

# Glastonbury Community Newsletter

Volume No. 2005

Issue No. 2

April-May 2005

## Community News & Events



**Glastonbury Community Committee** - Come be a part of community building in Glastonbury. We want to hear your ideas for what you'd like our community to be . . . ideas for walking/riding/hiking trails, parks, playgrounds, a community center or pool; ideas for Summer hoe-downs, old fashioned neighborhood block-parties to get to know your neighbors, community gardens, food co-ops, support groups, etc. Share your ideas for building a better community. Contact Clair Parker at 333-4414 with your ideas or for information and meeting times.



**Community Arts, Crafts & Garage Sale** on Saturday, April 16<sup>th</sup>, 9:00AM - 5:00PM at Emigrant Hall. If you are interested in a table, please register early because space is limited. Contact Christopher Rudy at 333-4274 to reserve a table or for more information.



**Western Swing, Waltz & Polka Dance** Saturday, April 16<sup>th</sup>, 7:00PM - 11:00PM at Emigrant Hall. Music and Demonstrations will be provided by Dance Instructor Gary Heins, the author of the how-do-dance book "Have Harmony with Women - A Heinsian

Approach to Dancing Western Swing." Gary is a master of one-step, two-step and three-step, and how to combine them in harmony with music. Tickets are \$20.00 per couple. A free DVD of Gary's dance instruction will be given to those who register early. Call Christopher Rudy at 333-4274 to register or for more information.



**Home Schooling Support Group** - if you are interested in joining a support group for parents that are home schooling their kids, please call Joanna Snyder at 333-4133.



**Need a ride to Livingston or Bozeman?** Contact Patricia Carlson at 333-4282 to schedule a chauffeured ride to Livingston and/or Bozeman. Current round trip fare per person to Livingston is \$4.00. Round trip fare per person to Bozeman is \$6.00; a minimum of 3 passengers is required. These costs may be subject to change if the cost of gasoline continues to rise.



**Cub Scout Pack 552** is recruiting for their 12 month program which includes Den activities, Day Camp in June and fun events all year round. We are also looking for adults 21 years or older to be Den Leaders and Committee Members. Our program is for boys in the following age groups:

- Tiger Cubs - 6 years old (1<sup>st</sup> graders)
- Wolves - 7years old (2<sup>nd</sup> graders)
- Bears - 8 years old (3<sup>rd</sup> graders)
- Webelos I - 9 years old (4<sup>th</sup> graders)
- Webelos II - 10 years old (5<sup>th</sup> graders)

Please contact Linda Ulrich at 333-4969 if you are interested.



**Fund for Van with a Wheelchair Lift** for Jean Price, daughter of Penelope and Ron Price. Jean is unable to walk and too heavy to be put in the van easily and safely. A fund has been started to raise \$10,000 towards the purchase of a new van. If you would like to make a tax deductible donation please send checks to Penelope Price, P. O. Box 433, made out to Family Outreach with a note on the check 'for Jean Price'. If you have any questions or would like more details call Penelope at 333-9585.

*This is an independent publication. The views expressed in this newsletter are not necessarily those of the Editor, Publisher or GLA.*

**GLA News** is an ongoing column from the Glastonbury Landowner's Association (GLA) which manages, administers, and preserves the Master Plan, Covenants, and Standards for our Community.

#### From the President...

Neighborhood and landowner involvement with the GLA Board has been an interesting concept that has been in the "ethers" ever since our neighborhood meetings last year.

When a large group of landowners give a board the responsibility to make all the decisions concerning their community, then we end up with a governing body.

The GLA Board has an overwhelming expectation to handle all of the landowner complaints and issues. We are constantly challenged with threats of law suits or having to take legal action to resolve problems that that may be unrelated to other landowners in areas of North and South Glastonbury. This presents a strain on our budget derived from landowner assessments. Then there are other issues such as roads, the park (in North Glastonbury), the Master Plan, architectural projects, dog nuisances, beautification, and the list goes on.

So, how can we as landowners take a more active role in our community? How can we as landowners empower ourselves and interface with the elected officials of the GLA Board? Maybe it's time to try something new. What do you think neighbor? If you always do what you always did, you'll always get what you always got!

*James Kozlik, President and Neighbor*

#### February/March Board Meeting Issues Addressed:

- **Project Applications** - four project applications were reviewed and approved during the February and March Board meetings. Two were for subdivisions and two for new homes.
- **Resignation of Cynthia Blocker, Treasurer** - Cynthia has relocated to a new home outside of Glastonbury and, therefore, resigned from the Board in March. The Board expressed their gratitude for Cynthia's service to the Board and community. Besides doing an exemplary job in carrying out the day-to-day duties of Treasurer, she increased the timely collection of landowner assessments through an early-payment discount which improved the cash flow for the GLA's operation and developed a Treasurer's procedural manual for future incumbents of the Treasurer's job.

