



Gazette

COMMUNITY NEWS FALL 2020



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GCLEdmonton



@glastonburycommunityyeg

Pivoting to support our community through the pandemic

While the Glastonbury Community League has had to adapt our plans this year to accommodate the pandemic, we are still committed to supporting our community with great—albeit socially distanced—programs for you!

Unfortunately, we had to cancel our spring movie night and Fall Family Fun Day events earlier this year due to COVID-19, but we are in the midst of planning a wide range of other initiatives for the coming months.

While we will not be able to host our popular New Years Day event and fireworks this year due to pandemic restrictions on events, we are still planning to proceed with our outdoor skating rink and lit ice trail at Glastonbury Park this winter. We ask all users to abide by AHS social distancing guidelines when visiting our rink.

As our member swim access at the Jamie Platz YMCA is currently unavailable, we are looking into potentially hosting a few members-only family swim events at Fountain Park pool in St. Albert. The number of attendees will be limited to allow for social distancing in accordance with AHS guidelines. Please keep an eye on your email and our Facebook page for more details about these events.

Over the past month, we have hosted a socially-distanced hiking club coordinated through our Facebook page. For the winter months we are looking into the potential of facilitating an outdoor cross-country-ski loop, offering snowshoeing lessons, and working with another local community league to host two downhill ski nights.

Over the Thanksgiving weekend, we hosted an outdoor scavenger hunt in the community with prizes. This fun event proved to be very popular. Thanks to everyone who participated in this activity!

And thanks to an agreement with St Matthias Anglican Church located just west of Anthony Henday Drive on 62 Avenue, we are currently working on offering a variety of socially distanced indoor program offerings over the winter that could range from painting nights and fitness classes to a book club.

If you haven't already purchased or renewed your Glastonbury Community League membership for 2020-21, please do so! Membership revenues directly support our continued ability to offer programs to our community. Purchase your membership today by downloading the CommuniBee app on your phone, or by contacting our membership director at membership@gclyeg.com.

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take a look inside

All our teams make us proud! Here are a few of them who have had some recent successes during the past Indoor Soccer season!



West Henday Area Council Meeting



In early March, representatives from the community leagues West of the Henday, from Edgemont all the way north to Big Lakes got together to discuss the benefits of forming an area council. First, here is a bit of background on the purpose of community leagues in Edmonton.

Community Leagues across the city are volunteer run non-profit organizations working towards improving their community through the following four mandates put out by the Edmonton Federation of Community Leagues:

- To be inclusive regardless of race, gender or any other differences
- Not affiliated with any religious or political groups
- Focus on civic advocacy for the community
- Develop low cost social recreation, programs and infrastructure for the community in which they reside

Operations of a community league board can be broken down into 5 key areas:

- Sell memberships
- Fundraise

- Advocate
- Bring people together
- Gather feedback

In discussion with neighbouring leagues, we all agree that advocacy and feedback are best done as an area group. A bigger group means a stronger voice, advocating to the city and provincial governments as a united front. In gathering every league West of the Henday from Edgemont to Big Lakes, we have created a relationship that opens doors to a future with shared resources, collaboration and possibly larger infrastructure projects to better serve our communities.

The Area Council will continue to meet informally for 2020-2021, with a focus on advocating for the Lewis Farms Rec Centre. We are also going to bring attention to the traffic issues on 215 St, noise issues from River Cree and an off-leash dog park somewhere west of the Henday.

If you have any questions, comments or want to be involved, feel free to reach out to president@gclyeg.com.

Glastonbury Community League Board of Directors 2020/2021

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

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Taking care of your *mental* health during the pandemic



Earlier this month, the Health Quality Council of Alberta released the results of a survey that found nearly three-quarters of Albertans reported trouble dealing with stress, anxiety and depression during the first few months of the COVID-19 pandemic.

If you're feeling greater stress, anxiety or depression, you are not alone. The social isolation of the pandemic combined with the negative impact of low energy prices on our economy has hit our province particularly hard.

Recently Alberta Blue Cross shared mental health tips to support Albertans who are experiencing increased levels of stress or anxiety through the pandemic.

- Recognize the need for flexibility in your life. Flexibility can make people feel less anxious, happier, grateful, and more satisfied.
- Take time to get organized in advance for what might cause the most considerable stress.

