

NEWSLETTER "FALL" 2023

Greetings from your Vice Presidents:

Hello Grovenorians,

We hope that everyone is enjoying their summer activities and the great seasonal weather.

Our **Grow Forward Community Garden** has benefitted immensely from the beautiful warm temperatures, sunshine and periodic rainfalls this summer resulting in a very bountiful



growing season again this year, with lots of delicious veggies being produced throughout the summer. Special thanks to our garden coordinator Kathy Hewitt and the community volunteers who helped make this program so successful. Please feel free to visit the garden any time, pick some veggies and lend a helping hand while you're there.



The City of Edmonton once again hosted the Green Shack program at Grovenor Park this summer in June and July with the final day of operation on August 24. Thanks to the City and the program supervisory leaders onsite who helped operate this wonderful program offering for our youth. We also accommodated summer soccer camps 5 days a week mornings and afternoons in June and July for the Edmonton West Zone Soccer Association. The Toddler Sports program on Sunday mornings was also

coordinated by our Sports director Keaton Seaby.

Construction work on the **replacement Ravine Footbridge** at 148 St and Stony Plain Road has finally been initiated. The bridge will be wider, safer, more well lit and have a very modern design. A new stop light is also scheduled to be installed there to allow for safer passage at the crosswalk.

As we now approach the end of summer, we are preparing for our annual **Fall Fest** event on **September 16 from 4:00 to 9:00 pm**. This is our premier event of the year! The event will include draw prizes, two live bands, beer garden, a variety of food trucks, children's activities, plus a special fireworks extravaganza show, etc. (**continued p.2**)

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.

Contents

- 2. VP message (cont'd)
 - Swim
- 3. Grovenor Board
 - Fall Fest notice
- 4. Casino information
 - Volunteers
- 5. Grovenor School
 - Neighbouhood Watch
- 6. Grovenor History
- 7. Ads
- 8. Volunteerism
 - Ads
- 9. Ads/Yoga
- 10.- St. Paul's Program Info
 - Yoga
- 11.- Businesses/Baby Sitters
 - -Your Pet Responsibility
- 12.- Membership Form
 - -Grow Forward

Grovenor on Social Media

www.grovenor.ca



www.facebook.com/ GrovenorCommunityLeague



@GrovenorYEG
(#Grovenor)

...Continued from page 1

We are planning on offering a full slate of programs at the **ice rinks this winter**, including **General skating**, **Drop-in hockey**, **Learn to Skate**, etc. Our Ice Rinks coordinator Kyle Greer will ensure that the Rec Centre change room and the two ice rinks are well prepared and ready for a safe skating season.

Our **Civics** director, Piotr Kijak continues to provide ongoing input to the city regarding **Infill** issues and other civic or **development related matters**.

We are currently planning for our **bi-annual casino** for January 2024. The funds resulting from the casino would then be used in support of Grovenor community programs and facilities over the next two years. Thanks to Heather Bolli for offering to coordinate this major fundraising event again. Please volunteer for this worthy cause when details are posted by Heather in future.

Please take advantage of **free swimming** every Sunday from 4 – 6 pm at the Jasper Place pool by presenting your Grovenor Community League membership card which can be purchased online at the EFCL website or by completing the application form in this newsletter and contacting our **Membership** Director Michelle Kawulka.

Our board will continue to financially support the **Grovenor School Nutrition Program** throughout the 2023 – 2024 school year.

If you are interested in a role with the board, volunteering or just wish to listen in, our **Board of Directors' meetings** are held virtually on the first Tuesday of every second 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. Please refer to our website for access details and also check the Hall sign for postings. Please also consider **volunteering for a board vacancy** as advertised in this newsletter.

Stay Safe and Healthy!

Yours, sincerely, Gerry O'Donnell and Kersh Naidoo



Get Wet!

