



# Gazette

COMMUNITY NEWS SPRING 2021



@GCLyeg



GCLEdmonton



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## Let's share responsibility for our kids' behaviour

Over the past few months we have received several complaints from concerned—and frustrated—parents regarding the behaviour of some kids who frequent our park spaces and playgrounds.

This includes John Patrick Gillese Park, the playgrounds at Kim Hung and Sister Annata Brockman Schools, Glastonbury Park and the small park at Goodwin Gate and Green Wynd.

These complaints have included inappropriate language, taunting and teasing

other children, throwing dog feces and other objects at both children and adults, vandalizing our Little Libraries and destroying trees and shrubs.

If you have children, we respectfully ask that you please take a moment to check in with your child to discuss what has been going on and to discuss what is acceptable behaviour in shared public spaces.

We encourage you to ensure your children are following these common-sense rules.

- No swearing
- No bullying
- No littering
- Respect for all

While everyone makes mistakes and kids sometimes act impulsively, everyone deserves to feel safe and respected while out in our community.

We have also been in touch with the Edmonton Police Service regarding these concerns, and have requested a more visible EPS presence in our community including driving by our park spaces.

## SAVE THE DATE!

Please mark your calendar for Wednesday evening June 9 and plan to join us for our Glastonbury Community League Annual General Meeting. This year's meeting will be held online in consideration of the pandemic. Please watch our Facebook page and web site for more details to come.



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# President's message

Hi everyone!

After wrapping up our successful "COVID-conscious" fall and winter initiatives, we're looking ahead and focused on bringing as much fun and community connection as we safely can this spring and summer.

This winter, we focused primarily on providing amenities that would allow families to enjoy the outdoors. Our rink and ice trail saw record use, as people from near and far sought to experience our magical little winter set-up. We also added cross-country skiing to the mix of winter activities available in the community, with addition of groomed trails at Glastonbury Park and The Grange District Park. Hopefully next year, we can explore some options for equipment rental and lessons. So many of you reported that having these amenities was such a benefit to your families' physical and mental health this winter and that it made you proud to call our community home.

Spring and summer will see us focusing on outdoor fitness and enjoying the outdoors: yoga and other outdoor fitness classes, resumption of the hiking and walking groups, tree-planting, community garden and more, are all in the works. We're also thrilled to be able to offer the Fun Shack program once again this summer. Many thanks to our MP, Kelly McCauley, for supporting our grant application for this important initiative.

After such a difficult year, I'm convinced now, more than ever, that community and connection are so important. If you've been thinking the same, perhaps you'd be interested in exploring a position on our Community League's Board of Directors? We're looking to grow our fun and fantastic team. There's a variety of positions open for consideration such as Communication Director, Event Coordinator, Fundraising Director, Facilities Director. I'm sure you'll find that the current and continuing Board are some of the nicest neighbours you could hope to meet. We're also setting up sub-committees for establishing a permanent community garden, building a rink warm-up shack and establishing our own off-leash dog park. If your passions or interests lie in any of these initiatives or if you are interested in a Board position, I would love to hear from you. I also hope to see you at our virtual AGM on June 9th at 7pm.

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

## In a nutshell, what we've been up to this since our last edition of the Gazette:

- Official opening of the new playground @ Granville Neighbourhood Park (Kim Hung)
- Tickets to the Edmonton Corn Maze
- Exclusive swim event at Fountain Park Pool
- Weekly Fall hiking excursions
- Weekly Walking group
- Monthly membership draws to support local businesses
- Outdoor Rink and Ice Trail with fire pits
- New cross country ski trails at 2 parks
- Monthly Battle of the Leagues Trivia contests
- Christmas craft kits
- Griswolds of Glastonbury Contest
- Introduction of GCL Book Club
- Community ski night at Snow Valley
- Spring Clean Contest

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## Summer/Fall Events

With a possible end to the pandemic in sight, we are hopeful we can finally get together with our friends and enjoy some outdoor events in the near future.

What are some of our plans?

- Yoga in the park - Partnering again with our friends at Prana Yoga, we will tentatively be offering our weekend event. Details on the framework are being worked on.
- Run and hike group. If you were with us last fall for our brief excursions, we explored Prospectors Point, Bunchberry Meadows, Mactaggart Sanctuary, Clifford E. Lee Nature Sanctuary and even went to the End of the World (aka Keillor Point). While we will do some events in and around the neighborhood, there are many interesting trails through the river valley to explore. Details to be posted on social media and the app when we are able to go explore again as a group.
- Fall movie night. We have tentatively scheduled this for early September, which should allow a great evening out to sit under the stars and enjoy a movie night out.
- The Glastonbury Amazing Race will be back, plus an additional family style scavenger hunt. Details are still in progress, but the time frame for these events are mid to late this summer.
- Lastly, a Pop-up Community Garden. We have approached the city and Spirit West Church about hosting a community garden again. Hopefully, we are already gardening when this comes out.

We look forward to getting out and enjoying the outdoors with you again soon. Stay safe and watch our social media for details of the upcoming events and activities.



## The Fun Shack is back for the summer!

We're back again for another awesome summer of fun with the GCL's Fun Shack program!

Despite last year's different summer, we look forward to running another great summer of free fun and games for children ages 6 to 12.

