

SEPTEMBER 2024

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GLENDALE *thumper*

THE OFFICIAL GLENDALE & GLENDALE MEADOWS COMMUNITY NEWSLETTER



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Saturday, September 28

9:00am-1:00pm

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The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrif' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

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GAMES & PUZZLES

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!

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Classic Cars

**1966
Mercury
M-100**



Article by Fred Nelson

When the engine in Darryl's pickup showed signs of getting tired, he replaced it with a Cadillac 472-V8 and added Power Steering and Brakes.

He now has a 58-year-old pickup with the Street Manners of a Caddy, but with way more power than required to roast those back tires if he boots it.

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.

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

President	TBA		president@myglendale.ca
Vice President	Amanda Saigeon	403-471-2057	vice-president1@myglendale.ca
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
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Member-At-Large, Website/Courts	Aaron Shannon		website@myglendale.ca
Member-At-Large, Membership	Monika Smith		membership@myglendale.ca
Member-At-Large	TBA		
Member-At-Large	TBA		
Member-At-Large	TBA		development@myglendale.ca

GMCA COMMUNITY CONTACTS

Naturally, Glendale	Monika Smith		naturallyglendale@myglendale.ca
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	Jim Kelly		
Councillor	Richard Pootmans		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
Social Events	Vacant		social@myglendale.ca
Community Garden	Michael Sander		garden@myglendale.ca

Board Meetings

Our next meeting will be held on Wednesday, October 9, 2024 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



Glendale's Stampede Breakfast was another big success! We had over 450 people attend, the line ups were under 15 minutes, and we had musicians Greg Albright and Andy Cotter keeping the crowd entertained – a very big thank you to them! Kelly won a gift basket generously donated by Viki Fairbairn, and event photos were taken by the talented Kent Klatchuk. This event couldn't have happened without the many volunteers who bring together the planning, set up, and pancake flipping! Ours hats off to the community volunteers who prepped, cooked and cleaned, and the Le Family Dental team for an awesome job serving. We couldn't have had this much fun without you!



Stay tuned for more Glendale News through the fall as the new Board, elected at the September AGM, gets rolling.

Upcoming Events

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.

September 10 - Glendale Book Club is restarting after a summer break! Join us on the second Tuesday of each month at the hall from 10:00 am until noon. Check <https://myglendale.ca/book-club/> for the upcoming title or contact Manibh at manibh@shaw.ca

November 2 - Craft Show and Sale at the hall! Details to come. Contact Monika Smith, the coordinator at membership@myglendale.ca.



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Glendale Hall Rental Rates

For rentals, please contact rentals@myglendale.ca or visit myglendale.ca.

Full Space (Hall, Kitchen, Boardroom)

Monday to Thursday: \$75 per hour (minimum of 4 hours).

Friday Evenings: 6:00 pm to 02:00 am, \$750.

Saturday: Full Day, 10:00 am to 02:00 am, \$1,050. Afternoon, 10:00 am to 4:00 pm, \$600. Evening, 6:00 pm to 02:00 am, \$750.

Sunday: Full Day, 10:00 am to 10:00 pm, \$900.

Boardroom

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

Security Deposit

\$500, returned seven days post-event.

Rates do not include cleaning and are subject to GST.

Note: Rental rates will be increasing, effective for bookings November 2024 onwards. This includes a separate cleaning fee of \$100 per booking, a wedding weekend rate of \$2,350 for Friday evening through Sunday, and a ~10% increase to all other fees listed above.



SCAN HERE TO VIEW ADDITIONAL GLENDALE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.



Bon Appétit!



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Call for Volunteers: Help Plan Calgary's Future for Older Adults!

by the City of Calgary

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table (OAAT). Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams and staff.

Your Role as a Volunteer

- Inform and support strategic and action planning of the Seniors Age-Friendly Strategy in an advisory capacity.
- Provide the perspective of older adults to help make Calgary more age friendly.
- Share ideas and perspectives from your personal networks or social groups with OAAT.
- Bring OAAT ideas and perspectives back to your personal networks or social groups.
- Share information about Age-Friendly Calgary with people you know and support the vision of Age-Friendly Calgary.

Requirements

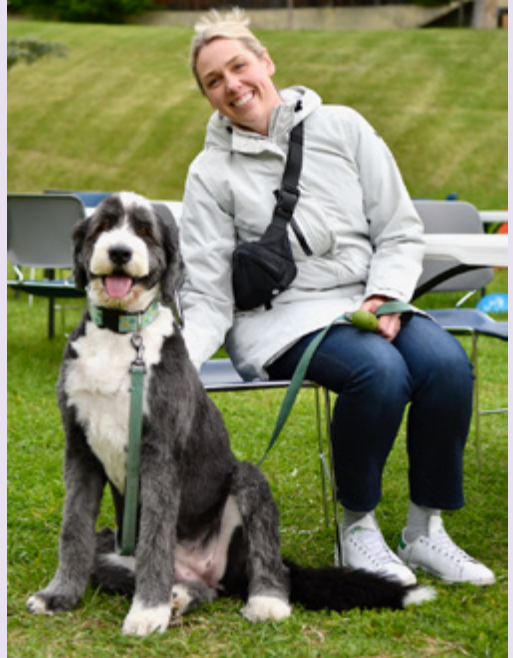
- Aged 45 or over.
- Live in Calgary.
- Passionate about your community.
- Understand older adults' needs now or in the future/ have experience as a caregiver.
- Feel comfortable to share and to provide feedback in a group setting.
- Commit to take part in monthly meetings and a two-year term.

