



THE COMMUNITY OF Grovenor

NEWSLETTER "FALL" 2022



Greetings from your Vice Presidents:

Hello Grovenor!

We hope that everyone is enjoying their summer activities and of course the HOT weather!!

Our **Grow Forward Community Garden** has had a very bountiful growing season with

lots of delicious veggies and berries being harvested throughout the summer months at Grovenor Park. Thanks to all of the community garden volunteers, in particular Kathy Hewitt and Angela Seery for their help in making this program so successful. Please feel free to visit the garden any time to pick any remaining veggies or berries available.

The City of Edmonton once again successfully hosted the **Green Shack program at Grovenor Park** this summer with the final day of operation on August 25. Thanks to the City and the program supervisory leaders onsite who helped operate this wonderful program offering for our youth.



The **Grovenor Community Walking Group** program is currently still being offered on Monday evenings. Please refer to our website and social media for more details.

As we now approach the end of summer, we are preparing for our annual **Fall Fest** event on **September 17 from 4:00 to 9:00 pm**. This is our premier event of the year! The event will include a live band, plus a second musical entertainer during breaks, a beer garden, a good variety of food trucks (in place of our regular barbeque, salads and dessert offerings), special draw prizes from local vendors, a fireworks extravaganza show (still subject to City approval), children's games, face painting, etc.

Our **Civics** director, Jeff Havixbeck continues to provide ongoing input to the city regarding civic and **Infill development related issues**.

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The Community of Grovenor began way back in 1907 when a solitary home was built on the north bank of the McKinnon Ravine. A colourful and storied history notwithstanding, it was not incorporated as a Community League until 1952. We are a quiet, family friendly neighbourhood with beautiful, tree lined boulevards. The community includes an award-winning school and an active community league. It is bordered by the beautiful McKinnon Ravine and the North Saskatchewan River trail system.

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Grovenor on Social Media

www.grovenor.ca



[www.facebook.com/
GrovenorCommunityLeague](https://www.facebook.com/GrovenorCommunityLeague)



@GrovenorYEG
(#Grovenor)

...Continued from page 1

Our board will continue to financially support the **Grovenor School Nutrition Program, Outdoor Classroom development project**, together with other funding requests as required throughout the 2022 – 2023 school year.

Our **Sports** Director Keaton Seaby and Ice Rinks Coordinator Kyle Greer are planning a full slate of programs for this winter including **General skating, Drop-In hockey, Learn to Skate**, and more yet to be announced on our Facebook page and website when finalized. Keaton also has recently initiated a new **Toddler Sports program** to explore sports, which takes place on Sunday mornings from 9:30 – 10:15 inside the hockey rink beside the Rec Centre (for children aged 2 – 4 years) at no charge.

Our Treasurer Antoni Kowalczewski will be moving from Grovenor and therefore is resigning from our board after several years of service. Thank you Antoni for performing the **Treasurer's role** and we wish you all the best in future endeavours. If anyone would be interested in **volunteering for this role or another position with the board** as outlined in this newsletter and on our website, please reach out to us via email. Our **Board of Directors' meetings** are held virtually on the first Tuesday of every month from 7:00 to 9:00 pm. We encourage you to attend any of these virtual meetings so that you can see and experience your community in action. Check the Hall sign for postings on meetings and ongoing program announcements.

Stay Safe and Healthy!

Yours, sincerely,
Gerry O'Donnell and Kersh Naidoo



SARAH HOFFMAN

Our constituency team is here to help residents with provincial government departments, programs, and services.

MLA for Edmonton-Glenora

201-424-1048 104 Ave NW
Edmonton, AB

780-425-7979
Edmonton-Glenora@assembly.ab.ca

Randy Boissonnault
Member of Parliament / Député
Edmonton Centre / Edmonton-Centre

Follow along on social media:

 @R.Boissonnault
 @R_Boissonnault
 @R_Boissonnault



MP Services

Tel: 780-442-1888 | Email: randy.boissonnault@parl.gc.ca

Navigating Federal Departments and Programs

Our office can assist you with Citizenship and Immigration, Canada Pension Plan, and various other federal departments and programs.