Once again, the locations for our program will be at Doug Kelly Park (the blue park at 208 St and 57 Ave) as well at Glastonbury Park (1101 Grantham Drive).

This summer, we will have new faces to our Fun Shack Program. Still, we are eager to find individuals for our amazing community summer program! This summer, youth who are interested in being Leaders in Training will take part in training to assist, learn and contribute to the community by volunteering with the Fun Shack program.

Like last summer, we will have *COVID-19 guidelines* and rules in place to keep kids and Shack leaders safe during the summer program.

We hope to run both shacks from 9:30 to 5:30, Monday to Friday. Starting date will be on Friday, July 2, 2021. Our programs have active games, sports, new games, art, crafts, drama, and stories. We can't wait to see this summer!

### The Green Shack's back too!

The City of Edmonton's familiar green sheds will be back in our community this summer. Time and locations are to be determined.

# City of Edmonton rolling out waste collection changes

Did you know the way we sort, set out and collect waste is about to change?

This summer the City of Edmonton will be providing residences in Glastonbury with a garbage cart, food scraps cart and a food scraps pail. Cart delivery and collection have already begun for some areas of the city.

The new system includes four collection services:

- **Food Scraps-** will be collected weekly from spring to fall, and every two weeks in the winter, using a cart provided by the City. If you have spare room in your food scraps cart, you can top it up with yard waste as long as the lid can be fully closed.
- **Recycling-** will continue to be collected in blue bags all year round on a weekly basis. There are no changes to recycling collection.
- **Garbage-** will be collected every two weeks year-round, using a cart provided by the City. Once you get the hang of sorting out your food scraps, yard waste and recycling, you'll find that you have less garbage.
- **Yard Waste-** will be collected twice in spring and twice in fall in clear plastic bags or double-ply paper yard waste bags and/or bundles wrapped in biodegradable twine. You can also top up your food scraps cart with yard waste or take it to an Eco Station for free between seasonal collection days.

More information on sorting and collection will be provided when carts are distributed. In the meantime, learn more by visiting <https://www.youtube.com/watch?v=JsKmOBDctB0&t=27s>.

## 2021 GCL Big Bin Event coming up May 29

The Glastonbury Community League is pleased to be hosting another Big Bin collection event this spring for our members. This year's event will be held from 11 a.m. to 3 p.m. on Saturday May 29 at River West Christian Church, 19815 45 Avenue.

Please note that you must present proof of current Glastonbury Community League membership to participate in this event. If you do not have a current membership, you can purchase a membership through our App.

Items that can be dropped off include the following:

- Couches, chairs, mattresses and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)
- Tires and scrap metal (will be recycled)
- Yard waste, including branches no longer than 1.2 metres (4 feet) by 0.75 metres (2.5 feet) in diameter

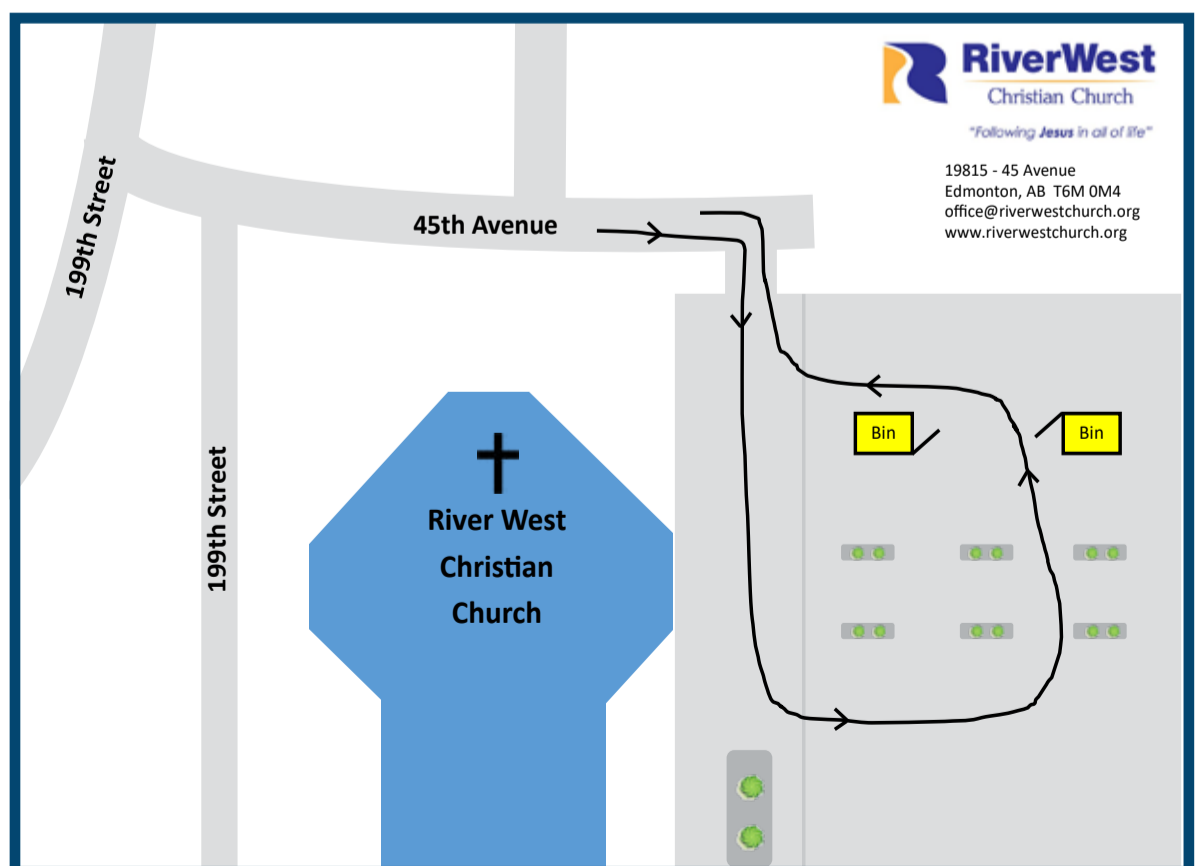
Materials not accepted include commercial waste or household hazardous waste.

