

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



Gazette

COMMUNITY NEWS SPRING 2024

@GCLyeg | GCLEdmonton | @glastonburycommunityeg

Inside



- upcoming events
- summer fun
- traffic safety
- kid's colouring contest
- Neighbourhood Watch update
- school updates
- block party micro-grants
- co-existing with coyotes
- seniors wellness tips
- ...and much more

SAVE THE DATE!

Please mark your calendar for **Wednesday, April 24 @ 7pm** at Kim Hung School for our upcoming Glastonbury 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.
More details on Page 3.



Join our Facilities Planning Committee! We love the playground and splash pad at Glastonbury Park. Just north of there in the park, we're looking at what's next for the community league's leased land. Learn how you can become involved in the process. *Find details on page 8.*

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PRESIDENT'S MESSAGE

Hello everyone!

Welcome to spring 2024. This brings to an end my first year as President of the community league and it has been a great year overall. I would like to thank everyone in the community who has come out to support our league during our events & programs. I would especially like to thank my fellow board members for their support and hard work over the past year with all the activities we bring to you for your enjoyment.

I would like to thank two of our long term board members who are stepping down this year; Jen Compton and Brenda Mantey-Annor. Jen has been our Membership Director and Brenda was our Programs Director. It's hard to call out all the amazing things you both have accomplished with the board, and you will be missed. If you see them around the neighbourhood, please say hi.

With that said, spring is a great time for renewal. Our board is continually looking for new members to bring a fresh perspective & ideas to the board. We have openings on the board for the following positions: Membership Director, Fundraising Director, Volunteer Coordinator and Director-at-Large. If you think you have the skills for any of these positions, or would like to learn more about them, please email president@gclyeg.com. We are also interested in people who may want to volunteer but in a micro-volunteer position (skate and warm up shack, community garden). Again, if interested please contact me via email and we can direct you to the right board member for help.

What have we been up to over the fall and winter? Fall brought us a well attended movie night & continued river valley exploration with

our hiking group. December brought us our first ski night. It was touch and go with the lack of snow leading into it, but a smaller group enjoyed excellent early season conditions. New years day brought our always popular event and fireworks. With the warm conditions, we estimated 2-3000 people attended. The last event for the winter was our March Ski Night. People were slow to sign up, but thanks to a large snowfall the week before, attendance at the event was record breaking. And finally the community enjoyed our rink and skate trail in Glastonbury Park throughout the winter. Thanks to everyone who joined us the past year for all our events.

What are our plans for the upcoming year? We will once again be bringing out our weekly hiking group to explore our wonderful river valley; terrain and locations will vary week to week, locations and a brief rundown will be posted on our social media weekly. Spring and summer will continue with all the old favorites with some revisions. A community clean-up, Big Bin Event with confidential shredding, youth soccer, a revamped Family Fun Day event & amazing race, Yoga in the Park, tree-planting and of course our fun shack program. Fall and winter will again bring out movie night, our annual NYD fireworks, local ski night and a new bus trip to either Jasper or Banff for skiing.

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 Kim Hung School on April 24th at 7 pm.

Kind regards,
Troy Aardema
 President | president@gclyeg.com

2023-2024 Board Contact List for the Glastonbury Community League

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www.gclyeg.com

Join us on Facebook at
facebook.com/GCLEdmonton

Find us on Instagram at
GlastonburyCommunityYEG

Email at info@gclyeg.com

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”



Join us for our 2024 annual general meeting.

Date: Wednesday, April 24

Time: 7-9 pm

Location: Kim Hung School Library at 1950 Glastonbury Blvd

Glastonbury Community League 2024 AGM

At the AGM you will meet with community members including the GCL board, to hear about the past year and what we are planning for the future. We will have refreshments, and those in attendance will be entered into a draw for gift cards from local businesses and for 2024-25 Family GCL memberships. The Glastonbury Community League is always looking for fresh ideas, and community members to join our amazing volunteer board. The meeting will include the nomination of and voting for the board of directors by GCL members in attendance.

Vacant Board positions include:

Treasurer - This role is evolving as we are in the process of hiring a bookkeeper. As such, the treasurer's main role would oversee the work of the bookkeeper. They would be responsible for the league budget, and ensuring monthly reporting at board meetings. They are a signing authority for the league. We estimate this position on average would be fewer than 6 hours per month, plus attendance at the monthly board meeting.

Membership Director - Responsible for the annual membership campaign. Reports on membership sales monthly to the board. Responsible for providing skate tags to community members that request them. This position on average fewer than 3 hours per month, plus attendance at the monthly board meeting.

Volunteers Director - Coordinates volunteer activities for the league. This position is on average fewer than 3 hours per month, plus attendance at the monthly board meeting.

Fundraising Director - Coordinates fundraising activities for the league. Do you have fresh ideas for ways we could fund new projects and programs? This position is on average fewer than 3 hours per month, plus attendance at the monthly board meeting.

Director-at-large - This is a great way to be on the board, without a specific portfolio. This person in this role pitches in when and where they are available, and attends the monthly board meeting.

If you are interested in any of these Board positions, please email president@gclyeg.com with your contact information and the position that is of interest to you.

Even if you aren't able to volunteer as a board member, this meeting is also a great place to get information on what we are up to, and other opportunities to become involved. We hope to see you there!

30 day spring sunrise yoga challenge

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Community clean-up opportunities

Join Glastonbury Community League for a community clean up on April 20 at 10:30 am at Glastonbury Park. We hope to have the most participants in the west end during this clean up! We will provide refreshments, and the supplies you'll need to help us beautify our neighbourhood's outdoor spaces in advance of Earth Day.

In May we will host a big bin event to help you tidy up your indoor spaces. Watch for more details on social media as information becomes available.



Join our *Welcome* Spring kids' drawing colouring contest!

Calling all kids!

The Glastonbury Community League is welcoming spring with a kids' drawing and colouring contest, and we want you to join us!

Draw and colour a picture of fun spring activities, and you'll have the chance to win a great prize. For those who prefer to use a colouring page, we recently posted one on our social media pages.

Parents - just take a photo of your child's drawing or colouring page and send it to us via Facebook Message with their first name and age. If you're not on Facebook, please email a photo of the picture to us at enw@gclyeg.com along with your child's first name and age.

First, second and third prizes will be selected in four age categories (4-6, 7-9, 10-12 and 13-15) from all eligible entries, and winners will receive gift cards. Note that we have a special category for teens to join in the contest too!

Deadline for entries is April 30, and winners will be announced on our Facebook page in early May.

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Get involved with the community league!

Are you looking for ways to get involved with the community? Look no further, as GCL has many ways you can become involved.

First, attending our AGM on April 24 from 7-9 at Kim Hung School is a great way to hear more about the league and find other opportunities to become involved.