Congratulatory Messages

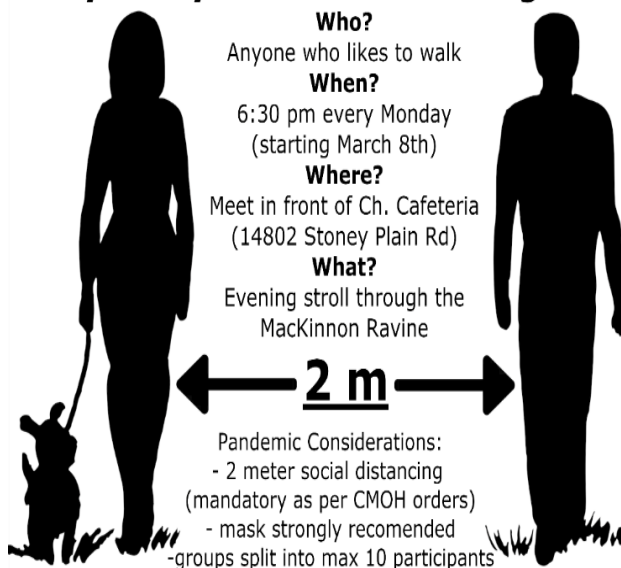
Our office can arrange for birthday and anniversary messages to be sent from the MP, Prime Minister, Governor General and the Queen.

Additional Services

We can provide schools and students with literature on Canada and Parliament, copies of bills, amendments, Hansard or other House of Commons publications.



Physically Distanced Walking Group



Who?
Anyone who likes to walk

When?
6:30 pm every Monday
(starting March 8th)

Where?
Meet in front of Ch. Cafeteria
(14802 Stoney Plain Rd)

What?
Evening stroll through the
MacKinnon Ravine

2 m

Pandemic Considerations:
- 2 meter social distancing
(mandatory as per CMOH orders)
- mask strongly recommended
- groups split into max 10 participants

For more info, please contact Michelle at
780 222 4431 or michelle@stpauls-anglican.ca

Volunteers Required to Fill Vacancies

Can you help out with your Community League Board?

- President
- Facilities Director
- Treasurer
- Member-at-Large

Details on the duties related to most of these positions can be found on our website www.grovenor.ca under:

"Governance" – "About the Board"

If you are interested in volunteering for any of these positions, please contact either Gerry O'Donnell at vicepresident_1@grovenor.ca or Kersh Naidoo at vicepresident_2@grovenor.ca with any questions.

The Board will provide any required training and ongoing support for new board members.

Thank you!

"Many hands makes for a lighter load"

"After all, it is *your* community"



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*"Autumn
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When every Leaf
Is a Flower"*

Albert Camus

GROVENOR COMMUNITY LEAGUE BOARD

EXECUTIVE COMMITTEE

PRESIDENT: Vacant 😞

president@grovenor.ca

VICE-PRESIDENT: Gerry O'Donnell

Vicepresident_1@grovenor.ca

VICE-PRESIDENT: Kersh Naidoo

Vicepresident_2@grovenor.ca

SECRETARY: Mariette Seed

secretary@grovenor.ca

TREASURER: 😞

treasurer@grovenor.ca

DIRECTORS

MEMBERSHIP: Michelle Kawulka

membership@grovenor.ca

SPORTS: Keaton Seaby

sports@grovenor.ca

FACILITIES: vacant 😞

facilities@grovenor.ca

RINK/REC CTR: Kyle Greer

rink@grovenor.ca

CIVICS: Jeff Havixbeck

civics@grovenor.ca

SOCIAL: Grace Salvo

social@grovenor.ca

NEWSLETTER: Bill Melenberg

newsletter@grovenor.ca

PROGRAMS: Cassidy Cooper

programs@grovenor.ca

NEIGHBOURHOOD WATCH:

Jaclyn

nwatch@grovenor.ca

COORDINATORS

SOCIAL MEDIA: Madelen Ortega

GROW FORWARD: vacant

WEBSITE: Allan Bly

admin@grovenor.ca

MEMBERS AT LARGE:

Vince Bowen * Alex Labarda * Allan Bly*

Margie Belanger

NEIGHBOURHOOD RESOURCE

COORDINATOR (City):

Darrell.Nordell@edmonton.ca

GROVENOR FALL FEST

SATURDAY SEPTEMBER 17, 2022

4:00pm – 9:00pm

Fall Fest 2022 will be bringing back the food trucks, music, beer/wine gardens (18+), games, and other fun stuff for us to enjoy at the Grovenor Park. Come on by, catch up --or meet-- new friends and neighbours while partaking in celebrating the Community of Grovenor and Community League Day!

This event won't happen without the help of volunteers. Please consider supporting this event and reach out to any one of the Community League Board Members to discuss how you can help make this event a success. If you would like to volunteer for this event, sign up at:

<https://www.signupgenius.com/go/4090C4AADA72DA2FA7-grovenor1>

At this time, the Community League would also like to convey that we are **seeking donations** for door prizes for our event from local businesses and residents. If you are interested in contributing, please email **Kersh at vicepresident_2@grovenor.ca**. All donations/prizes will be recognized at the event, in our newsletter and on our website.

Please note: this is an outdoor event so please come prepared for the weather.
Event may be cancelled in the event of inclement weather at the sole discretion of the Grovenor Community League.

A colorful poster for Fall Dance Classes 2022. The background is pink with vertical stripes. There are four circular callouts in blue, purple, and pink, each containing a day of the week and a list of dance classes with times and age groups. The text 'FALL DANCE CLASSES 2022' is written in large, bold, blue letters on the right. Below it, 'SEPTEMBER 9' and 'DECEMBER 19' are written in a stylized font. At the bottom right, the 'Orange Hub' address is listed. The 'elite Dance Studio' logo is at the bottom right. There are images of children in dance attire: a girl in a pink tutu on the left, two girls in white shirts and black pants in the center, and a girl in a green dress and a boy in a black shirt at the bottom.

Mondays

- 5:00 Hip Hop 3-5yr
- 5:00 Ballet 3-5yr
- 5:45 Hip Hop 6-9yr
- 5:45 Ballet 6-9yr
- 6:45 Adult Salsa
- 7:40 Adult Salsa footwork

Tuesdays

- 7:00 Hip Hop 10-16yr
- 8:00 Adult Hip Hop

Wednesdays

- 5:00 Latin/Ballroom 6-9yr
- 5:50 Latin/Ballroom 10-16yr
- 6:50 Adult Social Latin/Ballroom

Fridays

- 6:35p Adult Advanced Beg Hip Hop

FALL DANCE CLASSES 2022

SEPTEMBER 9

DECEMBER 19

Orange Hub
10045 156 Street

elite
Dance Studio

www.elitedancestudio.net



Hello Grovenor Community!

I am excited to be returning as principal for the 2022-23 school year. We will be following a similar Back to School Plan as we did last fall, with continued focus on health and safety and reintroducing familiar school activities, events and fundraisers.

Did you know?

Grovenor School is developing **an outdoor classroom/gathering space out in front of the school**. This project has been in the works for the past few years and is starting to shape. With the support of the Community League, Grovenor School has become connected with the City of Edmonton's Community-Based Budgeting Project focused on 'sparking positive change in Wards Karhiio and Nakota Isga', a project-based program that will be awarding up to \$2,000.00 for 15 project proposals. The winners will be chosen by community members through a voting process.

In the first phase, the outdoor classroom and gathering space will include a **pergola, large stones for seating, planters for students to grow plants native to the area, and two picnic tables (one wheelchair accessible)**. It is hoped that in the future, there will be an opportunity to add a concrete path (phase two) to increase the functionality and accessibility of the space.