We will also have **FIND EDMONTON** attending our day for donations. Find is a social enterprise with two goals: providing essential furnishings free of charge to individuals and families who are moving out of homelessness, and supplying low-cost, quality furniture and housewares for sale to the public.

Accepted items:

- antiques and collectibles
- artwork and mirrors
- bookshelves
- coffee and end tables
- dining room sets
- dressers
- kitchenware and small appliances
- sofas, loveseats, couches and chairs
- computer desks
- books, cd's, vinyl, vhs, dvd's, etc...
- bed frames and headboards (single and double)
- computers and computer accessories
- small exercise equipment and sporting goods

Please note this event will be following all AHS pandemic guidelines, If you are dropping off you must stay in your vehicle until it is your turn, and you must wear a mask and follow social distancing protocols when outside your vehicle.



# Advertise with the Gazette!

For information about advertising opportunities or to book your spot in the next issue, contact Wendy at [gazette@gclyeg.com](mailto:gazette@gclyeg.com) or visit [www.gclyeg.com](http://www.gclyeg.com).

## Connecting through our Virtual Book Club

Hi Fellow Community Members!

I had the privilege of participating in our inaugural Glastonbury Virtual Book Club! At a time when community connection is challenging to say the least, I was excited to see that our community was offering an opportunity to meet with other members in a safe and fun way! And all while gaining some extra knowledge! Not only did we read a great book – ‘Kids These Days’ by Dr. Jody Carrington, I also got a chance to virtually meet and get to know some awesome new community members. Although our initial Book Club Group was small, this provided a great opportunity to share our own thoughts and personal experiences relating to the book in a safe space. I gained a lot of insight and resources from the discussions we had together and most importantly of all, I made some great new friendships! Thank you to all the people who suggested and made the Virtual Book Club happen, I was incredibly grateful to be part of the group. And although I very much look forward to the day we can connect and meet up in the community in person, I am excited to join in on the next round of Virtual Book Club meetings!

Sincerely, Amanda May



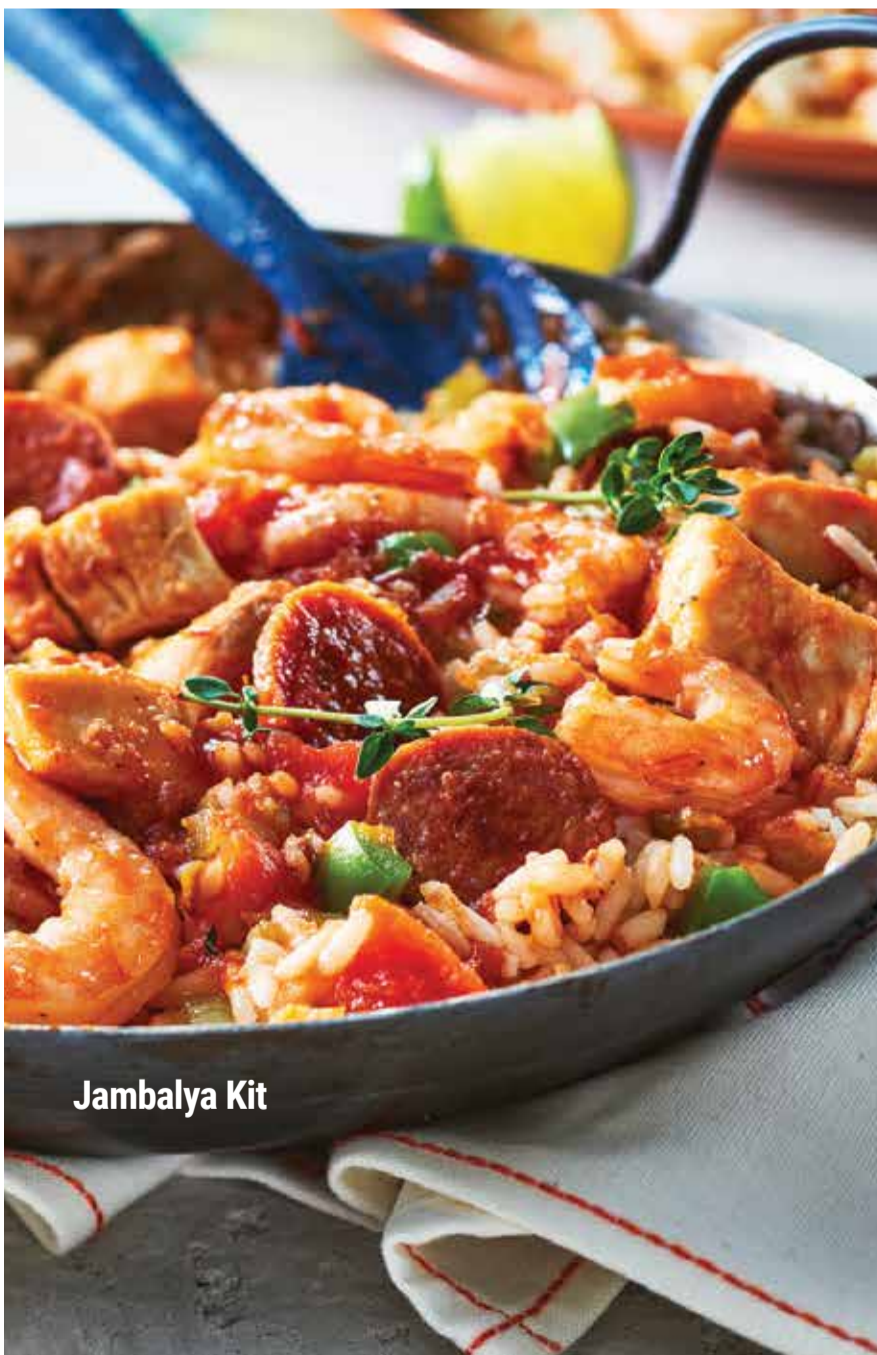
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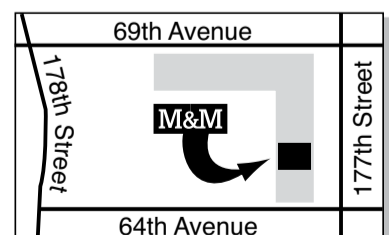


