



THE TALKING DRUM

LIVE LEARN GROW



GLENROSE  **GARDENS**

presents

WINTER OPEN MIC NIGHT

Bring your talent! If you sing, rap, recite poetry, play an instrument or tell stories come share!

**FREE ADMISSION &
FREE VENDING FOR RESIDENTS**

SATURDAY, DEC 29 | 6 - 9 PM

CALL (404) 482-6401 FOR QUESTIONS,
VENDING OR TO SIGN UP TO PERFORM



OPEN MIC NIGHT

Poetry, Art and Community

On December 19th, the Glenrose community held its first Open Mic Night in the Clubhouse. MC'ed by Nastasha Hart a.k.a Mother Earth, one of our Community Captains, the evening was a great get together with musical performances, poetry and delicious food. A few Glenrose entrepreneurs also showcased their products that evening (e.g. Mother Earth Shea Butter and Kasha's KupKaKes).

The open Mic is a wonderful opportunity for residents to come out to get to know one another, to share their talents, and to promote their businesses with vending (free of charge). If you missed it this time, be sure to come out to the next Open Mic Night!

Stay tuned for more fun community activities in 2019!

Message to the Community

Dear Glenrose Community,

Happy New Year! I have been the Community Organizer for over three months now and I am very excited to have the opportunity to join you on this beautiful journey. May we “go far together” as the blue proverb sign says in front of my building. May 2019 be a year filled with blessings - a year where you get to achieve your highest goals and get closer to the best version of yourself.

During the past few months that I have been working and living here at Glenrose, I have had the opportunity to meet many of you. Thank you for the warm welcome and for making it easy to feel at home in this wonderful place.

2018 was the beginning of our Community Building effort. We set the foundation for our community development approach and launched a flagship activity in each one the three focus areas: **education, wellness and economic empowerment.**

We also had dozens of successful events: two community-wide townhalls, Discovery Fridays, weekly education programs for children, started in the summer and haven't stopped. In the fall we held our first ever Community Market and in the winter we did our first Open Mic Night.

Looking forward, in the spring two new community spaces will be opening: the Soul Space and the Wellness Center. We are also finalizing the expansion of the Garden into a full fledged Community Farm with additional beds, fruit trees and livestock.

We are excited to build on this in the year ahead but it's going to take everyone to fulfil their 2 hour monthly service commitment to make it happen. Contact me for information on how to volunteer and get engaged!

I look forward to an awesome year *Living, Learning and Growing* together!

Best Wishes,
Atiba Jones

404-482-6401

community.glenrose@gmail.com



THE GLENROSE WELLNESS CENTER



Construction phase



Body Cage



Dumbbells, Benches and Elliptical



Treadmills

Join us at the Wellness Center on March 2nd at 9:00 am for the Grand Opening Workout. Reach out to community.glenrose@gmail.com with questions.

CELEBRATING THE BRANDYWINE LEGACY



A community bench & wall art repurposing the 50 year old Brandywine sign
We are creating a monument retracing the history and articulating the vision for our community:
From Brandywine to Glenrose and Beyond. Stay tuned!

FAMILY GAME NIGHT @ GLENROSE



On Jan 3rd Amber, one of our community Captains, hosted a fun family Game night.

VOICES OF INSPIRATION

My First Memory (of Librarians) by Nikki Giovanni

This is my first memory:

*A big room with heavy wooden tables
that sat on a creaky
wood floor*

*A line of green shades—bankers'
lights—down the center*

*Heavy oak chairs that were too low
or maybe I was simply
too short
For me to sit in and read*

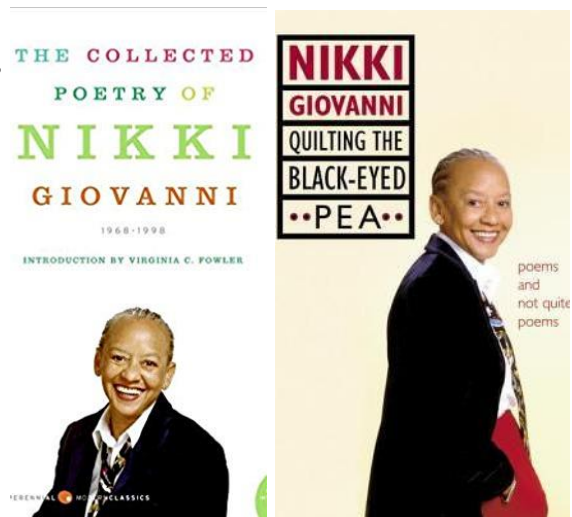
So my first book was always big

*In the foyer up four steps a semi-
circle desk presided
To the left side the card catalogue
On the right newspapers draped over
what looked like
a quilt rack
Magazines face out from the wall*

