



2405 Glenmount Drive S.W.
The Glendale/Glendale Meadows

thumper

December 2011 to January 2012



Important Numbers

All Emergency Calls	911
Calgary Police Service	266-1234
Ambulance Non-Emergency	261-4000
Alcohol/Drug/Full Family Help	253-5250
Calgary Health Link	943-5465
Child Abuse Hotline	1-800-387-5437
Distress Centre/Drug Centre	266-1605
Gambling Help Line	1-866-332-2322
Hospital - Rockyview	943-3000
Hospital - Children's	955-7211
Parents Resource Line	205-5189
Poison Centre	944-1414
Sexual Assault Centre	237-5888
Suicide Crisis Line	266-0700
Women's Emergency Centre	232-8717

Community Board of Directors

PRESIDENT	Jim Kelly.....	240-2958
PAST-PRESIDENT	Ken Rogers.....	242-7437
VICE PRESIDENT	Ron Pelltier	686-0503
VICE PRESIDENT	Paul McCormick.....	240-4168
TREASURER	Terry Craigmile	246-6218
SECRETARY	Rose Ann Mutrie.....	246-9234
MEMBERSHIPS	Karen Flaws	246-5804
CIVIC AFFAIRS	Grant McArthur.....	249-3319
CIVIC AFFAIRS	Deana Hall	
GLENDALE PRESCHOOL	Carie Lee Watters	249-0638
THUMPER	Kelvin Adolph	519-0051
CASINO	Sue Hamilton	246-2712
SCOUTING	Carson Harding.....	217-5447
SPORTS / RECREATION	
BUILDING	Greg Smith.....	
PUBLICITY	Carson Harding	217-5447
WEB SITE	Wayne Spivak	246-9304
SENIORS COORDINATOR	George Hopkins.....	249-4829
SOCIAL CONVENOR		
HALL RENTAL	242-2110

thumper

From the Editor

The Glendale Thumper is a forum and news source for residents of the community of Glendale/Glendale Meadows in Calgary. Publication is 6 times a year: Feb, Apr, Jne, Aug, Oct, Dec. We'd love to hear what you, as a reader, would like to see in The Thumper – and always open to submissions of articles, photos, story ideas and more.

Watch the community Web site (www.glendalecommunity.ca) between issues for time-sensitive stories and announcements.

Opinions expressed in this newsletter are not necessarily those of the Board, nor the Organization.

Ad Prices
1/2 page \$50
1/4 page \$30
1/8 page \$20

Material Due
February 10th

Thumper Editor

Kelvin Adolph
kelvin@copperK.com 403-519-0051

President's Message

Welcome to December . Life seems to be ramping up to a frenetic pace. Saturday is a busy day

The community is no different. if you've gone by the community entrance you'd have noticed first a large black tarp like structure under which are some large rocks.

These rocks are 60 million year-old sandstone pulled from the West LRT construction project and is now are community hall sign, replacing the weather beaten small metal white one no one could see on the east side of the driveway. December 10th saw an official unveiling of the rocks as well as the official opening of the hockey rink and skating area. Later in the evening was the theater group, S.A.G (Seniors Acting Group) doing a performance. This group dealing with mature themes in a outrageously funny and very thought provoking way, has as a driving force our very own man about the community, George Hopkins. A very good time!

Our renowned winter festival is coming up in February, as well as a wine tasting evening we hope to make a regular thing. Keep checking the Thumper, the website, and our sign for upcoming events - and always feel free to enjoy the facilities our community has to offer: it's a great place to spend a winter day!

Jim Kelly



mystery photo

awwww - no one entered the last mystery photo contest. It was a little harder but not uber hard - so let's give this a go again. The photo is down below. hint: can be found in the very NE corner of the community.



Open to all Glendale community residents of any age. To qualify send in the location and description of what you find to thumpereditors@yahoo.com

Winner gets pizza coupons from Howie's pizza: double large!



Your Opinion Matters

What does being part of a community mean to you?

