



# Glamis Terrace Newsletter

## Fall + Winter 2024

### Welcome To The Fall / Winter Newsletter!

Winter has arrived, bringing with it a chill in the air and first snowfall that signals the changing season at Glamis Terrace. As we settle into the colder months, we look forward to a season filled with warmth, community, and festive joy.

Reflecting on recent events, we're pleased to share that September's Annual General Meeting was a great success! Thanks to everyone who attended, asked questions and offered ideas. Your participation helps us shape Glamis Terrace into the best possible community, and we're grateful for your engagement.

And again, our annual Halloween Party was a big hit for both the children in our community and adults alike.

We're also excited to extend a warm welcome to all the new residents who joined us in 2024! Let's all make an effort to connect, introduce ourselves, and make each other feel at home. Together, we can continue fostering a neighborhood that is both inviting and vibrant.

As we wrap up the year, we send our best wishes for a joyful holiday season filled with laughter, peace, and special moments with family and friends. Let's embrace this time of connection and celebration.

Here's to an inspiring start to 2025, and to another year of shared memories, growth, and community spirit at Glamis Terrace!

### Important notice

#### **New Property Management for Glamis Terrace**

Effective January 1, 2025, Blue Jean Condominium Management has been appointed by the Board to manage Glamis Terrace. They will provide comprehensive management services, overseeing all aspects of property management.

On November 4th, Blue Jean sent a welcome email to all owners detailing the necessary documentation to be completed and submitted by December 9, 2024, to ensure a smooth transition. Documents include:

- Owner Information
- New Pre-Authorization Debit Form
- Pet Application Form
- Renter/Tenant Form

If you have misplaced the email, please click on the following link to download it:

[Download Welcome Email](#)

We appreciate your prompt attention to these matters to facilitate a seamless transition.

# 15 Fall and Winter Cleaning & Inspection Essentials



With winter's chill setting in, it's time for some essential maintenance around our condos. While these tasks might feel like chores, they can help lower utility bills and enhance safety throughout the season.

Here are the top 15 things to tackle before the deep freeze arrives!

## 1. Replace Furnace Filters and Get an Inspection

A quick call to Atco, and they'll inspect your furnace for free. Changing filters helps keep it running efficiently.

## 2. Clean Fireplace and Chimneys

Clear out creosote buildup to stay safe and enjoy a cozy fire. Look on Groupon for deals on chimney cleaning.

## 3. Wash Windows and Screens

Give windows and screens a thorough cleaning. Be sure to label screens to match the windows they belong to.

## 4. Check Smoke and Carbon Monoxide Detectors

Ensure these detectors work properly, changing batteries if needed. Many do this when clocks change each spring and fall.

## 5. Tidy Up the Backyard

Store anything that might attract squirrels, sweep the deck, cover the BBQ, and protect patio furniture from the elements.

## 6. Turn Off Exterior Water Supply

Drain hoses, taps, and valves to avoid freezing. Consider buying tap covers as added protection.

## 7. Inspect Garage Heaters and Doors

Make sure heaters are away from flammables and grease the garage door chain and spring. Know the location of the emergency pull string in case of power failure.

## 8. Replace Worn Weather Stripping

Check doors for worn weather stripping. A quick replacement can make a big difference in heat retention.

## 9. Clean Dryer Vents and Hoses

Clear out lint to prevent potential fire hazards and improve dryer efficiency.

## 10. Add a Kitchen Fire Extinguisher

Having a fire extinguisher in the kitchen is essential. Familiarize yourself with its use.

## 11. Clean Light Fixtures and Replace Bulbs

Brighten your home by cleaning fixtures and changing any burnt-out bulbs.

## 12. Declutter and Recycle in the Garage

Clear out the garage, recycle electronics, and dispose of hazardous materials like old paint responsibly.

## 13. Donate Unused Winter Clothes

Free up closet space and help others stay warm by donating extra coats, boots, and clothing.

## 14. Winterize Your Car

Prepare your car for winter by switching to winter tires, adding booster cables, a shovel, and an emergency kit with blankets.

## 15. Hang Christmas Lights Early

Get festive before the heavy snow hits. Let's make our neighborhood bright and welcoming!

### HOLIDAY DECORATIONS

Holiday lights and decorations are permitted providing they do not obstruct or interfere with another unit and are taken down by February 28, 2025. **When setting up holiday decorations, please do not leave extension cords across walkways.** Landscaping crews cannot see them under the snow & their machines will eat them up. This is extremely dangerous & the cords will not be replaced. Extension cords also pose a tripping hazard for our delivery persons.



