



# THE COMMUNITY OF Grovenor

NEWSLETTER "WINTER" 2020



## Season's Greetings from Your Vice Presidents!

Well another year will soon be ending and it has been great to again share the role of Vice

President with Kersh Naidoo in 2020. We'd like to extend a **BIG Thank You** to all of our hard working **Board members** and **community volunteers** for helping throughout this past year. The significant issues resulting from the Covid-19 virus made the operation of most of our regular program activities extremely difficult to continue operating and in many cases had to be completely canceled in order to comply with the regulations and protocols implemented by the Alberta government and City of Edmonton.

Despite the forced curtailment of many activities, we managed to carry out our mandate as a board in a professional manner, and were able to end the year with a healthy year-end bank balance which will leave more than adequate financial resources in reserve to allow for us to operate effectively in the 2021 and 2022 calendar years, as well as to comfortably deal with any unplanned surprises.

Some highlights for the community this past year were the functioning of numerous age group **soccer** teams (thanks to our sports director Rosa Ficko and coaches); a bumper crop harvested at our **Grow Forward Garden** (thanks to Brian Los coordinator and volunteers); and our ever popular **ice rink** programs from Dec 2019 – Feb 2020, including **General Skating, Drop-In Hockey, Power Skating and Learn to Skate programs**. Thanks to Kyle Greer for coordinating the facilities and Rob Chaput for running the power skating program. (Unfortunately, many of our ice rink group programs will be constrained this season due to mandated health regulations and protocols).

Thanks also to Grace Salvo for organizing our first **Halloween Scavenger Hunt** this year, which was a "halloweeng" success. Our board also helped to financially support the Grovenor School **student food program** with a \$750 cheque in September. ...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.*

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### Grovenor on Social Media

[www.grovenor.ca](http://www.grovenor.ca)



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



@GrovenorYEG  
#Grovenor

...Continued from page 1

Thanks to all of the volunteers who helped coordinate additional **renovations / repairs** at the **Community Hall, Grovenor Recreation Centre and Ice rinks**, including new protective fencing, rink lighting, external and internal flooring, benches, edging equipment, sound system, hall bulletin board, additional solar lighting and reflective lettering for the hall sign, etc.

Preparations are currently underway for ice rinks in order to prepare for the 2020-21 **skating and hockey season** commencing in the first week of December, dependent on weather conditions. We will update the status on our hall sign, website and social media.

We are currently planning for our **bi-annual casino** to be held sometime later in 2021, subject to AGLC scheduling. 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 and Jennifer Carter for offering to step up to coordinate this event. Please volunteer for this worthy cause.

Our **Civics** director, Jeff Havixbeck continues to provide ongoing input to the city regarding Infill related issues and other civic or development related matters. Thanks also to Cam Worthing and his volunteer committee for progressing our **Neighbourhood Watch program**.

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 attending our on-line **Annual General Meeting on December 1**, as advertised in this newsletter.

Warmest wishes for the holiday season!  
Stay Safe and Healthy!

Yours, sincerely,  
Gerry O'Donnell and Kersh Naidoo



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

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[www.ch-cafeteria.com](http://www.ch-cafeteria.com)

If you are interested in joining our Board of Community-minded members but feeling like you don't know enough about what it takes to help out, check out **Page 10** of this newsletter for an **Edmonton Federation of Community Leagues** on-line video and a quick course you can take to bring you up to speed. Having said that, all it really takes is an interest in our community and a desire to help out. We will be more than happy to get you going! Contact us!

# GROVENOR COMMUNITY LEAGUE ANNUAL GENERAL MEETING – December 1, 2020

The Grovenor Community League will be holding its **Annual General Meeting (AGM)** on **Tuesday, December 1 starting at 7:00 pm**. All residents in the Grovenor community are invited to attend this **virtual on-line meeting using the links provided below**.

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 will table the 2019-2020 fiscal year financial statements and report for approval.

**Elections for the 2021 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 a number of 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 are 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. These can be purchased online by visiting the Edmonton Federation of Community Leagues at [efcl.org](http://efcl.org) and clicking on the link "Buy a Membership".

