



THE COMMUNITY OF Grovenor

NEWSLETTER "WINTER" 2019



Hello Grovenor!!

Well another year will soon be ending and it has been great sharing the role of Vice President together with Kersh Naidoo in 2019. I'd like to extend a **BIG Thank You** to all of our hard working **Board members** and the many community volunteers for helping to make this past year such a great success! We recently held our annual

Volunteer Appreciation gala event on Nov 26th at Tasty Tomato's restaurant to recognize these efforts.

We have been able to fulfill all of our **major goals and objectives** for the year and will end the year with a very healthy year-end bank balance which will leave more than adequate financial resources in reserve to allow us to operate effectively in the 2020 and 2021 calendar years, as well as to comfortably deal with any unplanned surprises.

We received **\$74,290** this year for our 2-day bi-annual **casino held on April 27-28** in conjunction with AGLC at the Yellowhead Casino. These funds will be used for Grovenor community programs and facilities over the next two years. Thanks again to Rosa Ficko for coordinating this major event.

The weather cooperated this year and we were able to entertain Grovenor residents to an outstanding **Fall Fest** event this past September. Many thanks to the primary event coordinators Kersh Naidoo and Angie Resendes who contributed many hours of hard work in preparing for this event and all volunteers who signed up in support. Great food, live entertainment, fireworks, beer garden, draw prizes, children's programs, etc. It was great to see so many residents join us for our premier event of the year.

Other highlights for the community this year were a successful **Big Bin** event (Kersh Naidoo coordinator), **Greenshack**, **Joint Summer Park** program, numerous age group **soccer** teams (thanks to our coaches) - all offered at Grovenor Park; a bumper crop harvested at our **Grow Forward Garden** (Brian Los coordinator), and our ever popular **ice rink** programs from Nov – Feb, including **general skating**, **Drop-In Hockey and Power Skating** programs. We are also adding a **Learn to Skate** program this year.

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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

(cont'd from p.1)

Our board also assisted in a maintenance project at the Grovenor School to help clean up the front walkways and garden area. Thanks to Brad Mielke for coordinating.

Thanks to a variety of volunteers who helped coordinate additional renovations / repairs at the **Community Hall** and **Grovenor Recreation Centre**. Preparations are currently underway for ice rinks in order to prepare for the 2019-20 **skating and hockey season** commencing in mid-December. Please refer to the advertisement inserts.

Our new **Civics** director, Jeff Havixbeck has been providing ongoing input to the city regarding Infill related issues and other civic or development related matters.

If you are interested in a role with the board, volunteering or just wish to listen in, our Board of Directors' meetings are held on the first Tuesday of every month from 7:00 to 9:00 pm at the Community League Hall. We encourage you to attend any of these meetings so that you can see your community in action. Please also consider coming out to our **Annual General Meeting** on **December 3**, as advertised in this newsletter.

Warmest wishes for the holiday season!!
Yours, sincerely,
Gerry O'Donnell and Kersh Naidoo (Co-VPs)

Don't forget the **AGM** at the community hall on **Tuesday December 3 at 6:30 PM**.
Pizza, wings, desserts and refreshments!!



Sarah Hoffman
MLA, Edmonton-Glenora
Edmonton.Glenora@assembly.ab.ca
201,12408 108 AVE,
Edmonton AB T5M 0H3
780.455.7979

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



SWEAT
smile
SHINE

JAZZERCISE.

Start for **\$0**
OR
20 Classes for \$199

Mondays & Wednesdays
9:30 am or 7:30 pm
Grovenor Community Hall
14325 - 104 Ave

Offer available until January 31, 2020.
For more info call 780-970-3650 or email jazzercise.christine@gmail.com
facebook.com/JazzerciseChristineWorthing

**“RING THE BELLS
THAT STILL CAN RING
FORGET
YOUR PERFECT OFFERING
THERE IS A CRACK,
A CRACK IN EVERYTHING
THAT’S HOW THE LIGHT
GETS IN”**

Leonard Cohen



*“Then the Grinch thought of something he hadn’t before!
What if Christmas, he thought,
doesn’t come from a store.
What if Christmas...perhaps...means
a little bit more!”*

-Dr. Seuss, The Grinch Who Stole Christmas

“I heard the bells on Christmas Day
Their old familiar carols play,
And wild and sweet
The words repeat
Of Peace on Earth, good-will to men”

Henry Wadsworth Longfellow

Grovenor COMMUNITY LEAGUE BOARD

EXECUTIVE COMMITTEE

PRESIDENT: Vacant

VICE-PRESIDENT: Gerry O'Donnell
president@grovenor.ca

VICE-PRESIDENT: Kersh Naidoo
kershran@gmail.com

SECRETARY: Mariette Seed

TREASURER:

Antoni Kowalczewski
treasurer@grovenor.ca

DIRECTORS

MEMBERSHIP: Brian Los
membership@grovenor.ca

SPORTS: Rosa Ficko
sports@grovenor.ca

FACILITIES: Vacant

CIVICS: Jeff Havixbeck

SOCIAL: Vacant

NEWSLETTER: Bill Melenberg
newsletter@grovenor.ca

PROGRAM DIRECTOR:

Heather Bolli
hbolli@shaw.ca

NEIGHBOURHOOD WATCH:

Cameron Worthing
nwatch@grovenor.ca

SOCIAL MEDIA COORDINATOR:

Angela

CONNECT: Vince Bowen

connect@grovenor.ca

GROW FORWARD GROVENOR:

Brian Los
membership@grovenor.ca

COMMUNITY RECREATION COORDINATOR

(City):

Cameron.Nattress@edmonton.ca

WEBSITE COORDINATOR:

Allan Bly
AllanBly@gmail.com

MEMBERS AT LARGE:

Vince Bowen * Rob Chaput * Peggy Ward*



GROVENOR COMMUNITY LEAGUE **ANNUAL GENERAL MEETING – December 3, 2019**

The Grovenor Community League will be holding its Annual General Meeting on Tuesday evening **December 3 at the Grovenor Community League Hall starting at 7:00 pm.** All residents in the Grovenor community are invited to attend. **Pizza, wings, refreshments and dessert will be served starting at 6:30 prior to the meeting!!**

There will be presentations by the current Vice Presidents Gerry O'Donnell and Kersh Naidoo to summarize activities over the past year. Treasurer Antoni Kowalczewski and Gerry O'Donnell will table the 2018-19 fiscal year financial statements and report for approval.

Elections for the 2020 Board of Directors operating year will be held for the positions of President, Vice-President, Secretary, Treasurer, Director of Programs, Membership, Newsletter, Sports, Facilities, Social, Neighbourhood Watch and Civics. There will also be six Directors - at -Large elected.

Although many of the persons currently performing the roles noted above could run again for re-election, there will be many vacancies that will still need to be filled due to attrition and previously unfilled positions.

Descriptions of the duties for these various roles are posted on the Grovenor website, so if you're interested in volunteering for next year, please refer to these details prior to the meeting. Training would be provided to any new board members.

It should be noted that only those who have active community league membership status would be eligible to either run or vote in the elections. Refreshments will be available, so please join us for the meeting from 7:00 – 8:30 pm at the Grovenor Community League Hall.

PIZZA, WINGS, REFRESHMENTS, DESSERTS @ 6:30 PM !!!

Therapeutic Yoga for Regular Folks

Come join in on this unique version of yoga. Movement therapy combines with yoga asana, pranayama breathing and other classical practices.

5:30-6:45 P.M. every Tuesday.

Release excess stress and strain from the muscles and joints to improve your overall health. Add in some deep relaxation, a little meditation and leave the hall feeling like a million bucks.

It's fun, it's easy. Anyone can do it. (Must be able to get up and down off the floor)

\$120.00/8 week session or Drop in Rate \$20.00/class

Come take a class for free and see for yourself.

Call to register.

780 231 6230

Marthe Murphy, Registered Yoga Teacher, Structural Movement Therapy

Since 1997

www.bodyoflife.ca

marthemurphy@bodyoflife.ca



Grovenor Craft & Sewing Night

Come socialize with your fellow community members and get your projects done too!

**Friday, October 18
& November 22, 2019**

**7:00 pm to 10:30 pm
Grovenor Community Hall
(14325-104 Avenue)**

Bring your own craft or sewing project and the supplies needed to work on it.

**No cost, but please bring a snack to share.
Indoor shoes recommended.**

For more information, email programs@grovenor.ca



How is it already Christmas and only a month until the New Year? At Grovenor School we're so grateful for all that we have and all that we can give back.

We want to send out a **big thank you** to everyone who volunteered for our **school casino** at the end of November. It was so wonderful to have so many people pitch in to help the school in this way. We would also like to invite the Grovenor community to our **Christmas Concert**, on Wednesday, **December 11 @ 12:30pm**. All are welcome and there are no tickets required for the afternoon concert.

On behalf of the Grovenor staff and students, we'd like to wish our community neighbours a very **Merry Christmas and a Happy New Year!**

Cori Fraser
Principal || Grovenor School || 780-455-0832
"Success For All"



Your Community Orthodontist

Start with only \$500 down - Direct Billing of Insurance

780-756-7600 | Stony Plain Road & 150st
SimplyOrtho.ca



Bringing smiles to life

With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, on Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"

Clement Clarke Moore

Winter Dance Classes in West Edmonton

Please visit: www.elitedancestudio.net to register online

Now in 2 convenient locations!