- **New GLA Treasurer, Joanna Snyder** - Joanna Snyder, who was elected to the Board in November 2004, withdrew from her position as Chairperson of the Roads & Weeds Committee to assume the role of the Treasurer.

- **Welcome Back James Trisdale** - James (JT) previously served two years on the Board as the Roads & Weeds Committee Chairperson and has agreed to fulfill this position on the current Board. The Board looks forward to utilizing his expertise to address the community's road maintenance and improvement needs which are a priority this year.

- **Master Plan Committee Chairperson, Charlotte Mizzi** - Charlotte was reelected as Master Plan Committee Chairperson for the remainder of her tenure on the Board.

#### • GLA Board Members

President, James Kozlik	333-4765
Vice President, Ronda Alexander	333-4709
Corporate Secretary, Janet Naclerio	333-4406
Treasurer, Joanna Snyder	333-4133
Roads/Weeds Chair, James Trisdale	333-9096
Architectural Chair, Alyssa Angelis Allen	333-9081
Master Plan Chair, Charlotte Mizzi	333-9593
Recreational Chair, Janet Naclerio	333-4406
Website Chair, Edward Anderson	333-4234
Member at Large, Laura Boise	333-4405
Member at Large, Edwin Johnson	848-7265
Member at Large, Orlando Johnson	333-4577
Member at Large, David Tonkin	333-4571
Ombudsman (NG), Penelope Price	333-9585
Ombudsman (SG), Jeanne Campbell	333-4566
Administrative Secretary, Denise Orr	333-9553

*The GLA Board of Directors meets once a month in the cafeteria of Golden Ratio Woodworks on HWY 89. All landowners are welcome to visit the meetings. Please see our website at [gla-mt.org](http://gla-mt.org) for the meeting schedule as well as other information pertinent to our community.*

*This column is provided by the Glastonbury Landowners Association as an informal news service to the Glastonbury communities. It is not an official report of the full extent of the GLA's activities or purposes.*

"Treat the Earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our ancestors, we borrow it from our children."



Native American Proverb

## Living in the Country

Welcome to springtime in Montana. It's snowing as I write this, but it may well be shirt-sleeve weather when you read it. To begin with, here are a few spring comments: April is too early to plant, unless you have a greenhouse; our last killing frost is generally in mid-May, so plan those seedlings on the window sill accordingly; and, pore over your catalogs, dream and plan, but remember impatience to plant may lead to frustration.

Please be aware of the drought, now it its seventh year, when you plan your garden and landscaping. Low water-usage plants (commonly referred to as "xeriscape" plants) will help conserve water while a wide expanse of lawn won't . . . however, if you do have a lawn, try watering less frequently and more deeply. Dormant plants not protected by snow cover can use water whenever the ground is thawed enough to absorb it. See Linda Ulrich's letter under "Letters & Opinions" for some excellent guidelines on watering this time of year.

Finally, enjoy Spring! Days lengthen, the sun's rays strengthen, the warming earth is giving birth to buds swelling while birds are telling of grass emerging and new life surging. Life is renewed. God Bless.

*Mary Irwin, Editor*



## Recipe Corner

### Chicken Oregano

- 1 cup Bread Crumbs made from toasted Spelt or Ezekiel Bread
- ¼ cup Grated Romano or Parmesan Cheese
- 3 tbsp. Dried Oregano or ¼ cup Chopped Fresh Oregano
- 2 tbsp. Kelp Powder
- 8 Chicken Pieces or Breasts on the Bone

Preheat oven to 375° degrees F. Put all ingredients except chicken in large freezer baggie and shake until thoroughly mixed. Roll each piece of chicken in the seasoning mix and put in a large baking dish. Bake uncovered for 50 minutes or until done.

## Letters & Opinions

To all residents:

Our yearly precipitation has been way below what is needed by trees, plants and bushes to allow them to properly prepare for springtime growth and budding. Their root systems are extremely dry, and need a lot of extra water to prepare for warmer weather. You can help them by deep soaking the area around the tree trunk, shrub or bush with water. On a warm day (50F or above), use a garden hose to add water to their root systems. Fruit trees and early flowering plants really need this help now. Let the water run until the ground is really wet. Most trees will accept 5-10 gallons, bushes and shrubs can use 3-5 gallons at this time. The rain that we just received is only a tiny portion of what the ground needs at this time. Our area could do with rainfall on a continuous basis. We are presently down 10 inches of rainfall for our valley and state. This is very serious.

