



Gazette

COMMUNITY NEWS FALL 2022



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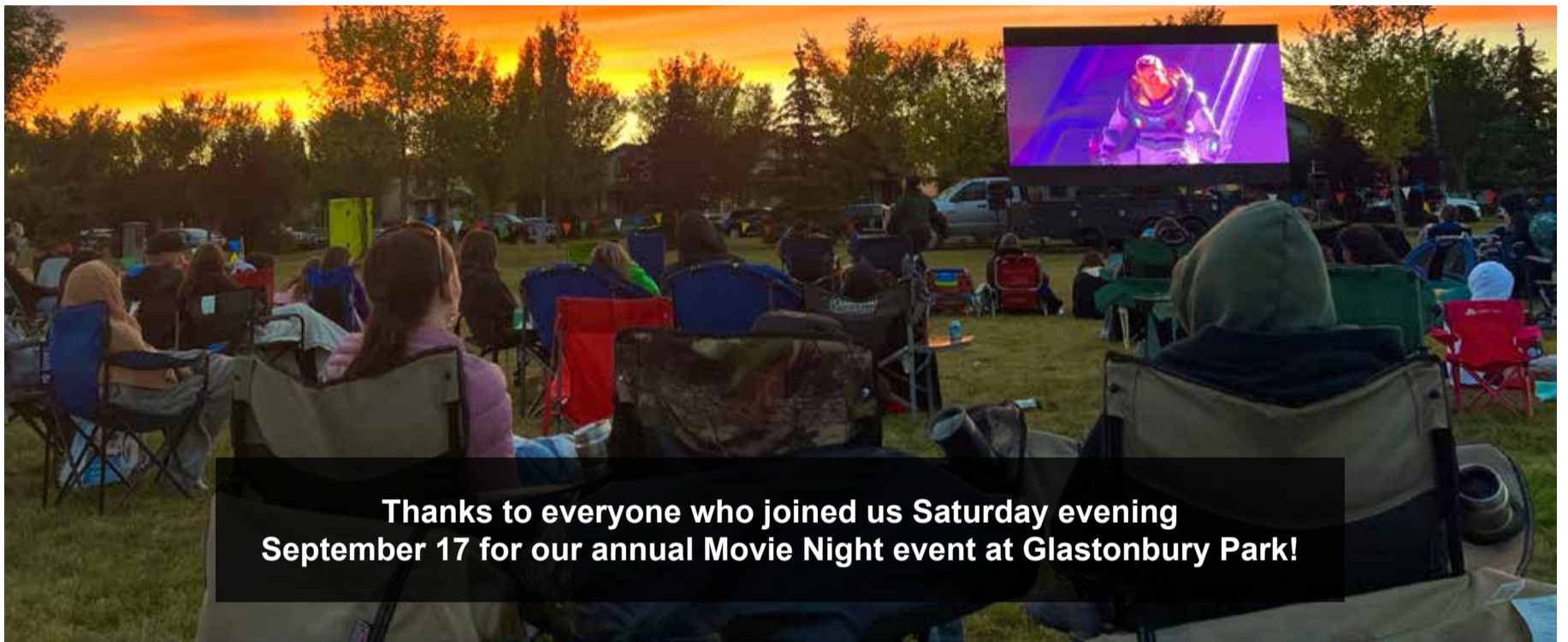


GCLEdmonton



@glastonburycommunityyeg

Local news, updates, and useful information for residents of the Parkland, Grange and Granville subdivisions.



Thanks to everyone who joined us Saturday evening September 17 for our annual Movie Night event at Gastonbury Park!

Residents provide feedback on proposed Granville rezoning

Over the past few months there has been a lot of community discussion around a rezoning application being planned by developer Alldritt Land (Alldritt) for the Granville neighbourhood, concerning the area fronting Winterburn Road south of Gastonbury Boulevard, and the area behind GoodLife Fitness backing onto Granville Drive.

Originally the areas in question were zoned for low and

medium-density residential development, including single family homes, 2-3 storey townhomes and duplexes.

The developer's new application would have the area rezoned to expand the residential units from the 150 originally approved, to 3 6-storey multi-family housing buildings consisting of 180 units. If the application is approved, the area at the south east corner of Winterburn

Road and Gastonbury Boulevard would be zoned low-density commercial, rather than residential, and all the residential for the area in question would be condensed into the taller multi-family housing in the area behind GoodLife.

The rezoning application is still in early stages. Clarity Development Advisory (Clarity) have been hired by the developer, Alldritt Land,

to conduct the Community Engagement phase and submit the rezoning application. Clarity conducted the Community Engagement phase during the summer, and says comments received will be referenced in a summary report included with the application to the city. A Traffic Impact Assessment took place in November of 2021, the results of which will be included in the application.

continued on page 3 ...

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President's message

Hello everyone,

I hope this message finds you all well! Since the last edition of the Gazette, your Community League Board has been keeping very busy, as usual!