- If it's finances that are stressing you, work on a budget and create a financial roadmap for yourself for the rest of the year.
- It's okay to say no. Don't overload yourself or take on too much. Stop before it starts.
- Take time for yourself to be present. Breathing, meditation and visualization exercises, and yoga are all important activities that heal your mind, body and spirit.
- If your children are participating in remote learning from home, establish routines and a set place in your home for learning to take place. And if you're working from home, find a balance between your need to manage your work and your children's need for support and supervision during the day. But again, recognize the need for flexibility.
- Share your feelings with those around you—such as your spouse, friends, family or colleagues. Tap into your

support network. Chances are, many of them are feeling the same way.

- Take advantage of the mental health supports available through your benefit plan if you have one. Alberta Health Services is also providing a wide range of mental health resources to support Albertans through COVID-19. For more information visit the Alberta Health Services website.

The pandemic has also elevated stress and anxiety levels among children. Here are some tips to support your children through this time:

- Regularly let them know you understand they're stressed and don't dismiss their feelings.
- Make time for your kids each day. Play a board game, read a book together or watch a favourite show as a family. Sometimes kids just feel better when you spend time with them.
- World news can cause stress. Talk with children about what they see and

hear so that you can help them understand what's going on.

- With all that's going on, don't feel compelled to register your children in extracurricular activities. Base participation on your comfort level, and don't add to your or your child's stress.
- Do your children hear you and your partner talking about troubles at work, worrying about a relative's illness, or arguing about financial matters? Try not to discuss such issues if children are within earshot as they may pick up on adult anxieties and start to worry themselves.
- Tension is contagious. Set a good example when it comes to managing your own stress.
- Remember, some level of stress is inevitable in every child's life. Teaching healthy coping skills today will help kids weather life's ups and downs as they get older.



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NEIGHBOURHOOD WATCH

Practicing Halloween safety in the midst of the pandemic

Halloween is going to look a bit different this year as we work together to prevent the spread of COVID-19.

We encourage our community members to celebrate Halloween if abiding by social distancing practices and following all Alberta Health Services guidelines. However, we also encourage you to do what you feel comfortable with and to not participate depending on your personal comfort level.

In the interest of a safe Halloween, we are providing the following advice which is based on recommendations from the Centre for Disease Control (CDC) and Alberta Health Services:

- If you are handing out treats from your home, you are encouraged to set up one-way trick-or-treating and distribute treats either through a grab-and-go or self-serve set-up such as from the end of your driveway or at the edge of your yard, or using socially distanced methods which may range from handing out treats using tongs to using a chute to pass out treats. If you are preparing goodie bags, wash your hands with soap and water for at least 20 seconds before and after preparing the bags.
- If your decorations are scary and if screaming is likely to occur, greater outdoor distancing is advised as this lowers the risk of spreading a respiratory virus.
- For children who are going trick or treating, they should be reminded to follow social distancing guidelines by keeping at least two metres apart from other children outside their cohort.
- While protective cloth masks may be considered optional while outdoors, a costume mask is not a substitute for a protective cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face. Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.
- Children should be reminded to use hand sanitizer frequently and should not touch treats until they can be cleaned with a disinfectant, or until left untouched for a minimum amount of time such as 72 hours.
- Avoid indoor gatherings or locations where crowding is likely to occur.

EPS and Neighbourhood Watch host Meet and Greet

Thanks to everyone who joined us on Thursday evening September 24 at Glastonbury Park for our socially distanced Meet and Greet event with the Edmonton Police Service's Southwest Division Community Engagement team and Edmonton Neighbourhood Watch.

Police Service members were on site to answer questions and share information, with the Glastonbury Community League also on hand to provide information about Edmonton Neighbourhood Watch including a complimentary home and property crime prevention checklist and ENW door decals.

Don't become a victim

Unfortunately, crime doesn't stay at home during a pandemic and criminals don't take the winter off. Criminals continue to take advantage of opportunities to victimize others—including in our community. And with the negative impact of the pandemic on our provincial economy in combination with the increase in unemployment due to the oil price crash, crime levels are increasing in Alberta.

Like any neighbourhood, Glastonbury unfortunately isn't immune to crime. When we hear about crimes such as garage break-ins and thefts from vehicles or vandalism that occur occasionally in our community, it is frustrating and discouraging. But by working together and taking a personal role in crime prevention, we not only help ourselves but are making a positive difference in the safety of our community.

Neighbourhood Watch is about taking common-sense precautions to protect your home and property, doing your part to keep an eye on our community and your neighbours' property, and immediately reporting all suspicious activity to the Edmonton Police Service.