### SNOW REMOVAL

Landscapers by Nature remains the company that provides snow removal and roadway maintenance in the complex during winter. The icy conditions on the roadway is a constant challenge, and while there's no simple solution, The Board, is continually exploring ways to mitigate this hazard.

A few things to keep in mind this season:

- Snow is cleared from driveways, doorsteps and the common roadway when we get a certain volume of snowfall.
- Snow should be cleared within a 24-hour time frame, but response time can vary depending on the amount we receive. If you shovel your own unit, please shovel snow directly on the roadway for the plow to remove. This helps to control both winter damage to our lawns as well as ice build-up on driveways.
- Between snow removal days, please use a broom or plastic shovel to clear snow from your doorstep as metal shovels will chip and peel the paint.
- Backyard snow removal from concrete pads and decks is the responsibility of the owner.
- For increased traction around drive-ways, and to lessen the risk of slips and falls, there are gravel bins (filled with salted gravel) located by the south-east and north-west garbage enclosures in the complex. Bring a small container with you to transport the gravel.
- You can also purchase de-icer for use on doorsteps and driveways. Use only ice melt with CMA on steps & concrete. Never use salt or salted products (gravel from our bins) on concrete steps or pads. Salt pits the concrete Using sodium chloride, aka straight salt, will degrade the asphalt and act as an irritant to pets.

### 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 winter as conditions maybe slippery and you don't know what's around our curves.

**Please be aware of children playing and others walking!**

### SURVAILLANCE DOORBELL CAMERAS



Doorbell cameras both front and rear entrance are permitted and encouraged. It is a busy time of year for package deliveries, and doorbell cameras can be a great theft deterrent!

### PARKING

Since our roadway is also a fire lane, there is no parking allowed on the roadway. 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.

Please note that our bylaws also state that a unit with a single car garage may have only 1 car parked on the front pad and a double garage may only have 2.

#### Have a concern or issue?

**Until December 31<sup>st</sup>**, First Service can be reached at 24/7 via their 1800 line at 1-855-266-3601  
Or via the resident portal <https://glamisterrace.connectresident.com>

**Beginning January 1, 2025**, Blue Jean Condo Management can be reached at 403-536-7080 (24 hours) or emailed at [glamisterrace@bluejeancm.com](mailto:glamisterrace@bluejeancm.com)

For any other questions that are non-financial or NOT related to the condominium corporation, please send an email to [glamistcboard@gmail.com](mailto:glamistcboard@gmail.com)

REMINDER: We are now on **Facebook!** Sign up and search for Glamis Terrace Community in your Facebook search bar to join the community!





## Haunted Happenings: An Afternoon of Spooktacular Fun!

On Sunday, October 29th, Glamis Terrace Condominiums hosted its annual Halloween party, bringing together residents of all ages for a festive celebration. This year's event featured new additions, including a Bouncy Castle for the children and Popcorn enjoyed by everyone.



Children enjoyed various activities, ranging from cornhole to Halloween Bingo. And of course, there were prizes for all. Laughter and smiles filled the air as they played and made new friends, enhancing the community spirit that defines Glamis Terrace.

Adults took the opportunity to connect, chat, and strengthen neighborly bonds in a relaxed and enjoyable setting. As usual, the Halloween party provided the perfect backdrop for fostering these connections.

No Halloween celebration is complete without treats. Hot dogs and refreshments were served against a spooky backdrop of ghosts, witches, and pumpkins, adding to the festive atmosphere for hungry trick-or-treaters.

The annual Halloween party at Glamis Terrace Condominiums once again demonstrated the community's ability to host memorable events for all ages. These moments of togetherness and celebration make living at Glamis Terrace truly special.

We look forward to more gatherings in the future as we continue to create lasting memories within our community.



*Some great costumes were on display this year! Even the adults got in on the fun!*

## Winter Wellness Staying Fit, Healthy, and Bright This Season



As the temperatures drop and days grow shorter, prioritizing your well-being becomes even more important. Here are some simple yet powerful strategies to help you stay active, healthy, and upbeat this winter.

**Keep Moving Indoors:** Don't let the chill keep you from staying fit! Indoor activities like stretching routines, online workout classes, or even a few extra trips up and down the stairs can make a big difference. Consider trying something new, like Pilates or a dance workout, to keep it interesting and fun. Or turn up the music and dance like nobody's watching.