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# NEIGHBOURHOOD WATCH

## Make fire prevention a priority!

In the interest of community safety, the Glastonbury Community League urges all residents to make fire prevention a top priority. There have been a number of residential fires in Edmonton over the last few months, and in most cases these fires are preventable.

- Smoking is a leading cause of fires. Edmonton Fire Rescue Services urges smokers to use a deep, non-combustible ashtray that cigarettes can fall into, as well as to completely wet cigarette butts and matches with water before disposing of them. Smokers should never extinguish smoking materials in planter pots, potting soil, peat moss or any other types of soil as they contain combustible materials. If you smoke in your garage or on your deck, make sure your butts are completely and safely extinguished. And please do not discard cigarette butts on sidewalks, boulevards or streets. If you have a barbeque on your deck, make sure it is a safe distance from your house. Once you are done barbequing, make sure the barbeque is shut off including the propane tank or gas supply valve, and ensure it is cold to the touch before the cover is put back on.
- If you have a backyard firepit, keep a fire extinguisher, water pail or hose nearby to be able to put your fire out quickly should it flare up, and when you are done make double sure your fire is completely extinguished.
- As many of us have attached garages, be aware of what you are keeping in your garage. Do not store gas cans, solvents or chemicals in your garage, and ensure you keep any flammable materials safely stored and far away from any source of spark such as power tools or battery chargers.
- Be extremely careful if using candles. Never leave a burning candle unattended, and never use candles around pets or children.
- Maintain your clothes dryer well. Clean the lint filter before or after each load of laundry, remove any lint that collects around the dryer drum, don't overload your dryer, turn off your dryer when you go to bed or leave your home, have your dryer exhaust vent cleaned periodically, and keep the area around your dryer clear of anything that can burn.
- Check your home's smoke detectors on a regular basis, replace them regularly, make sure your carbon monoxide detector is not expired, and ensure you and your family regularly practice your home fire escape plan.

For additional fire prevention tips please visit [https://www.edmonton.ca/residential\\_neighbourhoods/fire\\_safety/fire-safety-where-you-live.aspx](https://www.edmonton.ca/residential_neighbourhoods/fire_safety/fire-safety-where-you-live.aspx).

## Seasonal crime prevention tips

With spring here and summer just around the corner, criminals are prowling our neighbourhood looking for unattended property. If you are working in your yard, don't leave your garage door open. If your kids are riding their bikes or scooters, don't leave them in the yard unlocked. If you are going away from home even for a short amount of time, don't leave your windows open or doors unlocked.

And never leave any valuables of any kind unattended in your vehicle whether it is left locked or unlocked, whether it is parked outside or garaged, or whether overnight or during the day.

If you have a trailer or RV that you will be parking in your driveway this summer, make sure you secure or remove your battery and propane tanks as these are a common target for thieves.

Register your bikes at [www.BikeIndex.org](http://www.BikeIndex.org) so that if your bicycle is lost or stolen it can be recovered more easily. More information about this program is available at [www.edmontonpolice.ca/CrimePrevention/HomePropertySafety/ProtectYourProperty/BikeIndex](http://www.edmontonpolice.ca/CrimePrevention/HomePropertySafety/ProtectYourProperty/BikeIndex).