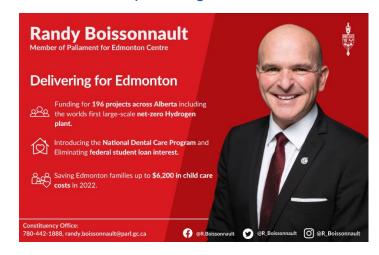
Grovenor Community League Swimming!

Every Sunday 4-6 PM at the Jasper Place Pool (9200 – 163 Street NW). Get in free with your Grovenor community league membership!

Any questions?

Check our website at

www.grovenor.ca or email sports@grovenor.ca.





PLEASE VOLUNTEER FOR FALL FEST

GROVENOR FALL FEST

SATURDAY SEPTEMBER 16, 2023 4:00pm – 9:00pm

Fall Fest 2023 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 with friends and neighbours, meet new friends and neighbours while partaking in celebrating the Community of Grovenor and Community League Day in Edmonton!

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-grovenor2

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.

This is an outdoor event, seating is limited and please come prepared for the weather!

May be cancelled in the event of inclement weather at the sole discretion of the Grovenor Community League.



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: Andrew McDaniel secretary@grovenor.ca
TREASURER: Alex Harcott treasurer@grovenor.ca

DIRECTORS

MEMBERSHIP: Michelle Kawulka membership@grovenor.ca SPORTS: Keaton Seaby sports@grovenor.ca

FACILITIES: vacant (a) facilities@grovenor.ca

RINK/REC CTR: Kyle Greer rink@grovenor.ca

CIVICS: Piotr Kijak civics@grovenor.ca

SOCIAL: Vacant Social@grovenor.ca

NEWSLETTER: Bill Melenberg newsletter@grovenor.ca **PROGRAMS**: Cassidy Cooper programs@grovenor.ca

NEIGHBOURHOOD WATCH:

Jaclyn Briscoe nwatch@grovenor.ca

COORDINATORS

CASINO: Heather Bolli
SOCIAL MEDIA: Vacant
GROW FORWARD: Kathy Hewitt
WEBSITE: Hugh O'Neill
admin@grovenor.ca

MEMBERS AT LARGE:

Vince Bowen * Alex Labarda * Allan Bly*

NEIGHBOURHOOD RESOURCE COORDINATOR (City):

<u>Heather Teghtmeyer</u> heather.teghtmeyer@edmonton.ca

The Grovenor Community League Board of Directors: **Volunteers Required to Fill Vacancies for 2023:**

We are still looking for volunteers to fill a few remaining board vacancies in 2023 as follows:

President **Social Director Directors at Large** Social Media Coordinator

Details on the duties related to these positions can be found on this 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! **Grovenor Community League Board of Directors**



Make Your Home Yours.

Renovations **Additions New Homes**





Casino Volunteers Needed!

Grovenor Community League has been scheduled for our next casino on January 3rd and 4th, 2024. Casino volunteering raises a significant number of funds for our community.

Funds received assist with hall maintenance, rink

maintenance, events such as Fall Fest, playground upgrades, programming and other operational costs.

But, it takes a significant number of volunteers to make it happen! Without YOU, we risk not being able to meet our casino staffing commitment. All volunteers receive a meal for volunteering. It's a great way to meet your neighbors, so grab a friend and come help us out!

Please take a moment to see if you can help us out with this **IMPORTANT** fundraiser in early 2024!! To learn more about the available roles, email casino@grovenor.ca or visit the sign-up genius link below.

Sign-up Genius Link: https://www.signupgenius.com/go/10C0849AFAE23A5F4CF8-grovenor



Hello Grovenor Community!

It is hard to believe that it is already start-up time for another school year! Some of you may have heard that I am moving to Dovercourt School. I want to thank you all for having welcomed me into your community and into the school and for making me part of the Grovenor

Family for the past three years. I truly enjoyed my time as principal of Grovenor School and wish you all the very best!

I am excited to announce **Mrs. Robyn Fagarasanu as your new principal** for 2023-2024. She spent some time in the school during the winter term and is as thrilled to be officially joining the Grovenor Team.