## Link for Grovenor AGM December 1<sup>st</sup>

Join from PC, Mac, Linux, iOS or Android:

<https://meetings.ringcentral.com/j/1488797613>

\*For the best audio experience, please use computer audio.

Join with your Telephone: (780) 666-9719 Meeting ID: 148  
879 7613

Tech Support Email: [leaguesupport@efcl.org](mailto:leaguesupport@efcl.org)

### JOIN US!!!

## Grovenor COMMUNITY LEAGUE BOARD

### EXECUTIVE COMMITTEE

**PRESIDENT:** Vacant

**VICE-PRESIDENT:** Gerry O'Donnell  
[president@grovenor.ca](mailto:president@grovenor.ca)

**VICE-PRESIDENT:** Kersh Naidoo  
[kershran@gmail.com](mailto:kershnan@gmail.com)

**SECRETARY:** Mariette Seed

**TREASURER:** Antoni Kowalczewski  
[treasurer@grovenor.ca](mailto:treasurer@grovenor.ca)

### DIRECTORS

**MEMBERSHIP:** Brian Los

[membership@grovenor.ca](mailto:membership@grovenor.ca)

**SPORTS:** Rosa Ficko  
[sports@grovenor.ca](mailto:sports@grovenor.ca)

**FACILITIES:** Kyle Greer

**CIVICS:** Jeff Havixbeck  
**SOCIAL:** Grace Salvo

**NEWSLETTER:** Bill Melenberg  
[newsletter@grovenor.ca](mailto:newsletter@grovenor.ca)

**PROGRAM DIRECTOR:**

Heather Bolli  
[hbolli@shaw.ca](mailto:hbolli@shaw.ca)

**NEIGHBOURHOOD WATCH:**

Cameron Worthing  
[nwatch@grovenor.ca](mailto:nwatch@grovenor.ca)

**SOCIAL MEDIA COORDINATOR:**

Amelia Carruthers

**GROW FORWARD GROVENOR:**

Brian Los  
[membership@grovenor.ca](mailto:membership@grovenor.ca)

**NEIGHBOURHOOD RESOURCE  
COORDINATOR (City):**

[Darrell.Nordell@edmonton.ca](mailto:Darrell.Nordell@edmonton.ca)

**WEBSITE COORDINATOR:**

Allan Bly  
[AllanBly@gmail.com](mailto:AllanBly@gmail.com)

**MEMBERS AT LARGE:**

Vince Bowen \* Peggy Ward\* Alex Labarda\*  
Jenn Carter\* Bernard Llanos\* Allan Bly

# Grovenor Community Ice Rinks - 2020-2021 Season



**Location:** Grovenor Rec Centre - 14325-104 Ave.

**Estimated Season Duration:** Dec 1, 2020 – Feb 28, 2021  
(dependent on weather and ice conditions)

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

**Change Room:** Unfortunately, due to Covid-19 protocols, the Rec Centre change room will need to remain closed this season.

