

Glamis Terrace Newsletter

Spring/ Summer 2021

Around the Complex

LANDSCAPING

We have made the switch to Landscapers by Nature (LBN) for our complex. At present time, we do not have a scheduled day for weekly lawn maintenance. Residents will be notified as soon as we have one.

On mowing day, please ensure your gate is unlocked, lawns are free of dog feces and toys, lawn furniture etc. or your lawn will not get mowed. If the lawn has stopped growing, to protect the grass, the crew will not mow. This usually happens in late summer.

FRONT YARD WATERING

Watering the grassy areas in front of most units in the Glamis Terrace complex is the responsibility of the owners and /or tenants. Let's all chip in and make Glamis Terrace look the best it can!

WOODPECKERS

Woodpeckers are a protected species and although we have a few that cause trouble around the complex our hands are tied in regards to dealing with them. We are able to hang feeding blocks to distract them and fix the damage afterwards but they cannot be removed from the premises.

FIRE PITS AT GTC

Please note as per our Bylaws and due to the close layout of our complex fire pits and open flame devices are not permitted. Please keep our complex and each other safe from fire! If you are uncertain of your device meeting bylaws please ask.

ANOUNCEMENT 2021 Annual General Meeting

Due to current provincial restrictions, the 2021 Annual General Meeting has been postponed in accordance with AHS Covid guidelines. Once it is safe to do so we will pick a meeting date (mid fall).

As in previous years, it will be held at the Glamorgan Community Center or as a last resort we will host a virtual meeting.

Prior to the meeting, unit owners will receive a Pre-AGM package including a proxy form allowing the Board to vote on your behalf.
Should you not be able to attend, please sign and return the Proxy.

The Board encourages everyone to attend the AGM as it provides an opportunity to hear about new initiatives, voice your opinions, and meet some of your neighbors.

Fresh Food at Your Doorstep

Plant a vegetable garden anywhere – even right on your patio

By Ellen Ecker Ogden (condensed for our newsletter)

For most people, planting a garden is all about flowers. From a cook's perspective, it's all about food. Flowers are nice, but vegetables are practical. And when space in the garden is tight, I will always choose culinary over ornamental.

With innovative pots and planters that have self-watering reservoirs, it's easier than ever to grow fresh food right at your doorstep, whether it's a roomy patio, a wide front stoop, or a compact balcony. Instead of digging a garden in the earth, plant a crazy quilt of herbs, flowers, and vegetables in a collection of containers. By using elevated raised beds — where the planting surface is several feet off the ground — you can water, weed and harvest without bending over.



Location, Location

Start by looking for the best site. Do you have enough sun? To do well, most edible crops require at least six to eight hours of direct sun a day, especially tomatoes and peppers. With less sun, consider growing salad greens, which do fine with fewer hours of sunlight. Keep in mind that your best "doorstep" for edible crops might be the front door. By selecting functional, decorative planters and making careful plant choices, you can still have a front entry that is ornamental and edible.

Another key consideration is water. Make sure watering will be convenient and easy. Even with self-

watering planters, you will need to water frequently during the hottest part of the summer. For larger planters, such as elevated raised beds, consider using soaker hose systems for thorough, efficient watering.

Soil Matters

Container mix is a lightweight planting mix that contains sphagnum peat, perlite and vermiculite to retain moisture without clumping or getting heavy.

Many long-time gardeners say that soil is one of the most important parts of a successful garden. The same is true for gardens in pots and planters, but the approach is different. Typical garden soil — even if it's fertile — is not the best option for pots, planters and raised beds because it doesn't drain well. To ensure good drainage, you need a planting mix that holds and releases moisture as it is needed by your plants. Typical "potting soil" is one option, but it's better to choose a mix that's designed for planters.

When vegetables are grown in pots and planters, regular fertilization is crucial because most planting mixes are fairly sterile. Start with a granular fertilizer that gets mixed into the soil and follow up with regular applications of a liquid fertilizer as your plants begin rapid growth. Depending on the size of the planter, it's a good idea to start each year with fresh planting mix. With larger pots and planters, it might be impractical to replace the planting mix each year, so use a granular "booster" that will recharge the existing mix with vital nutrients and soil conditioners.