We are looking forward to an incredible year of learning and growing and thank you for your continued support.

Yours in partnership,

Ms. Charlene Roberge

BACK TO SCHOOL SAFETY

Did you know Edmonton Neighbourhood Watch has tons of resources that teach and encourage children to practice safe habits?



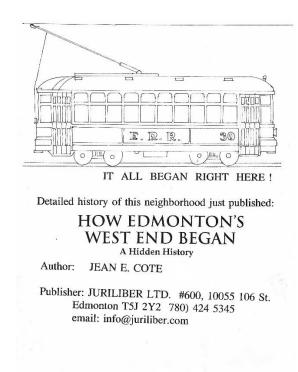
- **Kids in the Know** is a safety education program for students in kindergarten to grade 9 that aims to empower children while reducing victimization. Through technology and education both in school and at home, this program helps encourage children to disclose unhealthy situations and incidents to trusted adults.
- **Kidproof Safety** helps teach kids, parents, and educators proactive and preventative safety education. For over 20 years Kidproof has trained millions of children across the world through their whole approach safety education programs.
- **Billy Brings His Buddies** is a personal safety program for Grade 1 students that teaches children about the buddy system through games and activities both in the classroom and at home. This program helps increase safety by teaching children the importance of staying with a buddy while going places and has helpful tips for parents/guardians on safety habits.
- RadKIDS is a skill-based curriculum that strengthens children's personal boundaries and parental
 confidence by enhancing critical thinking abilities and physical resistance. Their programs allow
 children to recognize, avoid, resist, and escape violence or harmful situations.

For more information on any of these programs visit: www.enwatch.ca/childrens-resources

Jaclyn Neighbourhood Watch Director nwatch@grovenor.ca

Did you Volunteer Yet?





GROVENOR HISTORY

Have you ever paused to think about how "The Community of Grovenor" came to be? Why is it laid out the way it is? What's with the mismatched avenues along our borders with Glenora, Jasper Place? What's so special about 106 Avenue? What is Grovenor south of Stony Plain Road along the MacKinnon Ravine all about? You can read about it from our very own historian, **Jean Cote**. A life-long Grovenor resident, Jean Cote's recent publication, "How Edmonton's West End Began: A Hidden History", is filled with history and curiosities, personal anecdotes and reflections about the world west of the Groat Ravine. It is available for purchase. Although not an excerpt from the book itself, the small exposition-reflection about the trees in the Mackinnon Ravine serves to display his charm, wit, and knowledge of our favorite local hike & bike. (ed.)

TREE WARS

In the years before the City of Edmonton tried to replace the MacKinnon Ravine with a freeway, the ravine was very deep and much of it very shady. I once even found ice on part of the creek bank in mid summer.

The preparations for the freeway in the 1960s almost destroyed the ravine as a park. First came a huge concrete pipe/tunnel for rainwater at the bottom, then the lower half of the ravine was filled in, and finally all trees and bushes were destroyed for a wide swath down the middle (whose middle was new earth fill anyway). The result was like pattern-baldness with a bad military haircut.

Before the freeway plan did its ugly work, the south of the ravine had been cool, damp and shaded by evergreen trees, most of them quite tall. There were few evergreens on the north side, except where the neighbors had planted a few near the top of the bank, or along the old road through the ravine (described in my history book). The north originally was poplars.