Here is a list of other ways to become involved:

- **Board Positions** - We hope to fill our vacant board positions at our AGM. If you are interested in becoming the GCL Treasurer, Membership Director, Fundraising Director or Director-at-Large, or finding out more about any of these positions, email president@gclyeg.com
- **Seniors Advisory Panel** - We are looking for programming and amenities input from seniors and retirees in our community. Do you have thoughts on how we can better serve elders in the community? Are there barriers to your participation that we could address? We'd love to be able to reach out to you for your input on a regular basis. Email communications@gclyeg.com to be included, or write to us at PO Box 73004 Hamptons, 6290 199 St NW, Edmonton, AB T5T 3X1.
- **Youth Advisory Panel** - We are looking for programming and amenities input from area youth ages 12 to 24. Do you have thoughts on how we can better serve you? We'd love to get your input on a regular basis. Email communications@gclyeg.com to become involved.
- **Facilities Planning Committee** - We are planning our next phase of development on the GCL leased land at Glastonbury Park. Do you have ideas about what amenities would be best for the area? Do you have a background in planning? If you are interested in joining our Facilities Director to form part of this committee, email facilities@gclyeg.com
- **Soccer Coaches and Assistant Coaches** - The success of our indoor and outdoor soccer program depends on community coach volunteers. No experience is necessary. If you are interested in volunteering, please email soccer@gclyeg.com
- **Fun Shack Leaders-in-Training** - 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. Email president@gclyeg.com for more information.
- **Granville Sign Updater** - Do you live near Granville Park at Kim Hung School? We are looking for someone to update our sign at the park on a regular basis. Email enw@gclyeg.com if you are interested.

Follow us on social media where we post all our other volunteer needs as they come up.



GCLEdmonton |



@glastonburycommunityeg

New Year's Day event a huge success



We had beautiful weather and record attendance for this year's New Year's Day event! It was a fun-filled day made even better with the lovely weather.

We celebrated with skating on our skate trail and rink, and had an amazing fireworks show from Uncle John's Fireworks! Canadian Maple Shack was on site to sell sweet maple taffy, and Riverwest Church provided hot chocolate. DJ Johnny looked after the great tunes for our event, and our MLA Nathan Ip stopped by to visit with the community.

Thank you to everyone who attended, we hope you enjoyed welcoming 2024 with us, and we look forward to ringing in 2025 with you in January!



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GCL summer fun

Fun Shack

GCL will once again host Fun Shacks in both Glastonbury and Doug Kelly parks this summer. Starting in early July, Monday to Friday from 9-12 and 1-5, Fun Shack Leaders will be there to facilitate activities for kids. Follow GCL's Facebook and Instagram pages, or @gcl_funshack on Instagram for more info. Note: The half day Greenshack programs at John Patrick Gilles and Granville parks are hosted by the City of Edmonton.



Amazing Race

You provided feedback, and we are listening. Plans are underway for a new and improved Glastonbury Amazing Race. Follow GCL's Facebook and Instagram pages, or @gcl_amazingrace on Instagram for details when they become available.



Coming Soon

A new and improved Family Fun Day is coming soon to a park near you! More details to come.

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GCL winter book club recap

We met, we ate, we talked about all things Virgin River, and lamented that we weren't at Jack's Bar. In early February, Muggnz restaurant in Callingwood ended up being a great stand in, and it was our biggest book club gathering yet!



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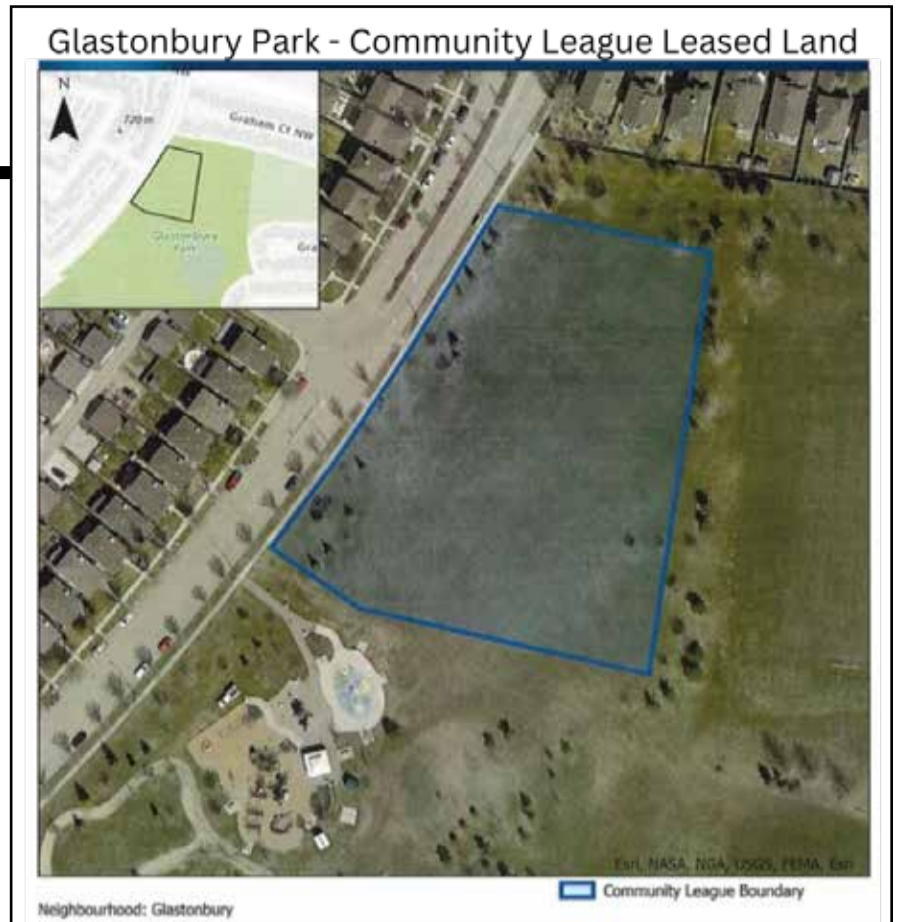


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GCL Facilities Planning Committee needs you!

We have some bold ideas for amenities that we could develop on the league's leased land in Glastonbury Park, to the north of the spray park. Maybe you have some too? We're striking a planning committee to work through what this could look like. Do you have ideas for the most needed amenities in our community? Are you part of a family that could benefit from a boarded rink and warm up shack? Are you a pickleball or tennis enthusiast? Are you a professional in the planning world? What could you bring to our vision for the community? We would love to have you as part of our advisory and planning team! Please email facilities@gclyeg.com to learn more.

The committee will likely be formulating a survey to reach out to the broader community to form part of the league's needs assessment for the neighbourhood. Stay tuned for your chance to provide your feedback.



Let's throw a block party!

Have you always wanted to spend some quality time with your neighbours? We want to help you throw your block's event of the summer! Block parties are a great way to socialize close to home. There are many benefits including feeling more safe by knowing who lives around us, increasing a sense of belonging to the community, animating the neighbourhood for social gatherings and safe, active play, and fostering a sense of feeling welcome and included, plus it's a whole lot of fun!