What to Plant

Choose crops that fit the scale of your container. For instance, a full-size cherry tomato plant can overwhelm a planter and sprawl upon its neighbors. Better to choose a variety that's more suited to compact gardens. When it comes to tomatoes, look for "patio" varieties, which mature early and remain compact. When the tomato harvest is over, you can pull the plant and fill the gap with a crop of late-season lettuce.

When combining plants in the same container, select a variety of heights, textures, and colors for an effective display: place the taller plants in the center, mid-sized around the core with shorter plants along the edges to maximize the space.

One of my secrets: Start with transplants instead of growing from seed. That way, you get a jump on the season.

To keep planters overflowing with healthy plants, consider a succession of edibles that will stretch out the season. For instance, sow seeds between plants that will emerge as other crops mature and die back. Make a list of "succession crops" by season — early, midseason and late — so you know when to sow seeds. Choose crops that grow quickly from seed, such as basil, dill, chervil, mesclun greens or nasturtiums. For more on succession crops, read Double Your Harvest with Second Plantings

*And finally, think about what you love to eat, your favorite colors and what you can't find at your local market. Love to cook Asian cuisine? Grow a few Thai eggplants surrounded by cilantro. Love basil? Grow aromatic cinnamon, lemon or lime basil alongside the traditional Italian sweet basil.

Where to Plant

When selecting containers, you can start with just a few pots and add more each year until you have a clustered container garden, filled with fresh food all summer long. Keep in mind that smaller pots will dry out frequently, so select to planters that hold at decent amount of planting mix, roughly 12 inches in diameter or larger. Planters with self-watering reservoirs will really help reduce watering frequency, and even ordinary pots can be converted to self-watering planters with a self-watering conversion kit. Whatever pot you choose, make sure it has drainage holes.

**Another option is to start with elevated raised beds, where you can make use of square-foot gardening techniques. Because they are larger, you have more room to design an ornamental-edible garden. Many of the beds are designed to accommodate frames and covers that protect crops from pests, disease or intense sun. For design ideas that use the square-foot concept, see Planting Plans for the Elevated Cedar Raised Beds. Or use the Kitchen Garden Planner, our free, online design tool.

To get you started, here are some container combinations, designed to fit some of the innovative planters from Gardener's Supply.

Standing Garden This waist-high planter is ideal for the mid-sized vegetables that don't require a wide berth.



Try purple bush beans, artichokes* and Thai peppers. Create a border with Pistou basil*, a miniature variety, alternating with Lemon Gem marigolds, a variety with edible flower petals.

This elevated garden has sides of rot-resistant cedar and aluminum legs with casters, so you can move it easily. A 4gallon self-watering

reservoir keeps the soil moist with less-frequent watering. At 10-1/2" deep, it accommodates large plants, even root crops.

Grow Bags These are best for those space hogs that are not especially ornamental, such as tomatoes,



peppers and potatoes. I've seen these growing on front steps of city apartments, balconies and alongside a driveway. I even know a gardener who fills the back of his pick-up and has a traveling garden. Grow Bags are available in several sizes, designed to fit various

crops, including tomatoes, potatoes and peppers. The porous fabric aerates roots, prevents heat build-up and allows excess water to drain away.

The complete article can be found at this link. https://www.gardeners.com/how-to/patio-vegetablegarden/8576.html

*Check with your local garden centre for what grows best in Calgary.

**At the time of writing, FB marketplace & Kijiji had many styles wooden garden beds for sale.

Other reading specific to Alberta

Gardening Under The Arch by The Millarville Horticultural Society

Anything written by Lois Hole, professional gardener, best-selling author & 15th Lt Governor of Alberta.



SPEED LIMIT

The posted speed limit on the sign at the front



entrance for the complex is 15km/hr. Adhering to the speed limit is especially important in the spring and summer as more children are at play, and more people are walking outdoors.



DOGS & CLEANUP

Please make sure your dogs are on a hand leash at any time you are walking around the complex. Please clean up any dog waste immediately and place into the garbage receptacle. Our composting bins are not designed to handle dog waste.