**Support Your Immune System:** Winter often brings seasonal bugs, so boosting immunity is key. Load up on colorful veggies, antioxidant-rich fruits, and lean proteins to help fuel your body's defenses. Vitamin D can be harder to get naturally during winter, so it may be worth considering a supplement. And don't forget about hydration! Hot teas or lemon water can keep you warm and refreshed.

**Lift Your Mood:** For some, winter's lower light can bring a dip in energy and mood. Spending time by a sunny window, using a daylight lamp, or going for brief outdoor walks on bright days can help. Practicing gratitude, starting a creative hobby, or planning get-togethers like game nights, book clubs, or just watching a movie or sporting event with friends helps lift your mood.

This season, a few simple habits can make all the difference in feeling vibrant, healthy, and uplifted. Enjoy a balanced, bright winter ahead!



## Fitness Centres Near Glamis Terrace



If the stairs in your condo aren't cutting it, Glamis Terrace residents have convenient access to several fitness centres nearby. Here are just a few options close to home:

### **GoodLife Fitness Calgary Westhills**

Website: [goodlifefitness.com](https://goodlifefitness.com)

Address: 5500 Signal Hill Centre SW

Description: Offers a variety of fitness classes and personal training options in a co-ed environment.

### **F45 Training Signal Hill**

Website: [f45training.ca](https://f45training.ca)

Address: 5687 Signal Hill Centre SW

Description: Provides high-intensity group workouts focusing on functional training in a supportive community setting.

### **Yoga Santosha Westhills**

Website: [yogasantosha.ca](https://yogasantosha.ca)

Address: 333 Aspen Glen Landing SW

Description: A yoga studio offering a variety of classes suitable for all levels, focusing on mindfulness and well-being.

### **Fit Boot Camp West**

Website: [wellnessliving.com](https://wellnessliving.com)

Address: 5255 Richmond Rd. SW

Description: Offers 30-minute weight loss boot camps designed to challenge your body and deliver impressive results in a positive, supportive atmosphere.

### **Mount Royal University Recreation Centre**

Website: [mruougars.com](https://mruougars.com)

Address: 4825 Mount Royal Gate SW

Description: A comprehensive facility offering a fitness centre, climbing wall, swimming pool, and various fitness classes.

## Kids Corner

### Holiday Paper Plate Ornaments

#### Materials Needed:

- Luncheon Paper plate
- Various Coloured Tissue paper
- White glue
- Water
- Small Craft Paintbrush
- Scissors
- Ribbon / Yarn
- Hole punch
- Pencil
- Marker



#### Instructions:

1. Prepare Tissue Paper Shapes: Trace and cut out circles from tissue paper using bottle caps as templates.
2. Create Glue Mixture: Combine two parts white glue with one part water.
3. Apply Tissue Paper: Brush the glue mixture onto the paper plate, place tissue paper circles on top, and apply another layer of glue over them. Overlap pieces for a colorful effect.
4. Add Details: Once dry, use markers to add designs or write your name.
5. Attach Ornament Top: Cut a square with a scalloped edge from construction paper, glue it to the top of the plate, punch a hole, and thread a ribbon through for hanging.



These ornaments make fantastic decorations for your home.

## Around Town During The Holiday Season

Calgary offers a variety of festive activities for both adults and children during the holiday season. Here are some highlights: These events offer a range of activities to celebrate the holiday season in Calgary, ensuring memorable experiences for both adults and children.



### ZOOLIGHTS at the Wilder Institute/Calgary Zoo

**Dates:** November 17, 2024, to January 7, 2025

**Description:** Experience over a million twinkling lights, interactive displays, and holiday-themed activities suitable for all ages.

[City of Calgary](#)

### Once Upon a Christmas at Heritage Park

**Dates:** Saturdays and Sundays from December 7 to 22, 2024

**Description:** Step back in time with historical village festivities, including wagon rides, caroling, and visits with Santa.

