



# Gazette

COMMUNITY NEWS SPRING 2023



@GCLyeg



GCLEdmonton



@gastonburycommunityyeg

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

## Save the Date! 📅

Please mark your calendar for Monday, April 24 @ 7pm at Saints Church for our upcoming Gastonbury Community League Annual General Meeting. Come out to hear what's happening in our community and to share any comments or questions you might have.

## GCL Board members with out-going community league President Kim Johnson (second from the left) at Family Fun day June 2022



The Gastonbury Community League would like to extend its sincere thanks to out-going GCL President Kim Johnson. Continued on page 3.

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# PRESIDENT'S MESSAGE

Hi everyone!

It's hard to believe that this is my last President's message to compose! At the end of this term, I will be stepping down, though I intend to remain on the Board in a lesser capacity, to support the new President and Board.

In my 15 years of volunteering for this community league, I've made countless wonderful memories and am so proud of the many initiatives we've been able to implement. Given the important impact the community league has in our community, I'd like to encourage you to consider a Board position or one of the micro volunteer opportunities we'll be sharing (see page 5 for more). The reality is that without more consistent community involvement, the programs and events we've grown to love and look forward to may not be able to continue. There's a variety of Board positions open for consideration at our AGM such as President, Secretary, Membership Director, Fundraising Director, Treasurer and Directors-at-large. I'm sure you'll find that the GCL Board are some of the nicest neighbours you could hope to meet. You can also join the email list with our Volunteer Coordinator so that you are notified whenever volunteer opportunities are available-please email [volunteers@gclyeg.com](mailto:volunteers@gclyeg.com) to join the list.

Rest assured that GCL is planning to offer many fun, community-minded activities and events this spring/summer season, like usual! You can expect a community clean-up, Big Bin Event with confidential shredding, youth soccer, Family Fun Day, Yoga in the Park, hiking and walking groups, tree-planting, the Men's Shed Program, the Fun Shack program, the Amazing Race and a new community garden.

If you have any questions about anything community-related, please feel welcome to contact me and hopefully we'll see many of you at our AGM at Saints Church on April 24th at 7 pm.



Kind regards,  
Kimberly Johnson  
President  
[president@gclyeg.com](mailto:president@gclyeg.com)

**Glastonbury Community League**

**WE'RE HIRING!**

**Summer Recreation Program Leader**

**Fun Shack**  
GLASTONBURY COMMUNITY LEAGUE

We need folks to lead recreational outdoor activities for children (primarily aged 6-12) to help them develop life skills and leadership through games, sports, crafts, and special events.

We are seeking energetic, responsible individuals who are passionate about working with kids.

This position requires creativity and an ability to be adaptable, as participants' ages and abilities may vary greatly. This position may also involve mentoring younger volunteer program helpers.

**Hourly Wage:**  
**\$16.25**

### REQUIREMENTS:

- Must have been a post-secondary student in the past year
- Must have current First Aid Certificate
- Must have current Criminal Record Check with Vulnerable Sector Clearance
- Experience working with children an asset

**Open Positions:**  
**4**

### APPLY NOW!

Send your resume to Brenda at [programs@gclyeg.com](mailto:programs@gclyeg.com)

**Locations: Glastonbury Park & Doug Kelly Park**

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- ISSUE PAYMENTS, INVOICES & RECEIPTS, AS NEEDED
- SUBMIT REQUIRED DOCUMENTS FOR GRANTS AND YEARLY AUDIT
- REPORT TO THE LEAGUE AT MONTHLY MEETINGS & WORK IN COLLABORATION WITH THE BOARD OF DIRECTORS

**FULL TRAINING PROVIDED**  
though basic knowledge of accounting/bookkeeping is a definite asset

**GCL AMAZING RACE**

Coming Summer 2023



## GCL Thanks Board President Kim Johnson

Continued from page 1.

Director at Large, and Book Club organizer Rebecca Thompson leads off with the first expression of gratitude. “Kim, thank you from the bottom of my heart for volunteering in our community as President of the GCL for nearly 8 years. You have served all of us so well and have led with love, loyalty, and passion. Further, you have never shied away from rolling up your sleeves and pouring hard work into every single project you have been a part of over the years. You truly exemplify servant leadership and I respect you so much for this,” said Rebecca.

In her role as GCL President, Kim has been involved in many initiatives that will long outlive her tenure as President. Her legacy with GCL includes the digital sign at 62nd Avenue and 199 St., the new playground at Kim Hung School, the rebuild of JP Gilles Park, and the establishment of the annual Glastonbury ice trail. It goes all the way back to the development of the Glastonbury Park playground and spray park. Her favourite projects have been the ones that have enhanced the outdoor spaces in our community.

“Huge thanks to Kim for your incredible leadership and your true dedication to making Glastonbury such a great community. The time and energy you have put into not only leading the Community League but being engaged in so many community initiatives while at the same time balancing all of that with being a working parent is incredible,” said Brian Geislinger, GCL Neighbourhood Watch representative and Men’s Shed organizer.

Beyond the large scale projects Kim has been involved in, her contributions include so much more. From placing tickets with the city when park access is impeded, to writing countless grant applications, Kim has done so many other things that help make our community, and the league, a wonderful place to be.

“I’m constantly impressed by Kim’s tenacity and drive to get things done. Whether it be in cutting through red tape, or seeing ways of doing things that ensures continual progress, her example is one we have been fortunate to have,” said GCL Communications Director Chelsea Balzan.

GCL Vice President, events organizer, and walking group coordinator Troy Aardema adds, “Kim has been an amazing representative and advocate for our community. Her ability to balance a career, family and finding the time to build the community has been inspiring. We are fortunate to have her in the community and I look forward to continuing to work with her in whatever role she chooses in the future. Thank you for everything.”

Kim’s work has often been behind the scenes and thankless. We didn’t want to let her leadership in this role end without recognizing all her years of hard work and the commitment to the community that she has demonstrated in her role as league President. We are grateful to Kim for everything she has done, and we are thankful that she will continue to be involved with the GCL in a different capacity.

GCL Program Director Brenda Mantey-Annor said, “Kim has been a tremendous leader who always sees the best in people. We’ve connected in many ways, from the start of the Fun Shack to working together on the GCL board and teaching her wonderful kids. Since knowing Kim, she has consistently displayed her golden heart and outstanding commitment to the community. I am very grateful for Kim’s encouragement and motivation over the years. Merci Kim! It has been a pleasure working with you, and a great blessing knowing you!”

Membership Director Jen Compton ends things off, with a sentiment held by all of GCL, “I wanted to take a moment to express my gratitude and appreciation for everything you do for our community. Your tireless efforts and unwavering commitment to making our community a better place have not gone unnoticed, and we feel incredibly fortunate to have had you leading this board for so long. Your love for our community is infectious, and your passion for advocating on behalf of its residents is truly inspiring. You always go above and beyond to ensure that our community is heard and represented, and your unwavering dedication to Glastonbury is so very appreciated. Thank you Kim.”