For helpful crime prevention tips, please visit Edmonton Neighbourhood Watch at <https://enwatch.ca/crime-prevention-tips/>. To see the latest crime stats for our community, visit the EPS crime mapping tool at <https://crimemapping.edmontonpolice.ca/>.

You can also sign up with our Glastonbury Neighbourhood Watch program to receive e-mail updates and alerts. Just email enw@gclyeg.com to be added to our distribution list. Also follow the Glastonbury Community League's Facebook page for regular crime prevention tips.



BIG thanks to our GCL sponsors!

Did you know that without sponsors, some of the events that you have attended in the past may not have occurred. This includes Fall Family Fun Day, Spring Movie Night, our fireworks display and our rink and skate trail. We'd like to thank our sponsors over the past year: Floors 2 You, E-NRG Roofing and Chartwell Hawthorne Retirement Residence. We encourage you to support these local businesses!



15 years of building community
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Membership benefits 2020-2021

New! This Fall:

- Monthly gift card draws for members
- GCL Family Thanksgiving Scavenger Hunt
- GCL swim events @ Fountain Park Pool
- Exclusive Cineplex Theatre event(s)
- Glastonbury Outdoor Rink, Ice Trail & Firepits
- Free Skating at River Cree & City Rinks
- Family Downhill Ski Night(s)
- GCL's EMSA Indoor & Outdoor Soccer program and more!