What sorts of things would you like to see happen?

Tell us: anonymous or signed - we'll throw your thoughts/ideas out to the neighbourhood.

email: thumpereditors@yahoo.com.

Interested in a community initiative?
Call 242-2110 or come to our monthly community meeting.
These meetings take place the 2nd Wednesday of each month at 7 pm.

BECOME A COMMUNITY MEMBER

Family Information Record
Sept. 2011 to Sept. 2012 Only \$25 per family

Name _____
Address _____
Email _____
Postal Code _____
Home Phone _____

WILLING TO ASSIST WITH:

- | | |
|--|---|
| <input type="checkbox"/> Recreation/Sports | <input type="checkbox"/> Hockey Rink |
| <input type="checkbox"/> Social Functions | <input type="checkbox"/> Casinos |
| <input type="checkbox"/> Administration | <input type="checkbox"/> Special Events |

Please enclose a \$25 check addressed to Glendale Community Association along with the above information to the mailbox at 4524 Grove Hill Road. Karen will happily deliver you your Membership card. For tennis memberships add an extra \$25 for tennis court key deposit fee.

2011 December

A Message from Alderman Pootmans

Why do great cities thrive?

It's because of great community-minded citizens!

You're the ones who volunteer with community associations to organize a kids' Halloween party, create a community garden or help find a solution to a difficult neighbourhood traffic problem. You're the ones who step forward to help a neighbour with snow shovelling, sit on civic committees or assist in hospitals or in the classroom. You have found your niche and determined how best to give the gift of time, energy and ideas to make our communities not just better but GREAT!

On the occasion of my first anniversary in office, I want to sincerely thank all those residents who give the gift of time to serve their community. Your involvement, no matter how big or small, and your efforts have not gone unnoticed, not by The City nor the organizations or neighbours you've served. The Federation of Calgary Communities estimates that over 20,000 Calgarians give time to community associations alone and tens of thousands more serve other organizations and assist neighbours. When translated to hours and dollars, those collective hours of your time provide an incredible economic benefit of millions of dollars to the citizens of our great city!

As a community volunteer myself, I know about the benefits for Calgary communities of getting involved and giving time to worthwhile endeavours. The personal benefits include honing of old skills, developing new ones, establishing social and business networks, developing self-confidence and that feel-good sense of accomplishment at the end of the day that are all icing on the cake. And that's just the short list. Overall, it's a win-win for giver and recipient.

Because of the grassroots nature of volunteers, it's you who know your community best and therefore community associations have been empowered as an integral part of The City's decision-making process whether it is in planning matters, traffic management, parks development or to resolve many other resident concerns. The scope of involvement is wide and there's always a role for new residents to play. Small steps often become stepping stones to increased involvement.

Consider getting involved in some small way. Take your first step this year. Your contribution WILL make a difference. If you are already a volunteer, please stay involved or take your next step so that together we continue to make Calgary the envy of Canadian cities. Again, my sincere personal thanks to all of you who have and to those who will contribute your gift of time to make ours a city that genuinely cares, is safe and continues to be prosperous.

Richard.Pootmans@calgary.ca



Dave Taylor, MLA Calgary-Currie

December Newsletter

Let me begin by saying thank you to the numerous residents, community groups, small town and mid size city councils, and organizations like the AUMA (Alberta Urban Municipalities Association) and the AAMD&C (Alberta Association of Municipal Districts and Counties) for your support of my Private Member's Bill 205.

Although Bill 205 had multi-party endorsement and could have made a very big difference for many Albertans, it is my regret to inform you that we were unable to get the Bill through all stages of debate. Due solely to lack of time, come January 1, 2012, Bill 205 will die on the Order Papers.

Initially cancelling the Fall Session entirely, Premier Redford relented after much public criticism and re-scheduled the sitting. However, only 10 days were allotted. This means that combined with the also-short Spring Session, Alberta MLAs spent only 48 days this year debating bills. As a comparison, the Ontario Legislature sat for 90 days in 2011.