PARKING

All vehicles, including visitors, must be parked in your driveway or either on Glamis Drive or 50th Street. The City of Calgary Parking authority patrols our complex and vehicles illegally parked will be ticketed and or towed. No double parking (tandem) in driveways are permitted.

AIR CONITIONERS AND DECKS

Just a quick reminder that **installation of air conditioners and backyard decks requires the prior approval of the Board.** Please send your request for approvals to FirstService Residential at the email address below.

DESIGNATED WALKWAYS

The common areas on the east end of the complex between Units 180 & 178, and 170 & 168 are not designated walkways. Stick to the roadway and designated walking paths when walking through the complex.

Better Watch Your Butt!

For the smokers out there...

Using a plant pot, flower bed, or garden as an ashtray, could pose a serious risk of fire. Many potting soil mixes on the market today contain shredded wood, bark, and peat moss with minimal amount of actual dirt.

As a result, butting a cigarette which is not fully extinguished, will smolder for several hours until enough oxygen is available. The soil ignites, a flame is produced, and a full-fledged fire breaks out.

Calgary can be a windy city! Do not use open ashtrays, use a glass or metal container with a lid to contain embers, ash and to avoid ignition.

Please be careful and ensure that any smoking material is disposed of in a safe manner.

FirstService Residential & Portal



In the fall of 2018, we made the switch to FirstService as our management company. If you are a new owner or have not done so we strongly encourage you to sign up for the Residential Portal. This is the most efficient way of accessing all resident documents and staying up to date with complex events.

Connect Residential Portal

FirstService Residential has launched an online portal available to all resident of Glamis Terrace called FirstService Connect. This tremendous system can be accessed 24/7 and is available on desktop computers, tablets, and smartphones. Other benefits include:

- The ability to instantly communicate with the FirstService management team
- Access to all downloadable forms, documents and newsletters
- The opportunity to stay up-to-date on happenings within your community through a new community calendar
- A single login across all devise for all your online needs
- Access to an FAQ section with answers to your most common resident questions
- Up-to-date security and strict privacy settings to give you the highest level of protection

Registering Is Easy

Click on the link below which will take you to the FirstService Connect site. Scroll down the page until you see the "Register". Click on it and follow the instructions.

https://glamisterrace.connectresident.com

To be taken to the mobile app stores follow the links below:

Android App Click Here!
Apple App Click Here!

Don't wait! Register today to start taking advantage of all that FirstService Residential Connect has to offer.

Please forward any concerns or issues to **Charlyn Salaza**, our consultant at FirstService Residential. Her mail address is Charlyn.Salaza@fsresidential.com

For any other questions that are non-financial or NOT related to the condominium corporation, please send an email to glamistcboard@qmail.com

Join the <u>Glamis Terrace Facebook Group here</u> It's a great place to find out what's going on in the community, share tidbits of information, and get to know your neighbors. Once on the page, click on "Join Group", and you will receive a notification when you are accepted into this closed community.

Spinach & Artichoke Cheesy Pizza

Courtesy of Half Baked Harvest Blog

www.halfbakedharvest.com/spinach-artichoke-pizza/

This Spinach and Artichoke Pizza with Cheesy Bread Crust is the perfect pizza to make at home! Homemade pizza dough baked up with an extra cheesy mozzarella stuffed crust, topped with garlic herb butter, sautéed spinach, three kinds of cheese, and spicy artichokes.

Ingredients

Serves 8

- 2 tablespoons salted butter
- 3 cloves garlic, finely chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon crushed fennel seed
- 1 pinch red pepper flakes use to taste
- 1 tablespoon extra virgin olive oil
- 1 pinch each kosher salt and black pepper
- 16 ounces fresh baby spinach
- 1 cup whole milk mozzarella, cubed
- 1/2 pound pizza dough, homemade or store-bought
- 1 cup shredded fontina, gouda, or mozzarella cheese
- 1/3 cup grated parmesan
- 1 (8 ounce) jar marinated artichokes, drained