Here are logistical things to consider when you begin planning:

- Type of gathering - The City defines four types of gatherings: Block Socials (typically smaller groups, in someone's yard or home), Single-Street (a larger group, on a closed road in front of their homes), Neighbourhood Wide (a large group, extending the invite beyond their street), Play Street (a gathering to increase play opportunities on a residential street)
- Location - Will you be hosting it on private land such as your backyard, on your residential street, or on parkland. What you choose will determine the type of permitting and signage that is required by the City.
- Number of expected attendees - The number of neighbours expected will dictate your insurance needs and what category of block party you fall within for the City's defined event types.
- Timing - Convenience for neighbours and noise bylaws are things to consider with respect to timing.
- Insurance - Obtaining insurance is recommended by the City.
- Equipment and activities - What kinds of activities do you want to do? What equipment do you need for your event?

The City of Edmonton has a comprehensive guide on organizing block parties. It can be found at www.edmonton.ca/blockparties.

The Glastonbury Community League is pleased to announce the GCL Block Party Micro-Grant for Summer 2024! Along with ensuring you've followed the city's planning guidelines and permit process, GCL will have a very simple grant application process. There will be a total of five \$200 grants given this summer. Stay tuned for more information on Facebook and Instagram!



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 2024/25 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.lilsaints.ca

Contact: Shannon 780-489-2579

We provide the opportunity for growth in all areas of development through intentional, inquiry-based play. Our Learning Through Play environment promotes exploration, creativity, and investigation of the variety of materials and play spaces.

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GCL is hiring for the Fun Shack!

Glastonbury Community League is hiring 4 summer students to run our Fun Shack program. The Summer Recreation Program Leader role is instrumental in the success of the Fun Shack program.

Job Description:

Summer Recreation Program Leaders are involved in leading recreational outdoor activities for children (primarily aged 6-12 years) 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 and providing input into planning this summer's Amazing Race event.

Job 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.

Details:

Monday-Friday (9-12, 1-5) through the summer months.

Hourly Wage: \$16.25

Location: Glastonbury Park & Doug Kelly Park

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Protect your—and your family’s—online safety

While our Neighbourhood Watch program promotes crime prevention and encourages residents to be vigilant in taking measures to protect your home and property, we would like to use this time to address a growing issue—online safety and online (and offline) fraud prevention. Please review this information, share it with your family members, and take precautions to protect yourself online.

Online fraud and scams are growing exponentially and online criminals are much more clever than in the past. Remember the days of the “Nigerian prince” emails promising riches—where the emails were riddled with typos and easy to spot? Those days are long gone—replaced by complex high-tech scams that can trick even the most cautious individuals.

While everyone thinks they’re too smart to be victimized by fraud or scams, last year alone Canadians lost a staggering \$567 million to fraud. Don’t be complacent: be cautious and protect yourself.

General internet safety tips

Follow these tips to help ensure that a hacker doesn’t take over your access to your online accounts or steal your identity.

- Don’t disclose personally revealing information on social media platforms including your date of birth, address or phone number. Keep this information private and do not make it publicly available.
- Use strong passwords and use a different password for each web site.
- Wherever possible, set up two-factor authentication. Many websites are starting to make this mandatory to protect you from losing your account to hackers.
- Back up personal data to a removable USB drive or hard drive that is not connected to your computer.
- Use an anti-virus program as well as a firewall to help stop hackers from getting into your device without you knowing.
- Ensure your phone or mobile device is kept up to date with the latest security updates.
- Consider using a Virtual Private Network (VPN) when online to help protect you.
- Do not respond to suspicious emails, do not open website links in emails that look suspicious, do not click on pop up windows online, and do not open attachments in emails from unknown senders.

Also protect your family from online predators by ensuring children and teens who are online are closely supervised and are taught to never share photos or personal information online, or to chat online with anyone they don’t know.

Protect yourself from fraud and scams

- Beware of phone scams that are now using AI to replicate voices of family members or friends.
- People who phone claiming to be from your credit card company or from the Canada Revenue Agency are two of the most common phone scams. If you receive such a call, hang up immediately.
- Never give out your credit card, bank account or personal information to someone over the phone, at the door, or in an email unless you can confirm the person or organization you are dealing with or you made contact with them first.
- Before hiring someone or agreeing to have work done on your home, ask for proof of identity and check their references. Never let anyone in your home unless you have confirmed their identity.

If you think you have been scammed, report all fraud and scams to the Edmonton Police Service. Even if you feel embarrassed to have been victimized or feel the amount of money is too small to worry about, you can help to prevent someone else from being scammed.

Traffic safety continues to be issue around schools and playgrounds

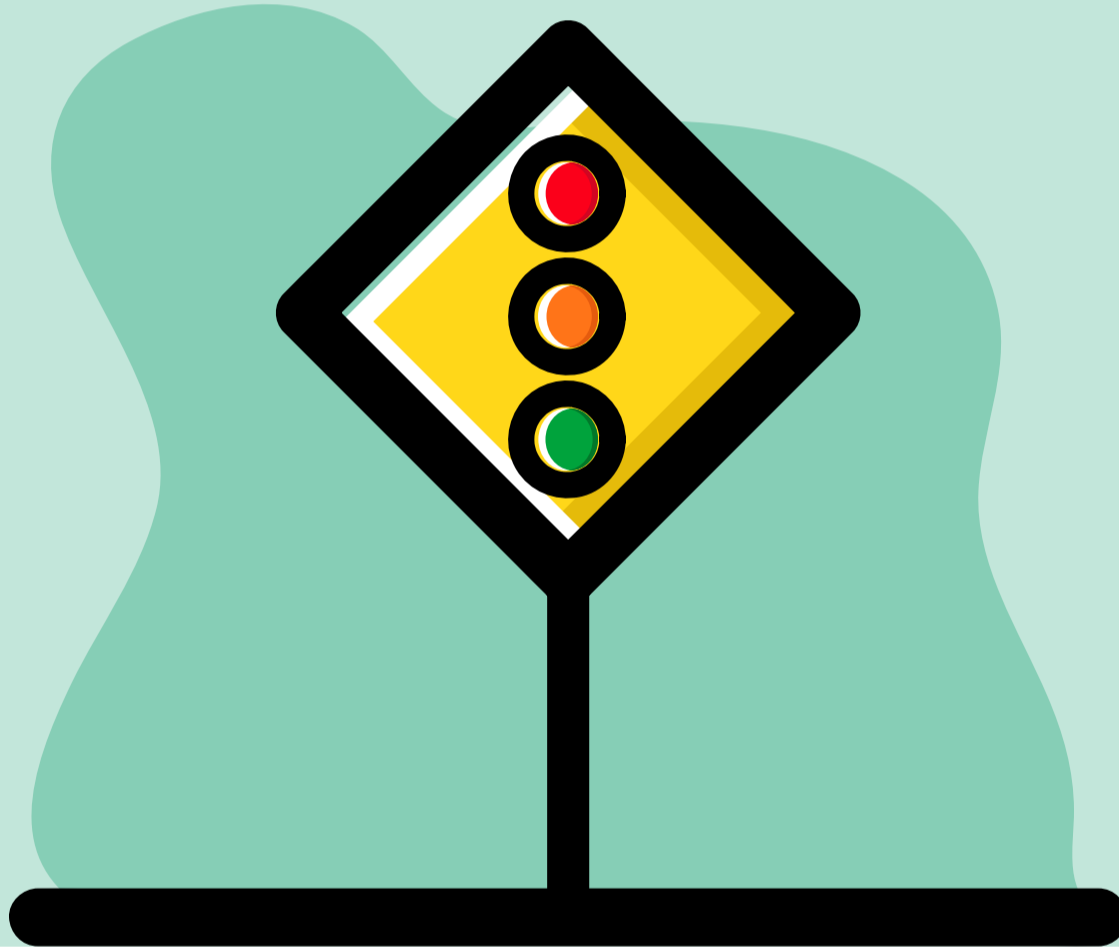
What will it take to get drivers to slow down in our community? Over the past few months, speeding and traffic safety continue to be ongoing issues in the Glastonbury neighbourhood.