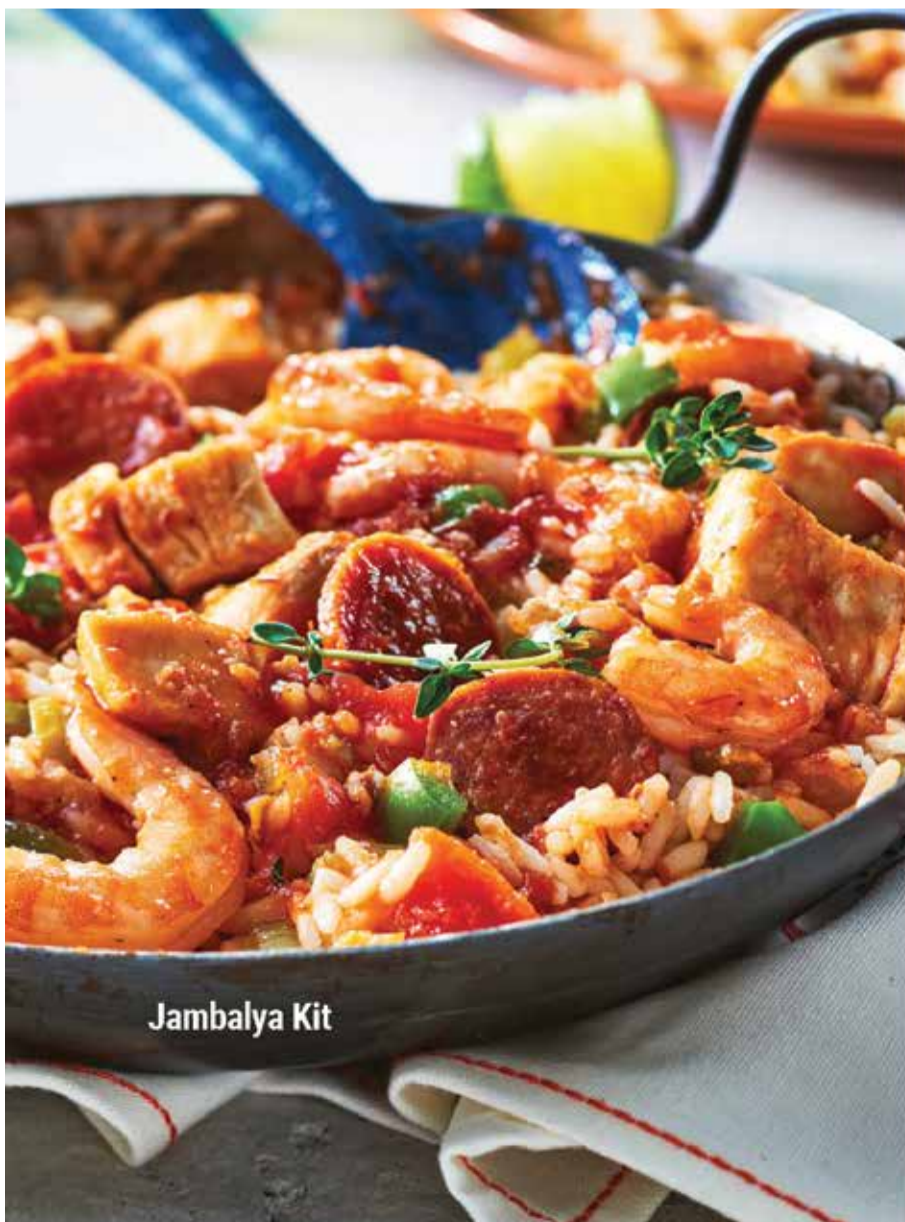
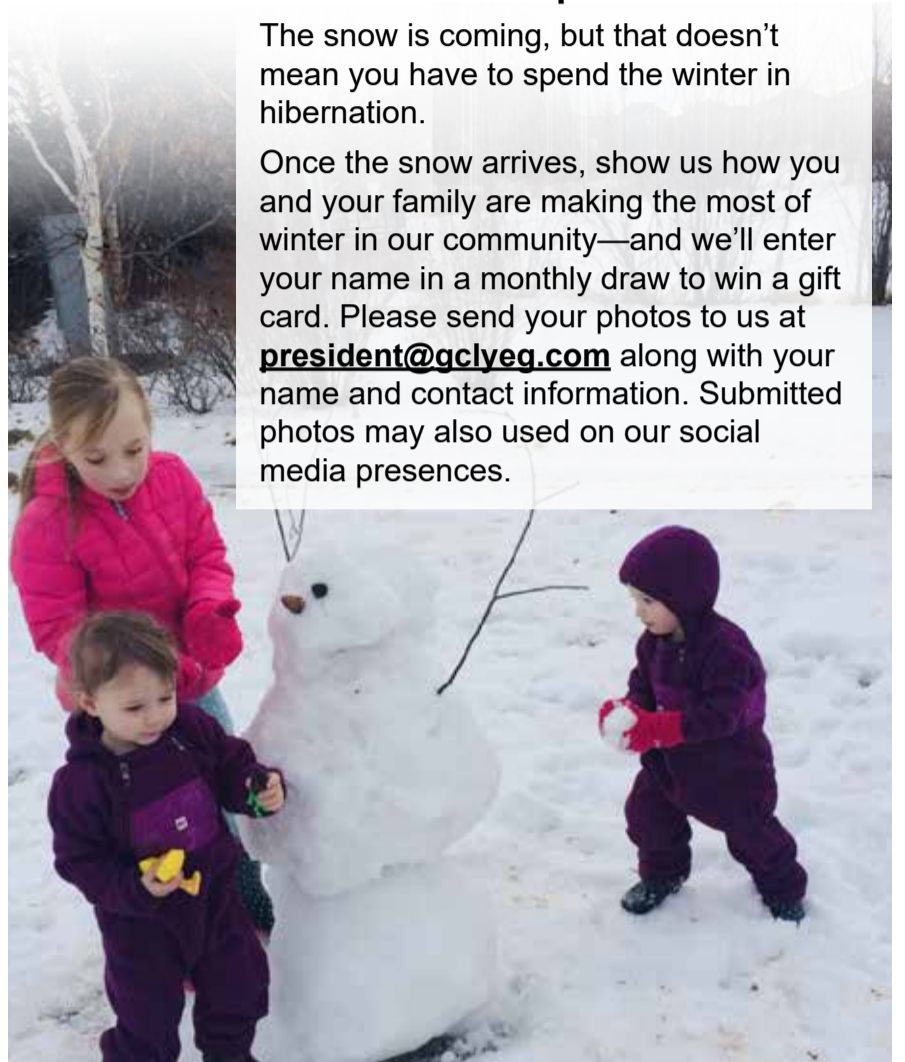
**Other events & programs are in the works!
All events subject to current COVID-19 situation.*



Enter our winter photo contest!

The snow is coming, but that doesn't mean you have to spend the winter in hibernation.

Once the snow arrives, show us how you and your family are making the most of winter in our community—and we'll enter your name in a monthly draw to win a gift card. Please send your photos to us at president@gclyeg.com along with your name and contact information. Submitted photos may also be used on our social media presences.

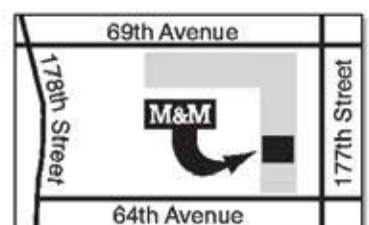


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Granville neighbourhood park



If you were in Granville on the evening of September 14th, you might remember hearing the happy sounds of children playing and laughing. That's because the long-awaited playground in Granville Park, next to Kim Hung School, was officially open for business!