**Note:** *There will be no access to washroom facilities.*

## ST. PAUL'S ANGLICAN CHURCH

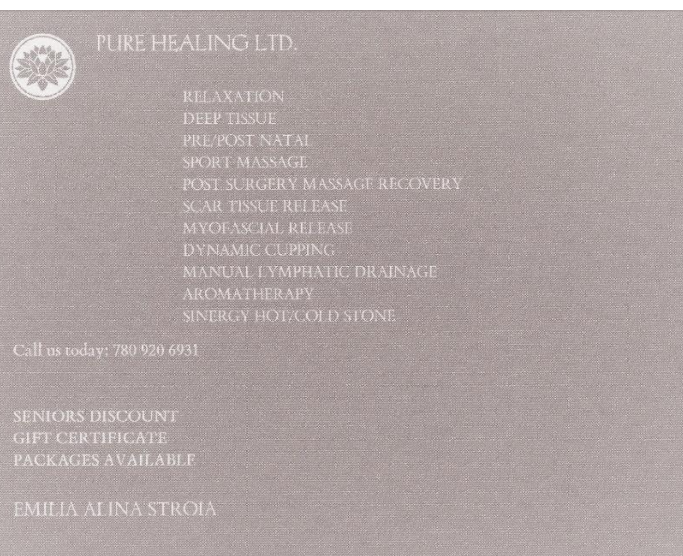
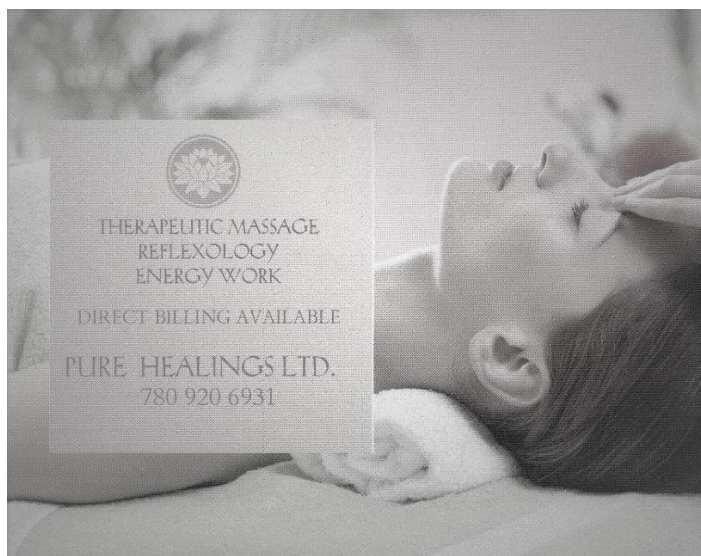
We are located in Grovenor at the corner of **145 Street and Stony Plain Road**. You can visit our website at <https://www.stpauls-anglican.ca/> for details about who we are and events

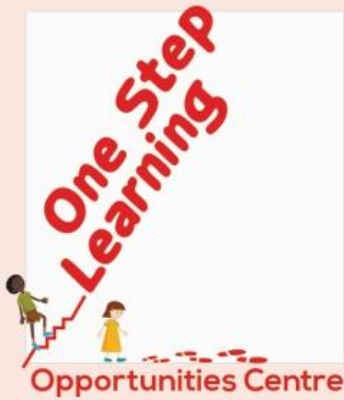
Our **Christmas Eve Service** will be **livestreamed at 7pm on December 24**, and there may be an option to attend in-person (but this will require PRE-REGISTRATION through the office).

Do you need assistance, encouragement, or just a friendly ear to listen to you? Please contact us through email [office@stpauls-anglican.ca](mailto:office@stpauls-anglican.ca) as we would love to be of service to you.

We are also the site for a City of Edmonton program, **Action For Healthy Communities January-March**. Please visit:

<https://a4hc.ca/program-services/healthy-active-community-kids/>





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**Web**

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**[www.onesteplearning.org](http://www.onesteplearning.org)**

**Edmonton Office Address**

15219-44 Street NW,  
Edmonton, AB, T5Y 3C4  
Canada

**Ghana Daycare Location**

1 First Light Entumbil, C/R,  
Ghana, West Africa.  
Digital GPS: CJ0059-2254



# ART CLUB ONLINE

WITH ALEX LABARDA

**PAINT ADVENTURE CLUB 8-13 YRS**



**WEDNESDAYS 5-6PM**

**JAN 6 - FEB 17**

**\$10/DROP-IN PER STUDENT**



"I really LOVED taking Alex's art classes. I am usually a shy person but I could really relax and have fun!"  
- Aurian V. (student)