*The welcoming smile of my librarian
The anticipation in my heart
All those books—another world—just
waiting
At my fingertips.*



Born June 7, 1943



GLENROSE COMMUNITY BUSINESSES



TOP ORGANIC & NATURAL PRODUCTS

ALL YOUR NATURAL PRODUCT ESSENTIALS

Stock Up On:

HERBS | SPICES | SEASONINGS | DRIED FRUITS | DRIED VEGETABLES | TEAS | COFFEES | DRINK MIXES | COOKING INGREDIENTS | BAKING FLAVORS | ESSENTIAL OILS | NATURAL PERSONAL CARE | PET CARE | BABY CARE | HOUSEHOLD PRODUCTS | KITCHEN ACCESSORIES | NATURAL GIFTS

Visit our Online Store at SinewyNaturalProducts.com for Natural Product Information and to Shop our Store. Call or Text 256-258-8576 with questions.

NARD & JAY MOBILE DETAILING CAR WASH



Contact us @404-200-6476

MOTHER EARTH SHEA NATURAL & CUSTOMS SHEA BUTTERS



Contact us @ 678-232-4468 or on Facebook @Natasha Hart

Have a small business you would like to feature in the next newsletter? Please email us a description and pictures to community.glenrose@gmail.com



Recipe of the Month

Winter Vegetable Soup

What you will need

- 1/2 cup green onions
- 1 tbsp canola oil
- 1 can chicken broth
- 1 small potato, peeled and cubed
- 1 carrot, sliced
- 1 tsp dried thyme
- 1 cup broccoli
- 1 tsp salt, optional
- 1/8 tsp pepper

How to make it

- In a large saucepan, saute onions in oil until tender.
- Add the broth, potato, carrot and thyme. Bring to a boil. Reduce heat; simmer for 5 minutes.
- Add the broccoli, salt and pepper; simmer for 5-7 minutes, until vegetables are tender.
- Serve and enjoy!

Have a favorite recipe you would like to share? Just email it to community.glenrose@gmail.com or drop it at the Management Office.



Reminders

Porch lights

For the security of all, please remember to turn your front & back porch lights on at night.

Parking

Parking rules are being fully enforced and improperly parked vehicles will be towed. Only park in spaces marked with white lines, not along curbs.

Curfew

The common areas of the community are closed between 10:00 pm and 6:00 am. Residents and their guests are not permitted to use the common areas during these hours except as needed to enter or leave from their residence.



Updates

Beginning in March, the Management Team will implement a parking decal system. A detailed notice will be sent out in February requesting all residents to submit registration and insurance information to obtain their parking permit decal.

PARKING PERMIT

001

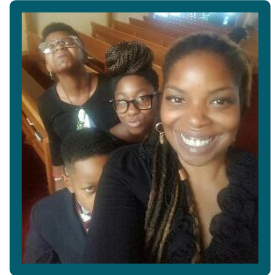


OUR PEOPLE: **MEET OUR COMMUNITY CAPTAINS**

Glenrose Gardens is establishing a team of Community Captains that will work in close collaboration with Atiba, our Community Organizer, to lead many of the Community Building activities. Six Community Captains have been selected so far. Meet Natasha!

Natasha Hart

My name is Natasha S. Hart a.k.a Mother Earth. I was born in Miami, Florida; relocating to Atlanta as an infant in 1978. My family and I have been a part of the Glenrose Gardens community since 2010. I'm the matriarch of a blended family which includes my partner Maurice and our 5 lovely children: Marissa, Prince, Malikai, Akasha, and Auset.



My passions are many including arts, health, and education. My unapologetic passion is learning and sharing tools that unlock and increase self empowerment, self awareness, & self navigation. I am a Habitual Entrepreneur. I have decided that having multiple streams of multiple types of income are best for our current financial market. I was motivated to become a Community Captain to realize my dream of living an authentic life with an authentic community.



Upcoming Events

Wellness Center Grand Opening

Saturday March 2nd at 9:00am @ the Wellness Center

Empowerment Tuesdays

Select Tuesdays @ 7pm in the Clubhouse

Discovery Fridays

Every Friday at 5pm @ the Clubhouse or on the Green

Sunday Community Dinner

Every Sunday from 5pm -6:30pm @ the Clubhouse

If you would like to inquire about any of these events, please send an email to community.glenrose@gmail.com.