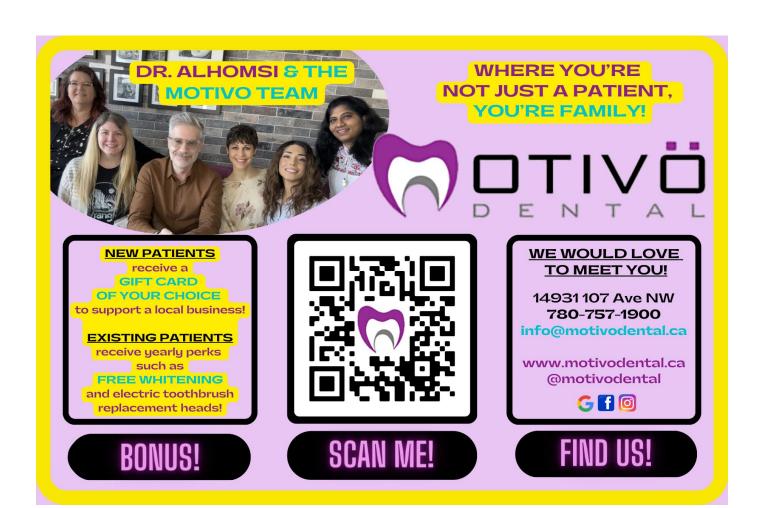
After the freeway idea was finally abandoned in the 1970's, the City put in swales (intruding banks) of earth on the sides, and built the curving wide concrete path in the middle. The swales contained very few trees, and there was a lot of nothing between the paved path and the trees at the remaining banks on the north and south sides. For some time things remained unchanged.

But I should not have worried about regrowth. Years before, I had seen farm fields neglected for almost 20 years: they became poplar fields. Here too, in short order, Alberta's ubiquitous poplar trees sprang up all over the MacKinnon Ravine's scarred bottom. To my surprise, there were just as many poplars on the south side of the ravine as on the north. Once the poplars reached about six feet in height, another unexpected thing happened.

Among the poplars on the south side of the ravine, right down to the path, little evergreens mysteriously appeared and grew larger. No such evergreens appeared on the north side. For quite some years, the poplars on the south side grew as well as the little evergreens which they sheltered. Now the evergreens on the south side are larger and there are signs that their shade and acidic needles may choke off most of the poplars on that side.

If you stand on the 142 Street bridge over the MacKinnon and look down, you will be astonished how far out from the two banks the trees have grown. Where there is not a large exposed swale, the trees extend almost up the edge of the concrete path in the middle. And, like Shakespeare's Birnam Wood, they are advancing. Soon the only obvious signs of human activity will be there remains of a paved path, and occasional mountain ash trees and caragana hedge tracts.

Jean Cote







Jazzercise is the original dance party workout.

Our program fuses dance cardio and strength training into one heart-pounding sweat session.

Grovenor residents Try 1 week free

Mondays, Wednesdays & Fridays at 9:30 am Mondays & Wednesdays at 7:30 pm

Grovenor Community Hall (14325-104 Ave) or Live-stream

For more info call 780-970-3650 or email jazzercise.christine@gmail.com facebook.com/JazzerciseEdmontonGrovenorCommunityHall

www.jazzercise.com



Women's Yoga for the Pelvic Floor

Our pelvic floor plays an essential role in bladder, bowel & sexual function as well as reproduction. Did you know it also plays additional roles in sitting posture, hip function, standing balance & breathing?

Join Val as we combine breath awareness & pelvic floor release exercises, combined with yoga postures, to help improve pelvic floor & core function. These classes are designed for any woman looking to improve her awareness & connection to the pelvic floor, and how it assists you during movement & daily life.

Props needed: yoga mat, strap, 2 yoga blocks, blanket

SEP 7 - 28

Thursday 7:00 - 8:15 PM

GROVENOR COMMUNITY HALL

14325 - 104 Ave

To register: Contact Val via email or phone

\$75.00

VAL SPAK 780-945-9507 ewarriorsyoga@gmail.com

A few thoughts on Volunteerism:

Volunteerism is a form of helping in which people actively seek out opportunities to assist others in need, make considerable and continuing commitments to provide assistance, and sustain these commitments over extended periods of time, often at considerable personal cost.

Volunteerism is the principle of **donating time and energy** for the benefit of other people in the community as a social responsibility rather than for any financial reward.