## Prevent catalytic converter theft

Unfortunately the theft of catalytic converters from parked vehicles is still a huge issue in Edmonton.

Catalytic converters contain highly valuable metals such as palladium, rhodium, and platinum, so are a hot target for thieves. Thieves can remove a catalytic converter in less than two minutes, making it easy to steal even in broad daylight. The only tool required is either a wrench to remove the bolts, or a reciprocating saw to remove converters that are welded onto the vehicle.

The valuable metals, combined with a lack of identifying markings, and how easy they are to steal has fuelled the increase in catalytic converter thefts. Once stolen, thieves will take the catalytic converters to metal recyclers and scrappers, who will pay between \$50 to \$500 for each one.

Given that many Glastonbury residents use their driveways to park their company work trucks or vans on evenings and weekends, these vehicles are a particular target.

To prevent catalytic converter theft:

- Park your vehicle in a locked garage overnight if possible.
- If you must park outside, park in a well-lit area with video surveillance cameras.
- Park your vehicle as close to walls, fences, curbs or your garage door as possible to reduce the amount of clearance a would-be thief has to get under your vehicle.
- Install a car alarm that is motion-triggered.
- Install a catalytic converter lock or clamp to provide an additional barrier against theft. These can be installed at many muffler and exhaust service shops.

## Working together for a safe 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 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](mailto:enw@gclyeg.com) to be added to our distribution list. Also follow the Glastonbury Community League's Facebook page for updates.

# Check your trees!

This spring be alert for Black Knot and the Aspen Borer, two pests that are infesting landscaping trees in our community. Check the trees in your yard and if you have affected trees, take action to manage infestations or contact an arbourist for assistance.

## Aspen Borer

The Aspen Borer is also causing a lot of damage in our neighbourhood. The Aspen Borer is a native beetle that evolved feeding primarily on native aspens, but has developed a taste for Swedish Columnar aspens that are typically planted in rows along fences for privacy screening. Holes' Greenhouse provides the following information on its web site:

- Poplar Borers are rather large, gray beetles with faint, yellow stripes on its body and antennae that are as long as its body.
- The problem with these borers is that they not only feed on the green "phloem" that sits just below the bark and moves sugars up and down the tree, but the larva (worms) also tunnel into the wood and leave a labyrinth of trails that weaken the tree, leaving portions of the trunk prone to snapping-off on windy days.
- Aspen Borers prefer aspens that have trunks about 10 cm wide or larger and they typically seek trees that are stressed. The adults prefer to lay eggs on the south to southwest side of trees that have lots of exposed bark (extra trunk heat is better for larva growth and development).
- The lifecycle of Aspen Borers can take several years to complete in our region, but once they invade trees they are very difficult to control.
- Given the great benefits of having Swedish Columnar aspens, and the expense of removing these trees, the battle to keep the borers at bay is critical.
- Aspens growing in landscape fabric with rock around the base are the worst Affected. Drought stressed aspens growing in poor soil are also preferred by the borers. Aspens with branches removed on the south/southwest side of tree are attacked more often.
- Symptoms of borer attack include small holes in trunk with brown sap stains on bark, and small piles of 'wood shavings' at trunk base from borer tunneling.

## What can be done?

- Inspect your poplars several times during the growing season and look for any signs of damage
- Pest control products like 'Garden Protector' can be used as a trunk and foliage spray prior to the borers penetrating the wood
- If the borers enter the wood, control is difficult. A number of gardeners have been quite successful applying Knock Down aerosol insecticidal spray directly into the entry holes on the tree trunks.
- Aspen Borers are destructive pests so if you have Swedish Columnar aspens always be vigilant! Being proactive with controlling the beetles is the best strategy!



Example of what black knot looks like.

## Black Knot

Black Knot is a fungal infection that is spreading across Edmonton. It affecting trees including Maydays and Schubert Chokecherries which are common in Glastonbury. It causes damage by turning trees' own branches against them. Left untreated, the fungus will kill the tree.

If the fungus has spread to the trunk of your tree, replacement is the only option. To remove the fungus either call an arborist or remove it yourself by following these instructions:

- prune out the infected branches between late fall and early spring when the plants is dormant and the knots are easier to see
- remove the infected branches to at least 15-20 cm (6-8 inches) below the knot
- it is best to prune an infected branch further back to a suitable location, such as a healthy collar, rather than leave a stub
- for knots on the trunk or scaffold branches (main branches growing directly from the trunk) that can't be removed, cut away the diseased material down to good tissue and at least 1 cm (1/2 inch) beyond the edge of the knot
- sterilize your cutting tools between each cut using bleach to prevent further spread of the disease
- destroy infected prunings immediately, as they can continue to produce spores for months after being removed. Galls can be placed into a plastic bag for regular household garbage collection. Do not burn them as this will release more fungal spores into the air spreading the infection.
- For more information visit [https://www.edmonton.ca/programs\\_services/pests/black-knot.aspx](https://www.edmonton.ca/programs_services/pests/black-knot.aspx)



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## Who's picking up after your dog?

Many of us in Glastonbury are responsible dog owners. In fact, it has been said there are more dogs per capita in Glastonbury than any other neighbourhood in Edmonton. Yet there are a few dog owners in our midst who give all dog owners a bad name—not to mention endangering the health of all of our dogs—by not picking up their dog feces.