We need your vote! Please go to: <https://www.kerentang.ca/participatory-budgeting> for more information. Voting will take place from August 27-September 3, 2022.

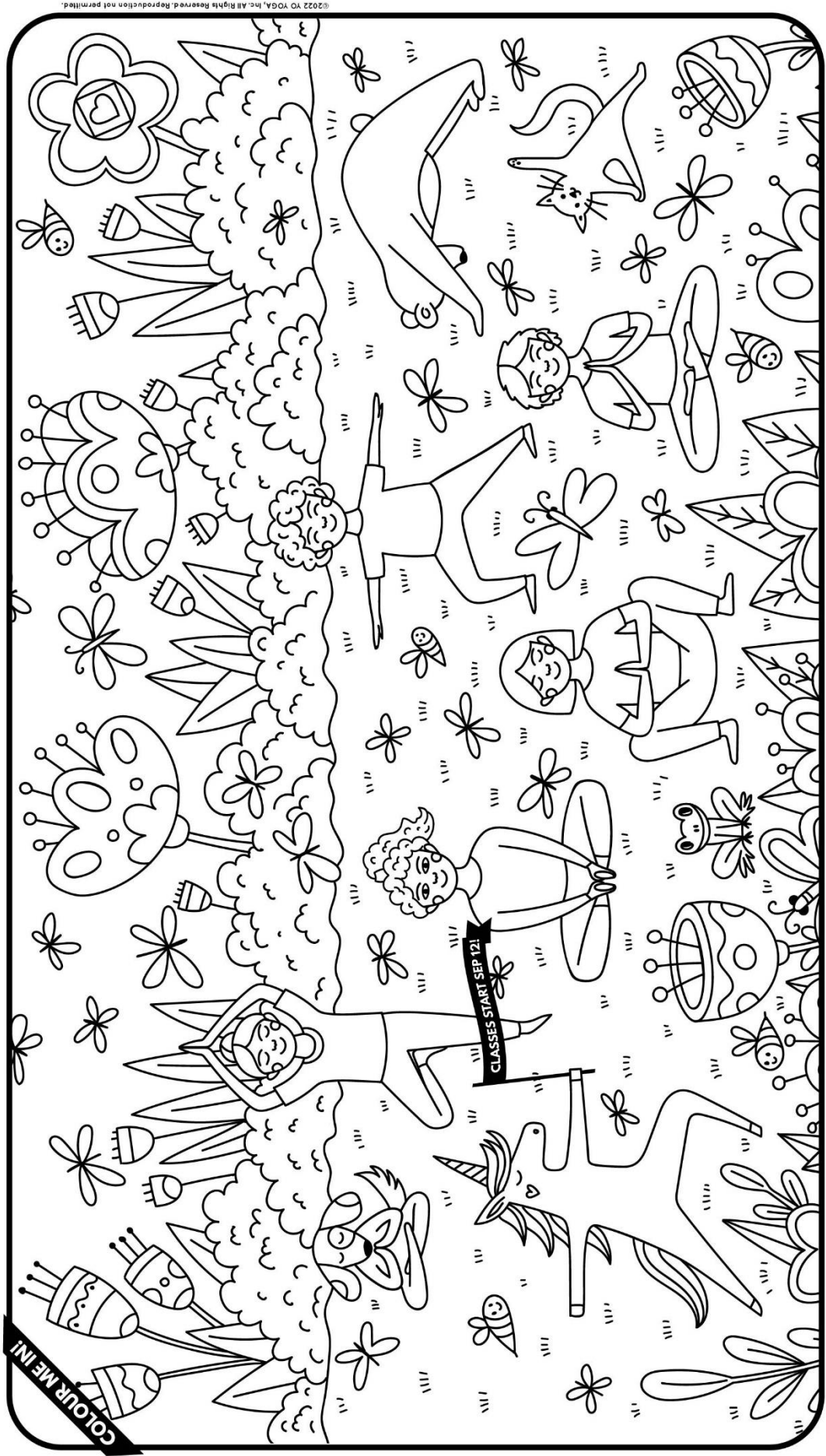
Thank you for continuing to help us with fundraising for the school by using Skip the Depot. We truly appreciate the support from the Grovenor Community League.