With three extremely busy K-9 schools in our neighbourhood as well as multiple playgrounds, we ask residents to check your speed and to ensure you are not speeding through our local school or playground zones. Our community is home to thousands of children, and we all need to work together to prevent a tragedy.

We also recognize that many vehicles speeding along our streets do not belong to local residents, so if you see speeding vehicles in the neighbourhood, get licence plate numbers and report them to the Edmonton Police Service.

At the same time, we again remind parents if you are dropping off or picking up your children from school, ensure you are using marked crosswalks (not jaywalking), parking only in designated areas and following all traffic signage.

For more information on what you can do as a resident to deter speeding, visit the City of Edmonton's Vision Zero program at www.edmonton.ca/transportation/traffic_safety/get-involved-vision-zero. This program offers both the Safe Speeds Toolkit and the Vision Zero School Kit to help residents get involved and help make our streets safer.



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Co-existing with nature—and coyotes—in Glastonbury



Over the winter months, there have been increased sightings and encounters with coyotes in Glastonbury.

As we are also close to the edge of the city, it's not uncommon to spot a wide range of wildlife in our neighbourhood including prairie chickens, owls, muskrats, squirrels, songbirds, rabbits, deer—and coyotes. Over the winter, there was even a moose spotted in our neighbourhood.

Coyotes have long existed alongside humans and have adapted to live within population centres because of the opportunities they present to foraging scavengers. As Edmonton grows and expands into traditional wild habitat, more coyotes are adapting to food sources in residential areas eating readily available backyard food sources such as garbage, fruit and pet food.

The City of Edmonton and University of Alberta teamed up over ten years ago to start The Edmonton Urban Coyote Project with the intent of studying urban coyote populations and educating residents about urban coyotes.

Coyotes naturally hunt rodents and small mammals such as rabbits or hares, in addition to being opportunistic feeders who may consume garbage, fruit or even insects. As such, coyotes do not look at humans as prey, and are generally afraid of us, although urban coyotes can become desensitized to human activity or presence. Coyotes perceive humans as being providers or resources they can exploit and it is common to see increased presence in neighbourhoods during garbage days or when garbage is placed out and easily accessible beforehand.

Coyotes do not pose a threat to humans and the extremely rare cases of physical contact are almost always as a direct result of feeding/desensitization. Coyotes have a weaker bite than wolves, foxes, most dogs and even humans.

However, it's important to practice common sense and with coyotes in our midst, it's critical to not let cats roam outdoors, to keep small dogs on a short leash when walking in naturalized areas, and it's important to not leave pets unattended in backyards.

You can help avoid negative human-coyote interactions and minimize the need for lethal management.

The most important thing to do is to ensure that coyotes keep their natural fear of humans through aversive conditioning. If interactions with humans are consistently unpleasant for the coyote, it will learn to avoid them. On the other hand, if coyotes lose their fear and become habituated, they are much more likely to access human food and become nuisances. This process, called food conditioning, is very likely to generate conflict with human residents. Because of this it is also important to reduce the availability of possible attractants (such as compost, garbage, bird seed, pet food, and even outdoor pets) to coyotes.

Here are a few simple things that can be done to discourage coyote habituation:

- If you encounter a coyote, act aggressive: Shout in a deep voice, wave your arms, throw non-edible objects towards the coyote, and make yourself look big while maintaining eye contact. Never run away: like with most dogs this behaviour makes them want to chase after you.
- Secure anything that could attract coyotes to your property (garbage, compost, birdseed, pet food, fallen fruit- see Operation Fruit Rescue). This also means not putting your household garbage out before your pick-up day.
- Keep cats and small dogs indoors, and keep them on-leash in park areas. Cats are easy prey for coyotes, and we've all seen the missing cat flyers on mailboxes and light posts in the Glastonbury community. It's not only against the law to let your cat roam outdoors, but makes it prey for coyotes.
- Never feed a coyote either in person or by leaving food for it.

It's only necessary to report a coyote to the City of Edmonton if the coyote has followed, chased or attacked someone or a pet; if the coyote is acting aggressively or defensively; or if the coyote is injured and immobile.

More information about coyotes is provided on the City of Edmonton web site at https://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/Coyotes.aspx.

For more information about the Urban Coyote Project, visit <http://edmontonurbancoyotes.ca/>.

Glastonbury Community League Member Benefits

Being a member of the GCL has many benefits.

First, members get access to amazing community events like our Fall Outdoor Movie, and membership fees go toward funding awesome programs, events and amenities that benefit the entire community such as New Year's Day in the Park, Ski Nights, the Fun Shack programs, Yoga in the Park, and our skate trail and rink.

Members can also access programs such as GCL Soccer, an EMSA West Zone sanctioned soccer program.

Free skating is available to members at the following locations.

- River Cree Twin Rinks any time during their Public Skating, Mom, Pop and Tots, and Stick and Puck times. Schedule: www.rivercreesports.net/drop-in-schedule/
- City of Edmonton rinks during public skating times.
- Outdoor community rinks like our beautiful outdoor rink and ice trail (Skate tags can be obtained by emailing membership@gclyeg.com)

Swimming is another great benefit. GCL Members can swim for free at Terwillegar Rec Centre on Saturdays from 5-7pm and at Jasper Place Pool on Sundays from 4-6pm.

GCL members can use the Community League Wellness Program, which gets you reduced rates to City of Edmonton recreational facilities through the Community League Wellness program. You can receive a 20% reduction in the cost of annual memberships, 15% reduction for multi-admission passes, and a 20% reduction on on-going monthly memberships.