Long before the shovels were in the ground for Kim Hung School, our GCL president and Communications Director were hard at work behind the scenes setting up the first official meeting of the Granville Neighbourhood Playground Committee. Knowing that the other new schools in our area had to wait many long years before their playgrounds could be built, our forward-thinking Board was eager to get the ball rolling. What did that mean? Well, for one, many hours of paperwork... surveys, detailed engagement and funding plans and submitting the plan for Proposal to the City of Edmonton. Before the school's opening, we were joined in our planning and fundraising efforts by the dedicated members of the Kim Hung Fundraising Society. We were thrilled to have our funding in place and our playground designed in time for installation in the fall of 2019. Unfortunately for us, mother nature intervened and the rainy spring and summer seasons pushed the other playgrounds scheduled for early season installations into the fall, meaning that our fall installation would not happen until sometime in 2020.

Ultimately though, our patience has been rewarded and we are now finally able to enjoy this beautiful and engaging playground which offers a little of something for everyone. We've been known to call this playground our rainbow playground, as the playground pod itself features an arch shape (the rainbow) with two small pods attached to each end (the clouds). We've also used every colour

of the rainbow for the equipment, hoping to lend to it a cheerful, happy vibe. The littles will enjoy a play structure that is sized and designed just for them, with mini monkey bars, balance beam, climbing features, a small slide and of course, a play space beneath the structure. There's also the unique "multi-generational" swing available in the tot lot. This swing allows an adult to swing facing a younger child in the bucket swing. This swing also works great for pushing babies and older children at the same time. For those who love to play in the sand, there is a dedicated sand play pod, with hidden dinosaur fossils and a little playhouse to make sand pies.

The senior play area was designed with the popular "grounders" game in mind. This is best appreciated on the overhead view of the playground. One can see that there are so many different ways to get around the playground and you don't even have to touch the ground. The playground, serving a K-9 school, was also designed to offer a certain (safe) level of challenge, as seen with some of the unique climbing features. The large suspended net is one of those unique elements, allowing for some creative play. Accessibility was also in mind with the inclusion of some pour-in-place rubber, an inclusive swing seat and a fun merry-go-round feature. Kids will be sure to love the variety of play equipment, and parents will love the ease of supervising their littles with numerous benches in the central viewing area and along the periphery.

We'd like to take this opportunity to thank all of the volunteers and sponsors whose contributions helped make this project happen.

Our most sincere thanks.



GRANVILLE COMMUNITY PARK

We gratefully acknowledge the following supporters:

Arabella F. & Jackson J. Brynlee & Kayson Mohn
Aveah, Knox & Dominik Turgeon

The Aniskou, Driesen, Ferguson, Lewanczuk,
MacLean, Porter and Sveinson Families

In Memory of Eileen Fisher & Suzanne Tomiak

ASSIST Community Services Centre

Discovery Place Preschool & OSC

Edmonton Chinatown Multi-Cultural Centre

TD Canada Trust - The Grange and The Hamptons

"Miracles come to those who believe in them."

"Attitude is a little thing that makes a BIG difference."

"Life has no limitations except the ones you make."

Thank You - Glastonbury Community League &
Kim Hung Fundraising Society

Councillor Corner



Hi Glastonbury! Thanks for the opportunity to write to you all. I received lots of correspondence from people in Glastonbury over the summer, and I have appreciated hearing from everyone that has reached out to share your concerns and your feedback about our city and about your neighbourhood. This is obviously not the year that any of us expected, and I want to thank you all for watching out for one another and for showing each other the compassion and the grace that we have all needed as we navigate these uncharted waters. I'd like to give you an update on two of the issues that Glastonbury residents have been asking me about.

Turf Maintenance: I know many of you were frustrated this summer with the level of maintenance you were seeing on boulevards, in parks, on school grounds and so on. It has frustrated me too. Frankly, there are a lot of hard-working people at the City that take great pride in their work who were frustrated that they could not provide the level of service to which they are accustomed. The impact of COVID-19 on the City's finances has been vast, and the pace of change that was required through the spring meant that certain areas of City Administration were left under-resourced and with little capacity to enact alternative plans. City Council is going to have to make some hard choices about how we are going to focus limited resources in the coming months and years, and for me that includes a focus on core services. There will be more on this in the coming months as Council heads into budget adjustment deliberations.