For those of you who are new to the community, the Glastonbury Community League likes to focus on offering opportunities for fitness, fun and connection. All of these aims were met this summer with our Family Fun Day carnival, weekly Tuesday evening hikes, weekly yoga in the park classes, daily drop-in Fun Shack program, our just-for-teens Amazing Race event, GCL book club ice cream social and finally, our fall outdoor movie event to celebrate Edmonton's Community League Day!

Behind the scenes, we've been preparing for fall and winter fun, keeping on top of those oh-so-fun grant and permit applications. While paperwork and the prospect of colder weather on the horizon may not be so exciting, what we have in store for the community this year sure is.

Looking for a way to connect with the community? Join our book club on Oct. 27th to discuss our latest book selection. The PSLs will be on the house! If you're interested in building raised garden beds and Little Free Library boxes, our Men's Shed program that's just starting up has a nice, warm workshop waiting for you!

Want to embrace the outdoors this winter? Check out our beautiful rink, ice trail, cross-country ski trails and downhill ski night events. If you're not too keen on the cold, well, we've ordered more firepits! We've also ordered four additional sand boxes to place in the community so you'll have a place to go pick up sand to keep your sidewalks safe.

There's always lots going on and many details to share, so if you have any questions, please head over to our social media (Facebook and Instagram), our website www.gclyeg.com or send us an email at info@gclyeg.com.

I'd like to take this opportunity to welcome our new Board members, Sara and Martin, to the team, and to send my thanks to all of my fellow GCL Board members for the dedication that they show to our great community. It's truly a pleasure to work with you! If you'd like to join the community league fun by filling one of our vacant roles or by attending a meeting, please send me an email @ president@gclyeg.com.

Kind regards,
Kimberly Johnson
President
president@gclyeg.com

Glastonbury Community League Board of Directors 2022/2023



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Additional technical studies will include a Phase I Environmental Site Assessment, a Neighbourhood Design Report and a Hydraulic Impact Assessment.

The Clarity website outlines the reasons the developer is seeking these changes including the ways Edmonton has changed in the last 15 years, needing to provide more variety in the types of housing due to the changing population in the city, wanting to provide more access to goods and services for residents, and improving the efficiency of land use within the area.

During the Community Engagement period, the Glastonbury Community League heard from many residents about their concerns. Residents shared their feedback in various community Facebook groups, and to the developer and city directly.

Resident Josephine Mah, prefaced her feedback by indicating that she is in favour of Edmontonians being able to attain safe, affordable housing but believes that the infrastructure in Granville is unsuitable for 3 6-storey buildings. She has experienced the traffic impact of the 4-storey Stafford Green development, at the corner of 62nd Avenue and Getty Gate, first hand. "You often see residents and guests park on Getty Way NW because they do not have adequate visitor parking." For the new development, add to that an already congested area with the existing commercial area nearby, and the school traffic from Kim Hung school, Mah said, "This will put significant pressure on the already busy single lane east/west corridor in our community".

Resident Kris Benson echoes Mah's feedback and also said, "Having commercial access to Granville Drive will drastically increase traffic

through the residential area." Though there was a Traffic Impact Assessment conducted, Benson is concerned that the potential of increased traffic volume due to planned development at the Enoch Cree Nation on Winterburn Road may not have been considered.

In addition, Benson feels Alldritt isn't fully utilizing land they already have zoned for this kind of development. Speaking about the Shops of Granville, Benson said, "There's supposed to be a mixed-use building with ground-floor commercial and several floors of residential above it." Benson believes high-density housing is not popular in this area, and feels that Alldritt should have to develop what they already have zoning approval for first.

The concerns expressed by Mah and Benson were shared by many in the community during the consultation period.

The window for formal community feedback to the developer has closed, and Clarity indicates the feedback received will be included in the summary report which will be submitted with the rezoning application.

Once the developer submits the rezoning application, it will appear on the city of Edmonton website at: https://www.edmonton.ca/residential_neighbourhoods/neighbourhoods/granville-planning-applications.

It is then that Edmontonians will see how the developer accounted for community concerns in their rezoning application.

Many departments at the city will need to consider the application, and usually there are additional community feedback opportunities during the city's evaluation process.





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Some of the Edmonton Tool Library's home improvement tools.

Borrow tools with your GCL membership

Are you thinking about tackling some home improvement projects but don't have the necessary tools? The Glastonbury Community League is pleased to announce free access to the Edmonton Tool Library (ETL) with your GCL membership for the 2022-23 membership year! The Edmonton Tool Library is an organization that lends out hundreds of types of tools to its members. Members can borrow up to 8 tools per week.

Kate Hamilton, a board member with the ETL says, "Our members are definitely working on a large variety of projects - decks, landscaping, tiling, painting, automotive repairs,

demolitions, you name it. We do have one member who's currently carving a West African kpanlogo drum using our tools!"

Like any good library, this one also has books—of the project/construction reference variety. Tools available to borrow include everything from hedge trimmers and jacks to a sewing machine and a bottle corker.

The benefits of borrowing from the ETL are varied, including cutting members' costs by not having to buy or rent tools, and moving toward a more sustainable lifestyle by not investing in tools for one-off projects.