How To

- 1. Position the oven rack in the upper 1/3 portion of your oven. Preheat the oven to 500° F. for at least 30 minutes before baking, preferably 1-2 hours ahead. If you have a baking stone, start preheating it.
- 2. In a skillet, melt together the butter, basil, oregano, thyme, fennel, and red pepper flakes. Cook until the garlic is golden and crisp, 3-4 minutes. Pour the garlic butter out of the skillet and set aside.
- 3. Set the same skillet over medium heat. Add the olive oil, baby spinach, and a pinch each of salt and pepper. Cook 5 minutes, until the spinach is wilted, make sure to get all the excess water out.
- 4. On a lightly floured surface, push/roll the pizza dough out until it is pretty thin (about a 12-14 inch circle). Place the pizza dough on a lightly oiled sheet pan. Arrange the cubed mozzarella around the edge of the dough. Fold the edges of the dough over the cheese, pinching to seal the cheese inside.
- 5. Spread on the garlic butter, then the spinach. Sprinkle on the shredded cheese and parmesan. Toss the artichokes with a drizzle of olive oil, then arrange them over the pizza.
- 6. Slide into the preheated oven and bake for 10 minutes, rotate the pizza, and bake another 3-5 minutes or until the crust is golden and the cheese has melted. Top the pizza with fresh basil. ENJOY!



Springtime Gnocchi in a Pan

(Courtesy of Anita's Kitchen)

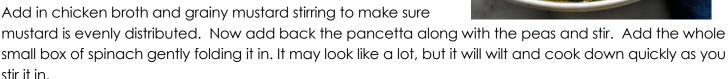
Ingredients

- 1 ½ Tbsp Olive Oil
- 500 grams Gnocchi
- 1 2 Tbsp Grainy Mustard
- 150 grams Cubed Italian Pancetta (available in pkgs @ superstore deli section)
- 1 cup Chicken Broth
- ¾ cup Frozen Peas
- 142 grams Fresh Baby Spinach (one small box)
- ½ cup Shaved or Grated Parmesan (plus some for final garnish)
- Zest of one lemon
- Above lemon cut into 4 wedges to squeeze on top of prepared dish

Directions

In a large nonstick skillet place 1 ½ Tbsp of olive oil and warm on medium heat. Once heated add the pancetta cubes and cook till slightly crispy. Remove the pancetta and most of the fat but not all from the pan. The pancetta should be placed on a paper towel to drain.

In the meantime, add the Gnocchi to the pan that still has left over fat from the pancetta making sure that they are not sticking together and are crisping up individually. Allow the gnocchi to toast in the pan till some of them have a little bit of browning. Season to taste with salt and pepper.



You may need to adjust the amount of broth, depending on how quickly you work, how hot the pan is and how much water is released from the spinach and peas. The consistency of the dish should be creamy but not wet or soupy.

Once the spinach has cooked down add the lemon zest and the grated or shaved parmesan to taste.

Serve immediately in a bowl with a sprinkling of parmesan and a squeeze of lemon juice on top.

Enjoy!



Radon and Your Home

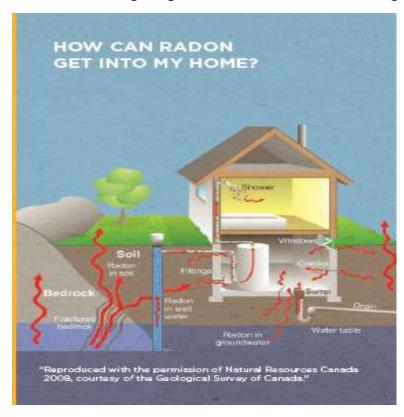
At our last AGM there was some concern in regards to radon, we hope this article answers some questions you may have

What is Radon?

Radon is a radioactive gas that comes from the breakdown or uranium in soil and rock. It is invisible, odourless and tasteless.

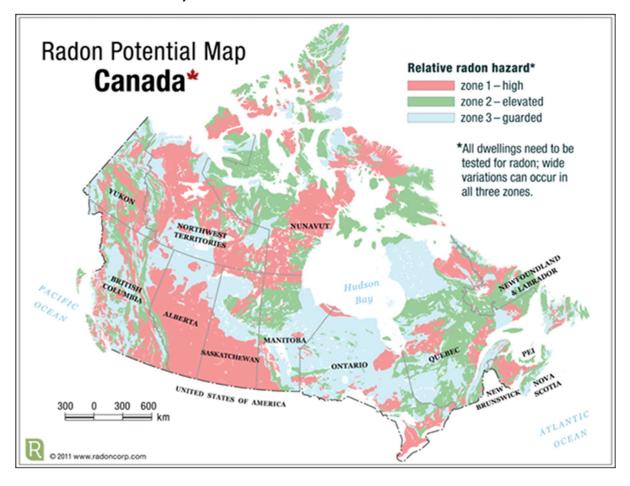
Is Radon dangerous?

