



# Gazette

COMMUNITY NEWS SPRING 2020



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## Celebrating 15 years of Building Community



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# President's Message

Hi everyone!

News about the global COVID-19 pandemic is almost inescapable these days. No matter in what space you find yourself, I hope that our community is proving to be a comforting refuge for you and that you've been able to find some rays of sunshine in and amongst the hardships. While the pandemic will affect many of the initiatives that the GCL had originally planned for the spring and summer months, we're here to focus on those rays of sunshine and look forward to resuming all of our programs and initiatives at the appropriate time.

One of the initiatives that is moving forward this spring is the construction of the new playground at Granville Park. Together with the parents of the Kim Hung School Fundraising Society, we have raised a jaw-dropping \$720K in fundraising and grants to cover the cost of this brand new playground. We are so excited to see our collaboration and hard work come to fruition.

We hope you'll join the GCL for its first-ever digital AGM on June 4th. Details about the platform we'll use to host this will be shared in the coming weeks via social media and our website, so please do keep an eye out. AGMs are a great way to learn about what is happening in the community, what is in the works, and where you can make a difference. We're always looking for Board members to

join in on the fun and for volunteers to help with various initiatives. We're currently looking to fill volunteer positions in sub-committees for a community garden, a rink warm-up shack, and an off-leash dog park. If your passions or interests lie in any of these initiatives, we would love to hear from you.

Can you believe that GCL is officially 15 years old this year?! So much has been accomplished in that time, with many more great things planned for the future. None of it would have been possible without the dedication and enthusiasm of the current board, as well as all those board members from years past. Happy anniversary and my heartfelt thanks to each and every one of you! Heartfelt thanks also to our community members who are working in the front lines in all capacities and to everyone who is following the recommendations so that we can safely get through this pandemic. Following this experience, I'm confident that we will hold an even deeper gratitude for our community and for the wonderful people who call it home.

Kind regards,  
Kimberly Johnson, President  
president@gclyeg.com

## Glastonbury Community League Board of Directors 2019/2020

<p><b>President</b> Kimberly Johnson president@gclyeg.com</p>	<p><b>Membership Director</b> Jen Compton membership@gclyeg.com</p>	<p><b>Programs Director</b> Brendilynn Mantey-Annor events@gclyeg.com</p>	<p><b>Neighbourhood Watch</b> Brian Geislinger enw@gclyeg.com</p>
<p><b>Vice President</b> Troy Aardema vice-president@gclyeg.com</p>	<p><b>Communications Director</b> Laurie Matheson communications@gclyeg.com</p>	<p><b>Director at Large - 1</b> Rebecca Thompson Dal1@gclyeg.com</p>	<p><b>Facilities Director</b> Robert Jarman facilities@gclyeg.com</p>
<p><b>Treasurer</b> Jennifer Brownridge treasurer@gclyeg.com</p>	<p><b>Events Director</b> Vacant</p>	<p><b>Director at Large – 2</b> Justin Peng Dal2@gclyeg.com</p>	<p><b>Account Manager</b> Wendy Prodaniuk gazette@gclyeg.com</p>
<p><b>Secretary</b> Annette Fayant secretary@gclyeg.com</p>	<p><b>Fundraising Director</b> Vacant</p>	<p><b>Volunteer Coordinator:</b> Luda Orsyk volunteers@gclyeg.com</p>	

*Volunteers don't get paid, not because they're worthless, but because they're priceless.*

MAIL BOX 73004 HAMPTONS PO 6290-199 STREET EDMONTON AB. T5T 3X1

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A reminder that street cleaning for Glastonbury, Granville and The Hamptons is scheduled for the week of June 1st-7th. Please move your vehicles off of the street during this time so that our roads can be cleared of their winter grit

## Join the GCL Spring Clean Contest today!

In Honour of Earth Day we've come up with a CONTEST to bring attention and awareness to this beautiful place we live! We live among so many amazing people who have already entered, who will be next to win?!

Everyone is encouraged to join in, to enter all you need to do is spend some time in our neighbourhood picking up litter! Send pictures to us through Facebook, Instagram with #GCLSpringClean or email them to

[communications@gclyeg.com](mailto:communications@gclyeg.com) for a chance to win a \$50 gift card to a local community business.

We will have weekly draws for \$50 gift cards from local area businesses

**Draw Dates:**

**Apr 29 (Winner Trista Delaney)**

**May 6**

**(entries received Apr 29- May 5)**

**May 13**

**(entries received May 6 - May 12)**

**May 20**

**(entries received May 13 - May 19)**



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# LITTLE FREE LIBRARY

Take a book, Read a book  
Leave a book, Repeat!

## How Does the GCL Little Free Library Work?

Little Free Libraries is a book-sharing movement! It offers a way to share good things to read. Anyone can use it (just please make sure to perform proper hand hygiene and wipe down your selections.)

Some local community artists helped us to make-over some rather plain, unused newspaper boxes into our whimsical Little Free Libraries.

You can find them here:

- Inside Kim Hung School
- John Patrick Gillese Park, 671 Glenwright Cres.
- 921 Goodwin Way
- 1673 Glastonbury Blvd.