We are looking forward to the best year yet!

Yours in partnership,

Ms. Charlene Roberge





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Kids and Family Yoga and Mindfulness



sign up for classes here! :)

Toddler Yoga (age 2-4)
Wednesdays 10:00-10:45am
7 class series
Sep 14 - Oct 26

Kids Yoga (age 5-10)
Thursdays 5:00-6:00pm
6 class series
Sep 15 - Oct 20

Baby Yoga and Me
Mondays 10:00-11:00am
6 class series
Sep 12 - Oct 24 (no class Oct 10)

Family Yoga Sat Sep 24 2:00-3:00pm / Sun Oct 23, 11:00am-12:00pm \$25 per family investment

To learn more about these classes
visit yoyoga.ca / follow [@yoyoga.ca](https://www.instagram.com/yoyoga.ca)

All in-person classes take place at
Atma Yoga Canada (14915 107 Ave.)



Bringing Mindfulness to Back-to-School

By Nallely Alcocer, Yoga and Mindfulness Teacher

As parents, to get ready for school, we get a list of school supplies, we plan drop offs, pickups and/or after school care, we may start to adjust bedtimes as summer winds down... But we never get a truly complete list of what helps to ease back to school. Ready or not, a new school year starts. In this busy time of year, we can often forget to pause and check in with our children and with ourselves.

Starting a new school year may bring different feelings. Excitement, anxiety, exhaustion? All these feelings are based on what is yet to happen or what has already happened. *Mindfulness means paying attention to the present moment, with kindness and curiosity.* **A mindfulness practice can help us to enjoy the moment and prepare the body and mind for learning.**

Here are **3 simple practices** to mindfully ease back-to-school:

Breathing

Shine like a star: Hold your hand up and spread your fingers wide. Use your finger of the opposite hand to trace all your fingers. When you trace your finger, breathe in; when tracing down, breathe out.

This is a soothing and rhythmic exercise. You can show your child and practice together. Easy to try wherever you are.

Grounding

5,4,3,2,1: Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

This practice is helpful to do when feeling anxious. It helps to shift your focus to the present moment and away from what is causing you to feel anxious.

Mindful Movement

Going for a *walk* noticing colours, shapes, textures is a great way to practice mindful movement. You can also try the *mindful movement through yoga*. The song, "I'm Ready", guides a kids yoga sequence that is easy to practice without a yoga mat and it is filled with encouraging affirmation for a great start of the day. Perfect for before school or in the classroom.



Check it out here! yoyoga.ca/backtoschool



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FIND US!

Dear Grovenor Community League,

This is a letter of gratitude for your support with **Grovenor School's Nutrition/Snack Program**. Through your generous donations, we have been able to support all students with snacks throughout the day, as well as with bagged lunches, as needed. The Nutrition/Snack Program has been so much more than a system of providing food to students.

Here are some of the heartwarming stories we want to share with you: Imagine a student walking into the office to ask for a snack from Mrs. Kukotello, Grovenor's Administrative Assistant, but then staying to chat for a bit. The student, who is new to the school, and a little bit shy, gains confidence by having a conversation. Was it about the snack? Maybe, but it became so much more.

Then there's the little one, new to Canada, working on speech sounds as they learn English, asking for candy (meaning a fruit snack). By spring, they are noticeably clearer to understand, as they use their new vocabulary to ask politely for the more nutritious choice, an apple, adding the words "please" and "thank you".

One student started visiting regularly to ask for a snack for himself and a friend. That was the first time this student mentioned having a friend, and we celebrated his success! We have also observed students who are working on social skills learning to knock at the door, wait patiently and ask politely for a juice box or fruit. We are seeing growth every day.