GCL is a Community League sponsor of the Edmonton Tool Library (ETL), which means that GCL members will have their Tool Library membership fee waived when they apply to the ETL. ETL members can borrow up to 8 tools at a time for a week at a time. To become an ETL member, visit www.edmontontoolibrary.ca and fill out the Membership Application and Release of Liability found at the Memberships tab.

GCL memberships can be purchased at any time through the GCL app, which can be found in your app store. Our membership year runs from September 1-August 31. Don't forget to renew yours when the time comes so you can continue to enjoy all our membership benefits.

Spring soccer season set to begin

This spring hundreds of children and youth from our community will take to our local soccer fields through the Glastonbury Community League's soccer program.

Big thanks to all the coaches, assistant coaches and helpers who will be volunteering your time this season to enable us to continue our soccer program—one of the busiest in Edmonton. If you are interested in volunteering as a coach or assistant coach, please email soccer@gclyeg.com.

Our soccer program is part of the Edmonton Minor Soccer Association, which is the official organization that runs community soccer programs in the City of Edmonton.

The Glastonbury Community League is pleased to partner with the Edmonton Minor Soccer Association for our soccer program offerings. Many years of hard work and dedication have gone into creating an excellent program, and the association continues to refine programs with a commitment to continual improvement in the interest of providing a positive experience for our players.

We'd also like to congratulate our Glastonbury soccer teams who participated in the indoor soccer season over the winter months. Again this year our Glastonbury youth teams not only had a great time but excelled in competition.

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Area public schools face capacity challenges

All school divisions are mandated to keep a ten-year facilities plan up to date. This year’s edition from the Edmonton Public Schools Division sends warning signals for capacity challenges that the district says will be faced if new schools aren’t built in the years ahead.

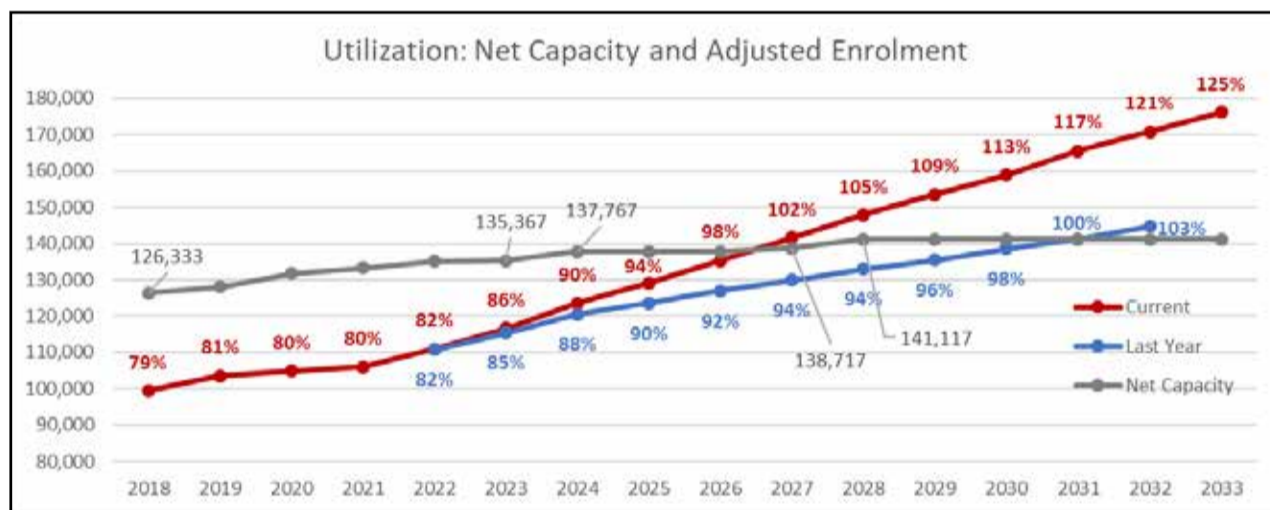
“The Edmonton Public Schools Division is experiencing significant enrollment growth and, as a result, increased utilization of schools. The enrollment count from the end of September 2022 to the end of September 2023 increased by 4.9 per cent or 5,336 new students,” Board Superintendent Darryl Robertson writes in the recommendation report. The report goes on to say that the Division’s overall utilization rate will reach 100% across all of its 212 schools during the 2026-2027 school year. By 2033, without new schools to address the growth projections, the Division is projected to be at a 125% utilization rate.

While the overall density of students has increased in all sectors of the city, growth has been most significant in neighbourhoods surrounding Anthony Henday drive. This includes the *West Sector* which is comprised of the Granville, Glastonbury, and Hamptons communities that are served by Kim Hung and Bessie Nichols Schools. Bessie Nichols reached and surpassed the 100% utilization mark a few years ago. Kim Hung School is expected to reach and exceed that threshold within the next calendar year. This is why they are both Level Two-Closed Boundary schools. This situation poses several challenges, including allocating teaching resources, navigating physical space limitations, and managing the flow of traffic around both campuses. See the Neighbourhood Schools Update to see how Kim Hung School is beginning to address some of the traffic issues posed by growing enrollment at the school.

As school enrollment increases, so do logistical challenges around physical space. The planned design for Kim Hung included the addition of four more modular classrooms, to be added as enrollment numbers climbed to their current levels. To date the school has received one modular classroom. Edmonton Public Schools requested 30 portables in 2023/24 which are provided by Alberta Education/Infrastructure, of which only 5 were approved by the Government of Alberta. The Division has not received an update for what they will be given for the 2024/25 school year.

We know that Kim Hung and Bessie Nichols Schools will take every opportunity to maximize the space they have to ensure that they can accommodate their resident attendance area students. We also know this could mean that in keeping in line with many other Division schools they may have to increase class sizes.

Parents and community members who would like more information on the attendance projections and capacity issues faced by Edmonton Public Schools should read the report titled ‘Ten Year Facilities Plan 2023-24’ which is attached to the March 19th Edmonton Public Schools Board Meeting information at <https://www.epsb.ca/ourdistrict/board/meetings/march192024/>. If you are worried about public school capacity and class sizes in Edmonton, you can reach out to our local public school board Trustee Dawn Hancock, or our MLA Nathan Ip to share your concerns.



Utilization: Next Capacity and Adjusted Enrollment graphic from the ‘Ten Year Facilities Plan 2023-24’ report.

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Neighbourhood Schools Update

Bessie Nichols School

Bessie Nichols School Fundraising Society is kicking off the final month of school with a fun family event at the Bessie Nichols playground on June 7th! From 4-8 pm there will be food trucks, Wheel Week bike activities, a 50/50, and much more! Save the Date and stay tuned for more event information! Follow the Fundraising Society on Facebook @BNSFS for more details when they become available.

Kim Hung School

There are many interesting things happening at Kim Hung School as they approach their final term and get into planning the next school year.

The school continues to nurture student leadership, helping model conduct and behaviour to ensure their success. The April Leadership theme is Treating Others With Respect. Each month the school works on these themes as a collective and provides information to families on things they can talk about at home to continue the dialogue outside of school.