This one was painted by local artist Dustin Bragg





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\*Thermal Bag, regular price \$3.99. Not to be combined with any other offer. Taxes and Gift Card purchases excluded. Offer valid until May 31, 2020 at the Callingwood-Edmonton location only.

## Glastonbury's Winter Fun

This past winter, the GCL brought back our skating rink and ice trail- with improved lighting- and were pleased to see how many residents took advantage of this beautiful amenity. We were hoping to add fire pits to the rink area this year, which didn't happen, but we are poised to make that happen next year.

Thank you to all who joined us for another super successful New Year's in the Park Event, we had record attendance this year! What a fun way to start off the New Year- skating, tobogganing, firepits, bannock, sleigh rides, music, hot chocolate and fireworks! While attendance to this event is open to anyone, with such high attendance (and thus, longer waits for things like sleigh rides, we're looking at giving GCL members priority access at the next event. After all, revenue from membership sales is what enables us to host these great events, so why not reward you with a small perk for investing in your community?

We had another fun skating party planned along with EPCOR for the beginning of March, but unfortunately, Mother Nature didn't cooperate on that date and we will hopefully make up for it next year.

Thank you to Winter City Edmonton for your generous support of the Glastonbury Rink and Ice Trail

Would you love to see a warm-up facility at our Park similar to the one at Lewis Estates Rink? Do you have experience in project management, construction or just have a general passion for hockey and community? We have the funds to move forward with a project like this, but need the volunteers to make it happen. Please contact Kim at [president@gclyeg.com](mailto:president@gclyeg.com) to express your interest in joining the committee.





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# Resources for Crisis: Mind, Body & Soul

My dear Glastonbury friends,

Our community and the world at large has dramatically changed since the last issue of the "Gazette" was mailed to you. Life as we knew it literally changed overnight. I recall initial shock as our schools and daycares closed, some parents began working from home while trying to care for and teach their children, and healthcare and other essential workers have continued to work outside of their homes in spite of the potential risk to their own health and wellbeing.

The Covid-19 pandemic has forced some of us to slow down, take a deep breath, and enjoy some precious moments of bonding with our immediate families and our beautiful Earth has certainly benefited from the reduced environmental impact. However, as wonderful as these benefits are, I have admittedly struggled with seeing the "cup as half full" at times over the past few weeks. We don't have to look far to see that people have lost their jobs, lost their health, and even lost their lives. I have been overwhelmed by so many needs within our community and have been trying to maintain my health and stay safe, not only for myself, but for those around me. Perhaps you feel similarly, and if you do, I want you to know that you are not alone.

What I have learned over the past few weeks is how important it is to reach out for community connection and support. This definitely looks different than it used to, but I strongly believe that this is vital and restorative to the body, mind, and spirit. I want to share with you some free local resources (though not exhaustive) that may be helpful to you as we continue to navigate this "new normal" together. These resources can be found on our website @[www.glastonbury-cl.org](http://www.glastonbury-cl.org) and are organized into sections for the Body, Mind and Spirit. I hope you'll take the time to have a look through and try out some of the resources, whether it be my Lavender Tea Bread Recipe (SOOO good) or any of the other 20+ suggestions I have put together to help get people through this challenging time.

I trust that these resources will help you and serve you well. In this season of our lives, it is perfectly normal to move from gratitude to grief several times a day...and that's okay. Please know that the entire Glastonbury Community League board cares about you. You are our people and we are here for you, so please don't hesitate to contact us on our website or Facebook page if we can help you further.

Sincerely,  
Rebecca Thompson

## Crisis

This may make your heart heavy, but this is something that I take very seriously. Social isolation is a risk factor for suicidal ideations. I need to say this: "When you are in emotional pain, your thoughts are clouded by that pain. If you are thinking about suicide, you are trying to end that pain. Please do not confuse ending your pain with ending your life. The two are very different."

For crises, please call 911 or the following services 24/7:

- Access 24/7 (Adult Crisis Line and Response Teams): 780.424.2424
- Mental Health Help Line: 1.877.303.2642
- Support Network Distress Line: 780.482.HELP (4357)
- Urgent Services: 780.342.7777
- Mental Health Crisis Team for Edmonton Children and Youth: 780.407.1000
- Kids Help Phone: 1.800.668.6868 / please also download the "Always There" app.