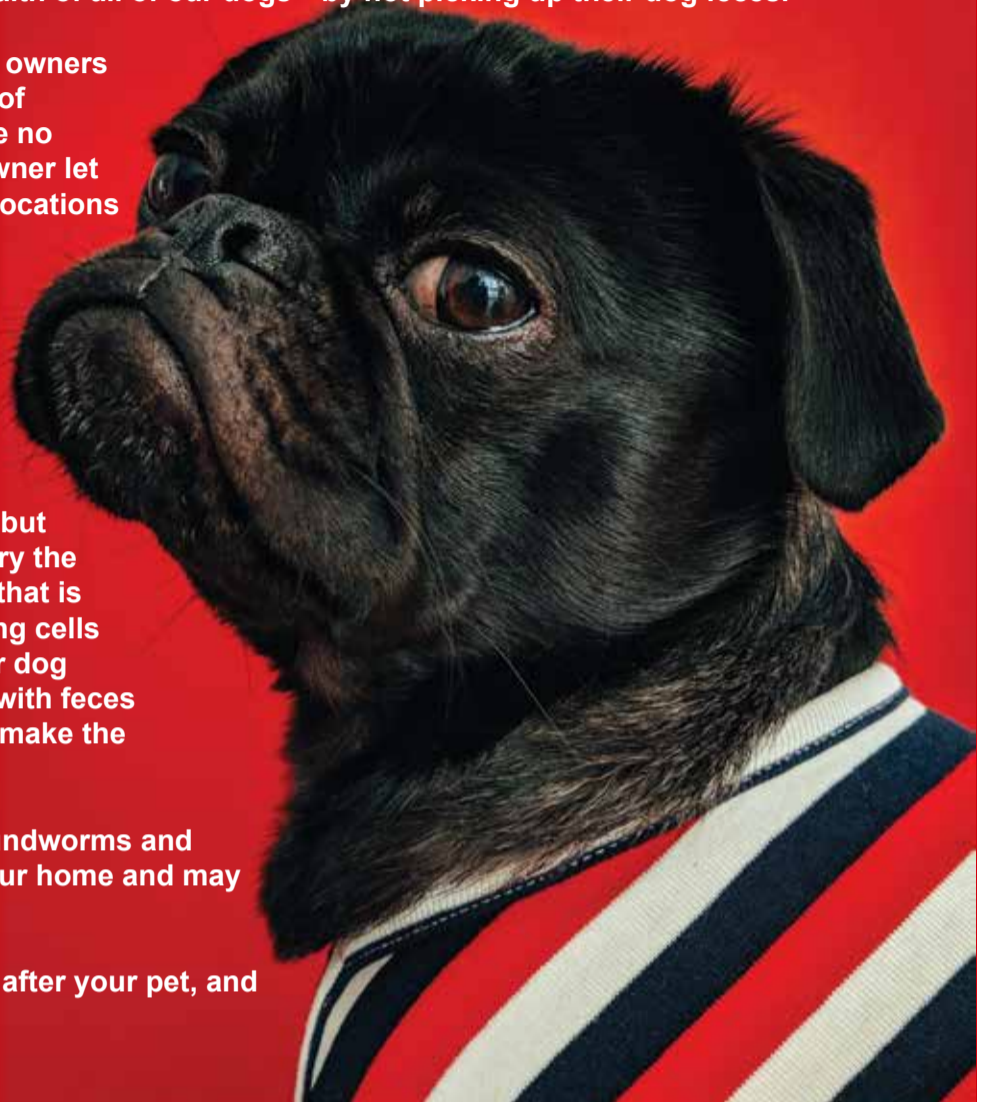
This year the spring melt exposed the ugly reality of dog owners who don't pick up after their pets. In a one block stretch of boulevard adjacent to Glastonbury Boulevard, there were no less than 17 piles of dog excrement where a negligent owner let their pet defecate all winter. This scene was repeated in locations throughout our community.

There are multiple doggy bag stations around the neighbourhood and it takes literally only a minute to clean up after your pet. And if someone else in your household such as your son or daughter is walking your dog, please remind them to pick up after your dog.

Not picking up your dog waste is not only irresponsible, but poses a real health risk to other dogs. Dog feces can carry the parvovirus, which is a potentially deadly intestinal virus that is shed in feces. Parvo is a virus that attacks rapidly growing cells including intestinal cells and white blood cells. If another dog ingests feces or something that has been contaminated with feces from another dog with Parvo, the resulting infection can make the dog extremely ill and even lead to death.

Dog feces can also contain hookworms, whipworms, roundworms and giardiasis—all organisms that can affect other pets in your home and may even be able to be transmitted to humans.

Please be a courteous and caring pet owner and pick up after your pet, and hold other pet owners equally accountable.



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# The importance of regular dental care—even in a pandemic

COVID-19 changed many things for many of us. We've had times where we weren't working, times where our children were not in school, and times where it seemed that our best friend was the person helping us at the grocery store. As a dentist, I have seen more patients coming through at these times with broken teeth caused by stress, and increased amounts of plaque resulting from a healthy dose of self-neglect that was created by a change of routine.