In addition to lending tools to its members, Hamilton says the ETL is also helping the community in other ways. "We are currently partnering with Homeward Trust's social enterprise organization FIND. We are creating starter tool kits for individuals participating in the Housing First program. We bundle essential hand tools as part of this starter kit, thus we are welcoming donations of screwdrivers (with the bits!), pliers, tape measures (in working order), hammers and other essential tools for a homeowner."

If you would like to support the ETL in their lending or donating efforts, you can

visit their website (www.edmontontoollibrary.ca) for more information about how to donate funds or tools.

The Edmonton Tool Library is open on Wednesdays from 6-8 pm and Saturdays from 11 am - 3 pm. It is located at the Bellevue Community Hall (North Entrance) at 7308 112 Avenue

ETL Members can reserve tools in advance at the ETL website, or can walk in to borrow available tools. Those community members with a current GCL membership, are eligible to sign up for an ETL membership for free. Otherwise individual membership to the tool library costs \$50 per year.

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GCL events update

Family Fun Day

After having to skip multiple years due to the pandemic, we were back with our annual Family Fun Day in June 2022. We had some changes due to difficulty sourcing vendors, but brought out new activities to fill in the cracks. Music from DJ Johnny was accompanied by bouncy castles supplemented with a zipline and climbing wall. We also brought out a mini disc golf course, spikeball clinic, Edmonton Public Library, Edmonton Police Service and a

variety of food trucks. The event was well attended, and fun was had by all. We look forward to next year's event, and are open to suggestions for activities that we could do.

Fall Movie Night

Our annual fall movie night was held on September 17. While the weather was a bit cool, attendees enjoyed the movie Lightyear and great food from Jackie O's Street Treats. Thank you to everyone who attended and enjoyed the movie with us!

Hiking Group 2022

The 2022 hiking group has once again explored the trails of our river valley. The weather has been good, and once hockey season ended more people came out to enjoy the great outdoors. Plenty of new faces mixed in with the regulars and there were multiple times the comments of "I didn't know this was here" or "I've never been down here before" were uttered. It is always fun to show new friends new trails. The group will continue to head out, likely until the snow flies to enjoy some fall colours in the river valley. Watch Facebook for details.

Glastonbury Ski Nights

We will again be looking to host multiple ski nights this winter season for our members. We would like feedback on whether you'd like both at Snow valley, or would you want to split between two different locations. Email our President or Vice-President with your thoughts.

While we have a good balance of events, we are always looking to do more. Do you have a suggestion for an event that can be run in the community? If so, we would like to hear from you.

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Act now to reduce your energy costs this winter

With rising gas and electricity prices, this winter is going to be brutally expensive for many Albertans despite the monthly rebates being provided by the Government of Alberta until the end of 2022. Saving money on your utility bills isn't just about consuming less. Take some time now to prepare your home for winter by making it more energy efficient. Spending a few hours to make a few minor changes can make a major impact on your energy costs over the coming months.

Electricity

- Turning off your computer can save energy. If you need to leave your computer on, try just turning off the monitor which typically uses more than half of the computer system's energy. With more of us working from home, shutting down computers when not in use can save you money.
- Consider turning off your home entertainment systems when not in use, as they can be one of the largest energy drains in a household. Yes, this includes your PVR and game console.
- LED light bulbs use up to 75 per cent less energy than traditional light bulbs. Little changes can make a big difference in consumption as well as your monthly energy cost.
- Unplug phantom energy users before going on vacation. TVs, DVD players, computers, printers and many other electronics use energy even when they aren't turned on.
- Use the smallest appliance to get the job done. Use your microwave and toaster oven for small cooking tasks.
- Bake several dishes at a time. Make the most of your oven and the energy that goes into heating it by using it to cook several dishes at once.
- The block heater in your car is only needed at -15 Celcius or below. Consider using a timer on cold nights as it only needs to be plugged in for two hours before starting your car.

Heating

- Reseal the weather stripping around your exterior doors. Many of the houses in Glastonbury are 10 to 20 years old, seals can wear out over time and need to be replaced. If you have an attached front garage, make sure the door between your house and garage is also properly sealed.
- Consider installing window insulation kits on your windows—particularly for large panes of glass. These kits are easy to install and can make a huge difference in reducing heat loss from energy inefficient windows over the cold winter months. While you're at it, recaulk windows around the edges where heat can leak out.
- Close doors and heating vents in unused rooms. Be certain there is no plumbing in the walls of these unused rooms as the temperature could drop enough to freeze any plumbing.
- Keep the basement warm. Keeping the basement cold may make your ground floor colder.
- Blinds do a better job than regular fabric draperies at insulating from the cold. Special insulated draperies and blinds are

available that can substantially reduce heat loss from windows.