The shortened Fall Session was a missed opportunity to get some really good work done, and is another example of how we need to do things differently in the Legislature. It's understandable that time is needed to set a new legislative agenda, but it's completely inappropriate to cause good Private Member's Bills to die due to lack of debate time. A half-dozen Private Member's Bills have met the same fate as mine - bills that deserved to be debated - and the situation does not speak well of Premier Redford's commitment to her campaign promise of more openness and transparency, and a co-operative, constructive approach to making law that rises above partisanship. I hope we will begin to see these principals in practice come 2012.

For the time being, and despite claims to the contrary, government and politics in this province still lag far behind what Albertans want and deserve.

As always, please do not hesitate to contact the Calgary-Currie office with your questions and concerns.

Calgary.Currie@assembly.ab.ca or 403-246-4794.

Sincerely,



Dave Taylor, MLA Calgary-Currie

More English Language Oddities

- despite many words ending with the sound "shion", only two words actually do: cushion and fashion.
- only two common words end in "-gry": angry and hungry
- one English word has 5 vowels in a row: queueing
- longest common word with only one vowel: strenghts
- sweetmeats are candies while sweetbreads, which aren't sweet, are meat.
- we send cargo by ship, and shipments by car.
- the only word with a double "i": skiing.



Snow Shovelling Safety

Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration – another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.
- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.
- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

Glendale Community Association Civic Survey

Why do we choose to live in Glendale?

What do we think of our homes? - what changes would we like to make?

What new development do we consider positive -

What would you prefer not to see in our community?

Walking / Transit / Driving - what changes make sense?

Results are in!

We had 150 residents complete the on-line survey of 29 questions - out of 1000 homes in our community. In addition, over half of the respondents had additional comments. This is easily considered a successful survey with a significant response rate. In this issue of the Glendale Thumper we'll give you a broad outline of the replies - and in the February issue we will attempt to give a little more analysis.

Demographics

People were asked where they lived in the community, what type of home they were in, and how and the make-up of their household. Almost all of the responses were from single family home owners, with over half saying they had lived in the community over 15 years. There is, perhaps, under representation in the survey results of households that rent, or live in condominiums, or are newer to the community.

One has to keep in mind that a survey in which one volunteers to reply, there will be more responses from people who care, have stronger opinions, or are more invested in their community living. It is the people who care that get counted.



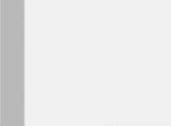

Glendale Living

I don't think it would surprise anyone that the main 3 reasons people have chosen to live in Glendale are i) the style of home and size of lots, ii) parks and amenities offered, and, iii) proximity to downtown. Three quarters of you plan to live in Glendale at least 5 more years. Interestingly, though, few people considered Glendale the 'place to be' because of the "affluence" of the community, or the business services nearby.

37% said they have a vegetable garden, 29% used to, and 21% are planning one. These are healthy numbers - I am sure there are some suburban communities where less than 1 in 20 homes would grow their own vegetables. I think we may be seeing some resurgence of this activity for reasons of fun and healthy living. Already 78% consider gardening a main use of the outdoor space of their home.

Home Improvements

It takes nothing more than a drive through our community to see that homeowners are keen on improving their property. Only 6% of respondents said that their home was in original shape. 1 in 4 have completed a recent substantial renovation - and 1 in 6 are doing it right now! Over 60% said that if money and permits was no problem, they would follow through with major development on their property.