Benefits

- Have your voice heard; help shape City programs and services.
- Make connections and broaden your network.
- Build and expand your skills.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.

Pets Of Glendale



Beans is a four-year-old good girl who was very popular at the June Neighbour Day event at the hall, offering a dignified paw to admirers who stopped to say hello.

To have your pet featured in an upcoming edition of the Thumper, please send a photo and short write-up to thethumper@myglendale.ca. (Our Catalogue is steadily growing, and birds, fish, reptiles are welcome too!)



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Naturally, Glendale Garden Project

Article by Monika Smith

The concept of beautifying the west area of Glendale hall's 'yard' came about this year. This is the area west of the parking lot to the tennis courts.

No kidding, we do have fabulous grounds! The amazing almost hidden valley, courtesy of the former and filled in (late 1950s) Glendale Lake, has great trees and wonderful privacy.

But what's missing from this idyllic setting? Flowers. Yes, there's that patch of lilies (*Hermerocallis sp.*) and lamb's ears (*Stachys byzantina*) that has been there for a long time and needing weeding. We do have lilacs (*Syringa vulgaris*) and a couple of fruit trees, which are very nice and do have blossoms. But a serious, cultivated bed of flowers? No.

If you were able to get to Neighbour Day, June 15, you would have been amazed to find a lot of gorgeous annuals in front of the hall: cosmos, pansies, snapdragons, etc., adding so much colour and life to the grounds. Why not more? The annual garden showed how beautiful the yard could be. Three volunteers planted a warp speed: Monika Smith, Chris Welner, and Robert Palmer.

The downside of annuals is that they last one year. What we need are perennial flowers. Hardly, good looking, lots of colour, some fragrance, and great big blooming native plants that together have a continuous display during the summer, and volunteers!

Actually, behind the scenes work on a big garden has already started: how to make a pleasing, beautiful, contemplative, fun, and wellness-oriented space. We do need to beef up our attractiveness to lure many species of pollinators. We want more birds hanging around and to ensure they have some shelter and food. We must think about conservation and biodiversity.

A few people filled out our survey and we're reviewing what is doable. Of course, budget is always a consideration. I'd love to see more benches and picnic tables! There is a donation for a decent-sized gazebo!

What else? We can do some dreaming now, but there will be a point at which all the research, study, input, and engagement will mean: 'Let's go!'

I would love to see a jewel of a garden. Join us to make this happen! We are currently looking for volunteer members to join a committee on what this enhancement could become.

Contact Monika Smith at naturallyglendale@myglendale.ca or Mike Sanders at garden@myglendale.ca.



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Hello, Ward 6,

I hope you enjoyed a wonderful summer and are now in the swing of your regular September routine. One question that the Ward 6 office receives is who to call when you might need help from first responders, but you know there isn't an emergency. There are other numbers available to call that still get you the help you need without tying up an emergency line.

Healthlink – 8-1-1

If a medical situation is not life threatening, and you aren't sure if an ambulance is what you need, Healthlink at 8-1-1 will connect you with a registered nurse who can walk you through your symptoms and direct you to the right help for your situation.

Non-Urgent Police Concerns

For police concerns of a non-urgent nature such as a minor accident, general noise complaints, or late reporting incidents, including stolen or damaged property, call the police non-emergency number at 403-266-1234.

Non-Urgent Fire Department Concerns

3-1-1 can assist with questions for the fire department that do not require dispatch. If you want to know where to take old paint and chemicals, don't call 9-1-1. The fire department has collection sites for old paint and chemicals, as well as Fire Prevention information, all accessible through 3-1-1. The Calgary Fire Department can also be contacted at the non-emergency number at 403-264-1022.

Text with 9-1-1

We offer the Text with 9-1-1 (T911) service in the Calgary region for deaf, deafened, hard of hearing, or speech impaired persons. This service allows members of this community to communicate with 9-1-1 services using wireless-based text messaging. Dial 9-1-1 on your cell phone. You will not need to speak, as the Emergency Communications Officer taking your 9-1-1 call will receive an indicator that tells them that they need to communicate with you via text messaging.

Sincerely,

Councillor Richard Pootmans

With another school year kicking off, I thought it was important to highlight the dire need for funding in our public education system.

The government announced an additional \$215 million over the summer. A chunk of that money (\$90 million) will go towards building and installing 100 new modular classrooms while relocating another 50 or so. The rest goes to operations to be divided amongst Alberta's school boards.

As needed as this was, it's another band-aid solution to a chronic problem. We desperately need new schools to be built, not just modulares.

A trustee with the Calgary Board of Education says there are 33 schools overflowing to 48 other schools in the district, which means students are traveling further from home.

A principal at one school in Calgary-Currie said they were welcoming 15 new students every month.

We also need investments in staffing. There are many classrooms that are packed with up to 40 students and more and more of them have complex needs that impact their ability to learn.

Last October, I heard from a teacher who described how her colleagues often ended their days in tears. Others took stress leave after just one month of school while others were considering quitting altogether.

Teachers are burning out and hiring more education assistants could help ease the burden.

Alberta reported an enormous \$4.3 billion surplus in June, yet our province continues to be last in Canada on per student operational funding, roughly \$2,000 below the national average.

I plan to visit more schools this year, but I want to hear from parents directly about any concerns they have about their children's classrooms. Please send me an email and share your thoughts. We can advocate for enhancing their education together.

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