## Non-Crisis

For access to AHS / Covenant Addiction or Mental Health Services, please call:

- Access 24/7 (Adult Intake): 780.424.2424
- Access Open Minds (Young Adult Intake): 780.415.0048
- Child and Adolescent Mental Health Intake: 780.342.2701

## Alcohol and Other Drug Treatment Services

- Adult Addiction Services Edmonton: 780.427.2736
- Youth Addiction Services Edmonton: 780.422.7383
- Alcoholics Anonymous: 780.424.5900 (24/7)  
Online meetings are listed at [www.edmontonaa.org/meetings](http://www.edmontonaa.org/meetings)
- Narcotics Anonymous: 780.421.4429  
Online meetings are listed at [www.eana.ca/](http://www.eana.ca/)
- Alanon and Alateen: 780.443.6000  
Online meetings are listed at [www.al-anon.org/al-anon-meetings/electronic-meetings/](http://www.al-anon.org/al-anon-meetings/electronic-meetings/)
- Celebrate Recovery (faith-based)  
Online meetings are listed at [www.celebraterecovery.ca/alberta/](http://www.celebraterecovery.ca/alberta/)

## Other Resources

- AHS Caregiver Education Series (now being offered virtually) [www.cyfcaregivereducation.ca/caregiver-education\\_1](http://www.cyfcaregivereducation.ca/caregiver-education_1)
- Text 4 Hope:  
Please text COVID19HOPE TO 393939 to subscribe to this free program. [www.albertahealthservices.ca/topics/Page17019.aspx](http://www.albertahealthservices.ca/topics/Page17019.aspx)
- Psychologists Association of Alberta: Disaster Response Network: Free counselling to those experiencing distress as a result of the Covid-19 pandemic by volunteer Psychologists for 1-3 sessions. [www.psychologistsassociation.ab.ca/about-paa/disaster-response-network/](http://www.psychologistsassociation.ab.ca/about-paa/disaster-response-network/)

Join us for our first digital AGM on June 4th at 7pm. Platform details will be available on our website at [www.glastonbury-cl.org](http://www.glastonbury-cl.org).



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Glastonbury Community League recognizes the value of having a community garden and is actively working to get one going in the community. The benefits of a community garden are numerous. Community Gardens:

- Increase access to fresh foods.
- Improve food security.
- Increase physical activity through garden maintenance activities.
- Improve dietary habits with increased fruit and vegetable intake.
- Reduce risk of obesity and obesity-related diseases.
- Improve mental health and promote relaxation.
- Promotes connection to the community.

We are actively recruiting members for a Community Garden Sub-Committee. If you haven't already reached out, please send us a message so you can be involved in the exciting planning and building process. [info@gclyeg.com](mailto:info@gclyeg.com).



The PNRA's primary function is to provide improved value to the Parkland Neighbourhood's residents and owners through the development, enhancement and maintenance of the Parkland area amenities and enforcing the architectural guidelines set for our community.

The PNRA also maintains many flower planters (plastic barrel and aggregate concrete ones) throughout the community with new aggregate ones being placed on the two lots the PNRA owns at 921 Goodwin Gate and 1673 Glastonbury Blvd, at the west entrance into Glastonbury on Glastonbury Blvd, in John Gillese Park, and at the entrance into the Hamptons on Hemingway Road. We also maintain the numerous fountains in our storm water ponds, and dog waste bad dispensaries, and enhance landscaping services beyond what the City of Edmonton does. The PNRA is not responsible for painting fences or maintaining anything on a homeowner's property.

The PNRA thanks all residents who maintain their property and enhance our community, your efforts are amazing! If it is within your means to have shingles replaced, or if your fence paint has faded, the architectural guidelines can be found on Parkland's website at <https://www.pnra.ca> so please consult them or send an inquiry to [info@pnra.ca](mailto:info@pnra.ca) to assist you in your shingle and paint color selection if you are going to take on a project while we are required to spend more time at home. In some areas, outward facing fence paint needs refreshing or correction and if you have the ability, now may be an opportunity to tackle this maintenance. The PNRA is here to ensure that our neighborhood looks aesthetically pleasing, consistent, and well maintained. This ensures that our neighborhood remains an attractive and desirable place to live for all residents.

Suggestions for enhancements to our area (benches for example) are always welcome.

- Sergei Lutzak, PNRA President 2019/2020





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## HOW CAN YOUR MP HELP?

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Suite 104, 10471 178 Street NW, Edmonton, AB T5S 1R5  
Kelly.McCauley@parl.gc.ca • kellymccauley.ca



## Raise your hand if you've used some of this time in isolation to do some major spring cleaning?

Us too! Skip the long drive out to the landfill and drop off your waste at our First-ever Big Bin Event. Using the drop-off loop at Kim Hung School, anyone holding a GCL membership can drop off their unwanted items at no charge. \* You'll simply need to show your membership card through the window and proceed to the appropriate bin. If your items are large or heavy, you'll need to bring along someone from your household to help you unload, as our volunteers will be practicing physical distancing. *\*certain items are prohibited, such as commercial waste and hazardous materials.*

Stay tuned for the final details which will be available on our App, the website [www.glastonbury-cl.org](http://www.glastonbury-cl.org) and on our social media.

## Neighbourhood Watch

Glastonbury is an active Neighbourhood Watch Community. To put it simply, that means neighbours looking out for neighbours. Unfortunately, when the economy declines, crime tends to increase. Get to know your neighbours, prevent crimes of opportunity by locking your doors and belongings. Please be vigilant and report all

suspicious activities to the EPS.

Use the EPS mobile App , call #377 from a cell phone or report online @ [www.edmontonpolice.ca](http://www.edmontonpolice.ca)

To sign up for regular Neighbourhood Watch email updates, please email [ENW@gclyeg.com](mailto:ENW@gclyeg.com).

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