## 30 day spring sunrise yoga challenge

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# How to Connect with Your Community

Being active in your community can have numerous benefits, both for yourself and for those around you. There is nothing like becoming more involved with your community to feel more connected to where you live.

Here at the GCL, we have many opportunities for people to serve and engage with the Glastonbury Community, with varying degrees of involvement.

We regularly get asked about why Glastonbury doesn't have a hall, or a warm up shack, or bathrooms at Glastonbury Park, and the quick answer is that without community involvement, these things aren't achievable. Similarly, we can't run events without people to help out. Our events and amenities don't happen without community support and time invested from people like you!

Here are some ways to get involved, and feel more connected to your community.

**Leaders-in-Training Program:** Is there a youth in your family looking for a volunteer position? Our summer Fun Shack program provides opportunities for youth aged 12-17 to gain experience in our Leaders-in-Training program. Details for the summer program will be shared soon. Stay tuned to the GCL's social media sites for more information.

**Soccer:** We are currently looking for volunteers to help out in coaching and assistant-coaching roles for the 2023 outdoor season, which runs through May and June. Training is provided. If you are interested in helping out, please email [soccer@gclyeg.com](mailto:soccer@gclyeg.com), and don't forget, volunteering for any of the opportunities in this article saves soccer families from paying a \$100 volunteer bond.

**Committees:** Have an infrastructure project you are passionate about for our community? Let's talk! Maybe we already have a group of people looking into the idea, and you could join, or maybe it's something where a committee could be struck to explore the idea. Email [communications@gclyeg.com](mailto:communications@gclyeg.com) to get the conversation started.

There are many reasons why being active in your community is a worthwhile endeavour. Whether you are seeking personal growth, social connections, or the chance to make a positive impact on your community, there are countless opportunities to get involved and make a difference. So why not take the first step today and see where your community involvement can take you?

If you want to keep informed about volunteering opportunities with GCL, please send an email to [volunteers@gclyeg.com](mailto:volunteers@gclyeg.com) and we will put you on the distribution list for when we have things come up.



\*\*This is not intended to solicit those already under contract\*\*

## THINKING ABOUT SELLING YOUR HOME?

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# GCL Community Earth Day Spring Clean Contest

Send us a pic of your family cleaning up the neighbourhood & be entered to win some fantastic prizes!

Contest ends: May 8th



email: [president@gclyeg.com](mailto:president@gclyeg.com)



## What is Micro-Volunteering?

Micro-volunteerism is a new rising trend in the nonprofit community. It refers to the process of providing short-term, low-commitment opportunities as a way to engage more volunteers and create value.

Micro-volunteerism provides time-crunched volunteer prospects with opportunities ranging from 15 minutes to an hour. While micro-volunteering is not a replacement for traditional volunteerism, having assistance for say, one hour from a volunteer, is more beneficial than not receiving any.

Examples of GCL Micro-volunteer opportunities:

- pick up hot chocolate for a skating event
- hide scavenger hunt items for Thanksgiving, possibly Easter egg hunt
- lead christmas carolling at event
- cutting and stacking firewood for winter events
- refill the free sand bins
- plot Griswolds of Glastonbury homes on a map to create community Christmas light maps
- plot Community Garage Sale on a map
- check in periodically on the little free libraries to remove and recycle any damaged content
- assist with picking up/distributing supplies for litter clean up event
- assist with activities at events or fundraisers: Family Fun Day (May/June), Amazing Race (August) Movie Night (Sept), New Year's Day, Casino.
- making bannock dough prior to New Year's Day event
- deliver door-to-door flyers for membership drive
- lead weekly walking group

Please email [volunteers@gclyeg.com](mailto:volunteers@gclyeg.com) to put your name on the email list so you can be notified every time there's a micro-volunteering opportunity. Or, if there's something specific you know you'd like to do to help out, please feel welcome to send us an email in advance.

## Join the GCL Board

The Glastonbury Community League is always looking for fresh ideas, and community members to join our amazing volunteer Board. A great place to start is to attend our annual general meeting, which will take place on April 24 at 7pm at Saints Church. There you will hear what we've been up to over the last year, and there will be an opportunity to stand for election as a member of the GCL Board. Available positions include: President, Secretary, Membership Director, Events, Fundraising, Treasurer, and Directors-at-Large 1 and 2. If you are interested in any of these Board positions, please email [president@gclyeg.com](mailto:president@gclyeg.com) with your contact information and the position that is of interest to you.

## Glastonbury Community League Board of Directors 2022/2023

### President

Kimberly Johnson  
[president@gclyeg.com](mailto:president@gclyeg.com)

### Vice President

Troy Aardema  
[vice-president@gclyeg.com](mailto:vice-president@gclyeg.com)

### Treasurer

Sara McCready  
[treasurer@gclyeg.com](mailto:treasurer@gclyeg.com)

### Secretary

Annette Fayant  
[secretary@gclyeg.com](mailto:secretary@gclyeg.com)

### Membership Director

Jen Compton  
[membership@gclyeg.com](mailto:membership@gclyeg.com)

### Programs Director

Brendilynn Mantey-Annor  
[programs@gclyeg.com](mailto:programs@gclyeg.com)

### Director at Large - 1

Rebecca Thompson  
[dal1@gclyeg.com](mailto:dal1@gclyeg.com)

### Director at Large - 2

Vacant

### Volunteer Coordinator:

Luda Orysik  
[volunteers@gclyeg.com](mailto:volunteers@gclyeg.com)

### Neighbourhood Watch

Brian Geislinger  
[enw@gclyeg.com](mailto:enw@gclyeg.com)

### Advertising Representative

[advertising@gclyeg.com](mailto:advertising@gclyeg.com)

### Facilities Director

Martin Shironoshita  
[facilities@gclyeg.com](mailto:facilities@gclyeg.com)

### Communications Director

Chelsea Balzan  
[communications@gclyeg.com](mailto:communications@gclyeg.com)

### Events Director

Vacant

### Fundraising Director

Vacant

### Sports Director

Debbie Plant  
[soccer@gclyeg.com](mailto:soccer@gclyeg.com)

