILES AHEAD!

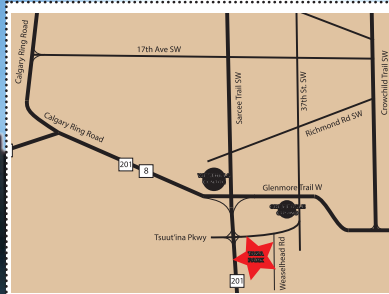
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