An ongoing effort is also being made to extend classroom learning into the home in a fun way. Recently the school held a Literacy Night involving games that could then be purchased for use at home. Also, recent parent-teacher conferences were held workshop-style providing more ideas for at home learning.

This year Kim Hung is part of the Government of Alberta FINS program. Those blub, blub sounds are Nemo and all its other fishy friends who were hatched and are being cared for at the school until they can be released into a local river. Follow their progress through @Mrs_Krebs_Classroom on Instagram.

As the weather improves, springtime sports will soon be underway. Many students are looking forward to the badminton, flag football, slow pitch and track and field seasons.

The school is working with its parent council and fundraising committee to build an outdoor classroom. Current plans envision a space to the rear of the school between the basketball nets and the playground, and include seating for 60 and a terrace.

The Kim Hung School Fundraising Society depends on its casino to help fund initiatives at the school. The next Casino will be on Sunday, September 29 and Monday, September 30 at the Grand Villa Casino, next to Rogers Place. You will be provided with a meal and the society will cover your parking, so all they need is your time. There are still many shifts to be filled, and the benefit to the school is huge. Visit <http://volunteersignup.org/EWDLM> to sign up, or find more details in School News on SchoolZone.

Check out the new, online school store where you can purchase spirit wear clothing all year round, no minimum quantity and have it delivered to your home!!! Visit <https://kimhungschool.entripyshops.com/> to order any time.

Kim Hung School Update - Continued

And finally, school enrollment continues to climb, from 810 students at the start of the year to 835 in March. The school is working with its parent council, student families, and community partners to offset some of the traffic related impacts. In response to community concerns about traffic flow, the school has created a new space for day-care vehicles in the dedicated school bus zone along Grandville Link NW. Next they will attempt to alleviate the bottleneck at the drop-off loop/public parking by installing a 25 metre traffic barricade that will streamline the flow of cars into a left-turn only exit lane from the parking lot and a right-turn only exit lane from the drop-off loop. These are just the first steps in making a safer and easier traffic system around the school.

Sister Annata Brockman School

The Sister Annata Brockman (SAB) school community practices faith and hope in action, and this commitment continues to shine this term.

Shrove Tuesday was celebrated with approximately 2,500 pancakes and 2,500 sausages cooked by the parent volunteers for students and staff and a meaningful Ash Wednesday was observed by the school community. This Lenten Season engaged the SAB school community in gathering many pairs of socks to support Sacred Heart Parish. As well, the grade two classes celebrated 100 days of school with a social justice activity where students collected 100 cans of soup for the Food Bank. In total, they collected 178!

The Student Equity Council continues the work of living and promoting equity at Sister Annata Brockman School. The group focuses on encouraging students to use their voices for good and stand up to injustice. Edmonton Catholic School Division's Equity, Diversity, Inclusion and Anti-Racism Consultant has come out to speak with the Equity Council about issues important to them.

Improving student learning continues to be the focus at SAB. The teachers are adept at delivering new programming and reporting student successes and achievements in the classroom.

The school commitment to promoting physical activity includes a variety of sports and wellness activities. Recently, students in grades four to nine enjoyed separate trips to Snow Valley, and were also invited to participate in the Ski Club, which takes place after school. The Senior Girls' Volleyball and Senior Girls' Basketball Teams earned gold medals in the Division Three City Finals. The Senior Boys' Basketball Team earned a silver medal in the Division Three City Finals. The Cheer Team earned a silver medal at their Zone Competition and have advanced to the Provincial Competition.

Finally, the School Council is hosting a Family Dance in late April that will be accompanied by a raffle as a school fundraiser. If you own a local business and would like to donate an item for the raffle, please contact the school.

Men's Shed program making positive impact in our community—and beyond

The Glastonbury/ West Edmonton Men's Shed program not only provides a place for men of all ages to gather, but is making a positive impact that is rippling beyond our local community.

Our Men's Shed program meets two evenings per month in workshop space graciously provided by Saints Church. The 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 expectation to have a specific skill set and 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 from Nunavut to Africa—and more than two dozen Men's Sheds across Alberta alone.

Men's Sheds address the reality that men tend to only make connections at work—and if they are retired, working from home, no longer working, on disability, or just plain busy, they have limited ability to form social connections. The pandemic further increased the sense of social isolation that many men have experienced over the last few years.

The Glastonbury Community League initiated the Glastonbury/ West Edmonton Men's Shed program in 2022 to serve the local community. The program is supported by Saints Church which provides gathering space, as well as the Glastonbury and Willowby Community Leagues.

Men's Shed program participants have completed a variety of projects including building composting bins and raised planter boxes for a community garden, building the bright yellow book boxes for our Free Little Library program, and building benches for our local skating rink.

In the fall our Men's Shed program was approached by the Glenrose Rehabilitation Hospital to ask if we would be willing to make bird house kits for Glenrose patients to assemble as part of their rehabilitation. So far the program has delivered more than two dozen of these kits to the hospital.

We were thrilled to recently be informed that our Men's Shed program has qualified to receive a project grant from HelpAge Canada, an organization whose mission is to support community-based initiatives to improve the lives of older persons and their communities. This funding will enable us to continue to provide more bird house kits to the Glenrose as well as help pay for our program equipment and supplies.

For more information about the Men's Shed program contact Brian at enw@gclyeg.com.

Tips on co-existing with visiting Canada Geese

The first Canada Goose was spotted on Guinevere Pond in mid-March, which means the great migration will soon be upon us, and nesting and gosling season won't be far behind.

Here are a few tips to co-exist with them as harmoniously as possible.

- Keep wildlife wild! Don't feed the geese. Feeding them can have negative impacts on their bodies, their nutrition, and our natural landscape.
- Approaching them, whether to feed them or otherwise, reduces their natural fear of humans, which is risky for us and them. Geese become very aggressive when protecting their young.
- Harming migratory birds or their eggs is illegal in Canada and subject to fines. Please talk to your kids. The league gets complaints every year about youth who are harassing the visiting Canada Geese.



Seniors' corner

Live well at any age

Sources: Canadian Mental Health Association, Alberta Blue Cross, Alberta Injury Prevention Centre

While the Glastonbury community is known for being family-friendly, we have an increasing number of 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.

If you're a senior or retiree, we encourage you to take steps to keep your mind and body active. Aging is a lifelong process that brings many changes and transitions. To help make these transitions a little less stressful and help you live your best life as you get older, here are some practical tips to remember.

Mind your mental health. It's key to your wellbeing. 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— 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 supports in your life.
- Recognize your emotions—express your emotions respectfully, discover how your emotions affect the way you think or act, 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.

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.

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 (not open-toed) with a non-slip tread. Be aware that some medications may cause dizziness or drowsiness that can affect your balance. Be cautious when walking on uneven surfaces.