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



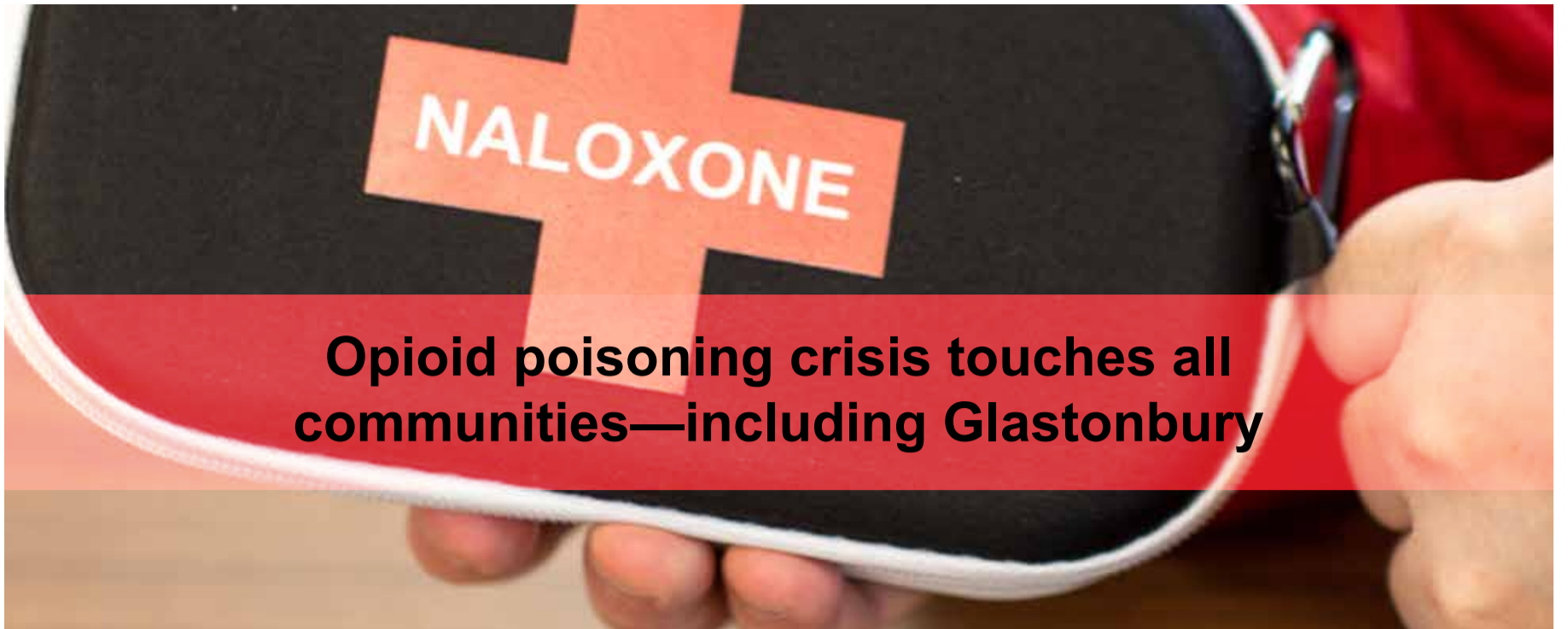
# HAPPY Easter

To my dear constituents, praying that the Lord fills your heart with peace and holds you in His love and blesses you with His grace. May we all have a meaningful Holy Week!



Hon. Kaycee Madu, KC, ECA  
MLA for Edmonton-South West





## Opioid poisoning crisis touches all communities—including Glastonbury

Opioid poisoning is a crisis across Canada, with thousands of Canadians continuing to die from drug poisoning each year. Nearly 7,000 people died of opioid poisoning in Alberta alone between 2016 and 2022. Our community hasn't been immune. Many in Glastonbury have lost loved ones and friends to opioid poisoning.

In January 2023 the Government of Alberta reported that drug poisoning deaths in Alberta have once again surpassed the 1,300 mark for a third year in a row. There were 1,443 drug poisoning deaths in the province from January to November 2022, 93 percent of which were caused by opioids.

### What is fentanyl?

Fentanyl is a powerful synthetic opioid that is similar to morphine but is 50 to 100 times more potent. It is a prescription drug that is also made and used illegally. Like morphine, it is a medicine that is typically used to treat patients with severe pain, especially after surgery. It is also sometimes used to treat patients with chronic pain who are physically tolerant to other opioids. Synthetic opioids, including fentanyl, are now the most common drugs involved in drug overdose deaths.

When prescribed by a doctor, fentanyl can be given as a shot, a patch that is put on a person's skin, or as lozenges that are sucked like cough drops.

The illegally used fentanyl most often associated with overdoses is made in labs. This synthetic fentanyl is sold illegally as a powder, dropped onto blotter paper, put in eye droppers and nasal sprays, or made into pills that look like other prescription opioids. Some drug dealers mix fentanyl with other drugs, such as heroin, cocaine, methamphetamine, and MDMA. This is because it takes very little to produce a high with fentanyl, making it a cheaper option. This is especially risky when people taking drugs don't realize they might contain fentanyl as a cheap but dangerous additive. They might be

taking stronger opioids than their bodies are used to and can be more likely to overdose.

### What can you do about the opioid poisoning crisis?

Talk to those around you—particularly if you have children—about the dangers of opioids. Properly store and dispose of prescription opioid medications. Talk to your child's doctor about risk for addiction if they are prescribed an opioid pain medication following an injury or surgery. Engage in an open and honest conversation with your children about the real dangers of illegal drugs. And recognize that opioid poisoning is not just an inner-city issue, or an issue for regular drug users. Statistics from the Government of Canada tell us that more than 9 out of 10 opioid deaths actually happen by accident.

Naloxone is a fast-acting drug used to temporarily reverse the effects of an opioid overdose. Naloxone can restore breathing within two to five minutes, and comes in two different forms: a nasal spray (intranasal device) and an intramuscular injection. Take-home Naloxone kits are available free of charge in Alberta without a prescription and can be picked up at most pharmacies or local health authorities.

Recognizing the severity of the opioid poisoning crisis, the Canadian Red Cross has introduced a new free online course, *First Aid for Opioid Poisoning Emergencies*. Through this course, you will become knowledgeable and confident in how to respond to an opioid poisoning emergency, including how to administer nasal naloxone. You will learn more about opioids and naloxone and how they affect the body and will explore ways to reduce the influence of stigma. You will receive a free nasal naloxone kit upon completion of the course.

We encourage everyone in our community to consider taking this course at <https://learn.redcross.ca/p/first-aid-opioid-poisoning>.

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## How to Get Physically Active in Glastonbury

Physical activity has numerous benefits for both our physical and mental health. Engaging in regular physical activity can help reduce the risk of chronic diseases such as obesity, type 2 diabetes, and heart disease. It can also improve our mood, reduce stress and anxiety, and help us sleep better.

Engaging in physical activity can also have social benefits. Joining a sports team, fitness class or walking group can help us meet new people and build social connections. This can help improve our overall sense of well-being and reduce feelings of loneliness.

Physical activity can also help us sleep better. Regular exercise has been shown to improve the quality and duration of sleep. This is because exercise can help reduce stress and anxiety, which can interfere with sleep.