Health Canada says radon is the #1 cause if lung cancer in non-smokers. Exposure to high levels of radon in indoor air results in an increased risk of developing lung cancer. The risk of cancer depends on the level of radon and how long a person is exposed to those levels. Approximately one person a day in Alberta is being diagnosed with radon-induced lung cancer.



The air pressure inside your home is usually lower than in the soil surrounding the foundation. This difference in pressure draws air and other gases, including radon, from the soil into your home. Radon can enter a home any place it finds an opening where the house contacts the ground: cracks in foundation floor and walls, construction joints, gaps around service pipes, support posts, window casements, floor drains, sump pumps or cavities inside walls.

Chances of Radon in your home



In December 2018, researchers found one-in-eight Calgary homes had dangerous levels of radon gas, while one-in-six homes in the foothills south and west of Calgary were found to have dangerous levels of the gas. The levels reported in the foothills were much higher than those found in the city.

How do we know if it is in our home?

By testing for Radon..... How?

Every home in Canada has some level of radon; the question is how much. A long-term radon test kit is the most accurate way to find out if you have a dangerous level. Purchase a test or <u>hire</u> a certified radon measurement professional.

Long-term radon tests range from 91 days to 1 year in length and short-term tests typically take from 2 to 7 days. Radon concentrations can vary significantly in a building from hour to hour, day to day and even more so from season to season. As a result, long-term tests are better at estimating the annual average radon concentration in a building. Health Canada recommends that long-term testing be used to determine if radon levels in a building exceed the national action level and if remedial actions are required. Health Canada's action level is 200 Becquerels per cubic metre (Bq/m³) which is a measurement of radiation associated with radon.

Many "Canadian Tire" stores or "Home Depot" stores stock Radon testing kits, however, short term testing is not advisable.

The Province of Alberta lists the following "certified" testers for radon: This is not a complete list but some that are recommended by provincial guidelines.









Breathe Lung Association 780-488-6819

Evict Radon 403-836-2635 Great West Inspections Go To Radon Solutions 403-991-6776

403-463-7555









Agat Laboratories

Radon Gone

Radon West

Radon Care

Email: radon@agatlabs.com

403-715-7444

403-723-6665

844-723-6622

Mitigation:

If radon exceeds 200 Bq/m³, remedial measures are available, based on the type of home and its location. The higher the radon concentration, the sooner remedial measures should be undertaken. A certified radon mitigation professional can ensure that the mitigation system installed will reflect the most current approaches and technologies. Because an improperly designed and installed mitigation system can have serious implications on home energy costs. Certified radon professionals are trained to ensure that the system will have the smallest impact on home heating/cooling costs.

How is it done?

A hole is drilled into the slab, crawl space, or surrounding earth to create a suction point (sometimes more than one suction point is needed). The radon gas is vented through a PVC pipe that is connected to the hole. The pipe can be installed through the house or outside.

• The radon gas is vented out, away from your home. The pipe is connected to a fan in the basement or in an insulated box outside. It is directed outside at least 1" above grade line.

• Radon entry points are sealed. To resist gas entry, cracks are sealed using a urethane caulking compound.



Costs:

Long term testing could cost between \$200 and \$250. If needed Radon mitigation is the fix for it and is often easy to implement and cost averages about \$2500.

Information for this report was gathered from the following web sites:

https://www.canada.ca/

https://www.calgary.ca/

https://www.pinchin.com/

https://www.radonwest.com/

https://takeactiononradon.ca/

https://calgary.ctvnews.ca/

https://www.crea.ca/

Let's Go To The Movies...

Yes that's right, it's movie time!