**NEW!**

**FAMILY ART NIGHT**

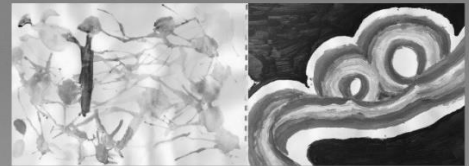


**THURSDAYS 7-8PM**

**JAN 7 - FEB 18**

**\$25/DROP-IN PER FAMILY**

**ART EXPLORERS CLUB 5-8 YRS**



**SATURDAYS 9-10AM**

**JAN 9 - FEB 20**

**\$10/DROP-IN PER STUDENT**

**ANIME & CARTOON DRAWING CLUB 8-13 YRS**



sketch by Simone Green

**SATURDAYS 10-11AM**

**JAN 9 - FEB 20**

**\$10/DROP-IN PER STUDENT**

**email to register: [alexislabarda16@gmail.com](mailto:alexislabarda16@gmail.com)**

**Wash your Hands, Social Distance, Wear a Mask... and Stay Well!**



## Hello Grovenor Community!

We have been very busy learning and growing at Grovenor School! Students have continued to complete their studies either In Person, Online, or through Distance Learning, and we are working hard to adapt typical school events and activities to ensure the safety of the school community. Events continue to run with precautions.

- Halloween was lots of fun! Kids dressed up and celebrated in their classrooms.
- Remembrance Day ceremonies were also held in each class. A slideshow, as well as photos of art displays were shared via email between classes. All classes observed a moment of silence at 11:00am.
- Grovenor Spirit Days have had us with crazy hair, specialty clothing and doing fun activities in the school and outside.
- Christmas/Winter Celebrations will be organized within classrooms to continue to follow health and safety guidelines. There will not be a Christmas concert this year.
- We will continue holding events using a Virtual format.

These activities continue to be an important part of supporting student and staff mental health and well-being. Focusing on traditions (or perhaps creating new ones), creating fun memories and finding creative ways to be connected while being apart is important in supporting our whole school community.

Our efforts will continue to be:

- daily health checks
- staying home when unwell
- enhanced cleaning and sanitizing
- physical distancing where possible and
- masks and proper hand hygiene

For more information, community members can go to [epsb.ca](https://epsb.ca) or the Grovenor school website <https://grovenor.epsb.ca/>.

**It is with everyone's cooperation in following our Re-Entry Strategy that we are better able to mitigate the risks. For that, we thank you.**

As always, we appreciate the connection between the Community League and Parent Council as a collective in support of Grovenor School and the success of our students.