- Replace or clean furnace filters at the beginning of colder weather. Then replace or clean them regularly according to the maintenance schedule for your furnace.
- Have your furnace maintained each fall to ensure it is working properly. And while you're at it, check your carbon monoxide detectors and smoke detectors to ensure they are working properly.
- Consider upgrading your furnace to a high-efficiency furnace. Many of the homes in Glastonbury have furnaces that are approaching end-of-life, and as models have evolved parts are getting harder to find for older furnaces particularly with continued supply chain issues. You don't want to have your furnace die in February and find out that you can't get new parts for five weeks. And if you have your furnace or hot water replaced, ensure the exterior vents have screens installed to keep out rodents and bugs. Many installers do not provide screens, so this is something you have to order and install on your own.
- Consider using plants in your yard to help with controlling temperatures. Plant leafy green trees on the sunny side of your home to provide cool shade in the summer but to let warm sunlight through in the winter. Consider planting a row of deciduous trees or shrubs to provide a windbreak for your house from Edmonton's prevailing westerly wind direction. A windbreak can reduce the wind speed up to a distance of 30 times the windbreak's height.
- And during the depths of winter, roll up a blanket or towel along the bottom of exterior doors to keep drafts out.

Water

- Don't put off fixing those leaky taps. A tap dripping once every second wastes 1,000 litres per month. That's 40 bathtubs full of water. Running toilets are also a major source of water usage.
- Low flow shower heads conserve energy without changing water pressure. They use up to 60 per cent less water than standard fixtures and still do what a traditional shower head does.
- Lower the temperature on your hot water tank. A drop in a few degrees can give three to five per cent in savings.
- Keep hot showers as short as possible.
- Use a high-efficiency washing machine which uses less water. And wash clothes in cold water whenever possible.
- Install a high-efficiency water heater.

And finally, if you haven't already done so, check your electricity and gas rates against the market and lock in rates to avoid continued increases in utility prices. The Government of Alberta Utilities Consumer Advocate hosts a web site that enables consumers to compare natural gas and electricity prices between different suppliers. <https://ucahelps.alberta.ca>.

Credit: ATCO Energy 101

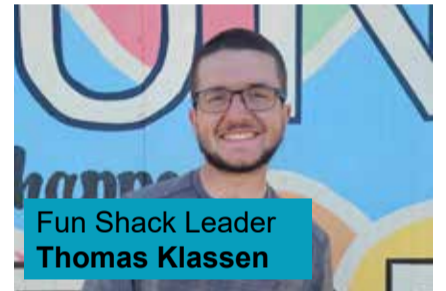
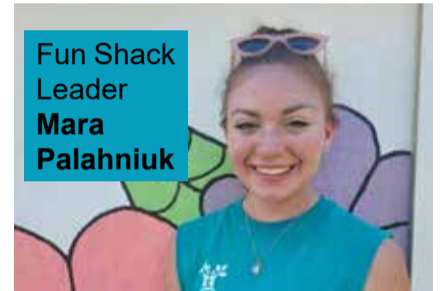


Neighbourhood safety tips for parents

While we take pride in the safety of the Glastonbury community, it's important not to become complacent. That especially applies to parents as we safeguard our children from harm. With the large number of children in our community, here are some relevant tips for all parents.

- Work together with your neighbours to keep an eye out for suspicious and unusual behaviour in your neighbourhood. Get to know your neighbours and their children so you can look out for one another. While it may be tempting to share reports of suspicious activity on Facebook pages, the first priority when reporting suspicious activity should be to call the Edmonton Police Service.
- Work with a trusted neighbour to have a designated neighbour's house where your children can go if they need help.
- With caregivers, never assume. If you leave your child with friends or family, be sure they understand what "keeping them safe" means to you and will follow your instructions. Don't ever assume they will know what to do. If you're leaving your child with a babysitter or nanny, ensure they have a clear police record and check their references. If you're leaving them at a daycare or dayhome, ensure the facility is safe and accredited with trustworthy staff.
- Be aware of your child's whereabouts. Ask them to let you know when they are leaving the house and to check in with you frequently. If possible, ask them to leave a phone number of whomever they would be with.
- Get to know your children's friends. Meet their parents before letting your children go to their homes and keep a list of their phone numbers. If you can't meet their parents, call and talk to them. Ask what your children might do at their house and if they will be supervised.
- Teach your children important phone numbers. Help them remember emergency numbers in case of emergency. Make sure they are aware of the best way to reach you. If they have trouble memorizing these, provide them with a card that contains important phone numbers. Also, teach them how to use a phone.
- Practice what to do in an emergency. Teach children how to dial 911 or "0" and when to do it. Roleplay different scenarios to prepare them for anything that might happen when they are home alone. Ask questions like "If you get hurt, what should you do?" and "If you want to play at a friend's house, what should you do?"
- Teach children to stay away from anyone following them. Teach them not to get close to strangers or feel obligated to respond to any questions they might ask.
- Teach children how they can keep away from harm. Tell your children to run and scream if someone tries to force them to go somewhere with them or take them. Teach them to refuse any unplanned offers for a ride—from anyone whether known or unknown.
- Teach children not to leave without permission. Teach your kids to ask a parent or the grown-up in charge before leaving their home, the yard or play area, or before going into someone's home.
- Train your child to be aware of their surroundings, how to identify a threat, and how to react. When children reach age 3, they can begin to understand some of these basic concepts.
- Teach children that adults shouldn't ask children for help. For example, a child shouldn't trust grown-ups who ask kids for directions or for help finding a puppy or kitten. A child who is approached in this way should tell the person, "Wait here and I'll check with my mom or dad," and then find their parents right away.
- Teach your children a secret code word. Tell your child not to go with anyone under any circumstances unless that person also knows this code word.
- Teach children to ask the right person for help when they're lost. If they get lost in a public place, immediately ask the authority or someone who works there for help. Be sure your child knows what to do if you become separated in a public place.
- Teach your children how to use a phone and dial important phone numbers. Help your children remember emergency hotlines and other important phone numbers to reach in case of emergency. Make sure they are aware of the best way to reach you. Leave a list of important phone numbers next to each phone in the house.
- Practice what to do in an emergency. Teach children how to dial 911 or "0" and when to do it. Roleplay different scenarios to prepare them for anything that might happen when they are home alone. Ask questions like "If someone is trying to get in the house, what should you do?"
- Remind your children to keep all the doors locked and not to open the door for strangers.
- Take precautions on social media to protect your children's identity and privacy. Remember that photos taken on digital devices contain hidden data, such as the time, date and location. Only post pictures and videos online that you wouldn't mind any family member or friend posting on their own timeline; don't associate your child's name with their birthday, school, address, phone number, or anything that you wouldn't post on your own profile; and make sure all your social media privacy settings are set accordingly.
- Always keep a good description of your child. Keep a close-up image of your child on your mobile phone and make sure to update it regularly. Keep important details of your child on hand, such as your child's appearance including height, weight, eye colour, birthmarks and scars, as well as identifiable mannerisms. Also keep copies of your child's fingerprints and footprints.