While the need to brush and floss has not changed, the need to see your dentist has become even more important. The dental profession has long encouraged patients to brush well and frequently, and include a healthy flossing habit in your routine. Our goal has been to help you reduce development and accumulation of plaque on your teeth because of its impact on your gums. The bacteria in plaque promote inflammation in your gums that opens the doors to disease in your body. When your gums are not healthy they cannot stop bacteria from entering your body through your mouth. This has long been recognized in dentistry, and its consequences are more severe if you suffer from chronic health issues. This brings us to the impact of inflammation in the mouth and SARS Cov-2. A recent study in the *Journal of Oral Medicine and Dental Research* has been able to shed some light on how COVID-19 may develop. Medical imaging has confirmed that not all infections are developing through respiratory infections created through the airway. We have already recognized that the virus is abundant in human saliva. It appears that the virus may actually be passing from your saliva into the body through openings in your gums. These openings are present when the gums are neglected or otherwise unhealthy. By allowing the virus to travel into blood vessels to the heart, it can then move into the lungs and establish an infection.

Maintaining good oral hygiene ensures you are doing your best to keep your body healthy. Keeping your regular visits to your dentist and dental hygienist help to ensure that you keep your mouth the healthiest.

Contributed by Dr. Pushpinder K. Bains, Lewis Estates Dental Centre



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## New Ward name recognizes Indigenous Peoples

For this fall's City of Edmonton municipal election, residents of Glastonbury have a new Ward name for our municipal electoral district.

Edmonton has been a gathering place for Indigenous Peoples for thousands of years. iyiniw iskwewak wihtwawin (the committee of Indigenous matriarchs) have gifted traditional names to the City's naming committee to honour these sacred places in Edmonton and to preserve the history for future generations.

**Glastonbury's on track to be site of the first urban reserve in Alberta**

Indigenous cultures traditionally uphold women as leaders in their communities, which is why they were chosen to lead this initiative. This is an opportunity for reconciliation for matriarchs to reclaim their roles within the community. The committee was made up of 17 women from First Nations in Treaty No. 6, 7, 8, as well as Métis and Inuit representatives. They represent the Anishinaabe, Blackfoot, Cree, Dene, Inuit, Iroquois (Michel Band), Métis and Sioux nations.

The new name, Ward sipiwiyiniwak (pronunciation: SEE-PEE-WIN-EE-WOK) references the people of the Enoch Cree Nation being River Cree. Because of their proximity to the North Saskatchewan River, Enoch Cree Nation members were known as the River Cree to other tribes, or in the Cree language, sipiwiyiniwak.

In the 1800s, the Enoch Cree Nation was an area of 44 square miles that stretched from north of Big Island to present day Stony Plain Road. In 1884, Chief Enoch Lapotac signed an Adhesion to Treaty 6, but involuntary land surrenders caused the loss of over half of Enoch land. The Enoch First Nation, and it's more than 2,500 members, is situated on Treaty 6 Territory in central Alberta, bordering the west side of the city of Edmonton. They continue to fight for their land rights today.

The City of Edmonton is working with neighbouring First Nations on a blueprint for an urban reserve within areas of Edmonton.

The agreement would see pockets of Edmonton designated to Treaty 6 First Nations as designated urban space that could pave the way for economic, social and reconciliation benefits for Indigenous residents—starting with a traditional gravesite located adjacent to the Transportation Utility Corridor that borders the Glastonbury community.

Alberta is the only province in western Canada that doesn't have an urban reserve program. Urban reserves are found in other major cities including Saskatoon, Regina, Vancouver and Winnipeg.

The Glastonbury Community League strongly supports this initiative in the spirit of reconciliation.

## OK Cat & House Sitting Services

dorotheyanne.okeefe@gmail.com

West Edmonton  
780-263-6925



# Supports for mental health through the pandemic

One of the biggest tolls COVID-19 has taken on us over the past year has been the negative impact it has had on our mental health. There are a wide range of publicly accessible mental health supports available including:

**Access 24/7**— Access 24/7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization. You can access service by phone at 780-424-2424 or in person at Anderson Hall located at 10959 102 Street.

**Togetherall** — Togetherall is a safe and anonymous online space where you can connect with others that have real lived experience for advice and support any time of day or night. You can also complete self-paced courses or explore other helpful well-being resources when it suits you. You can access free mental health support 24/7/365 from any device with an Internet connection. Signing up is easy—go to [togetherall.com](https://togetherall.com) and use your Alberta postal code to register—it takes five minutes and you'll have immediate access to support.

**Distress Line** — The Distress Line provides free, confidential, non-judgmental and short term crisis intervention, emotional support, and resources to people in crisis or distress. The service further supports family, friends and caregivers of people in crisis. When community members call the Distress Line, trained volunteers are on standby to listen to their situation, provide emotional support, explore options and connect callers with local resources and referrals. The Distress Line operates 24 hours a day, seven days a week. Call 780-482-HELP (4357).

**Text4Hope** — Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours provoked by the pandemic. Through a set of daily text messages, people receive advice and encouragement helpful in developing healthy personal coping. Text COVID19HOPE to 393939 to subscribe.