Response	Chart	
Secondary suites could bring more noise and crime; would reduce the availability of valuable street parking; and lead to more rental properties that are less likely to maintain an attractive curb appeal. Allowing secondary suites in any part of Glendale would have a negative impact on my property value and the overall neighborhood.		50%
Secondary suites should be considered only for those communities that have already shown a demand for secondary suites and have a fair number of illegal suites already. Giving other communities this freedom would alleviate the need for secondary suites in Glendale.		15%
Secondary suites should be considered in Glendale, but only for those properties close to major collector roads or near the new West LRT station.		5%
Secondary suites can provide lifestyle support to accommodate a family member or caregiver, or alleviate the financial burden of a mortgage with a paying tenant. As long as they meet building codes and other requirements such as parking, I don't see why any Glendale homeowner can't have the choice.		31%
Total Responses		150

Development

Probably the ‘hot button’ question of the survey was asking people their views on secondary suites in Glendale. From the results here one can see that 2/3 of respondents were not in favour and 1/3 thought they should be allowed. Only 13%, though, (Question 16) would actually develop a secondary suite even if they had the money and the permission.

Interestingly, the same rough percentages hold for other development questions: In the questions about adding a front drive garage or a 2nd storey addition approximately a 1/3 minority of people feel this should be completely up to the home owner without influence from the city or neighbours.

Residents were also asked what they thought were positive business development in our neighbourhood. Almost 80% would like to see improvements and additions to what is already in place. 70% would like to see new business around the LRT stations. And 60% are in favour of new businesses around the 37th Street and 26th avenue intersection.

Love /Hate of our Cars

Only 18% of respondents said that they took public transit more than once per week. In the February Thumper we'll look closer and see what that percentage is amongst those who spend daytimes away from home, but for sure we're looking at a neighbourhood, like most in Calgary, where we rely on our car as the main mode of transportation (again, only 15% of us indicated walking more than once a week to a store or restaurant.)

And yet, as a city of car drivers, we're not tolerant of vehicles driving through the residential streets of our neighbourhood as a short cut. Only 1 in 5 think that's okay. Almost half of us think it's a problem on our own street.

Glendale Community Company Profile

Company Name: **Peak Physique**

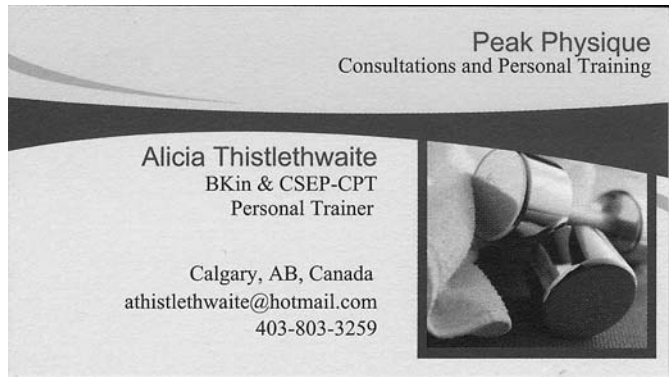
Owner/Personal trainer: **Alicia Thistlethwaite**

Qualifications: **BKin (Bachelor of Kinesiology from U of C) & CSEP-CPT**
(Canadian Society of Exercise Physiology - Certified Personal Trainer)

Offering consultations, full fitness assessments and personal training (mobile or in personal workout studio.)

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athistlethwaite@hotmail.com



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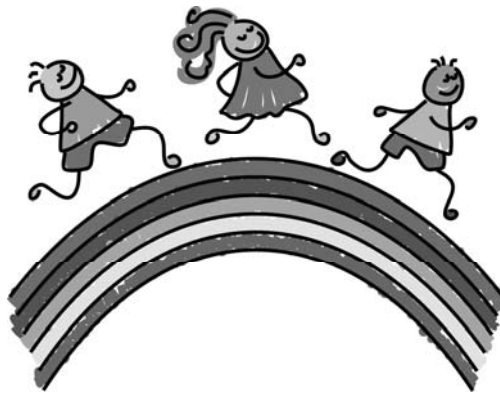
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Message from a Glendale Community Resident

Calgary **Meals on Wheels** is quietly operating in our city for 45 years. It promotes health and supports the choice of independence by preparing and delivering nutritious, affordable meals to people in need of our service. The people who benefit are elderly, people with disabilities, those recovering from surgery, ethnic groups, working homeless and elementary school children.