Source: Edmonton Neighbourhood Watch



Fun Shack 2022 summer recap

Summer means fun with the Fun Shack! This past summer our GCL Fun Shack program provided various activities at two locations—Glastonbury Park and Doug Kelly Park—for children 6 years to 12 years old. These active group games, sports, crafts and creative games focused on movement and child engagement.

Our Fun Shack leaders connected with participants this summer and worked as a team. This year we had all new staff for the summer who are post secondary students. With various study fields and experiences, they also provided a remarkable summer. A big thank you to Karina Banerji, Thomas Klassen and Mara Palahniuk for your dedication and motivation this summer!

Like other summers, the summer program held weekly themes like Space Jam, Animal Kingdom, and Robots Assemble. We held another Summer Colours Theme with a Tie-Dye activity for the community. It was incredible seeing all the beautiful colours on the children's t-shirt!

We look forward to next year, and hope to provide more collaborative programs for the next summer! To follow the Fun Shack, connect with us on Instagram @gcl_funshack.



2022 GCL Amazing Race

On Saturday August 20, we hosted our third annual GCL Amazing Race! This summer youth event is held in the Glastonbury community for youth between grades 6 and grade 12. The goal is for teams to race through the community while solving clues, completing challenges and answering riddles;with teamwork and determination.

This summer, we had two teams participate in the Amazing Race. Though with fewer than 10 participants, the blue and orange teams worked hard and had fun together! Participants used pedestrian conveyances, such as bikes, scooters, rollerblades and skateboards to roam from station to station. It is always fascinating to see them solve problems together especially with new challenges added each year.

Team Blue came in first place, and Team Orange was in second place. Each team received prizes and a pizza party at the end of the event. Thanks Team Blue and Team Orange for participating this summer! It was another wonderful event and it wouldn't have been the same without our volunteers. An enormous thank you to the great volunteers that helped with the stations.

We hope to run the GCL Amazing Race every year and we hope for it to be our biggest youth event yet! If you are interested in following our GCL Amazing Race page, and notices of its next upcoming event, kindly follow us on Instagram @gcl_amazingrace.



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:

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- Service Canada
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- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
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- 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.

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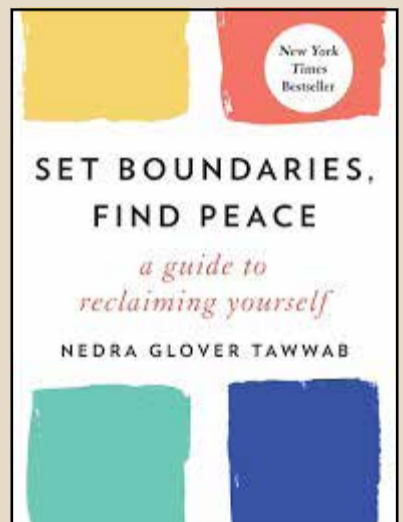
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GCL Book Club returns

It's Fall Y'All! Let's start this new season off with developing some healthy habits and read "Set Boundaries, Find Peace: A Guide to Reclaiming Yourself" by Nedra Glover Tawwab. We will be meeting in the Saints Church cafeteria area on Thursday, October 27, 2022 @ 7:30 p.m. to discuss. Not so healthy Fall lattes and Halloween candy will be provided!