*Linda Ulrich  
North Glastonbury Landowner*

We welcome your comments, observations, and reactions to information in the newsletter as well as what is going on in our community. If you have a concern about something in the newsletter or the community, it would be helpful to include suggestions for improvement with your comments.

Please include your name and phone number so that we may call you for clarification about anything you have written. Please limit your letter to 300 words. If we edit your letter for space constraints, we will contact you to make sure the integrity of the content is retained.

*Mary Irwin and Ronda Alexander*

## From the Editor's Desk . . .

We didn't receive any responses yet to our "Angels in the Country" proposition to recruit emergency Angels from our community; however, to those who are out there helping each other: Thank you and please keep up the good work.

We have added a "Calendar of Events" for communicating specific events in our community and outlying areas. Because our publication schedule is bi-monthly, we do not always know about time-sensitive events in time to publish them in the newsletter. However, we welcome any events that fall within the scope of our publishing parameters and they may be listed at no cost to the contributor.

We continue to look for Volunteer Correspondents to feed us the community news. Remember, don't worry if writing is not your forte; if you get the news to us, we will be happy to do the writing.

*Mary Irwin*

## I Wish You Enough . . .

At an airport I overheard a father and daughter in their last moments together. They had announced her plane's departure and were standing near the door. I heard him tell her, "I wish you enough". She said, "Daddy, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy." They kissed good-bye and she left.

He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?"

"Yes, I have," I replied. Saying that brought back memories I had of expressing my love and appreciation for all my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me. So I knew what this man was experiencing.

"Forgive me for asking, but why is this a 'forever' good-bye?" I asked. "I am old and she lives much too far away. I have challenges ahead and the reality is, her next trip back will be for my funeral." he said.

"When you were saying good-bye I heard you say, 'I wish you enough.' May I ask what that means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more. "When we said 'I wish you enough,' we wanted the other person to have a life filled with enough good things to sustain them," he continued and then turning toward me he shared the following as if he were reciting it from memory.

I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.


I wish you enough loss to appreciate all that you possess.

I wish you enough "Hello's" to get you through the final "Good-bye."

*Author Unknown*

## Calendar of Events

DATE	EVENT	CONTACT
Tuesdays 1:00PM-6:00PM	Gardiner Food Pantry for anyone in need, Gardiner	Linda Gray 344-9066
Wednesdays 4:30P-5:30P	Adult Basketball at Arrowhead School, Pray	333-4359
Apr 16, 2005 9:00A-5:00P	All Community Arts, Crafts and Garage Sale, Emigrant Hall	Christopher 333-4274
Apr 16, 2005 7:00P-11:00P	Western Swing Dance, Emigrant Hall	Christopher 333-4274
Apr 17, 2005 7:30P	Final Spring Concert with Park High & Middle Schools, Livingston	Park High School
Apr 21, 2005 6:00P-9:00P	Forest Service draft Travel Management Plan with Ron Archuleta, Emigrant Hall	UYWB 222-5512
Apr 22, 2005 6:30P-8:30P	EFT/Neigong Workshop with Lisa Buford, Emigrant	Marian Kozlik 333-4765
Apr 23, 2005 9:00A-3:00P	Railroad Swap Meet, Livingston	222-2300
Apr 29, 2005	"An Evening with the Stars", Livingston Area Chamber	222-0850
May 6, 2005 6:30P-8:30P	Meridian & Strange-Flow Tracing Workshop with Lisa Buford, Emigrant	Marian Kozlik 333-4765
May 7, 2005 Registration 9:00A-10:00A Starts 10:30A	26 <sup>th</sup> Annual Park to Paradise Triathlon, Carbella Fishing Access (Tom Minor turnoff)	Ann Rodman 848-7033 Kathy Higgins 848-7541



*This bright, new day...complete with 24 hours of opportunities, choices, and attitudes... a perfectly matched set of 1440 minutes. This unique gift, this one day, cannot be exchanged, replaced or refunded. Handle with care. Make the most of it. There is only one to a customer.*

*Author Unknown*

**Glastonbury Community Newsletter**

Editor: Mary Irwin Publisher: Ronda Alexander

Send Letters, Ads, Articles and Community Events to:

**Ronda Alexander**  
P. O. Box 1633, Emigrant MT 59027  
rcallexa@wispwest.net  
406.333.4709

Please limit all letters and articles to 300 words. Business Ads can be a business card or maximum 50 words. Community Event listings should be limited to 50 words.