Recreation: If you do not already know, the City has reopened many of our recreation facilities. This includes Terwillegar Community Recreation Centre and the indoor pool at Jasper Place Leisure Centre, which I know are both popular among Ward 5 residents. To visit, you first need to book a time slot on the City of Edmonton website. I'm very grateful to the recreation staff who are working hard and following strict health protocols in order to keep our open facilities safe for us all to use. I would also add that it's a great year to get outside, venture the elements and explore a new area of our River Valley! I know that I have found a lot of comfort in taking socially distanced walks along river valley trails to catch up safely with friends and loved ones. The City of Edmonton website has all of the trail maps available for download.

Thanks for reading, and please do not hesitate to reach out to my office at sarah.hamilton@edmonton.ca or 780-496-8120 if you have any questions or concerns that you would like to raise with me.

– Sarah Hamilton, Ward 5 City Councillor



Interested in having our very own Off-leash Dog Park in the Community?

So are we, but we need your help to make it happen. If you'd be willing to join our Off-leash Dog Park Sub-committee to help make it happen, please send us an email: info@gclyeg.com.



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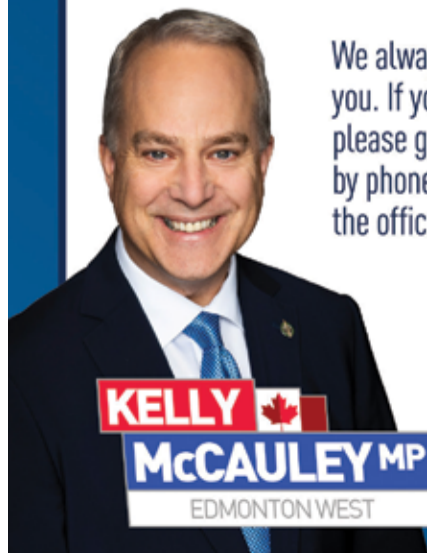


HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

Your Member of Parliament, Kelly McCauley and his staff are here to assist you with questions that you have regarding any programs or services offered by the Government of Canada. The local office is here to guide anyone who may have questions relating to:

- Citizenship and Immigration
- Service Canada
- Canada Pension Plan
- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Social Insurance Number (SIN)
- Veteran's Affairs

Celebratory Greetings for milestone birthdays and anniversaries are available from Mr. Kelly McCauley.



We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.

104-10471 178 Street
Edmonton, AB T5S 1R5
kelly.mccauley.c1@parl.gc.ca
780-392-2515

Get your home ready for winter

While we're all hoping for a long autumn season, the reality is that another frigid Alberta winter is just around the corner. That means it's time to get your home ready for the upcoming winter season. Here are some useful fall home maintenance tips care of the Weather Network to ensure you're ready for the snow and cold.



1. Inspect your roof

When fall's rains (and winter's snows) arrive, few things make the season more miserable than a leaky roof. Experts recommend doing a visual inspection of your roof. Look for bent, cracked or missing shingles and replace them. If there are a lot of those, and you know your roof is old, consider having your shingles replaced. It may be costly, but so is water damage from leaks. Pay special attention to areas around skylights, chimneys or vents. Note that if you belong to one of the homeowner's associations in Glastonbury, ensure you check your association's architectural guidelines for the approved styles before replacing your shingles.

2. Check your roof gutters

When the leaves are done falling, you'll save a lot of hassle by pulling out the ladder again and clearing out your roof gutters. Clogged or clear, the water from fall and early winter rains won't stop coming. Clearing the gutters allows rainwater to drain properly through your downspouts, rather than spilling over the sides and potentially getting into your home's foundation. Clearing your gutters can also prevent ice dams forming over the winter months. And speaking of downspouts, check them for leaks, and make sure they direct water away from the foundation, not to mention sidewalks and driveways. Water draining on or near your sidewalk or driveway will erode your concrete and can cause heaving or sunken concrete.

3. Clear your yard

Fall is a good time to remove things that don't do well when the snows come. Move or cover backyard furniture that you know won't do well in the cold and snow, as well as your lawnmower, outdoor tools and kids' toys.

4. Disconnect your outdoor hose

While your home's warmth may insulate water in pipes from the cold rigors of Canada's winter, outside faucets have no such protection. Turn water off to outdoor faucets, and disconnect and store your garden hose as well. Make sure to run the tap after to drain as much of the water out before the cold sets in.