**We wish you all a safe and hopeful holiday season!**

Yours in partnership,  
**Ms. Roberge, Principal**

**Wesołych Świąt**

*Joyeuses fêtes*

**FELICES FIESTAS**

miyo-manitowi-kisikanisik

**Frohes Fest**

Sărbători fericeite

*Felizes Festas*

**GLAD HELG**

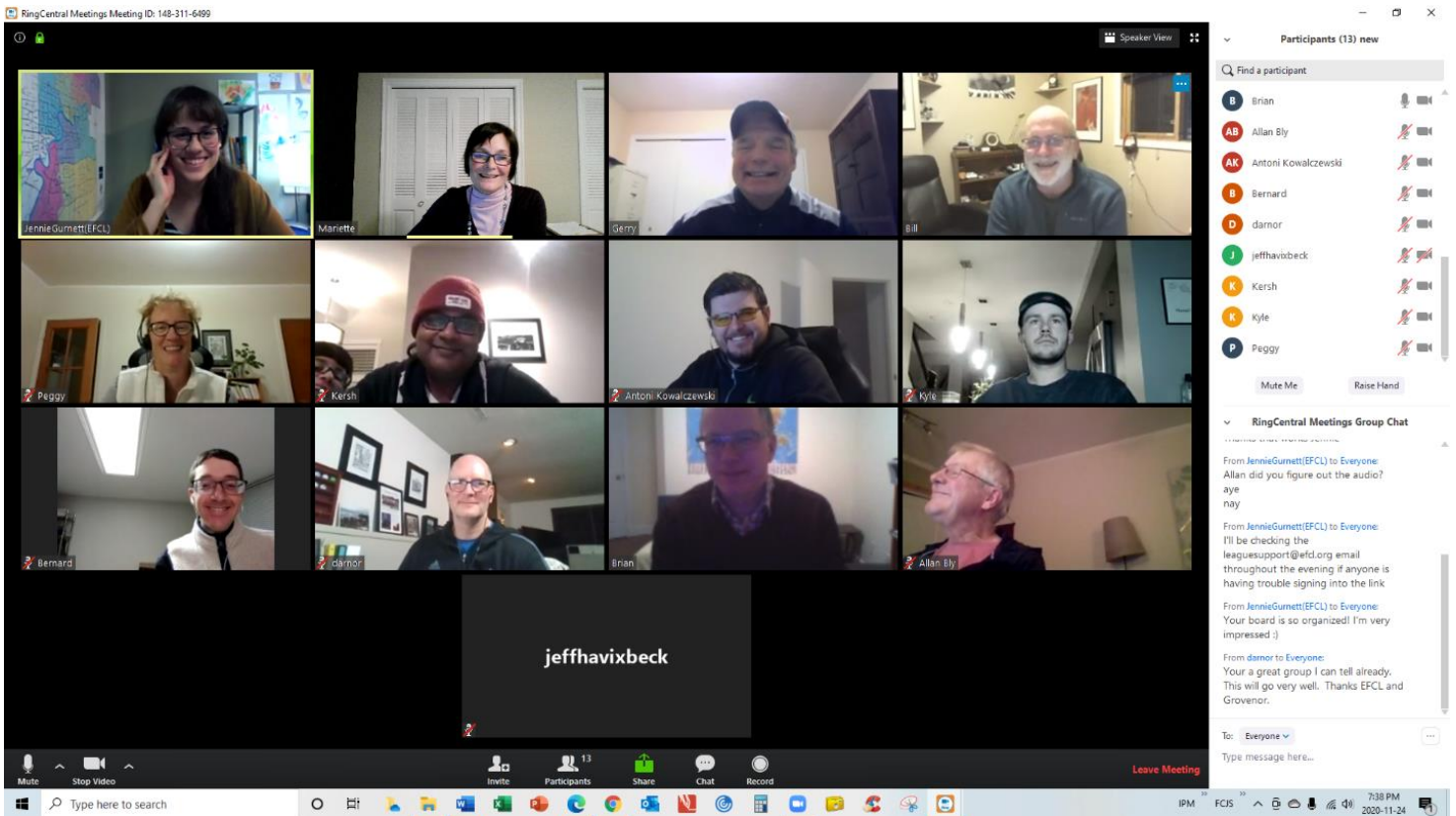
**HAPPY HOLIDAYS**

**Fijne feestdagen**

Hezké svátky

*Buone Feste*

## Your Community League "In Action"



The new 2020-21 reality for monthly Board member meetings... top left to bottom right: Jennifer, Mariette, Gerry, Bill, Peggy, Kersh, Antoni, Kyle, Bernard, Darrell, Brian, Allan, and a few more (un-videoed) shy-types ...



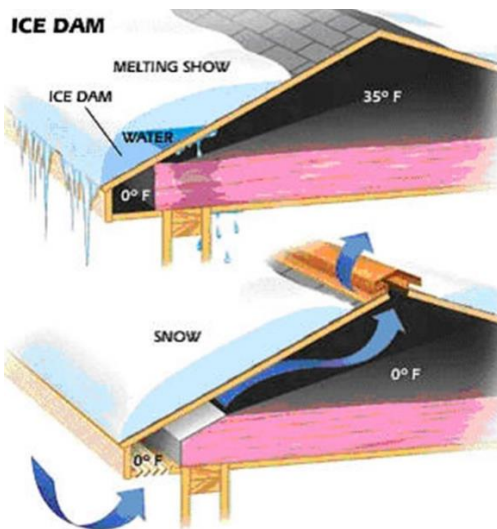
**(Left)** Charlene Roberge, Principal of Grovenor School, accepting \$750 cheque from Gerry O'Donnell, Vice-president of Grovenor Community League for use towards their Student Food Program. **(Right)** And, ubiquitous Gerry O'Donnell with our new (but by-no-means-rookie) Neighbourhood Resource Coordinator, Darrell Nordell. Welcome to Grovenor!