I have been involved with this organization for 2 years. It has been great personal fulfillment that I would recommend anyone willing to serve your neighbor in need. You can deliver meals to client's homes, this involves about one hour per week. The scheduling is very flexible and there are various opportunities to be involved in many other positions in this organization.

If you like to get involved and make direct impact in the lives of others, please consider volunteering with Meals on Wheels. You can e-mail volunteer@mealsonwheels.com or call (403)243-2834



Glendale Quality Care
Before and After school Care Opening in September, 2011

Glendale Quality Care is a recreational based childcare program that will Endeavour to meet your child's needs, within a group setting. We will provide the opportunity for your children to participate in a range of activities that will challenge them and encourage daily gross motor, emotional and social enjoyment. Glendale Quality Care is licensed through the province of Alberta.

Our management team has unique experience in the industry combining over 30 years in the out of school care industry. We will offer full-time, part-time, and drop-in care for students at Glendale School. The program will operate between the hours of 7:15am and 5:45pm on regular school days as well as on PD days.

For more information or registration forms please visit our website at
www.qualitycare.ca or email **quality.care@me.com**
You can also reach us at **(403) 264-KIDS (5437)** or **(403) 560-4881**

Lee Richardson M.P.



Our NEW constituency office contact information is:

Lee Richardson, M.P.
Suite 333, 1333 8th Street S.W.
Calgary, AB T2R 1M6

Calgary Centre constituents requiring assistance may contact my office by mail, phone, fax, email or appointment:

Phone: (403) 244-1880
Fax: (403) 245-3468
Email: Richardson.L@parl.gc.ca

Working for Calgarians...

Our Government has been hard at work for all Canadians. Here are a few of the most recent initiatives designed to improve the quality of life for everyone living in our great country.

Bill C-21, Standing Up For Victims of White Collar Crime Act:

Tougher sentences for those who perpetrate fraud and swindle Canadians out of their hard earned money.

The New Canadian Network for Observational Drug Effect Studies:

A new network that will ensure that prescription drugs are safe and effective for Canadian families while creating jobs and growth in the medical sectors across Canada.

Removing Big Money Influence on Political Parties:

The newly introduced Political Loans Accountability Act will reduce the undue influence of wealthy interests on the political process and create higher standards of accountability, integrity, and transparency for all Canadians.

Conclusion of the Ninth Round of Negotiations with the European Union:

With one in five Canadian jobs dependent on trade, a free trade agreement with the European Union has the potential to benefit Canada enormously, including:

- a 20-per cent boost in bilateral trade,
- a \$12-billion annual increase to Canada's economy,
- almost 80,000 new jobs,
- and an extra \$1,000 for the average Canadian family.

Supporting the Canadian Armed Forces:

The Joint Space Support Project (JSSP) will allow the Canadian Armed Forces to download and access satellite photos from around the world, instantly providing an accurate picture of what is happening on the ground and improving our ability to assert our sovereignty in the Arctic.

Bill C-10, Safe Streets and Communities Act:

Tough new legislation including increased penalties for organized crime, ending house arrest and pardons for the most serious crimes, longer sentences for crimes against children and a newly enshrined victims right to participate in parole hearings and increased offender accountability.

Please visit my website for more Calgary news: www.LeeRichardson.ca

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PEER SUPPORT for abused women. Call Diane 234-7337

PRIVATE TUTOR available for junior and senior high school students. \$50/hr. Will come to your home. Preferred senior subjects: Chem 20/30, Science 10/30, Bio 20. Prefer science and math for junior level. Call Mrs. Cullen: (403) 246-8202

GLENDALE SCHOOL

2415 Kelwood Drive S.W.

403-777-8330

Grades Kindergarten to 6

REGISTRATION FOR THE 2012/13 SCHOOL YEAR BEGINS JANUARY 16, 2012

We offer inquiry based learning and a robotics program.