5. Inspect your home's exterior for cracks

Fall is the best time to do this, not just because of fall rains and winter snows, but with an eye to the spring melt as well. Walk around and have a look for cracks or gaps. Take a good look at doors, windows, and entry points of wires or cables. Sealing these off will save you headaches later. Don't delay too long in doing so, as caulking is best done before it gets too cold.

6. Be ready for snow removal season

Stock up on ice-melter and sand, and replace your snow shovel if it's worn out. If you have a snow blower, now's the time to tune it up to ensure it is running well.

7. Get ready to turn up the heat

You've prepped the outside of your home against the rigors of the cold, now it's time to focus on keeping the interior toasty. Change out the air filter on your furnace (and stock up on spares), and call in an inspector to give the system a once-over, as well as check for signs of carbon monoxide buildup. Next, check all your heating ducts and vents for dust build-up, and peek inside to see if anything fell into them over the past season. Every bit of extra clearance helps.

8. Guard against drafts

Having a warm home isn't much of a boon if you're losing heat through poor insulation. Check your window and door seals for drafts when the weather gets cool enough. Seal any cracks with caulk or weather stripping.

9. Check your humidifier

Winter air is dry, and that has its own effects on your home's infrastructure. If your home is equipped with a humidifier, it'll need annual maintenance as well. Clean out the filter, or replace it if it's too encrusted. Give the equipment as a whole a good cleaning also.

10. Give a thought to home safety

While you're giving your home its seasonal overhaul, take the time to make sure it's safe for its inhabitants. Check your smoke detectors to make sure they are in working order (you should have one on each floor), replace them on a regular basis and check your fire extinguishers. If you need to replace or recharge them, now's a good time to do so.

11. Check your fireplace

If you have a gas fireplace in your home, make sure the exit vent is unobstructed. If you have a wood-burning fireplace, ensure both your fireplace and chimney are clean. And never leave a lit fireplace unattended, whether gas or wood-burning.

Visit our little libraries!

Did you know that the Glastonbury Community League has four little library locations across our neighbourhood?

These brightly painted converted newspaper boxes located at John Patrick Gillese Park, inside Kim Hung School, at the intersection of Goodwin Gate and Green Wynd, and at the pocket park at 1673 Glastonbury Boulevard, provide a convenient and accessible resource for residents. The little libraries feature both fiction and non fiction books as well as children's books and DVDs.

Visit a little library near you, then simply take a book that catches your eye and leave a book or resource for others.

In consideration of the pandemic, please ensure that you sanitize your hands after accessing the little library and please wipe down any books or resources you borrow from the little libraries.

This one was painted by local artist Dustin Bragg.



We are fortunate to live in a diverse community, and our seniors are an important part of this diversity. Not only do we have a number of adult and seniors' residences in Glastonbury, but we also have an increasing number of seniors in our community—many of whom have called Glastonbury home for upwards of two decades since our neighbourhood was created.

If you're a senior, we'd like your perspective on what we as a community league can be doing to serve your interests. If you have an idea for a program or group, we welcome your suggestions and input. Please send your comments to membership@gclyeg.com.

Calling all bookworms

GCL is looking for a volunteer to help host a new community book club

If you have experience and would like to help out, please e-mail president@gclyeg.com

Skate to your heart's content this winter!

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Community Garden

This year was the first year we had a community garden. This was a pop-up opportunity presented to community leagues by the city of Edmonton to allow activities during the COVID pandemic. While rushed in the timing, there was plenty of interest in the garden. Gardeners began planting around the beginning of June. With plenty of rain falling and a warm ending to summer, garden plots grew and produced plenty of fresh produce for their gardeners. Thank you to all gardeners this year, we hope to be able to continue this program in the future. We would also like to say a special thank you to Spirit West Church who so graciously allowed us to use their back parking lot area and provided water for the garden.

Downton Abbey Lavender Tea Bread

Servings: 6 | Prep Time: 10 mins | Cook Time: 50 mins | Total Time: 1 hr
<https://reluctantentertainer.com/downton-abbey-lavender-tea-bread/>

Our Director-At-Large Rebecca Thomson says she's not a great baker, but during the early days of the pandemic she came across this amazing lavender tea bread that she wishes she could leave on everyone's doorstep as it's so good. She recommends eating it with a cup of tea while binge watching Downton Abbey on Netflix ...