A person may volunteer because they feel it is important to help others or to **participate** in their community. Some volunteers may be motivated to **understand** more about their community or **learn** through hands-on experience.

Volunteerism is not about how much you can give to others, it is about **filling the world with hope**, and by doing so, you yourself will be filled with hope. As the famous scientist Albert Einstein said, "only a life lived for others is worth living."

Most volunteers have specific reasons for what they do – we've shared some of them here:

- Gaining new skills. ...
- Making new friends. ...
- Mental and physical health and wellbeing. ...
- Giving something back. ...
- Improving your confidence.

Volunteering is a **vital part of community building**. It brings together people who are committed to achieving a shared outcome of **making their community a better place for all**. Engaging volunteers is an effective way of building a connected community, with members who share similar values and goals



Your Community Orthodontist

Start with only \$500 down - Direct Billing of Insurance 780-756-7600 | Stony Plain Road & 150st SimplyOrtho.ca



Y\TOGA

FAMILY YOGA

MOVE | BREATHE | CONNECT | GROW

SESSIONS COMING UP

SATURDAYS 2:30pm September 23

October 28

November 25

Investment \$29 per family per session





All classes take place at Atma Yoga Canada 14915 107 Ave



Visit yoyoga.ca to learn more about Baby+Mom Yoga, Toddler Yoga and Kids Camps

Delivery and Take-Out **780-757-3939**



GLENORA FOOD MART OUTLET

14035-105 AVE. (Corner 142 St/105Ave) Edmonton, Alberta T5N 0Z1 Ph: 780-454-5793 Fax:780-451-5754

MoneyGram / Collectable Coins & Postage / Packaging Supplies / Fax & Photocopying Services / Greeting Cards / ATM Machine / Snack Foods / Groceries / Ice / Cappuccino/Coffee/Hot Chocolate / ETS Bus Passes & Tickets / Key Cutting / *New* Grocery Delivery! \$3.50 charge

Mon-Thu: 9 AM-10 PM; Fri & Sat: 9 AM-11 PM; Sun: 9 AM-10 PM

"Serving & Supporting the Grovenor Community"

Send whatever/wherever with more services.



















!! BRING IN THIS COUPON FOR 10% OFF ORDERS OF \$30+ WITH PICK-UP!!

ST PAUL'S ANGLICAN CHURCH INVITES YOU TO A FREE

COMMUNITY DINNER

23 SEPT 2023 5:00PM

ST PAUL'S CHURCH HALL 10127 145 ST NW

CALL 780-455-0771 OR EMAIL MICHELLE@STPAULS-



WE LOOK FORWARD TO SHARING THIS FREE COMMUNITY MEAL WITH NEIGHBOURS & FRIENDS



Y\OGA

MOVE | BREATHE | CONNECT | GROW

BABY YOGI AND ME

newborn up to crawling stage

6-class series

MONDAYS 9:30am
September 18 to October 30

Baby Yogi & Me is a class designed for you to enjoy an energizing yoga flow, as you ease back to movement and stretching, and for your baby to enjoy baby yoga, songs, and infant massage that will help to sleep better, have better digestion and (reach the next stage in the developmental process.



Investment: \$109

TODDLER YOGA

2-4 years old 🕸 Parented class

7-class series

WEDNESDAY 10:00am September 13 to October 25

This class is a great way to introduce yoga to your toddler. Toddler Yoga is a fun, inspirational class combining simple yoga poses with engaging songs, games and stories that exercise social, sensory and motor skills while increasing flexibility and strengthen growing muscles This class can help your toddler build self-awareness and develop emotional regulation skills while having fun and making new friends.