Make the most of your health benefits. Albertans ages 65 and over are eligible for the Coverage For Seniors program sponsored by the Government of Alberta. This program is administered by Alberta Blue Cross and provides affordable access to a range of benefits including prescriptions. In addition, some seniors may have access to additional coverage through retiree benefit plans. These benefits can help you to maintain your health.

Consider your eye health. 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. The Government of Alberta covers one complete eye exam per benefit year for Albertans 65 years and older.

Don't forget your oral health. Oral health is a key indicator of overall health, and is linked to many other conditions such as heart disease. Regular dental check-ups can help you maintain your oral health as you get older—and dentures can also help by restoring your ability to bite and chew food as well as helping you speak more clearly.

Check your hearing. If you've suffered gradual hearing loss as many older adults do, you may not even realize how much you are missing. Having your hearing checked and getting hearing aids if you need them can help you to hear everyday sounds such as the doorbell, phone and TV; make conversations more enjoyable; and help you feel more comfortable when talking to people while making it easier for you to follow conversations and stay connected.



Member of Parliament Spring 2024 update

Helping those who help in Edmonton

As warmer weather approaches and the days get longer, I am reminded of one of my favourite parts of my job: seeing local charities and not-for-profits helping Edmontonians with the support they receive through the Canada Summer Jobs program.

The Canada Summer Jobs program provides wage subsidies so that organizations can create quality summer work experiences for young people aged 15 to 30.

Through this program, my office has supported funding for charities and not-for-profits in our riding of Edmonton West with well over \$8 million since I was first elected.

We have helped several hundred organizations over the years, and I would like to highlight some of these wonderful organizations that have helped improve lives in Edmonton:

Dog With Wings has been providing highly trained assistance dogs for individuals in Western Canada for over two decades. Some of the excellent services under this organization include providing dogs for individuals with autism and mobility difficulties, facility dogs that give emotional support to individuals in a variety of settings, and adoption services. Assistance dogs help benefit the well-being of their handlers, which, in turn, benefits the Edmonton community.

The Elves Special Needs Society has been serving individuals with special needs such as autism, fetal alcohol syndrome disorder, down syndrome, and cerebral palsy in the Edmonton area. Established over 45 years ago, Elves offers schooling for children & adults, respite, and day programs for those it serves. The society has been a beacon of light to individuals with special needs, helping foster inclusive opportunities for learning and support while simultaneously giving support to families. They provide love and dignity at a super-charged level.

The Children's Autism Services of Edmonton works closely with families who have children with autism and other developmental disorders, providing needed support. The organization employs a multidisciplinary team that gives specialized services to families, helping them incorporate strategies into daily routines through regular home visits. These specialized services help children with autism and developmental disabilities thrive in their everyday lives while simultaneously lifting a burden off families.



I am proud that these and many other organizations serving the region are located in West Edmonton, and I am thankful for their selfless dedication to our riding and the Edmonton community. I am also proud of the countless other organizations we've supported with funding who have made a difference in the community.

Edmonton is known as the City of Champions, not because of the triumphs of our sports teams but because of the contributions and triumphs of those who make the effort to help others.

Canada Summer Jobs program applications open at the beginning of January and close at the end of the same month. If you are involved with or aware of a charity or not-for-profit in Edmonton West that is seeking help, please inform them about this program. If anyone needs assistance applying for this program, please email my office at kelly.mccauley@parl.gc.ca or call 780-392-2515.

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
- Employment Insurance
- Service Canada
- Passports
- Canada Pension Plan
- Canada Revenue Agency
- Disability Pension Plan
- Social Insurance Number (SIN)
- Old Age Security
- 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
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Addressing panhandling

You've likely noticed that there has been an increase in 'panhandling' along the medians at the intersection of 62 Avenue and 199 Street, as well as along the medians at the intersection of Guardian Road and Granville Drive and the intersection of 215 Street and Whitemud Drive.

We encourage you to donate to agencies that help those in need directly, rather than to individuals who are panhandling.

By giving money to local agencies instead of panhandlers, your financial contributions are put towards providing food, clothing, and other necessities for those in need. Donations are also used to support programs and outreach workers that can help get individuals off of the streets and into a more stable environment.

If you're considering giving to a panhandler, please donate instead to one of the many local agencies that support local homeless folks and those living in poverty. Here's a list of 10 local agencies that would gladly put your donation to work for those in need in our community:

- Mustard Seed <https://theseed.ca/>
- Hope Mission <https://hopemission.com/>
- Bissell Centre <https://bissellcentre.org/>
- Boyle Street Community Services <http://boylestreet.org/>
- United Way of the Alberta Capital Region www.myunitedway.ca/

- Salvation Army <https://salvationarmy.ca/alberta/abnt/home/>
- Operational Friendship Seniors Society www.ofss.org/
- E4C <https://e4calberta.org/>
- Youth Empowerment and Support Services <https://yess.org/>
- Catholic Social Services <https://www.cssalberta.ca>



Planning Summer Improvements?

With Spring and Summer coming, many homeowners are considering what kind of home improvement projects they wish to complete. Whatever projects you might have in mind, we appreciate those homeowners who take great pride in maintaining their homes, yards, and back alleys. Your dedication is a benefit not only to yourself but to all of us! There are some important considerations to remember, whether it is finally building that garage, giving the fences a fresh coat of paint, or trading out the shingles for new ones.

FENCE

If you are painting fences, please ensure they are the right color. A unifying fence color is a large part of what keeps our neighborhood cohesive and appealing. This summer, the GHOA will communicate with homeowners who aren't following the restrictive covenant and maintaining the Grange Green Color. (Cloverdale Paint- Grange Green No. 9901052 or Dulux Paint, Grange Green No.2021). Also, the style of the fence must be a wood screen design as outlined on our website: <https://thegrangecommunity.ca/faq/>

SHINGLES

For new shingles, there are a few options. According to the restrictive covenants for the Grange Community, the roofs should be covered with BP Roofmaster shingles, Weathered Wood color, or an equivalent. IKO Cambridge shingles in the Drift-Wood color make an equivalent match. Regardless of what kind/brand of shingles you purchase you must maintain the continuity and appeal of the neighborhood and ensure that the roof retains its similar look within the community.

GARAGE CONSTRUCTION

For any new garage construction, the restrictive covenants state that the siding of the garage should match or be complimentary with the siding of the existing house.

GARBAGE

The Glastonbury Community League will also be holding another Big Bin Event so take advantage of disposing of that garbage the City of Edmonton will not take. Leaving garbage and unwanted items in the back alleys has become a problem and we all need to do our part to keep this a community we can all be proud of. Also this summer The Grange will add a dog waste station to the community near the Granville walk path. April 22 is Green Earth Day and the GCL will be having a community competition for the most garbage pickup. Updated details will be provided on the GHOA website

For more information, we encourage homeowners to use RentCafe Arye & Oxford Inc. online portal or our website at www.thegrangecommunity.ca. Please also contact us with your ideas and if you are interested in getting involved with the board at info@thegrangecommunity.ca.