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We need your input

We are making plans for a permanent community garden!

emailcommunications@gclyeg.com
to join in the planning process

GCL COMMUNITY
GARDEN



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Without the kind support of the individuals, businesses and organizations who support our community by advertising in the Gazette, we would not be able to continue to publish this newspaper.

Please support local by showing your appreciation to our advertisers who make the Gazette possible!

Our next issue will be published in Spring 2023. For information about advertising in the Gazette, please contact us at advertising@gclyeg.com.



How to save on your grocery bill

Based on data from the federal government, the UN estimates that the average Canadian wastes 79 kilograms of food per year. As grocery costs continue to rise, we want to explore ways to better use up what we have, helping to minimizing food waste and costs for our community members.

We surveyed our community for ideas on how to best use the foods in their fridges and freezers. Here are some idea of the ways people in the Glastonbury community are getting creative in the kitchen:

- Use leftover rice to make rice pudding or make rice bowls by using up leftover rice, veggies and meats.
- Roast a chicken or turkey, after using it the first night for dinner, make: chicken salad sandwiches, chicken pot pie, and make stock from the bones and add chicken, vegetables and a starch for soup.
- Make turkey dinner poutine after holiday meals by making fries, and adding stuffing, turkey, cranberry sauce, shredded cheese and heated gravy.
- Use leftover mashed potatoes to make potato salad or loaded potato soup.
- Make a quiche out of odds and ends from the veggie drawer, using eggs, cheese and a frozen pie crust.
- Buy a rotisserie chicken for dinner, use the leftovers to make chicken alfredo pasta, chicken noodle soup, make stock, and use the stock to make rice porridge.
- On night one make chilli and the next day, make chilli dogs.
- In addition to bones from your meat, keep your vegetable scraps frozen in a ziplock and add to broths and stocks. So many fruit and vegetable peels and ends can enhance the flavour: celery ends/tops, carrot tip/tail/peels, onion skins/roots/tops, herb stems, garlic skin, mushroom stems, tomato skin/seeds/flesh/pulp/tops, ginger peel, leek root ends/tops, apple and pear cores/peels, lemon or lime peels.
- Use carrot tops to make pesto.
- Use leftover meats to make quesadillas.
- Use green tomatoes to make chutney, fried green tomatoes or green tomato pickles.

Lastly, one community member suggested that having teenagers in the house will make leftovers a thing of the past!

Here are a few last tips about food safety regarding leftovers and other tips to reduce your food waste and increase your cost savings:

- It's important to have proper food handling practices especially when dealing with leftovers. Foods left out for up

to two hours must be refrigerated to avoid bacterial growth. Also, as a general rule, leftovers can be refrigerated for 3-4 days, and frozen foods taste best if they are frozen for no longer than 3-4 months.

- Best before dates and expiry dates are not the same thing! There are very few foods that actually have expiration dates in Canada, including baby formula and meal replacements. Best before dates are guidelines that indicate peak quality, but often times can continue to be used beyond the date.
- Using Apps like Too Good To Go and Flashfood, allow you to purchase food from grocers, bakers and restaurants that have food that is still good to eat, but would be tossed away if not purchased at a discount.
- Use Apps like Flipp to search the weekly sales at local grocery stores to meal plan based on the deals of the week.
- Save a high visibility area in your fridge for foods that are nearing their best before date, so that those can be eaten first. Meal plan around those items, by searching online for recipes that include that ingredient.
- Freeze food right up to and including the best before date.
- Have fun with it! If you are met with groans about leftovers at the dinner table, call it 'leftover surprise', or have a competition between family members to make the most creative, delicious use of leftovers. This can help people who aren't so keen on eating the same things again get on board with the idea.

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“ I want to thank the Glastonbury Community League and residents for their commitment to our community. It is a privilege to represent you as your Member of the Legislative Assembly.

Thank you to all who help to ensure our families and children live active lifestyles and in safe communities.



HON. KAYCEE MADU, KC, ECA
MLA FOR EDMONTON-SOUTH WEST
MINISTER OF LABOUR AND IMMIGRATION

The MLA is calling for the nomination of outstanding community volunteers to be awarded the **Queen Elizabeth II Platinum Jubilee Medal**. The ideal nominee must be a resident of Edmonton-Southwest and must have contributed significant volunteer hours and leadership to the improvement of our community.

The deadline for submission is **November 1, 2022**.

Please send your submission to Edmonton.Southwest@assembly.ab.ca

5160 Windermere Blvd Edmonton, AB T6W 0L9
Phone: 780.415.8692 Fax: 780.415.8693
Edmonton.SouthWest@assembly.ab.ca



Seasonal snow and ice removal tips

Winter is on its way and according to the Farmer's Almanac, Canadians are in for an exceptionally harsh winter season.

Over the last few years we have seen unprecedented freeze and thaw cycles in Edmonton that have resulted in exceptionally icy sidewalks and driveways. In these conditions, snow and ice removal takes not only extra effort but extra measures.

As a reminder, you are responsible for maintaining any sidewalk adjacent to your home to keep it clear of all snow and ice. The City of Edmonton's snow removal bylaws enforce this responsibility. Unless you clear the sidewalks around your property, you may contribute to slips and falls. For seniors, this can result in life-threatening injuries. It's also hazardous for city employees such as waste collection crews.