Classes take place at Atma Yoga Canada















Colourful and Lively Hall Mural



Expansive Recreation Centre Mural

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 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

Megan Schafers, RN, IBCLC www.meganschafers-lc.com 20% off Home Visits for Grovenor

-Craniosacral Therapy -Massage & Somatic Movement Manuela Hofer 780-270-4265 SomaticIntelligence.ca

CHURCHES

-St. Paul's Anglican Church 145 St. & Stony Plain Road 780.455.0771 stpauls-anglican.ca Services: Sunday @ 10 AM

DESIGN/CONSTRUCTION

-GDecko

Decks/Fences/Railings/Gazebo/Pergolas/Planters/Gates780-680-2327gdecko@gmail.com

-TreeLink Arboriculture Ltd.

Tree Planting | Tree Pruning | Site and Soil Analysis 780.238.5650 /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 yoyoga.ca 587.599.8287

-Tutoring: Orton-Gillingham based Reading and Spelling Instruction. More info, visit:

www.edmontondyslexiatutor.com

MUSIC

-Piano Lessons: Sandra Marcus 10639-145 Street creativekeys99@gmail.com 780-271-9904 simplymusicpiano.com

PET SITTING

-Emma's Pet Care 780.238.4115

REAL ESTATE

-Keith Hare – Century 21 EVOLVE (see ad pg. 12) 780.718.9474 / 780.455.0777 www.kharehomes.com

FINANCE / ORGANIZE

-Christopher Long
RBC Mortgage Specialist
780-292-4316
Christopher.Long@rbc.com

-Harmony Organization
Home & Office organization

heather@harmonyorganization.ca 780-238-4764

www.harmonyorganization.com

Advertise in the GROVENOR NEWSLETTER

FREE BUSINESS SERVICE

OR BABY SITTER LISTING
Includes:
Name, address & contact information,
Up to 2 lines of business description

1/4 Page Ad \$60

VERTICAL 4.75 in (h) X 3.5 in (w) HORIZONTAL

1/8 Page Ad \$30 3.5 in (h) X 4.75 in (w)

HORIZONTAL 2.25 in (h) X 3.5 in (w) VERTICAL 3.5 in (h) X 2.25 in (w)

Advertise on the Grovenor website for \$10/month or \$100/year.

Community Baby-Sitters

Sydney: 780.977.3976 Morgan: 780.977.5832 Peyton: 587-338-7228 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.

Your Pet, Your Responsibility

Did you know that pets are **not** allowed, on or off-leash, within **10 meters of playgrounds**, splash parks or on school grounds or sports fields and outdoor rinks?

Did you know that dogs are **not allowed to be off-leash**, unless they are on your property or in a designated off-leash area?



If they poop, you scoop and dispose in public garbage containers or your garbage container at home.

Please help ensure our public spaces are enjoyed by everyone.

The fine for violating Bylaw 2202 is \$100.

ONLY guide and service dogs are allowed everywhere including school grounds, City of Edmonton facilities, and on transit, and are regulated by the Alberta's Service Dogs Act and Blind Person's Rights Act.

For more information visit edmonton.ca/petsinthecity.

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 *NEW* Sunday Swim 4-6 PM @ JP Pool

CENTURY 21.

Evolve

KEITH HARE

D 780.718.9474 0 780.455.0777 F 780.453.6060

keith_hare@hotmail.com

130, 14315 - 118 Ave NW Edmonton, Alberta T5L 4S6

keith-hare.c21.ca www.kharehomes.com



Type of Membership

Senior Couple (65+): \$10

Grovenor Community League

14325 104 Ave Edmonton, AB T5N 0W9

Membership Contact: Michelle Kawulka

membership@grovenor.ca

Couple: \$25 Adult (18-64): \$15 Senior (65+): \$5

Number of Tags _ Cheques Payable to:

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



Grow Forward Grovenor 2023

We had a very productive community garden this year. There will be lots of tomatoes once they start to ripen. I want to remind all members of the community to come by and have a look. Fall clean-up will start next month. Thanks to all those who "pitched-in". I welcome any suggestions, and anyone wanting to get in touch, my email is growforward@grovenor.ca.

I hope to see you at the garden!



Growforward Co-ordinator

Kathy Hewitt