**Electronic Newsletter:** send your email address to rcallexa@wispwest.net **Hard Copy Newsletter:** please mail self-addressed, stamped envelopes for the number of issues you want to receive to Ronda Alexander

**Next Deadline: May 16, 2005** for the June-July 2005 issue

**Advertisements**

- No Charge . . . . Calendar of Events
  - No Charge . . . . 50-word Ad for Non-Profit and Community Events
  - \$5.00 . . . . . 50-word Ad for Businesses and Profit-Making Events
  - \$10.00 . . . . . 300-word Article showcasing Businesses and Profit-Making Events
  - \$20.00 . . . . . Full-page Ad or Article
- (Paid ads/articles subsidize the cost of production/distribution)



*The Four Winds*  
an emporium for well being

406-333-4926  
thefourwinds@imt.net  
www.the4winds.net

*Kathleen Frank, proprietress*

2892 US Hwy 89 S • PO Box 1199  
Emigrant, Montana 59027

*gifts, cards, music, supplements, personal care, healthy snacks, and sugar-free candies*

**Lisa Buford**

Certified Brain Gym® Instructor & Consultant  
Certified Health Kinesiologist  
Advanced EFT Practioner  
Energy Medicine


406.333.4481  
lbuford@wispwest.net  
207 Capricorn Drive, Emigrant MT 59027

**MARY KAY®**

JUDY A. POMMEE  
Independent Beauty Consultant



77 W. Pine Creek Rd.  
Livingston, MT 59047  
(406) 222-1655  
www.mymk.com/jpomtee  
jpomtee@hotmail.com



**Nonviolent COMMUNICATION**  
*A Language of Life*

**Practice Group**

**When:** Friday Mornings 10:15AM – 12:30PM  
**Where:** Price Residence, 50 Taurus Road, N. Glastonbury  
**Phone:** (406) 333.9585

Please contact Penelope Price at 333.9585 or Marian Kozlik at 333-4765 to schedule an NVC orientation prior to attending the Practice Group



**DeerHeart**

*Reclaiming, Reinforcing, Rediscovering your soul, spirit and essence in your*


**Life Career Relationships**



406.333.4709  
deerheart@wispwest.net  
Counseling by Phone or In Person — Ronda Alexander, C.T.C.



**Would you like to improve your speaking skills?**



Then come to **Golden Word Toastmasters Club** and find out what *Toastmasters International* has to offer!

**Wednesdays 6:30PM – 7:30PM**  
**USFS Building: 804 Scott Street, Gardiner**  
(Use the Back Entrance)

For questions or to visit us, call  
**Marcia Beese at (406) 848-7870**

# Workshops in Emigrant

**Improve your physical, mental and emotional health by learning and consistently applying the step-by-step powerful tools taught in these workshops.** Workshop leader

Lisa Buford has worked with

*Emotional Freedom Technique*

since 1999. She is certified as an

Advanced EFT Practitioner and has

studied with Gary Craig, founder

of EFT and Dr. David Smith, one

of the only six *NeiGong Grand*

*Masters* in the United States.

Lisa has studied extensively with

Donna Eden, international teacher,

healer, and author of *Energy*

*Medicine*. She has assisted many

classes taught by Donna and her

husband, David Feinstein.

## EFT/NEIGONG

April 22, 2005 • 6:30 – 8:30 pm

207 Capricorn Drive, Emigrant, MT

Emotional Freedom Technique (EFT) has been clinically proven to be 80 percent effective in treating trauma, abuse, stress, anxiety, fears, phobias, depression, grief and addictive cravings. The cause of all negative emotions is a disruption in the body's energy system. Workshop Leader Lisa Buford has combined Gary Craig's acupressure-tapping technique with Dr. David Smith's *Chinese-style* acupressure tapping to create an easy, user-friendly, simple and effective tool. You'll leave this session with mastery of this technique, a compact disc and educational handouts.

## MERIDIAN & STRANGE-FLOW TRACING PLUS A 5-MINUTE ENERGY ROUTINE

May 6, 2005 • 6:30 – 8:30pm

207 Capricorn Drive, Emigrant, MT

These energy exercises and movements will keep your energies flowing in a vibrant harmony that fosters good health. The *5-Minute Daily Energy Routine* builds positive habits into your energy field. Learn how to keep the energy flowing in your body the way it was intended. You'll leave with a complete set of handouts reviewing the class and more.

## WORKSHOP COSTS

\$30 paid at least one week in advance

\$35 at the door.

\$50 for both workshops if paid by April 15th.

*Payment is nonrefundable, but may be applied to future workshops.*

## REGISTRATION

To register or for more information, please contact:

Marian Kozlik

PO Box 1075, Emigrant, MT 59027

406•333•4765

Space is Limited. Call 406•333•4765 to Register Today!