There are many opportunities for keeping active in Glastonbury. Kids can participate in soccer, play games at our Fun Shack program in the summer, play at local playgrounds or the spray park, explore our trails by finding all four of our hopscotches, and attend

Family Fun Day in June where there are lots of activities for kids to get moving.

For youth in the community, there is our Amazing Race style competition in August, our Leader-in-Training program for the Fun Shack, and soccer.

And we also have opportunities for young and old: walking groups, yoga in the park, swimming at Terwillegar and Jasper Place pool and skating at River Cree and City of Edmonton Rinks.

Physical activity has numerous benefits for both our physical and mental health. Engaging in regular physical activity can help us maintain a healthy weight, reduce the risk of chronic diseases, improve our mood and cognitive function, and build social connections. It is important to aim for at least 30 minutes of moderate-intensity physical activity most days of the week to reap the many benefits of physical activity. Why not take advantage of one of the many neighbourhood opportunities to get moving today!

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# Top 10 Spring Cleaning Tips

1. Start by decluttering your home and getting rid of any items that you no longer need or use.
2. Clean your windows and let in some fresh air.
3. Deep clean your carpets and upholstery.
4. Dust and clean all surfaces, including baseboards and light fixtures.
5. Clean your kitchen thoroughly, including your fridge and oven.
6. Organize your pantry and cabinets.
7. Clean your bathrooms, including your shower and toilet.
8. Wash your bedding and linens.
9. Replace any air filters in your home.
10. Vacuum and dust your vents and air ducts.



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- Aesop ”



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Valid at the 2524 Gardian Road location only. Excludes tire services. Most Vehicles. Additional environmental and/or supply fees may apply. 1 coupon per person. Not valid with any other offer. No cash value.





## GCL events recap

### Glastonbury Ski Nights

Once again, we hosted two ski nights this winter at Snow Valley Ski Hill. The weather was terrific for both, with temperatures slightly below freezing. The first was just before Christmas on December 10th, and had 160 skiers come out to enjoy the perfect ski conditions. The second was on March 11th, and approximately 200 community members from both Glastonbury and Willowby enjoyed the ideal ski conditions. It was great to see some familiar faces and all the new community members who attended. If you haven't had a chance to attend our ski nights or have never skied or snowboarded, these events are the perfect time to come out and try these winter activities. Again, we will be looking to host a couple ski nights during the 2023-24 winter season and would like your feedback on the events from the past winter. Email our President or Vice-President with your thoughts.

### New Years Day 2023

Glastonbury again rang in the new year with fireworks on New Year's Day. An absolutely beautiful day welcomed about 2000 residents and their friends to Glastonbury park, where we enjoyed skating on the rink and ice trail, music by DJ Johnny, hot chocolate from our friends at River West Church, maple taffy from Canadian Maple Shack and a great fireworks display from Uncle John's Fireworks. Fun was had by all!

## GCL Upcoming Events and Activities

### Hiking Group 2023 - Explore your city

Do you ever drive down the road and see trails off into the river valley or surrounding ravines and wonder where they go? Join our community hiking group to find out. We will explore multiple trails throughout the Edmonton and area river valley. Trails will vary in difficulty and range from paved & hard packed gravel to hilly single track. There will be some old favourites mixed in with "new to the group" trails. If you have an interesting trail or a personal favourite, let us know so we can check it out. The group will likely start-up towards the end of April to allow trails to dry & again meet on Tuesday nights. Facebook will have all the information as to the start date and locations.

### Family Fun Day & Movie Night 2023

Dates have been set for both our Family Fun Day and Movie Night. Saturday, June 3 will be our annual Family Fun Day and Saturday, September 16 will be our fall movie night. Hope to see everyone there!

For Family Fun Day, we will have bouncy attractions, a petting zoo, food vendors and various other attractions.

Watch our social media feed for details leading up to both events.

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, email [vice-president@gclyeg.com](mailto:vice-president@gclyeg.com).





Community Pride!  
Plan on it in PARKLAND



## THE PNRA HOME OWNER ASSOCIATION

The PNRA is the resident's homeowner's association for most of Glastonbury and the northern half of The Hamptons. The HOA is responsible for operation and maintenance of the storm water pond water fountains, the large boulevard potted flowers we see in summer, tree lighting in the winter, maintenance of two partial lots within Glastonbury, maintenance of dog waste plastic bag stands, and additional turf and shrub bed maintenance beyond what the City of Edmonton does, and finally, 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 cleaning of shrub beds, adding mulch & limestone throughout the community.

At the start of the pandemic the PNRA chose to remain financially prudent by curtailing any large expenditures and build up our financial reserves as fountain replacements and stone entrance feature & fences maintenance is now required, which is planned for spring / summer 2023.

The Board always welcomes any feedback and input as we have to work alongside the City of Edmonton and the homeowners to keep our neighborhood looking attractive. Inquiries can be forwarded to [info@pnra.ca](mailto:info@pnra.ca). **Thank you.**

As to shingle color, we have the approved shingle list on our website at <https://www.pnra.ca/architectural-guidelines/roofs>. These approved shingles are as close to the original spec as can be expected with 20 years of manufacturer changes in dye lots. As to wooden fence color, a standardized Cape Cod Grey formula is also posted on our website with 3 key vendors able to match this correctly. Please also refer to <https://www.pnra.ca/architectural-guidelines/fences> for the correct architectural style of the fences when making repairs.





# New homes now available in Parkland.

*The west-end community you know and love.*

- **Laned and front garage homes** up to 2,200 sq. ft. with estate-inspired interiors professionally curated by our interior design team.
- New modern exteriors fit seamlessly into the existing Parkland streetscape.
- Located along Grantham Drive and Goodspeed Lane NW, we have move-in ready homes available. Tour our newest show home, The Robson, backing directly onto Glastonbury Park.

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Visit [LiveParkland.ca](https://LiveParkland.ca) or call/text 587-400-3884 for more information.



[LiveParkland.ca](https://LiveParkland.ca)

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## Remembering Constable Corinne Kline

As we continue to mourn the recent loss of Edmonton Police Service Constable Travis Jordan and Constable Brett Ryan, our community was saddened on March 22 to hear of the passing of EPS Constable Corinne Kline.

Corinne served with the EPS for 22 years, most recently with the EPS Community Engagement Unit, and she was a fixture at many of our Glastonbury Community League events over the past few years as she joined us as an EPS ambassador at our Neighbourhood Watch open houses and Family Fun Day events. Corinne had a true gift for engaging with children in particular, and she provided many special moments as she allowed children to experience what it was like to blast the sirens on a police car or try on a pair of handcuffs.

We extend our heartfelt condolences to the families and friends of these officers, and to the entire Edmonton Police Service.