Here are some tips to help get through the snow and ice removal season.

Set a schedule for snow removal- When it comes to snow removal, one of the worst things you can do is to wait until it stops snowing. Instead, set a schedule to lightly shovel every one to two hours, depending on how long the snowfall is supposed to last. If you leave removing snow until the next day, the snow will start to stick to ground and might even freeze. This makes your job ten times harder.

Use cooking spray- When the heavy, wet snow proves difficult to shovel, spray some cooking spray on your shovel. It will help you move through the snow quickly and prevent it from sticking to your shovel. To avoid a mess, just remember to wipe the ice shovel tool down before you store it back in the garage.

Melt ice quickly- In addition to salt, there are several environmentally friendly alternative products available to help melt ice and provide increased traction on slippery spots. You can also make a salt alternative to put down on your driveway, sidewalk and front steps by combining one teaspoon of dish soap, one tablespoon of rubbing alcohol and half a gallon of water in a bucket and pouring the mixture where you need it most. Understand the potential consequences of using each form of ice melt because these items can end up damaging concrete and aggregate driveways and sidewalks, can harm pets, and damaging flooring in your house.

Sprinkle sand on sidewalks to provide more traction for pedestrians. The Glastonbury Community League has purchased four new community sandboxes that will be put out at key locations around the neighbourhood before winter. This is in addition to the community sandboxes located on Grantham Drive and Glastonbury Boulevard. If you notice an empty sandbox this winter, please contact the City of Edmonton to refill the box through the 311 app.

Make shoveling more comfortable by investing in an ergonomic shovel or by using a back saver handle attachment. Spend more money on a heavy plastic or aluminum blade shovel that will get the job done easier and last longer. Also, be mindful that large shovels aren't always the best. Large shovels can cause back pain and arm stiffness.

If the forecast is calling for heavy snow, an alternative to shovelling is to try placing a plastic tarp over exposed sidewalks, walkways and even your car when snow is

anticipated. And when the flurries stop, just pull the tarp to uncover a clear path.

Get out the leaf blower- Leaf blowers work great for removing light, fluffy snow.

Smart snow blowing- If you are fortunate enough to own a snowblower, the best method to snow blow your driveway is to start in the middle and throw the snow toward one edge of the driveway. Then, make a U-turn and come back down the other side and continue to alternate. This way you won't have to adjust the chute as often and shouldn't need a second pass.

Avoid piling snow near your home's foundation- Avoid piling snow next to the side of your house as this could cause

drainage issues in the spring or even potentially cause cracks in your home's foundation.

If you have a home with a flatter roof or if we have an exceptional amount of snow, you may need to remove snow and ice from your roof using a roof rake, which is a long-handled tool that is specifically designed for this reason. If you are using a roof rake, be careful not to damage your shingles.

And most importantly, pay attention to your health- Shovelling heavy snow is the cause of many heart attacks during winter in Alberta. Take frequent breaks and don't overdo it. Consider hiring a professional snow removal service if you have health or mobility challenges.

GLASTONBURY COMMUNITY LEAGUE 2022-2023 MEMBER BENEFITS



GCL EVENTS

Movie in the Park, New Years Day Celebration, Ski nights, Family Fun Day, Yoga in the Park



SOCCER

Access to register for indoor and outdoor soccer through EMSA



SWIMMING

Terwillegar Rec Centre: Free Saturday from 5-7pm
Jasper Place Pool: Free Sunday from 4-6pm



SKATING

River Cree: Free during public skate, mom pops and tots, and puck times
City of Edmonton: Free during public skate times



TOOL LIBRARY

NEW
Borrow tools from the Edmonton Tool Library for free



MORE

Monthly gift card draws, benefits with local businesses, reduced rates to City of Edmonton rec facilities

PURCHASE YOUR 2022-23 MEMBERSHIP THROUGH THE GLC APP



Wear your costumes and come for candy bags, hay rides, face painting, jumpy castles, carnival games, photo booths and more! Snacks will be available for purchase.

Help support families in our community by stuffing the Saints Church bus with donations for the Food Bank!

Saints Church Invites You

FALL FESTIVAL

October 22 2022 1:00-4:00 pm

6315 199st NW Edmonton

**MEN'S SHEDS
CANADA**



The West Edmonton Men's Shed... *join a growing movement!*

The West Edmonton Men's Shed program is a great place for men of all ages and backgrounds to gather together to work on community, craft or personal projects—and while doing so to create shared connections and purpose with other like-minded individuals. There is no cost to participate.

The Men's Shed movement started in Australia in the late 1990s, and has spread internationally— particularly in the UK, Ireland and Canada. There are now almost 2,000 Men's Sheds around the world and about seven Men's Sheds in Alberta alone. The Men's Shed is an inclusive, non-judgmental place for men to gather to hang out and develop relationships with each other. There is no expectation to have a specific skill.