Many students make it a point to stop into the office to say hello to us. Sometimes they need a snack to fill their hunger, but sometimes, asking for an orange, for example, is their opening to connect. Then, if they come in with an injury, or a problem, it's no big deal, because they have already practiced coming into the office for other things.

In fact, the Nutrition/Snack Program is getting rid of stigma and improving inclusivity. One day, a supply teacher came in to ask me about our nutrition program. When I explained how it worked, he thanked me, because he remembered being hungry a lot as a child as his family struggled to provide, and he said that it had been hard for him to ask for help. He noticed that kids at Grovenor were open about going to get a snack and that they returned to class ready to work!

Once students noticed that anyone could come into the office to pick a small snack, those who were typically too shy to ask (but needed the snack), started coming in with their friends. Having a program where anyone who wants or needs a snack can have one has reduced the worry for many students, meaning that their bellies are full, they feel good and they can do their very best learning!

Thank you so much for supporting this important initiative.

Charlene Roberge.

**DON'T FORGET
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VOLUNTEER
FOR
FALL FEST!**

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Sun: 9 AM–10 PM

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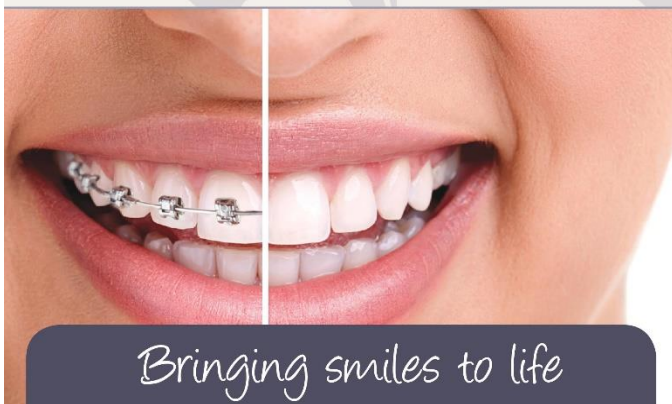
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Public Camera Registry Program



Did you know the Edmonton Police Service (EPS) launched a new public engagement initiative where citizens can **voluntarily register their external security cameras** to the Public Camera Registry Program?

When investigating a crime, an EPS officer can access the database and see all the registered cameras in the vicinity of the crime. They then contact the owner of the camera via email to request footage. The email includes easy-to-follow instructions for citizens to upload the footage and share with police.

Why register your camera? The more cameras within the program, the faster police can investigate and identify potential individuals involved in crime. Security footage is a great tool for police to use as a starting point in their investigations or used as supporting evidence later in court.

For more information on the program, visit:

www.edmontonpolice.ca/CrimePrevention/CommunitySafety/CameraRegistry. **Or email:** cameraregistry@edmontonpolice.ca

Jaclyn, **Director of Neighborhood Watch for Grovenor**

Hi Neighbours!

We at the Terra Centre are starting to feel more at-home in our new space and our new community! When we moved to Grovenor in January, we knew we were joining a quality neighbourhood and we look forward to a future of opportunities to be involved.

We moved into the amazing building on **146 Street and 103 Avenue** because it has the potential to help us reach more families in more ways. We love that this space is in the heart of a thriving community unlike our previous downtown office building, and we look forward to growing here. Renovations are well underway and should be complete into early/mid 2024. We cannot wait to show you the results.

A little about us:

Terra began operating way back in 1971 with a vision to help teen parents reach their full potential. Over the decades we have grown and evolved with the changing needs of teen parent families to offer comprehensive wrap-around supports in the areas of:

- Education
- Housing support
- Mental health support
- Child development
- Employment readiness
- Access to essentials and more



We strongly believe young families have potential and when they are offered the support, information and resources they need, they become empowered and make healthier choices for themselves and their children. Over the past 50 years we have seen the multi-generational success that has come from this belief.