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Authorized by Alberta NDP



## Pop-up Dog Park Could be Coming to Glastonbury Park



This spring, the city of Edmonton will be setting up temporary dog parks in areas of the city that have been identified as being in high need of an off-leash dog park. Up to 30 Pop-up Dog Parks will be installed in the spring as part of the program and they will stay up for 6 months. Glastonbury Park has been identified as a possible location for a Pop-up Dog Park in our area.

Temporary off-leash parks will have: signage which includes the responsibilities of dog owners, dog waste bags and dispenser - refilled weekly, a garbage can, and clear boundaries which could include temporary fencing or the use of signs.

Based on the feedback obtained and site visits from the 6 month trial period, Pop-up Dog Park locations could potentially be made permanent with all the usual amenities of the current permanent off-leash parks.

Once the pop-up sites are finalized, they will be published on a map at [edmonton.ca/offleash](http://edmonton.ca/offleash) this spring.


## Glastonbury Community League 2022-2023 Member Benefits



**PURCHASE YOUR 2022-2023  
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## Seniors' corner

# Keeping well at any age!

While the Glastonbury community is known for being family-friendly, we also have many seniors and retirees who call Glastonbury home. This includes hundreds of residents of the Glastonbury Mews and Chartwell seniors residences, as well as the Parkland Grove and Glastonbury Glenn adult living developments.

With spring here, we welcome our local seniors and retirees to get involved with our community league programs and offerings including our community garden, Men's Shed program and recreational hiking group.

We are also pleased to provide some practical tips to remember to keep well at any age:

## Mind your mental health.

Mental health is an essential part of staying well. Pay attention to how you feel, think, act and interact with those around you. Ensure you have a strong support system and be honest with how you're really feeling.

- Build positive support networks—find emotional support, practical help and alternate points of view. Support can come from family and friends, neighbours, coworkers, faith communities, clubs or support groups.
- Get involved—connect with others in your community who share similar interests or values. Learn new skills and see your experiences in a different way.
- Build resiliency—take action when you can make changes, let go of things you cannot change and recognize the helpful support in your life. Resiliency helps you cope well with problems, stress and other difficult situations, which often are a normal part of life.

- Recognize your emotions—express your emotions respectfully, discover how your emotions affect the way you think or act, take action when your emotional response isn't helpful and learn to accept all of your emotions.
- Build healthy self-esteem—recognize your unique abilities to follow your goals and interests without comparing yourself to others.

## Stay active.

Stiff joints and muscles are a common sign of aging, but don't let that deter you from staying active! Being active every day is critical to staying healthy and being able to continue to participate in many activities you enjoy such as gardening, going for daily walks or playing with your grandchildren.

In addition to staying active, consider daily exercises to build strength and improve your balance. Be sure to think about your body alignment, posture, and engaging your core as you exercise.

## Prevent falls.

Falls are a leading cause of injuries for older adults. Take steps now to prevent falls in your everyday activities.

- Create a trip-free home by removing hazards such as throw rugs, keep floors free of clutter, install safety grab bars in your bathroom, use handrails on stairs, and keep all areas of your home well-lit.
- Wear practical shoes with a non-slip tread.
- Be particularly cautious in winter when walking on ice and snow.
- Be aware that some medications may cause dizziness or drowsiness that can affect your balance.

## Stay alert to scams.

Fraud is the number one crime committed against older Canadians. Your bank and the government will never ask you to transfer money. Stay on high alert as common scams can include pension and investment scams, free items, tax rebates or refunds and fake competitions. See the Neighbourhood Watch article in this edition of the Gazette for more ways you can protect yourself.

## Eat well.

A healthy diet is an important part of aging to help maintain energy levels as well as to help manage conditions such as diabetes, heart disease or high cholesterol.

- Consult with your physician about your diet.
- Eat plenty of fruits and vegetables.
- Eat high-protein foods like meat, eggs and nuts.
- Eat foods that are high in fibre.
- Drink plenty of fluids, especially water.
- Explore options for meal delivery services if you need assistance with meals.

## Don't forget your eyes.

As we age, there are many changes that occur in our eyes that affect our vision. Our eyes need more time to adjust to light, we lose depth perception, and our eyes become more sensitive to glare. Visit your local optometrist for an annual eye exam to support your vision health and provide early detection of eye diseases.

For more practical tips to support your health, check out the Keeping Well For Older Adults booklet available at no cost from the Alberta Injury Prevention Centre at [www.findingbalancealberta.ca](http://www.findingbalancealberta.ca) or by calling 780-492-6019.

Going on a Holiday?  
Working Long Hours?  
Recent Injury  
or Surgery?

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Contact Diane @ 587.335.7720  
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Stoppin and Struttin Pets serves West Edmonton and offers 30, 45 or 60 minute walks and stop in visits.

 **KELLY McCAULEY**  
MP | EDMONTON WEST

 **WE Seniors**  
Westend Seniors Activity Centre

Presents a **FREE**  
**Shredding Event & Food Drive**  
**Saturday, April 15th, 1 PM - 4 PM**  
**Westend Seniors Activity Centre 9629 176 Street**

Have old papers you want to dispose of but don't want to throw them in the garbage? Bring your documents AND a donation for the Veterans Assoc. Food Bank!

PLEASE NOTE: Shred-It truck fits approximately 250 banker boxes - so there will be a limit of 2 boxes per person.

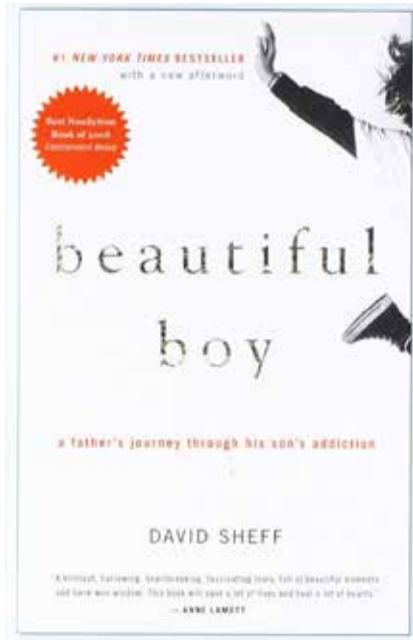


# GCL Book Club

## GCL's Spring Book Club Plans

Spring is coming and so is our Spring Book Club! Addiction affects everyone and this book will touch your heart and positively impact your life. Join us as we discuss *Beautiful Boy* by David Sheff, on Thursday, April 27th at 7:30 p.m. at the Hamptons Starbucks (6226 199 Street).

Details on our Summer Book Club plans will be announced on the GCL Book Club Facebook page, and both the Glastonbury Community League's Facebook and Instagram accounts. Follow for more info.



## GCL's Winter Book Club recap

The GCL Book Club met in early February to discuss the book *From Scratch* by Tembi Locke. Franco's in Callingwood provided the perfect setting to eat great food, dive into all things Italy, and a great discussion about love and loss.



Picture of members of the GCL Book Club at Franco's in February.