Men's Sheds address the reality that men tend to only make connections at work—and if they are retired, not working, on disability, or just plain busy, they have limited ability to form social connections. The pandemic has further increased the sense of social isolation that many men have experienced over the last few years.

The Glastonbury Community League is initiating the development of a West Edmonton Men's Shed program to serve the local community. This program is being graciously supported by Saint's Church which has tentatively offered up its workshop as a gathering

space—including construction materials and supplies. This location at 6315 199 Street is conveniently located just off Anthony Henday Drive at 62 Avenue. The initiative is also being supported by the Willowby Community League.

We already have several community league projects in mind that participants can work on over the coming months including building raised planter boxes for a community garden and building book boxes for the Little Library program. We could also build birdhouses for our natural areas. Participants are also welcome to work on their own projects.

We also welcome program sponsorship and support through the donation of construction materials, building and crafting supplies, paint and finishing supplies, tools and equipment—or funds to be put toward snacks and refreshments.

The West Edmonton Men's Shed welcomes all interested individuals to come out and join us. We are in planning stages right now and are still gathering interest from interested participants. To get involved, please contact Brian at enw@gclyeg.com.

If we have enough individuals express interest in participating, we are hoping to proceed with the program starting this fall—and would likely be looking at holding the program on a drop-in basis weekly from 6 to 8 p.m. on a designated weeknight.

The Men's Shed is not a health program, but your health and wellbeing may improve by coming out!



THE PNRA HOME OWNER ASSOCIATION

ANNUAL GENERAL MEETING
(AGM) IS TUESDAY,
OCTOBER 18TH, 2022.



At Saints Church, 6315 – 199 St NW, Edmonton, as well as virtually by Zoom platform. If you prefer to attend & vote virtually, please forward your email address to agnes@ayreoxford.com to ensure you receive the rsvp.

Registration will be at 6:30 pm, with the meeting starting at 7 pm.

All members are strongly encouraged to attend and provide your feedback. If you cannot attend, please give your Proxy to someone to vote on your behalf.

The PNRA is the resident's homeowner's association for most of Glastonbury and the northern half of The Hamptons and are responsible for operation and maintenance of the 11 storm water pond fountains, 76 large planters, tree lighting in the winter, maintenance of 2 PNRA owned lots, 12 dog waste stands and 14 ornamental deer, along with additional turf and shrub bed maintenance beyond what the City of Edmonton does. Lastly, we provide homeowners with guidance to remain compliant to the original architectural controls established by Carma when the area was first developed.

The PNRA wishes to convey some of the key architectural controls we look to ensure compliance to, and they are shingle color, fence color and style, accessory building style and color, and general aesthetics to the original design of the neighborhood. You can find details on these items on the PNRA website at:

<https://www.pnra.ca/architectural-guidelines>

<https://www.pnra.ca/architectural-guidelines/fences>

<https://www.pnra.ca/architectural-guidelines/roofs>

In 2022, the PNRA started the process to clean the various shrub beds and install mulch & limestone throughout the community to add much needed vibrancy to our streets.

This year fountain replacements and stone entrance feature maintenance are now required, along with further enhanced landscaping services.

The Board always welcomes any feedback and input as we must work alongside the City of Edmonton and the homeowners to keep our neighborhood looking attractive. Inquiries can be forwarded to info@pnra.ca. Thank you.





SENIORS' CORNER

Low/no cost fall and winter activities

We know rising costs are forcing many to trim budgets, including those on a fixed income. However keeping busy and connected over the colder months is very important.

Here are some idea for free recreational/social activities over the fall and winter:

- Do you have expertise in gardening, want to learn more about it, or eventually have a garden plot? Join the GCL Community Garden Committee which is building on the success of our pop-up community garden a few years ago by exploring the option of developing a permanent community garden site. Contact communications@gclyeg.com for details.
- Want to socialise and build things, such as our community garden raised bed planters and little free libraries? Join the West End Men's Shed initiative, sponsored by the Glastonbury Community League. See the article in this edition of the Gazette or contact enw@gclyeg for details.
- When weather permits their installation, skate or cross country ski at the Glastonbury Community League skate trail at Glastonbury Park and cross country ski trails at Glastonbury Park and Sister Annata Brockman School. Use your GCL membership to take advantage of free skating and swimming opportunities. See the ad in this edition of the Gazette for more details about GCL member benefits.

Here are some low cost opportunities:

- Join the West End Seniors Activity Centre. Annual memberships are \$30/person aged 55+. The membership year runs from January 1-December 31, and benefits include access to lower cost in person and online classes, events and trips.

Class costs run from \$1-\$11 per class with a 5-13 week duration. Membership also gives you access to a number of free online classes and activities.

If you don't want to become a member, the Centre offers access to programming at other local community leagues for residents with a community league membership, some for as low as a \$2 drop in fee.

You do not need to be a member of the West End Seniors Activity Centre to participate in their Meal Program.

For more information about all that the Centre offers their website can be found at www.weseniors.ca or you can call 780 483-1209.

Share more of your low and no cost recreation activity ideas! Email communications@gclyeg.com. We would love to share your hidden gems with the Glastonbury community.

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