January 13th until June 20th

Pura Vida (14920 Stony Plain Rd NW)

Mondays Ballet 3-5yr • 5-7yr
Mondays Adult Salsa Beginner • Intermediate
Thursdays Hip Hop 5-7yr • 8-11yr • 11-15yr
Thursdays Adult Hip Hop

Orange Hub (10045 156 St NW) Studio 262, 2nd floor)

Saturdays Ballet 3-4yr • 4-5yr • 6-8yr

For more information, visit www.elitedancestudio.net
or email us at elitestudioedmonton@gmail.com



SCREENAGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

PUBLIC SCREENING

January 22, 2020

6:30 – 8:00 PM

Westminster Junior High School

13712 – 104 Avenue

\$15 per family 2+ / \$5 per adult

9 years and up suggested

Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with **SCREENAGERS: Next Chapter: Uncovering Skills for Stress Resilience**—a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.

SCREENAGERS: Growing up in the Digital Age—Delany Ruston's award-winning 2016 film—was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions. Screened more than 8,000 times (and counting) to 4 million people in more than 70 countries, it has been featured on *PBS NewsHour*, *the Today Show*, *Good Morning America*, *Dr. Oz*, *the New York Times*, *the Washington Post*, and more. What started as a personal story grew into a national movement, helping millions of youth and their families find their way in a world with instant access to screen time.

TICKETS: <https://www.eventbrite.ca/e/screenagers-the-next-chapter-tickets-83572757367> **ORDER EARLY!!!**

Popcorn, water, snacks and MAJOR Door Prizes/Fundraiser for Westminster Student Council student support projects

Good Neighbours care for one another. Use the resources below to watch out for the well-being of your fellow community members

211 (press 3)



Intoxication in Public

A person is intoxicated or otherwise impaired, is confused or experiencing a mental health issue, is dressed inappropriately for the weather, is concerned for his/her own safety, is sleeping in a stairwell, lobby or public place

780-342-7777



Mental Health Issues 24 HRS Crisis response team for Adults

Someone is experiencing or seems to be experiencing a mental health crisis or threatening/attempting suicide

911



Emergencies

If a person is out of control, unresponsive, or appears to be in serious distress
A person has overdosed or is not breathing, is violent or is threatening violence, is exhibiting violent behaviour and is refusing to leave, or there is a large group altercation that may be harmful to others

#311 or 211
(press 3)



Homeless Camps & Tents

If you see a person regularly sleeping in public space or come across an established tent or shelter on public or private property.

FLIP OVER

911



If you are witness to:

- Abandoned Child
- Domestic Violence
- Gang Activity or **780-414-4567**
- Public Nudity
- Sexual Assault
- Threatening/Attempting Suicide
- Threats / Stalking / Harassment
- Under Age Concerns
- Violence

#311



For the following concerns:

- Bylaws
- Dead Animal
- Discarded Needles (press 3)
- Graffiti
- Littering
- Nuisance Property **780-496-6031**
- Parking Violations
- Smoking Violations

#377



Loitering EPS Non-emergency You witness people loitering outside a business or on a street corner

Public Urination & Defecation
or **780-421-2656**

Reporting a John **780-423-4567**

Vandalism & Mischief
or **780-423-4567** (press 2 then press 5)

Good Neighbours care for one another. Use the resources below to watch out for the well-being of your fellow community members

780-496-6887



Pick it Up Weekly removal of large items by a truck (couches, mattresses) If you spot a large item on a vacant lot or in the alley, contact Jane Jane.Molstad@edmonton.ca with the details. From April to September 2018.

FREE DROP-IN



Edmonton

LEARN TO SKATE

Learn the skills to become active on the ice. Our program is designed around movement, participation and fun! We play games to enhance speed, agility, and control, all of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend!

- Skates and a CSA approved helmet are required to participate.
- Programs will cancel at -23°C with wind chill, or if the ice is closed by the facility.

For more information, please visit www.edmonton.ca/dropincommunityprograms or call 311.

LOCATION	DATE	TIME
GROVENOR 14325—104 Ave	TUESDAY JANUARY 6—FEBRUARY 16	4:00—7:00 PM



Delivery and Take-Out
780-757-3939



GLENORA FOOD MART & POSTAL OUTLET

14035-105 AVE. (Corner 142 St/105Ave)
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Photocopying Services / Greeting Cards / ATM
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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"

EMPLOYMENT OPPORTUNITY



Grovenor Facilities Custodian Contractor Required:

Grovenor Community League needs a
part time contractor to perform
**Cleaning Services and associated
duties** at the Community Hall and Rec
Centre **immediately**.

Requirement for these services is
normally based on rental usage at the
Hall or Rec Centre and can be fulfilled in
a flexible manner.

Compensation rate is \$20 per hour.