The Covid-19 pandemic has kept us all behind doors for so many months, and for movie fanatics, it's been an absolute nightmare. Many of us have exhausted every possible movie, documentary, and reality show on Netflix, Prime Video, Apple TV, and regular cable channels.

Don't despair, movies are back. Not just any movie - Drive In Movies. A few venues in Calgary have recognized the need to create a safe, Covid Friendly environment where families and friends can get together and enjoy movies and other forms of entertainment. Here are a few:

Grey Eagle Drive In



A stone's throw away, the Grey Eagle Resort & Casino will be presenting movies and live outdoor entertainment running through September, 2021.

Grey Eagle has a large screen for movies and a cutting edge semi-trailer covered stage, with surround sound which is sent through an FM Channel on your car radio. The site will accommodate 206 vehicles and all tickets must be purchased online.

Check out the following links for more information and upcoming events

https://greyeagledrivein.com/

https://www.facebook.com/GreyEagleDriveIn

<u>Drive-In At Spark</u>



The Telus Spark Science Centre, located on the North side of Memorial Drive across from the Calgary Zoo will be introducing a summer Drive In movie line up sometime in May. They have not yet released full details.

Movies are expected to run through September and they are touting an exciting line up of entertainment.

Check out their website at the link below and sign up to their email lists for regular up dates:

https://www.sparkscience.ca/whats-on/drive-in

Calgary Underground Film Festival



The Calgary Underground Film Festival, will be presenting three nights at the drive-in from June 3-5, 2021. Screenings will take place at Crossroads Market beginning each night at 10:00 PM. Films, tickets and drive-in passes will be announced in May.

Check out the link below for more information:

https://www.calgaryundergroundfilm.org/2021-drive-in

How About Your Own Backyard



Last August, one of our residents got creative and hosted a movie night to celebrate a Birthday for a family member.

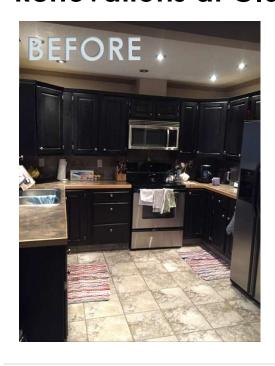
They downloaded a couple of old movies, rented a USB projector & screen, and of course, served popcorn, licorice, candy and drinks – just like being in a real theatre.

What a great way to spend a warm summer evening. It made for a great "Covid Free" time.

Check out the link below for audio visual rentals:

https://www.starliterentals.com/

Renovations at Glamis Terrace



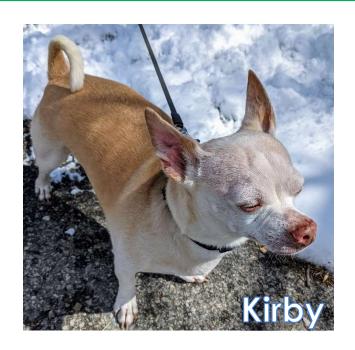


Renovations courtesy of **Brothers2Contracting**. Achieved on time and on budget.

Pets of Glamis Terrace









WE WOULD LOVE TO FEATURE YOUR CUTE PET!

SEND US YOUR PICTURES TO

GLAMISTCBOARD@GMAIL.COM

Community Advertisement





Mama's Pet Food

What is your beloved furry secret wish?
For sure is to eat the same food you eat, isn't it?!!
Well, now they can have homemade food with the same taste.
Mama's Pet Food developed a line of treats and food for your pet, all homemade. Even better, weoperate online so all you have to do is put your order at our website and your pet's food will be delivered at your door.

www.mamaspetfood.ca

At Mama's Pet Food we cook using only NATURAL INGREDIENTS and everything is 100% HOMEMADE.

We use natural ingredients with no addition of preservatives or any other chemicals to produce yourpet food. Our products balance perfect levels of animal proteins with a rich mix of vegetables and fruits.

Everything we cook is made from scratch with lots of love.

Tastier and aromatic food that will make your furry ones scrape the plate and ask for more.