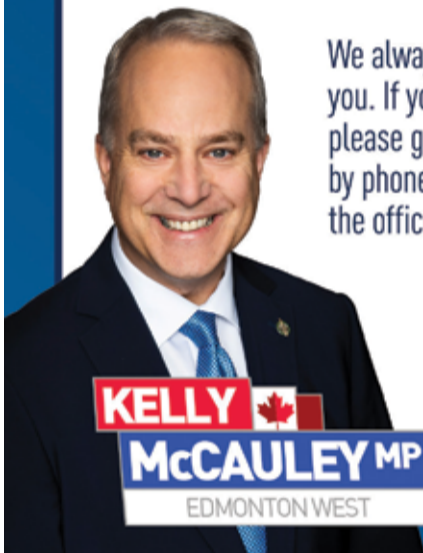


## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

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  
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Tuesday	8 a.m. to 9 p.m.
Wednesday	8 a.m. to 9 p.m.
Thursday	8 a.m. to 9 p.m.
Friday	8 a.m. to 8 p.m.

Closed Weekends & Holidays



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**JOIN US SUNDAYS AT 10:30 AM**



**COME AS YOU ARE...**

Matthew 11:28 says, "Come to me, all who labor and are heavy laden, and I will give you rest." In this verse, Jesus is inviting all who are burdened by life's difficulties and struggles to come to Him. He promises that He will give them rest and peace, and provide them with comfort and strength to carry on.

Saints YEG

**Pancake Breakfast**



**Canada Day Pancake Breakfast  
July 1st 10:00 am At Saints Church**

**YOUTH FUNDRAISER**



**BOTTLE  
DRIVE  
MAY 23-24**

Our youth program is looking to send a team on a missions trip to serve a community beyond our borders. But in order to do so we are first looking to fundraise money to help send them off!

If you would like to assist us you can attend one of two community fundraisers we will be putting on over the next couple months at Saints Church!

**GARAGE  
SALE  
JUNE 10**



**SAINTS  
YOUTH  
drop in**

**Thursdays 3:30 pm - 6 pm  
Grades 7-12**

**Youth Drop In  
is an after-school  
program for teens  
in partnership  
with Saints Youth.  
The Youth Drop In  
is a safe place  
where students  
and their friends  
can hang out after  
school.**







## Avoid becoming a victim of fraud

With consumer fraud and identity theft at all time highs, protecting your personal information and privacy has never been more important.

While Neighbourhood Watch is about keeping an eye on our community, it's also about taking measures to avoid becoming a victim of crime—including fraud.

Fraud affects everyone. The Edmonton Police Service receives reports from victims of all demographics each year. Fraudsters develop elaborate stories and scenarios and use strong emotions like fear, panic, and love in an effort to make victims believe they are legitimate.

The Canadian Anti-Fraud Centre and EPS provide tips to avoid fraud and scams including:

- Don't be intimidated by high-pressure sales tactics. If a telemarketer tries to get you to buy something or to send them money right away, request the information in writing or hang up.

Watch out for urgent pleas that play on your emotions.

- Do your research by always verifying that an organization you're dealing with is legitimate before you take any other action. Verify Canadian charities with the Canada Revenue Agency. Verify any calls claiming to be from your credit card company by calling the phone number on the back of your credit card. And if you've received a call or other contact from a family member saying they are in trouble, talk to other family members to confirm the situation.
- Watch out for fake or deceptive online ads, or spoofed emails. Always verify the company and its services are real before you contact them.
- Don't give out personal information.
- Beware of calls where the caller asks you for personal information, such as your name, address, birthdate, Social Insurance Number (SIN), credit card or banking information. If you didn't initiate the call, you don't know who you're talking to.
- Beware of upfront fees. Many scams request you to pay fees in advance of receiving goods, services, or a prize. There are no prize fees or taxes in Canada. If you won it, it's free.
- Protect your computer. Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide. Also, no company will call you and claim your computer is infected with a virus. Make sure you have anti-virus software installed and keep your operating system up to date. Never give anyone remote access to your computer. If you are having problems with your system, bring it to a local technician.
- Be careful who you share images with. Carefully consider who you're sharing videos and photographs with. Disable your webcam or any other camera connected to the internet

when you aren't using it.

- Protect your online accounts. Create strong passwords, use unique passwords for every online account including social networks, emails, financial and other accounts. Enable multi-factor authentication where applicable, and only log into your accounts from trusted sources.
- Recognize 'spoofing', a tactic used by fraudsters to mislead victims and convince them that they are communicating with legitimate people, companies, or organizations. This may include phone numbers appearing as legitimate on caller IDs, email addresses that look legitimate, or websites that are fake but appear legitimate.
- Know that government agencies and departments such as Immigration, Refugees and Citizenship Canada and the Canada Revenue Agency (CRA) do not threaten deportation or arrests of family members for non-payment; do not demand immediate payment of taxes or fines over the phone via e-mail or through social media; and do not request BitCoin, gift cards, e-mail or money transfers as a valid form of payment.
- Never click on links received via text message or email. When visiting a website, always verify the URL and domain to make sure you are on the official website.
- Cover the number pad with your hand when entering your PIN at bank machines and when making store purchases. And keep your credit or debit card in sight when you are paying at a restaurant or store.
- Before hiring someone or agreeing to have work done on your home, ask for proof of identity and check their references.

The Edmonton Police Service Financial Crimes Section reviews and evaluates all complaints of fraud, false pretenses, credit card offences, counterfeiting crimes, identity theft and perjury, and assigns them for investigation as required. If you've been a victim of fraud, call the Edmonton Police Service immediately at 780-423-4567. If you're a victim of fraud, do not be afraid to come forward. You are not alone.

Also don't forget about safe disposal of paper documents. Confidential documents such as old tax returns, credit card receipts, legal documents, health records, or utility bills can be gold in the hands of an identity thief or fraud artist. Do not dispose of any confidential documents in blue bags, as identity thieves could steal your blue bags seeking such information. All confidential documents should be destroyed through shredding.

Our local MP Kelly McCauley is hosting a free shredding event on April 15 from 1 to 4 p.m. at the Westend Senior Activity Centre at 9629 176 Street. Community residents are welcome to bring their personal documents and a large shredding truck will be onsite to provide confidential destruction of personal documents. There is no charge but residents are asked to bring along an item to donate for a food drive in support of the Veterans' Association Food Bank. Please note there is a limit of two boxes of papers per resident.



## Q and A with Out-going GCL President, Kimberly Johnson

### How long have you and your family lived in the area?

17 years and counting! Back then, the Anthony Henday wasn't connected, there were no traffic lights in the area and no grocery stores. A lot has changed but I'm still proud and grateful to call Glastonbury home; we're fortunate to have the nicest neighbours.