For a detailed description of the duties and
responsibilities please visit the Grovenor.ca web
site for more information:

www.Grovenor.ca/employment.html

or

for further questions/inquiries contact:

Gerry O'Donnell/Kersh Naidoo at:

president@grovenor.ca



First Discoveries
PRESCHOOL

FEBRUARY 25
7 TO 8PM

OPEN HOUSE

14323 107A Ave,
Fellowship Baptist Church

Inclusive program for 3 & 4 yr olds
www.firstdiscoveriespreschool.com

RINK & SKATING STUFF

GROVENOR COMMUNITY ICE RINKS - 2019-2020 Season



Location: Grovenor Rec Centre - 14325-104 Ave.

Estimated Season Duration: Dec 15, 2019 – Feb 29, 2020 (dependent on weather and ice conditions)

Hours of Operation: Mon-Fri 4-9 pm; Sat/Sun 1-9 pm

An **attendant** will be on site daily in the Rec Centre **change area** which is **heated** and with access to a clean **washroom**.

POWER SKATING LESSONS



Grovenor Community Ice Rinks - 2019-2020 Season

When: EVERY MONDAY - 5:00 – 6:00 PM

Where: Grovenor Rec Centre - 14325-104 Ave.

Season Duration: 8 Weeks – Jan 6 – Feb 24, 2020
(weather dependent)

RULES:

Must wear helmet at all times

Everyone welcome to participate

Free of charge

GROVENOR COMMUNITY LEAGUE DROP-IN HOCKEY



Grovenor Community Ice Rinks - 2019-2020 Season

When: EVERY SUNDAY - 11:00 AM – 1:00 PM

Where: Grovenor Rec Centre - 14325-104 Ave.

Season Duration: Jan 5 – Feb 23, 2020 (weather dependent)

RULES:

-Select Teams from random hockey sticks draw;

-Coloured hockey bibs provided

-No Checking

-No slap shots

-Fair Play

-Have Fun

EVERYONE WELCOME TO PARTICIPATE!

Grovenor Businesses and Services

HEALTH & FITNESS

-Reflexology : Christy Bruce
Member NHPC 780.430.1680
christybruce16@gmail.com

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

-YogaMed : Marthe Murphy
Grovenor CL Hall
Tuesdays 5:30 - 7:00
780.231.623
www.bodyoflife.ca

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

-Soul Strength Yoga & Fitness Inc.
Personal & Small Group
Yoga/Fit
14528-Stony Plain Rd.
Info@soulstrength.ca
Melany James

CHURCHES

-St. Paul's Anglican Church
145 St. & Stony Plain Road
780.455.0771
stpauls-anglican.ca

-Westgrove Gospel Chapel
10374 - 147 Street
780.455.1161

DESIGN/CONSTRUCTION

-GDecko
Decks/Fences/Railings/Gazebo
/Pergolas/Planters/Gates
780-680-2327
gdecko@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

-Himalayan Meditation Centre
Mindfulness class for Kids:
www.conscious-kids.ca
Lise Villeneuve

-First Discoveries Preschool
Incl Progr for 3 and 4 year olds.
AM or PM slots available.
www.firstdiscoveriespreschool.com

PET SITTING

-PetsFirst Edmonton
Pet sitting and care services *
House sitting * 780.702.6802
petsfirstedmonton.com

-Emma's Pet Sitting
780.454.8121

REAL ESTATE

-Angie Resendes
Grovenor Real Estate Advisor
780.686.7161
www.EdmontonPropertyShop.com

-Keith Hare - Realty Executives
780.455.0777(W)
780.452.1450(H)
keith_hare@hotmail.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

Community Baby Sitters

Abby: 780.540.0324

Emma: 780.454.8121

Gabriella: 780.702.6802

Liz: 587.926.0386

Sydney : 780.977.3976

Morgan: 780.481.0708

Soraya: 587.501.6763

* 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.

"What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future."

Agnes M. Pahro

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

3.5 in (h) X 4.75 in (w)

1/8 Page Ad \$30

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.

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
- 10 free swims per membership plus 10% discount on Edmonton Leisure Centre passes
- 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 _____

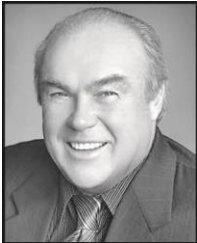
Cheques Payable to:

Grovenor Community League

14325 104 Ave Edmonton, AB T5N 0W9

Membership Contact:

Brian Los at membership@grovenor.ca



Keith Hare

www.kharehomes.com



NORTH STaR ReaLTY
13202 118 Avenue
Edmonton AB T5L 4N4

bus: 780.455.0777

fax: 780.453.6060

res: 780.452.1450

email: keith_hare@hotmail.com

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14824 - Stony Plain Road