To find out more about our school, please visit our school website at
<http://www.cbe.ab.ca/b143>

or for more information on registrations:

<http://www.cbe.ab.ca/programs/prog-kinder.asp>



SIGNAL HILL LIBRARY

Escape the stress of the holiday season!

Whether it's under a skylight, next to the fireplace, or on a cozy window bench, you'll find the perfect place to relax with a book, magazine or e-book. Come enjoy the space our additional 7000 square feet has to offer you!

Winter Program Guides for Adults, and Children & Teens will be available mid-December on stands throughout the city, in all Library locations and on the Library's website. Check out the free programs we have to offer you and your family! All you need is a valid library card to register online at calgarypubliclibrary.com, by phone at 403-260-2620, or in person at any branch..

HOURS: Monday to Thursday 10-9.
Friday and Saturday 10-5.
Sundays 12-5

Are your kids going stir crazy during their winter holidays?

Come to Signal Hill Library for Game-a-pollooza, an extravaganza of games including giant chess, checkers, Snakes 'n Ladders, and more! Ages 6 to 12 with a parent/caregiver. Thursday, December 29th, 2:00 p.m. - 4:00 p.m.

Stitch and Chat

Drop in with your needlecraft projects for company, tea, and advice from other crafters. Wednesdays, January 11th to April 11th, 1:30 p.m. - 3:00 p.m.

Computer Technology Coaching

Drop in for one-on-one volunteer help on using the Internet and Microsoft Office products. Wednesdays, January 11th to April 25th, 6:30 p.m. - 8:30 p.m.

E-Books: A Library on the Go – Are you curious about E-Books? Library staff will demonstrate how to download books from the library's E-Book database, OverDrive. Thursday, January 19th, 7:00 to 8:30 p.m. Register by phone, online or in person.

Alternatives for Healthy Living for 50+ – Learn about the benefits of aromatherapy, massage and hot stone treatments with Gina Komanac, RMT. Friday, January 13th, 2:00 to 3:30 p.m. Register by phone, online or in person.

Weekly Drop-in Family Storytimes start on Saturday, January 14th, 10:30 to 11:00 a.m. Drop in for stories, songs, and finger plays the whole family can enjoy. For ages 2 to 5 years old with a parent/caregiver.

Celebrate Family Literacy Day! Join us for an afternoon of games and activities in celebration of Family Literacy Day. Friday, January 27th, 2:30 to 4:30 p.m. For ages 4 to 12 years old with a parent/caregiver.

Kids Creativity Showcase – just for kids! Create a spectacular art project at home and bring it to the library for display and to share your talent with others. Friday, February 3rd, 2:00 to 4:00 p.m., ages 8 to 14 years old. Register by phone, online or in person.

See you soon at the Signal Hill Library!

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If you are over 16 years of age and hold a valid Calgary
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Killarney Glengarry CA Hall 2828-28th Ave. SW on Jan.
28th. To have a **membership delivered to your
door for only \$5.00** ph. 403 293-4952 or email
jonlord@shaw.ca or go to ww.jonlord.ca

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builder (Marda Loop) Innovator, Businessman

**Calgary Currie Progressive Conservative Party
Premier Alison Redford.**

Glendale Community PRESCHOOL

**REGISTER
NOW!**

Programs for 3 & 4 year olds

January Semester - Spots Still Available

Classes = 1:6 Ratios

PHONE us: 403-242-2110

email us: gcp.registrar@gmail.com

CHECK US OUT: glendalecommunity.ca/ournursery



Family Snow Day 2012



A Pirate & Princess Adventure

Enjoy a fun-filled winter snow day with your family and friends while supporting the Glendale Community Preschool. Free admission for all!

Saturday February 11th, 2012
11:00am - 4:00pm

Glendale Community Centre
2405 Glenmount Drive S.W.

- Silent auction supporting the Glendale Community Preschool
- Face painting
- Snow fort building
- Ice skating
- Musical entertainment
- Crafts
- Snack shack

Visit us on facebook. Look for Glendale Snow Day!