### Aside from volunteering, what else keeps you busy?

I'm a wife and a mother to two great kids. They've grown up helping their mom with community league stuff. I also have a career as a Medical Radiation Technologist, which I love.

### Beach or mountains?

Both are great but I choose mountains! I love to ski in the winter and hike in the summer.

### Coffee or tea?

Tea, always. London fogs are my go-to treat.

### Funniest community league moment?

Imagine 50 people sitting cross-legged on the grass, breathing deeply during Yoga in the Park. Then picture a porta-potty service truck arriving out of the blue and proceeding to service the porta-potty located just a short-distance from the group. The sights, sounds and well, the smells, were not especially conducive to a zen experience, and we all couldn't help but burst out laughing at the ill-timing of the truck's visit.

### Any other highlights of your 15 years at the GCL that you'd like to share?

Gosh, so many! All the friendships formed, planning and executing my first big community event, running my first 10K with the running group (Troy tricked me, but that's okay!), being the first league in the City to develop an App and get a digital sign. We've also hosted so many fun events over the years that I've gotten to share with my family. I've loved showing them that serving the community may take a bit of time, but that it is a rewarding experience worth pursuing.



Enjoying the ice trail with her niece at our New Year's Day event. 2021

Throw back to Oct. 2011 when the Glastonbury Playground committee (Kim, Joanne Birmingham and Corinne Dechene) got to take their children to be the first ones to play on the brand new playground.



The Grand Opening of the new playground at Kim Hung School, Sept. 2020

### Lil' Saints Preschool

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At Lil' Saints Preschool there are no mandatory fundraisers, parent duty days or toy cleaning requirements.

We are currently accepting registrations for the 2023/24 school year for our 3 & 4 year old programs. Please visit our website for more details or call to set up an appointment to see our Programs.

Website: [www.saintschurch.ca/preschool](http://www.saintschurch.ca/preschool)

Contact: Shannon 780-489-2579

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# Neighbourhood School Updates

Here's the latest update from Glastonbury's neighbourhood schools!

## Bessie Nichols School

Did you know that Bessie Nichols School has a Walking School Bus on Wednesday mornings? They celebrated World Winter Walk Day in February by starting two walking bus lines. The "Red Line" leaves from the Hampton pumphouse (Hemingway Road/199 Street) at 8:05am until the end of the school year. They are looking for someone to run the "Gold Line" at 205 street/56 avenue. This would be a great opportunity for some Junior High kids that are walking to school.

The Parent Advisory Council meets monthly at the school. Everyone is welcome to join and learn about some of the behind-the-scenes activities at the school. The council's AGM is on April 25 at 6pm in the Learning Complex (library). Free babysitting can also be provided for those parents who want to attend but have small children. There will also be an online feed for those that prefer to attend via video. The link is posted on SchoolZone before the meeting.

The School Administration wants to remind families about the importance of pre-enrolment, which is open until April 14. The school's budget for next year is partially determined by the number of students that are pre-enrolled. Sign in to your SchoolZone account and select "Next Year" from the top menu bar.

Lastly, if you have suggestions or other ideas for fundraisers that you would like to see, please email the school Fundraising Society at [info@bnsfs.com](mailto:info@bnsfs.com). They are a registered charity, so you can donate anytime and get a tax receipt (for donations over \$25).

## Kim Hung School

Things at Kim Hung School have been very busy. Recent activities such as the DancEd residency, and the school's first-ever family dance, put on by the Fundraising Society, were huge successes. Upcoming performances will include the Junior Choir spring performance on April 25 and the school's performance of the Wizard of Oz from May 2nd to 5th.

There has been a lot going on with athletics as well, with basketball teams making their way through the playoffs.

Some of the upcoming monthly Student Leadership themes are, 'Treating Others with Respect', 'Showing Empathy for the Feelings, Perspectives, and Experiences of Others', and 'Improving My Community Through Personal Service'.

On the fundraising front, the Kim Hung School Fundraising Society and Papa Johns, West Granville location, are having pizza night fundraisers on the 3rd Thursday of every month until June. The next one is coming up on April 20th. Order online to receive 15% off your order with code KH15.

The school would also like to remind parents that the deadline for Kindergarten registration is April 14th, and it is filling fast. To register, please visit the [EPSB New Student Registration website](#)

And finally, the school would like to acknowledge all of the parent volunteers who give the school the gift of their time twice a month, by organizing and distributing the Healthy Hunger Lunches to students.

## Sister Annata Brockman Catholic School

Sister Annata Brockman Catholic School (SAB) is ready to welcome new K-9 registrations for the 2023-24 school year. SAB is a Catholic inclusive community that welcomes all children as valued, contributing members of their classroom community.

This community school has a focus on academic excellence with numerous extra-curricular opportunities and a rich athletics program. SAB is a place of great love and of great community. The staff is highly collaborative, committed, passionate and supportive. The students are respectful and kind and love their school and the staff working within it.

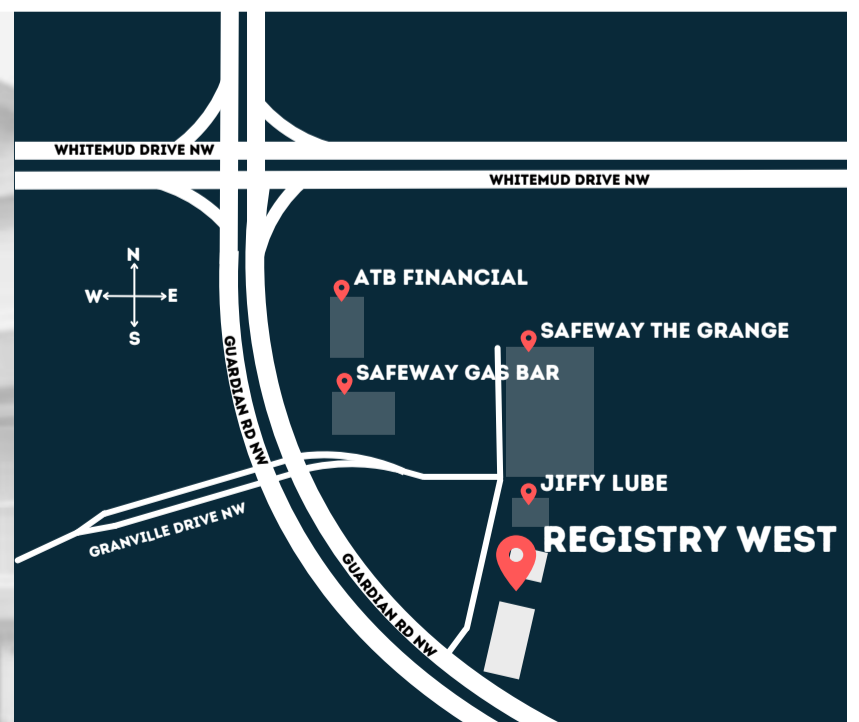
You can contact the school at 780-444-0250 if you have any questions. The SAB website is where you can go to take a school tour and find additional information.