[Heritage Park](#)

### Disney's "The Muppet Christmas Carol" in Concert

**Dates:** November 22 and 23, 2024

**Description:** Watch the beloved film accompanied by a live orchestral performance.

[Jubilee Auditorium](#)

### StoryBook Theatre's "Disney's Beauty and the Beast"

**Dates:** November 22 to December 29, 2024

**Description:** Experience the enchanting musical suitable for the whole family.

[Family Fun Canada](#)

### Theatre Calgary's "A Christmas Carol"

**Dates:** November 29 to December 29, 2024

**Description:** Enjoy the classic Dickens tale brought to life on stage, capturing the spirit of the season.

[BroadwayWorld](#)

### Traditional Christmas with the Calgary Philharmonic Orchestra

**Dates:** December 10 to 12, 2024

**Description:** Enjoy holiday favorites performed by the orchestra in the beautiful Grace Presbyterian Church.

[Calgary Philharmonic Orchestra](#)

### Spruce Meadows International Christmas Market

**Dates:** December 6 to 8 and 13 to 15, 2024

**Description:** Shop for unique gifts from around the world, enjoy seasonal entertainment, and indulge in festive foods.

[Visit Calgary](#)

### Collective Holiday Markets

**Dates:** December 6 to 8 and 13 to 15, 2024

**Description:** Discover local artisans, enjoy live music, and participate in interactive workshops at this family-friendly event.

[Visit Calgary](#)



## Mini Macs Hors d'oeuvres

Anything big made small is ultrafun for cocktail parties, and these quick, one-bite mac and cheeses are the ultimate example. Cooked in mini muffin pans, the mini macs can be assembled early and baked just as guests arrive.

**Total Time:**45 mins. **Yield:**48 mini macs



### Ingredients

- 1/2 pound elbow macaroni
- 1 1/2 tablespoons unsalted butter, plus more for brushing
- 1/4 cup freshly grated Parmigiano-Reggiano cheese
- 2 tablespoons all-purpose flour
- 3/4 cup milk
- 4 ounces cheddar cheese, shredded (1 packed cup)
- 4 ounces deli-sliced American cheese, chopped
- 1 large egg yolk
- 1/4 teaspoon smoked Spanish paprika

### Directions

1. Preheat the oven to 425°. In a large saucepan of boiling salted water, cook the macaroni until al dente, about 5 minutes. Drain, shaking off the excess water.
2. Brush four 12-cup, nonstick mini muffin tins with butter. Sprinkle with 2 tablespoons of the Parmigiano; tap out the excess.
3. In a large saucepan, melt the 1 1/2 tablespoons of butter. Whisk in the flour over moderate heat for 2 minutes. Whisk in the milk and cook, whisking, until boiling, about 5 minutes. Add the cheddar and American cheeses and whisk until melted. Off the heat, whisk in the egg yolk and paprika. Fold in the macaroni.
4. Spoon slightly rounded tablespoons of the macaroni into the prepared muffin cups, packing them gently. Sprinkle the remaining 2 tablespoons of Parmigiano on top. Can be refrigerated at this point and heated through the next day.
5. Bake the mini macs in the upper and middle thirds of the oven for about 10 minutes, until golden and sizzling. Let cool for 5 minutes. Using a small spoon, carefully loosen the mini macs, transfer to a platter and serve.

## White Chocolate Cranberry Blondies

### Ingredients

- 3/4 cup butter, cubed
- 1-1/2 cups packed light brown sugar
- 2 large eggs, room temperature
- 3/4 teaspoon vanilla extract
- 2-1/4 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1/2 cup dried cranberries
- 6 ounces white baking chocolate, coarsely chopped

### Frosting

- 1 package (8 ounces) cream cheese, softened
- 1 cup confectioners' sugar
- 1 tablespoon grated orange zest, optional
- 6 ounces white baking chocolate, melted
- 1/2 cup dried cranberries, chopped



### Directions

1. Preheat oven to 350°. In a large microwave-safe bowl, melt the butter; stir in the brown sugar. Cool slightly.
2. Add eggs, 1 egg at a time, beating well after each addition. Beat in vanilla. In another bowl, whisk together flour, baking powder, salt and cinnamon; stir into butter mixture. Stir in cranberries and chopped chocolate (batter will be thick). Spread into a greased 13x9-in. pan.
3. Bake until golden brown and a toothpick inserted in center comes out clean (do not overbake), 18-21 minutes. Cool completely on a wire rack.
4. For frosting, beat cream cheese, confectioners' sugar and, if desired, orange zest, until smooth. Gradually beat in half of the melted white chocolate; spread over blondies. Sprinkle with cranberries; drizzle with remaining melted chocolate. If desired, sprinkle with additional orange zest.
5. Cut into triangles. Store in an airtight container in the refrigerator.