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. We also 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, which are **shingle color**, **fence color and style**, **accessory building style and color**, **landscaping** 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/roofing>

<https://www.pnra.ca/landscaping-requirements>

In 2023, the PNRA initiated the repair of the stone entryway signs & fences, along with annual painting of wood fences in the rotation schedule. In 2024, Parkland will see a fountain replacement, continued wood fence painting & repair, along with further enhanced landscaping services.

Your volunteer 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.

Did you know that Parkland has landscaping requirements?
*The minimum standard shall consist of sod, one tree and a prepared shrub bed containing at least one six shrubs.
If you have concerns, please contact the PNRA.*



Stone Feature Repair



Thank you, River Cree Sports!

The Glastonbury Community League is thrilled to recognize the continued support of River Cree Sports as a sponsor of our community league. River Cree Sports is an Enoch Cree Nation company centered around ice sports and recreation facility management and programming of the River Cree Twin Rinks.

River Cree Sports is located just five minutes west of Glastonbury at 300 East Lapotac Blvd, directly west of the River Cree Resort and Casino. The facility offers a variety of youth and family programs and is a convenient destination for either fun or exercise.

River Cree Sports boasts two NHL sized hockey rinks that provide year-round professionally operated recreational hockey leagues and a wide range of weekday drop-in programs including Shiny, Stick & Puck, Public Skating and Mom, Pop, & Tots.

The River Cree Sports pro shop is open seven days a week and is full-service including a skate sharpening machine. The shop carries everything from hockey sticks, tape, and laces to protective equipment. The pro shop also includes sports equipment sanitizing services—an added service that aids in removing odors, viruses and bacteria from sports equipment.

The Glastonbury Community League has an arrangement with River Cree Sports for free skating at the River Cree Twin Rinks for GCL members during Public Skating, Mom, Pop and Tots & Stick & Puck times.

For more information about River Cree Sports, please visit the River Cree Sports website; check out River Cree Sports on Facebook, Instagram, and Twitter; or call 780-930-2681.

And if you're visiting River Cree Sports, please be sure to express our thanks for its generous sponsorship!



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- \$7.50 per person

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- \$5 per person

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- \$12 per person

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- \$4 per person

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LEAGUE MEMBERS**

Commemoration in city parks and open spaces

Did you know that the City of Edmonton has formal programs, where you can purchase the opportunity to commemorate a loved one or special event with a bench or a tree in local parks and open spaces?

“The Benchmark Program was established to offer individuals and groups the opportunity to honour loved ones or to celebrate special occasions through the placement of a commemorative plaque on a bench in City parks and open spaces.” Learn more by visiting https://www.edmonton.ca/programs_services/tribute_honour/benchmark-program.

“The Commemorative Tree program is a City initiative that offers citizens an opportunity to commemorate an individual or event through the installation of a park tree - a lasting legacy to be enjoyed by future generations.” Visit https://www.edmonton.ca/programs_services/tribute_honour/commemorative-trees for more details.



SUNDAY

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 KIDS CHURCH 1030AM
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Kids Summer Camps

July 22 - 25
 Registration opens in May,
 Details to come!

SAINTS YOUTH

Youth Drop-In
 Thursday 3:30 pm - 6 pm

This is our mid-week connection point where students can come and hang out after school! We have video games and an open gym. For grades 7 - 12.

Friday Night Youth
 7:00 pm - 10:00 pm

Head to our Instagram for more information!
 @saintsyouth.gl

Did you know we have English Learning classes for adults in our neighbourhood?

We offer beginner, intermediate and advanced classes in a fall, winter, and spring semester. Classes run from 12:30-2:30 on Tuesdays and Fridays and all are welcome!

For more information on anything found on this page please head to:
saintschurch.ca

English

ENGLISH LANGUAGE LEARNING

LANGUAGE

LEARNING

Considering community safety

We are fortunate to have great amenities in Glastonbury, and the community league takes great pride in seeing how valued they are. We love seeing the community get so much enjoyment out of our parks, our Fun Shack Program, and our rink and skate trail.

Last summer, and this winter, there were a number of incidents at Glastonbury Park which negatively impacted some of our community members' ability to enjoy their experiences there.

These recent incidents have us thinking about how we can foster feelings of safety, security and comfort in the community, when using our public and GCL amenities.

Sometimes we require the use of community supports like police to help. In the spirit of making sure all our public spaces are enjoyable for everyone, we ask that if you see something that doesn't look or feel right, especially when using GCL amenities, let us know. Times, dates, locations, and photos/videos or clear descriptions of people involved are very helpful if you have them. We are compiling information regarding some of the things that have happened over the last while at Glastonbury Park, and are engaging with community partners, including local schools and police, to work through and prevent further incidents.

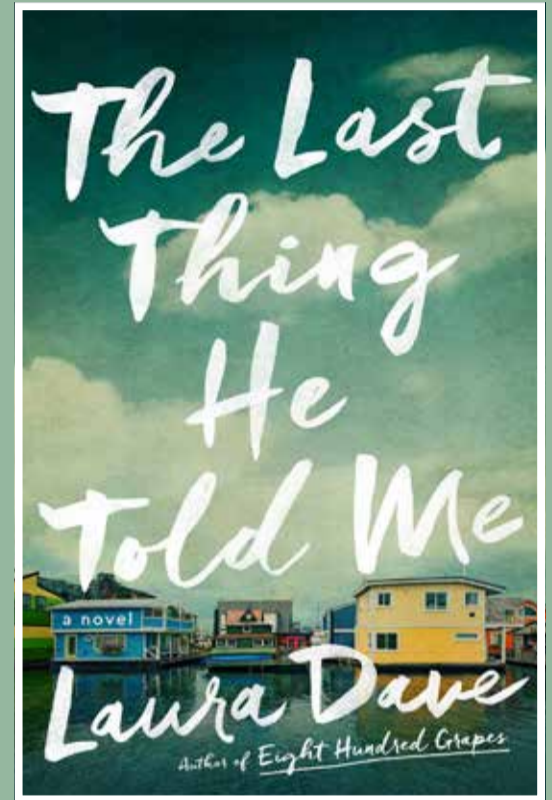
In cases where there is an active situation involving GCL or public property damage, and for more minor incidents you can call the Edmonton Police Service non-emergency line at #377 or 780-423-4567, and if EPS has officers available, they will send someone. If you are in an emergency situation; in imminent danger or someone is hurt, you should call 911 immediately. Afterward, please let us know that you reported, so that we can also include the details in our information gathering.

As always, please let us know what the league can be doing to strengthen our sense of community in Glastonbury. We always give serious consideration to your suggestions and if it's something within our mandate and our ability to do, we implement it.

We can be reached by direct message through FB or Instagram, or you can email communications@gclyeg.com.

GCL spring book club details

Join us to talk about 'The Last Thing He Told Me' by Laura Dave on Thursday, April 25 at 7:30 overlooking the water at Cinnzeo in West Edmonton Mall.



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