**MoreGoodDays** — created specifically as a mental health support for Alberta youth, MoreGoodDays provides a daily dose of inspiration and advice via text messages to young people to support their mental health. Get started by texting MoreGoodDays to 393939.

**Benefit plans** — If you have a health benefit plan, your coverage may include access to mental health supports through an Employee Family Assistance Program as well as psychology benefits.

The fear, isolation, worry and anxiety that have accompanied the pandemic take a real toll on our mental health, and it is important to recognize our mental health needs—and to reach out when we need support.

*Information provided by Alberta Blue Cross*

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

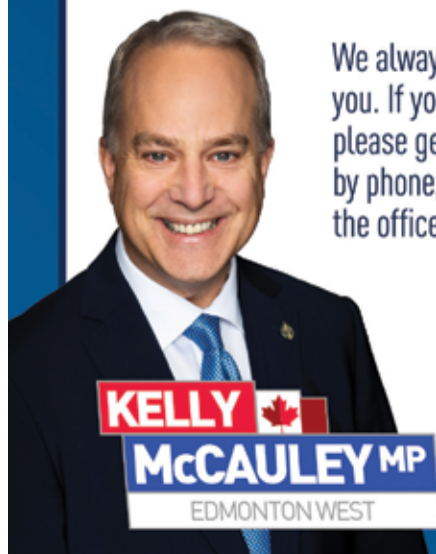
Your Member of Parliament, **Kelly McCauley** and his staff are here to assist you with questions that you have regarding any programs or services offered by the Government of Canada. The local office is here to guide anyone who may have questions relating to:

- 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](mailto:kelly.mccauley.c1@parl.gc.ca)  
780-392-2515



## Visit our little libraries

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

These brightly painted converted newspaper boxes are located at John Patrick Gillese Park, the park space located at Goodwin Gate/Green Wynd, and the pocket park at 1673 Glastonbury Boulevard.

Our little libraries 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.

And if you haven't visited lately, the libraries have been recently replenished by an anonymous donor with dozens of books for all ages and interests.



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.

## Councillor Corner

—Sarah Hamilton, Councillor, Ward 5



### Traffic safety improvements for our communities

Through my first three and a half years as your City Councillor, I have heard from hundreds of you regarding traffic safety issues in our neighbourhoods. Whether it be the need for crosswalks and traffic control upgrades, issues with poor sight lines, speeding or shortcutting, residents have been diligent in communicating their concerns to my office and to the Office of Traffic Safety. I want to thank those of you who reached out for being my eyes and ears in the community every day.

I want to let you know that we have had some substantial wins: since 2018 we have advanced 15 crosswalk upgrades in Ward 5, along with nine traffic control changes and six school safety improvements, with several more slated for this construction season. Glastonbury Boulevard, 62 Avenue, 199 Street, Granville Link and Hemingway Road are all roadways that have received attention over the past few years, among others. We have also made some progress on several of the more chronic traffic issues that have been raised with my office.

Though these improvements are important, many of you are still waiting for attention to your traffic issues from the City. In 2015 Edmonton became the first city in Canada to adopt Vision Zero, and since then there has been a renewed focus at the City to introduce new programs that will make our streets safer. Limited resources and cumbersome processes have made for a slower rate of change than I know many of you want as we shift towards building a safer city, but one thing is clear: residents want to see more tangible action on traffic safety measures in their neighbourhoods.

You may have seen in the news over the past year that Edmonton City Council voted to reduce residential speed limits from 50 km/h down to 40 km/h, which will be taking effect this summer. I wholly support this change. The evidence is clear; a modest reduction to residential speed limits will prevent collisions and reduce the severity of the accidents that do occur. As work continues on enabling more local solutions, this change will make a meaningful difference to the safety and liveability of our neighbourhoods. I want to be clear that this will only be affecting residential roadways, so the speed limits on the major arterial roads that you use to commute will not be changing.

Turning to new programming that can be more responsive to specific community needs, the City has recently introduced the Safe Mobility Strategy. This is Edmonton's newest approach to achieving Vision Zero through safe and livable streets.

The Safe Mobility Strategy uses a combination of location-based and system-wide actions to support safe and livable streets, no matter how people get around. It is designed to be flexible and evolving, and will be adjusted over time by its outcomes. This will help the City tackle widespread issues that contribute to crashes, such as street design and deep-rooted cultural norms around traffic and mobility.

One of the most exciting elements of this strategy is the work around Traffic Safety Community Activation. This will enable the City "to collaboratively identify and implement customized, creative and flexible solutions that address traffic safety concerns outside of Neighbourhood Renewal." There's plenty more to learn about, and if you're interested I would encourage you to visit [edmonton.ca/safeststreets](http://edmonton.ca/safeststreets).

## Volunteers needed for warm-up shack project

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 and government support 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.

## Join our Spring Clean contest!

We've extended our contest until the end of May. #GCLSpringClean

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 or email them to [president@gclyeg.com](mailto:president@gclyeg.com) for a chance to win some great prizes from Whimsical Vintage Creations or a \$50 gift card to Creekside Home and Garden Nursery.



## Window/Gutter Cleaning Spring Special Offer!!

( USE PROMO CODE: WIN2021 )

**CALL NOW! (780) 667-5432**

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