## Our Four Legged Residents



### ***Meet Sunshine!***

**Breed:** Mini Mystery Mut

**Aliases include:** Tank, Beastie, U-Haul, and Little

**Favorite Food:** While she's a super duper chowhound, she'll do literally anything you ask for a hotdog

Sunshine is a Mini Mystery Mutt from Memphis, TN in the US. Her gotcha day is November 13th, and she's her person's recovery dog after having lost her heart dog, Cricket (also a longtime resident of Glamis Terrace), to primary lung cancer in Fall 2021.

Sunshine is around 4 years old, and she loves people, belly rubs, sniffing the neighbourhood news, tormenting squirrels, chasing bunnies, hiking, sleeping, playing in the mud, defending her backyard from potential intruders, and hanging out with her humans.





## Our Four Legged Residents



### Meet Nakia!

**Breed:** Domestic Kitty

**Favorite Toys:** a bit of yarn, silver vine sticks

**Favorite Food:** the smell of lasagna (she's only allowed vet approved renal support food to keep her in top shape!)

Nakia is a beautiful senior cat who found her forever home through the Surrey Animal Resource Centre (SARC) about 4 years ago.

She enjoys occasionally chasing bits of yarn short distances and watching birds from her perch near the window, but her true passion is snuggling into a lap for long hours at a time.

Nakia has become

increasingly vocal over the years about her desires and won't hesitate to let everyone in the house know if she isn't happy with the level of attention she's been receiving.

Nakia is a strictly indoor cat and, despite her age, asthma, arthritis, worsening hearing, and failing kidneys, is enjoying this golden era of her life to the fullest.



# Glamis Giggles: Playful Jokes for Kids

It's time to tickle the funny bone of kids of all ages with a collection of playful and giggle-worthy jokes that are sure to bring smiles and laughter to their faces. We hope these provide a moment of joy to our little comedians.

<b>Q:</b> Why don't scientists trust atoms?	<b>A:</b> Because they make up everything!
<b>Q:</b> What do you call a snowman with a six-pack?	<b>A:</b> An abdominal snowman!
<b>Q:</b> Why don't bicycles stand up by themselves?	<b>A:</b> Because they're two-tired!
<b>Q:</b> What did one ocean say to the other ocean?	<b>A:</b> Nothing, they just waved!
<b>Q:</b> Why was the computer cold?	<b>A:</b> It left its Windows open!
<b>Q:</b> What do you call a bear with no teeth?	<b>A:</b> A gummy bear!
<b>Q:</b> How do you make a tissue dance?	<b>A:</b> Put a little boogie in it!
<b>Q:</b> What did one hat say to the other hat?	<b>A:</b> You stay here, I'll go on ahead!

## Sudoku

	5	7					6	
		3					2	7
			6				5	
4						5		8
		8	4		1			2
	6	1	2		9	7		3
8	2	9		6			7	5
3		6	5	1			8	
	4				7	2	3	6



## Parting Thoughts



Kindness is like snow—  
it beautifies everything  
it covers.

Kahlil Gibran

As another year draws to a close, I remain grateful for our wonderful little community at Glamis Terrace. I'd like to invite you as I do every year, to spend a little bit of your time this holiday season making things a little Merrier for others. Acts of kindness can be big or small, they will be appreciated all the same.

With winter approaching, emergency shelters in Calgary are nearing full capacity and resources run low. The Donate Essentials Campaign (#DonateEssentialsYYC) aims to collect items for the City's homeless to help them be better prepared in extreme weather conditions.

"Approximately 2,700 people experience homelessness in Calgary on any given night, and many need essential items when facing extreme weather conditions.

Water, snacks, and seasonal supplies are just some of the items needed to ensure everyone has what they need during seasonal extreme weather.

With your help, we envision the day when homelessness is rare, brief, and non-recurring—perhaps an episode in someone's life, but never a condition that defines one's life.

**Option 1:** If you want to directly contribute to the #DonateEssentialsYYC campaign, please fill out the linked form <https://www.calgaryhomeless.com/deyyyc/>

**Option 2:** If you want to donate goods, the following charities and agencies are currently accepting items:

[Alpha House](#) accepts clothing, and in particular, new socks, underwear and towels.

[The Mustard Seed](#), the [Calgary Drop-In Centre](#), and the [Calgary Dream Centre](#) are seeking both furniture and clothing as part of their lists of urgently needed items.

[Women In Need Society](#) accepts used furniture and mattresses" (Calgary Homeless Foundation, n.d.).

I wish all our residents a peaceful and joyous holiday season and all the best in the New Year!!

Warm regards,

Monica D.