## **DOES YOUR HOME HAVE A GOOD WINTER JACKET?**

I want to spend a bit of time today discussing **common winter problems**, what might be the root causes, and how to address these situations. To set the stage, we are taking mostly about **insulation** and **air barriers** in this article. It is a lack of these two, or failures in one or both that lead to most problems such as ice dams, cold spots, high heating bills, and wetting of walls or attics.

Let's leave the technical jargon behind and **think of it all as coat for your home**. There are heavy rubber rain coats, light fluffy fleece coats, and technical parkas with all manner of fancy materials. These coats try to protect from external stress in the form of rain, and wind. They also try to retain the body heat by way of insulation. A rubber raincoat will keep out the rain, but it will also keep in your body heat and perspiration, making you sometimes just as wet on the inside. A puffy fleece will trap your body heat in millions of little air pockets, but wind and water will strip that heat out leaving you cold. Coats with a technical shell to stop wind and rain yet let water vapour pass through (Gore-Tex) with a fleece layer underneath to hold heat are the best of both worlds.

**Your home should have a Gore-Tex parka**, but alas many homes in Grovenor were built too long ago to benefit from this science and many of the new ones, while adhering to codes, are still deficient in this area. One of the biggest misconceptions is that more insulation makes the home better. While insulation is very important, just like a bulky sweater, it only gets you so far if it is windy or wet. As our climate shifts, it is this "wet factor" that is becoming ever more the issue in our existing stock of homes. Our homes have always been more humid inside than out, but now we see far more **freeze-thaw cycles** each year. This **wetting and freezing** takes a horrible toll on building materials (as evidenced by potholes in roads) and the relatively high humidity gets trapped in attics and walls.



This build-up of water vapour, which turns to ice, and then back to water, is what is wrecking many of our homes. All homes in that past 70 years claim to have some form of **vapour barrier**. This is **a layer of plastic on the warm side of the wall**. It is supposed to be continuous and free of punctures; unfortunately, it never is, at least not for long. Humidity in the home finds its way into attics and walls through all these little holes and missed areas. The wet air from outside also infiltrates, thus we get ice buildup in walls and especially in attics. When Spring comes, or a long warm spell in winter, the ice melts, the water flows and people think they have a leak in the roof or at the window. Roofing contractors have seen a marked increase in calls for leaking roofs, only to find an attic filled with ice that is directly traced to a failed vapour barrier, poor ventilation of the attic, or often both.

**The solution to such problems is rarely to add more insulation** (though there are some bad actors out there that recommend just that). Putting another layer of fleece or wool on in a rainstorm is not a solution. A quality contractor will test for moisture in the walls and attic, run pressure tests to determine the airtightness of the home, and use thermographic cameras to "see" wet/cold spots in the walls and attic. All this work will then identify areas that need to have the vapour barrier repaired, and ways in which a proper, beneficial air flow can be established. **Your walls and attic, on the outside of the vapour barrier, need to breathe to exhaust the warm humid air that leaks from your home before it can freeze and cause all the problems stated above.**

**Ice dams** are a common sight in the neighbourhood and are a symptom of either too much insulation, poor ventilation, or both. It is rarely a circumstance of the weather and more often a result of your home not functioning properly. Removing snow from the roof is only treating the symptom, not the root cause. **In most instances ice dams are the result of a too-hot attic due to a lack of insulation and/or ventilation, or an over abundance of insulation that is then touching the roof itself causing a hot spot.** There are many opinions on the internet about how to deal with ice dams and how to address the root causes. ...9

I highly recommend seeking at least three opinions from reputable roofing/insulation contractors before proceeding with any work.

I hope you find this information helpful. Stay warm and dry this winter!

### Brad Mielke

Brad is an instructor at NAIT in Construction Engineering Technology, and a Grovenor resident. If you have a topic of interest, or a question related to home construction or maintenance, send an email to [newsletter@grovenor.ca](mailto:newsletter@grovenor.ca)



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[jamescumming@parl.gc.ca](mailto:jamescumming@parl.gc.ca)

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

**"Serving & Supporting the Grovenor Community"**

# EDMONTON FEDERATION OF COMMUNITY LEAGUES



## Join Our Online Learning Pilot Program

The Online Learning Pilot Program was recently completed. The **EFCL** is looking for participants to pilot our new online learning tool. All of you volunteer your time and we want to ensure you are given the tools to succeed while you serve your League.