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**SATURDAY: 9:00AM - 3:00PM**  
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## Please support our advertisers!

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 Fall 2023. For information about advertising in the Gazette, please contact us at [advertising@gclyeg.com](mailto:advertising@gclyeg.com).

**Special thanks to River Cree Sports for your continued sponsorship support of the Glastonbury Community League!**

## Dealing with Black Knot

Don't forget that early spring is a good time to address any black knot that has appeared on your trees from the Prunus genus (Cherry, Mayday and Plum Trees for example).

Trim affected branches 15-20 cm below the disease, to a healthy collar. Cutting blades should be cleaned and disinfected after cutting, and branches should be burned, buried or removed from site.



## Interested in becoming the Fundraising Director?



Help your community by planning any fundraiser(s) of your choice

Work with our Casino Coordinator to organize volunteers, every 2nd year

Apply for grants on behalf of the League

What is a

## Director-at-large

position?



DALs have no specific portfolio or tasks  
They serve as a helping hand in whatever capacity they are able to assist with Board initiatives

## Spring Yard Prep Tips

Here are 5 tips to prepare your yard for spring:

1. Clean up fallen leaves, branches, and debris.
2. Rake and remove dead grass to promote healthy growth.
3. Aerate your lawn to improve water and nutrient absorption.
4. Prune trees and shrubs to promote healthy growth.
5. Mulch your garden beds to retain moisture and suppress weed growth.



## Urban Nature Tips

# Small acts of conservation make a big difference



If you appreciate the connection to nature that living in Glastonbury provides, you're not alone. The natural areas of Glastonbury provide valuable natural habitat—and this extends to our green spaces and even our own backyards. Small acts of conservation can have a huge collective impact on biodiversity in our backyards and our community.

Here are some tips from the Nature Conservancy of Canada on how to support nature in our community:

- Delay raking your yard in the spring until there have been a few warm days so you don't disrupt insects and other small

animals that may be living under the leaves.

- Install a bee hotel, bat box, bird feeder, bird bath or nest box.
- Learn about what plants are native to our area and find out how you can restore a couple of species to your garden or your yard. Growing native plants can also help to attract butterflies, bees and other pollinators.
- Wash hummingbird and butterfly feeders thoroughly and clean out bird feeders to avoid the buildup of harmful moulds and bacteria, and pests such as mites.
- Prevent bird collisions with windows. Windows that reflect foliage or sky can confuse birds by making them look like an inviting place to fly. Ultimately, you are trying to disrupt the reflection of sky and foliage on a window so to reduce this threat, add indicators, decals or a decoration that swings in the wind.
- If you own a cat, do not let your cat roam outdoors. Cats are the number one killer of songbirds in Canada. In Edmonton, cat owners are required to make sure their pet does not wander onto other people's property without permission. If your cat is going to be outdoors, attach a leash to your cat, attach a bell to their collar or purchase a special collar such as a Birdsbesafe collar that helps birds to see your cat.
- Reduce water runoff from your property by installing rain barrels and re-directing the flow into your gardens. You can also use porous surfaces for walkways and patios. Consider planting native wetland or water-loving plants around the overflow from your rain barrel or where your downspouts exit.
- Improve soil health by reducing or eliminating the use of pesticides and chemical fertilizers.
- Participate in "No Mow May!" Letting your grass grow a little longer not only benefits native pollinators, it can also help reduce water runoff and keep more moisture in your lawn.
- Share your actions with others by using the **#MySmallAct** hashtag on social media.

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<p><b>PRO SHOP SERVICES</b></p> <p><b>HOCKEY EQUIPMENT SANITIZER SYSTEM</b> <small>NEW SERVICE</small> <b>Fresh Gear</b></p> <ul style="list-style-type: none"> <li>• Pricing             <ul style="list-style-type: none"> <li>• Full hockey equipment \$25</li> <li>• Full goalie equipment \$35</li> <li>• Individual skates, shoes &amp; boots \$10</li> </ul> </li> </ul> <hr/> <p><b>SKATE SHARPENING</b></p> <ul style="list-style-type: none"> <li>• Blade Master Machine</li> <li>• Great pricing</li> </ul> <hr/> <p><b>SPRING/SUMMER HOURS OF OPERATION</b></p> <p><b>WEEKDAYS</b> 3:30PM - 11:30PM</p> <p><b>WEEKENDS</b> 9:00AM - 11:30PM</p> <p><b>FOR MORE DETAILS VISIT <a href="http://WWW.RIVERCREEHOCKEY.COM">WWW.RIVERCREEHOCKEY.COM</a></b></p>	<p><b>DROP-IN PROGRAMS</b></p> <p><b>STICK &amp; PUCK</b></p> <ul style="list-style-type: none"> <li>• \$7.50 per person</li> </ul> <hr/> <p><b>MOM, POP &amp; TOTS</b></p> <ul style="list-style-type: none"> <li>• \$5 per person</li> </ul> <hr/> <p><b>ADULT SHINNY</b></p> <ul style="list-style-type: none"> <li>• \$12 per person</li> </ul> <hr/> <p><b>PUBLIC SKATE</b></p> <ul style="list-style-type: none"> <li>• \$4 per person</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>DROP-IN FEES COVERED FOR GLASTONBURY COMMUNITY LEAGUE MEMBERS</b></p> </div>
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For more tips, download the free Supporting Nature and Biodiversity in Urban Yards resource from Nature Alberta at [www.naturealberta.ca/support-urban-nature](http://www.naturealberta.ca/support-urban-nature).

For more information about the Nature Conservancy of Canada, visit [www.natureconservancy.ca](http://www.natureconservancy.ca).





## Join our Men's Shed program

The Glastonbury Community League with the kind support of Saints Church launched the West Edmonton Men's Shed program last fall.

The 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.

Our Men's Shed program meets the first and third Tuesday evenings of each month from 7 to 8:30 p.m. in the workshop in Saints Church. This location at 6315 199 Street is conveniently located just off Anthony Henday Drive at 62 Avenue. Everyone is welcome and 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. For more information visit [www.mensshedsCanada.ca](http://www.mensshedsCanada.ca).

Men's Sheds address the reality that men tend to only make connections at work—and if they are retired, not working, working from home, 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.

Participants in our Men's Shed program have already completed their first project using repurposed pallets to make composting bins for a new community garden. The group is also working on building book boxes for the GCL's Little Library program. Our next project will be building raised planter boxes for a community garden. Participants are also welcome to work on their own projects.

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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 currently planning for the program to run through the spring, then take a break over the summer and resume in the fall. To get involved, please contact Brian at [enw@gclyeg.com](mailto:enw@gclyeg.com).

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



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