We invite you to learn more about us at terracentre.ca and we hope to meet and learn more about you. Please keep an eye out for our invitations to come by and say hello.

Sincerely,

Karen Mottershead, Executive Director
Terra Centre for Teen Parents

Grovenor Businesses

and Services

HEALTH & WELLNESS

-Massage : Leanne Konkin
Member MTAA/ By Appt Only
10330 - 144 Street * 780.903.9633
www.leannekonkin.ca

-Jazzercise: Christine Worthing
780-970-3650
Jazzercise.christine@gmail.com

-Soul Strength Yoga & Fitness Inc.

Personal & Small Group
14528-Stony Plain Rd.
Info@soulstrength.ca
Melany James

-Mindfulness/Emotional Literacy Programs & Training
www.consciouslivingsolutions.com
Lise Villeneuve

-Lactation Consultant and Postpartum Care
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-Craniosacral Therapy
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SomaticIntelligence.ca

-CHURCHES

-St. Paul's Anglican Church
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780.455.0771
stpauls-anglican.ca
Services: Sunday @ 10 AM

-Westgrove Gospel Chapel
10374 - 147 Street
780.455.1161

DESIGN/CONSTRUCTION

-GDecko
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780-680-2327
gdecko@gmail.com

-TreeLink Arboriculture Ltd.
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alex@treelink.ca / www.treelink.ca

KIDS' PROGRAMS

-Little Angels Day Care
@ St Paul's Anglican Church
780.465.6520

-Yo Yoga: Yoga4Young Ones
Mom & Baby / Lil' Yogis / Kids
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Sydney : 780.977.3976
Morgan: 780.977.5832
Soraya: 587.501.6763
Valerie: 825.440.6249

* Must 12 years of age or older.
*A baby sitting course is an asset and is required by some parents. Obtain your parent's/guardian's consent to have your name listed.
*Grovenor Community League, Grovenor Newsletter nor any representative thereof will be held responsible for verifying baby sitter qualifications or responsibilities.

Advertise in the GROVENOR NEWSLETTER

FREE BUSINESS, SERVICE
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Includes:

Name, address & contact information,
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1/4 Page Ad \$60

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1/8 Page Ad \$30

HORIZONTAL
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VERTICAL
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Grovenor Community League Membership Application

Adult 1: _____ Adult 2: _____

Address: _____

Email: _____ Phone: _____

Children/Dependents: _____

_____ Age: _____

_____ Age: _____

Thank you for becoming a registered member of Grovenor Community!

We would like to encourage you to become involved and share your skills.

☐ Check if you would like to receive Grovenor Community emails

Benefits Include:

- Reduced rates on hall rentals
- Skating/hockey on great outdoor ice
- Community social event & program discounts
- CL members are entitled to up to a 20 % discount on admission passes or memberships at City of Edmonton Sports and Fitness facilities as part of the Community League Wellness Program
- Sports Programs

Type of Membership

Family (children up to 17 yrs): \$25

Couple: \$25

Adult (18-64): \$15

Senior (65+): \$5

Senior Couple (65+): \$10

Number of Tags _____

Cheques Payable to:

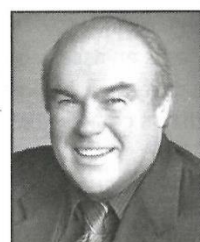
Grovenor Community League

14325 104 Ave Edmonton, AB T5N 0W9

Membership Contact:

Michelle Kawulka

membership@grovenor.ca



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www.kharehomes.com



St. Paul's Anglican Church in Grovenor is organizing a **Truth and Reconciliation activity** for **Friday, September 30, 2022**. This will be an opportunity to learn more about topics such as treaties, Indigenous-settler-immigrant relations, progress on the 94 TRC calls to action or similar themes. Times and activities will be finalized on our website by September 16, 2022. If you are interested in knowing more, **please contact Michelle Schurek** at michelle@stpauls-anglican.ca, or visit our website for more information at <https://www.stpauls-anglican.ca/>. We look forward to learning more with you.

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