The very first course, “**The Community League Board Member General Course**”, is ready. This course sets the groundwork for serving on a Community League Board. Additional courses will delve further into board roles and responsibilities

To learn more or sign up for our online pilot program visit <https://efcl.org/online-learning>.

Watch a video that explains the program and more, and shows you what to expect: <https://youtu.be/e6itH1qFJ94>

*Feliz Año Nuevo*      *Szczęśliwego nowego roku*

*Gelukkig nieuwjaar*

*BONNE ANNÉE*

*Gutes Neues Jahr*

*Gott nytt år*

*Feliz Año Nuevo*

*Šťastný Nový rok*

*Miyo-ocetowi-kisikanisik*

**Felice Anno Nuovo**

**Happy New Year**

*Un an nou fericit*

## **Grovenor Businesses and Services**

### **HEALTH & WELLNESS**

**-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

**-Jazzercise**: Christine Worthing  
780-970-3650  
[Jazzercise.christine@gmail.com](mailto:Jazzercise.christine@gmail.com)

**-Soul Strength Yoga &  
Fitness Inc.**  
Personal & Small Group  
Yoga/Fit  
14528-Stony Plain Rd.  
[Info@soulstrength.ca](mailto:Info@soulstrength.ca)  
Melany James

**-Mindfulness/Emotional  
Literacy Programs & Training**  
[www.consciouslivingsolutions.com](http://www.consciouslivingsolutions.com)  
Lise Villeneuve

### **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](mailto:alex@treelink.ca)  
[www.treelink.ca](http://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  
Classes at The Orange Hub  
[yoyoga.ca](http://yoyoga.ca) IG/Fb @ [yoyoga.ca](http://yoyoga.ca)  
587.599.8287

**-Tutoring**: Orton-Gillingham  
based Reading and Spelling  
Instruction. More info, visit:  
[www.edmontondyslexiatutor.com](http://www.edmontondyslexiatutor.com)

### **MUSIC**

**-Piano Lessons Sandra  
Marcus**  
10639-145 Street  
[creativekeys99@gmail.com](mailto:creativekeys99@gmail.com)  
780-271-9904  
[simplymusicpiano.com](http://simplymusicpiano.com)  
weekdays 9:30-3:00 only

### **PET SITTING**

**-Pets First Edmonton**  
Pet sitting and care services \*  
House sitting \* 780.702.6802  
[petsfirstedmonton.com](http://petsfirstedmonton.com)

**-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](http://www.kharehomes.com)

### **FINANCE / ORGANIZE**

**-Christopher Long**  
RBC Mortgage Specialist  
780-292-4316  
[Christopher.Long@rbc.com](mailto:Christopher.Long@rbc.com)

**-Harmony Organization**  
Home & Office organization  
[heather@harmonyorganization.ca](mailto:heather@harmonyorganization.ca)  
780-238-4764  
[www.harmonyorganization.com](http://www.harmonyorganization.com)

**- Shovelling/Raking Services**  
Grovenor Neighbourhood  
\$5 and up depending on the job  
Will supply own equipment  
**William: 780-984-0328**

### **Community Baby-Sitters**

**Abby: 780.660.5043**

**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.

### **Advertise in the GROVENOR NEWSLETTER**

FREE BUSINESS, SERVICE  
OR BABY SITTER LISTING

Includes:  
Name, address & contact information,  
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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

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2.25 in (h) X 3.5 in (w)

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

*"And  
to all  
a good night!"*

## 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

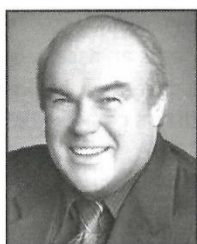
Number of Tags \_\_\_\_\_

Cheques Payable to:

Grovenor Community League  
14325 104 Ave Edmonton, AB T5N 0W9

Membership Contact:

Brian Los at [membership@grovenor.ca](mailto:membership@grovenor.ca)



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