Ingredients

- 3/4 cup milk
- 1 tbsp. fresh lavender, finely chopped (or 2 tsp. dried)
- 6 tbsp. butter, softened
- 1 cup white sugar
- 2 eggs
- 1/2 tsp. vanilla extract
- 2 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/3 cup sifted powdered sugar
- 1 tsp. water or lemon juice
- 1/4 tsp. vanilla extract

Preheat the oven to 325 degrees. Grease and flour a 9x5 inch loaf pan. Combine the milk and lavender in a small saucepan over medium heat. Heat to a simmer, then remove from heat,

and allow to cool slightly.

In a medium bowl, cream together the butter and sugar until smooth. Beat in the egg until the mixture is light and fluffy; add in vanilla. Combine the flour, baking powder, and salt; stir into the creamed mixture alternately with the milk and lavender until just blended.

Pour into the prepared pan. Bake for 45-50 minutes in the preheated oven. To prepare glaze, combine powdered sugar and remaining ingredients. Spread over hot cake. Cool in pan 20 minutes on a wire rack; remove from pan. Cool completely on wire rack.

JOIN US FOR FAMILY SWIM EVENTS @ FOUNTAIN PARK POOL



Monthly GCL membership gift card draws

Each month we'll draw for a \$50 gift card. These cards have been purchased in the community to support our local businesses!

Tell us what you think of the Gazette!

The Glastonbury Community League publishes the Glastonbury Gazette twice annually to stay in touch with our local community. Each issue of the newspaper is the culmination of a lot of hard work by our volunteer board of directors, and the newspaper is a significant investment for our community league to help us stay in touch with you.

We would appreciate your thoughts about the Gazette. Do you read it? What do you like best? What would you change? What would you like to see in future issues? Please send your comments and feedback to us by email to enw@gclyeg.com.

The Gazette is also available on our web site at www.glastonbury-cl.org including back issues available in PDF format.

What's happening in the community this winter? Fun, that's what!

When the ground freezes, residents can expect to see the return of our Glastonbury Rink and Ice Trail at Glastonbury Park. This key amenity is enjoyed all winter long by many and we suspect that this year, in light of the pandemic, it will be appreciated all the more. While following Alberta Health's guidelines for physical distancing, we are confident we can still make the best of winter at our park. Our set-up should look very similar to last year, with the addition of several fire pits around the rink. By providing several firepits, it will be easier to space out and maintain that distance. Families/cohorts will have an opportunity to enjoy a hot dog or marshmallow roast or simply to stay toasty warm while enjoying the outdoors. Don't forget to bring your toboggans too, there's a sledding hill that can be lots of fun! Note that signage explaining the terms of use for both the rink and firepits will be posted around the site, so please take note of these if and when you plan to take part.

Unfortunately, due to current event restrictions, we are unable to host our Annual New Year's Day for 2021.

What's so great about the Glastonbury Rink and Ice Trail?

- It is built and well-maintained by some local Edmonton rink gurus at Outdoor Ice Inc.
- It allows for social connection while still maintaining physical distance. Enjoy a family game of shinny, meet up with your cohorts for a spin around the rink, or enjoy a romantic date night circling the path.
- It helps to reduce feelings of isolation in the winter, giving you a reason to get outside your home and enjoy the crisp air. We are a Winter City and the rink can help you to embrace that!
- It promotes physical literacy and fitness.
- Fresh air and exercise are known to support mental wellbeing, especially important considerations during this stressful time.
- It is always open (well *almost* always, between 5 am-11 pm anyway!)
- It's FREE- come out and enjoy as often as you like.
- There's space for recreational skating AND hockey.
- The set-up is just so darn charming! There's picnic tables, straw bales along the perimeter, strands of Edison bulbs lining the hockey rink, coloured lights in the trees. At night, it looks magical. You just might mistake it for a scene out of a Hallmark Christmas movie.

Would you love it if skating lessons were offered at our rink? If you are certified to teach, or know someone who is, please express your interest to Brenda at programs@gclyeg.com.

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 *desperately* need the volunteers to make it happen. Please contact Kim at president@gclyerg.com to express your interest in joining the committee.



**Introducing:
GCL's
Wednesday Walking
Group**
Join us for a brisk weekly walk,
combining fitness and friendship



Starting October 7th

Details will be posted to Facebook and the GCL App



bambini granville

**Our stunning granville location
will be opening soon!**

**Official open house announcement
coming soon.**

Hurry! Our spots are limited

**Industry leading live stream
cameras in classrooms**

**Check our website for info on
our big reveal
+ open house dates**

**info@bambinigroup.com
www.bambinigroup.com**