Write to us. We will love to send you a FREE SAMPLE.

www.mamaspetfood.ca

Lindsey Nill Art - Hand-painted geometric mosaics of Alberta's wildlife

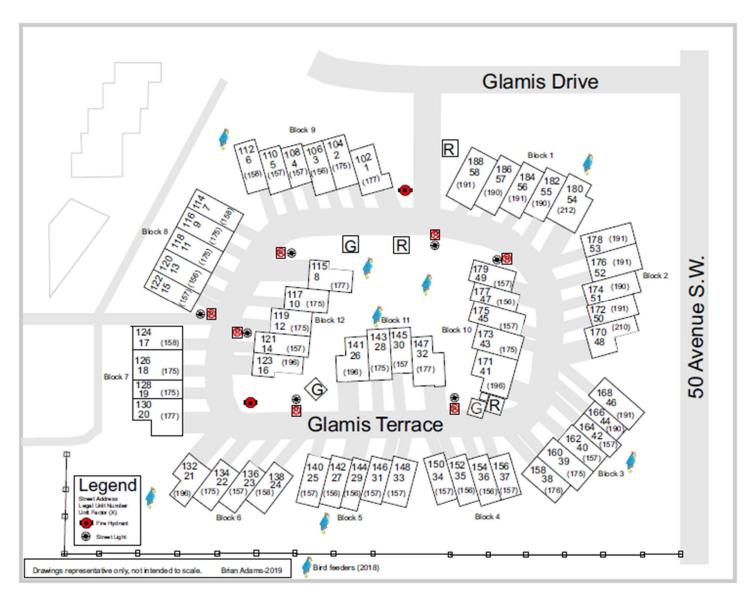
Shop via Etsy https://www.etsy.com/ca/shop/LNDart





GLAMIS TERRACE SITE MAP

For your reference we have included a site map of the Glamis Terrace complex which includes Unit numbers, legal property descriptions, Unit factors, as well as locations of bird feeders, fire hydrants, garbage bins, and recycle bins



DO YOU HAVE A BUSINESS THAT YOU WOULD LIKE TO ADVERTISE HERE?

If you have a home based or privately-owned business, you can advertise it here. This newsletter is published twice a year and contains a wealth of information from our management company contacts, reminders on bylaws and condominium best practices.

As owners, we regularly need or desire to have work done to protect and/or enhance our asset or even better our lifestyle to fully enjoy our day to day lives.

If you have anything you would like to advertise, please send an email to glamistcboard@gmail.com and let us know!



SUMMER NEWSLETTER

We are looking forward to working with you as your landscape provider this season! You will find our friendly, uniformed staff to be kind and respectful of you and your property. Our team will be easy to spot with our cheerful blue shirts!

Some things to be aware of that will help us provide the best service possible this season:

Pet Waste - Please keep pet waste cleaned up at all times. Otherwise, lawn areas may be skipped - with return visits charged.

Lawn Areas - Please keep lawn areas free from toys and other obstacles. Solar lights should not be placed directly in the lawn as they can be easily tripped over or damaged.

COVID-19 - LBN is following mandated precautions to help reduce the spread of the virus. Staff are equipped with sanitizer and masks as required. Please follow social distancing of 6' with staff.

ESTIMATED SERVICE SCHEDULE:

Wondering when a service is happening?

April/May - Spring cleanup & Dethatch, lawn cuts & garden maintenance begin, edge redefining performed on existing edges.

June - Shrub/Hedge trimming begins, 1st application of lawn fertilizer.

July - 2nd lawn fertilization, 2nd weed control application.

August - Mid season cleanup performed.

September - Aeration, 3rd weed control application, leaf cleanup begins. Gardens prepped for fall.

October - Fall cleanups performed, 3rd lawn fertilization application.

Note: standard service schedule shown above, package selected may not include all services.

FAQ's:

Q: What is our cut day?

A: We operate on a regular weekly cut schedule and stick to this as close as weather will allow. This will be established closer to end of May, once clean-ups are completed for our clients.

O: Weed Control?

A: We only use products that are approved for use by Health Canada. We are licensed and trained, and use as little as is required to keep weeds under control. Refer to the above date ranges and watch for signs placed prior to applications.

Q - "I want to maintain my own lawn, garden bed, etc. Please keep out!"

A - Ask your PM for authorization, and LBN can then mail you a small sign to post in your lawn to let our crews know.