



THE COMMUNITY OF Grovenor

NEWSLETTER "WINTER" 2022



Greetings from your Vice Presidents:

Another year will soon be ending and it has been great to again share the role as Vice President for Grovenor in 2022. We'd like to extend a **BIG Thank You** to all of our hard-working **Board members** and **community volunteers** for their ongoing efforts throughout the past year.

Our Board managed to successfully fulfill our 2022 mandate 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 2023 and 2024 calendar years**, and to comfortably deal with any unplanned surprises. Thanks to Antoni Kowalczewski for overseeing our financial affairs for the majority of 2022 and our new **Treasurer** Alex Harcott for covering the last few months. And a big thank you to Mariette Seed for her impeccable **Secretarial** role with the board.



Thanks to VP Kersh Naidoo and all of our community volunteers for managing to successfully deliver another successful **Fallfest** event in September, which included two live bands, beer gardens, fireworks extravaganza, food trucks, children's games, face painting special draw prizes, etc.

Some other highlights for the community this past year were the **age group soccer** teams program (thanks to our sports director Rosa Ficko and coaches); a bumper crop was harvested at our **Grow Forward Garden** with thanks to our productive volunteer gardening group; annual **Big Bin** event coordinated by Kersh Naidoo; **Neighbourhood Clean-up** event coordinated by Cassidy Cooper; very successful **Greenshack** program; the ever popular **ice rink** programs from Dec 2021 – Feb 2022, including **General Skating**, **Drop In Hockey** and **Learn to Skate** programs. Thanks to Kyle Greer for coordinating the **ice rink facilities** and Michael McNally for ice maintenance.

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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](http://www.facebook.com/GrovenorCommunityLeague)



@GrovenorYEG
(#Grovenor)

...Continued from page 1

Preparations are currently underway at the ice rinks for the **2022-23 skating and hockey programs**, with the commencement date scheduled for early December dependent on weather conditions.

Thanks to Grace Salvo for organizing our **community walking program**. Thanks to Keaton Seaby for coordinating the **Toddler Sports program**. Thanks to our **Civics** director, Jeff Havixbeck for providing ongoing input to the City and other stakeholders regarding **infill development** related issues throughout the year. Thanks to Allan Bly who helped coordinate additional **renovations / repairs** at the **Community Hall and Grovenor Recreation Centre** and also maintain our **website**. Thanks also to Bill Melenberg for our **Newsletter** production, Madelen Ortega for our **Social media** coverage, Jaclyn Briscoe for our **Neighbourhood Watch** program and our **Directors at Large** Vince Bowen, Margie Belanger, Allan Bly and Alex Labarda. Thanks to Miriam Ferguson for **Hall management** role and Amanda Dyk as custodian.

Our board helped to financially support the **Grovenor School** including the **student nutrition program**, **EPSB laptop program** and contributions to help fund the new **Outdoor Learning Classroom project**.

Grovenor successfully conducted our **bi-annual casino event** in conjunction with **AGLC** and raised **\$88,100**. The funds resulting from the casino will be used in support of Grovenor community programs and facilities over the next two years. Thanks to Heather Bolli for coordinating this event and to all of the volunteers.

Please join us virtually at our **Annual General Meeting** on **December 6**, as advertised in this newsletter, and consider volunteering for one of the positions on the community league board. Also, our regular **Board of Directors' meetings** are held virtually on the first Tuesday of every month from 7:00 to 9:00 pm. Go to our website for access details. We encourage you to attend any of these meetings so that you can see your community league in action.

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

Gerry O'Donnell and Kersh Naidoo



Our constituency team is here
MLA for Edmonton-Glenora
to help residents with provincial
government departments,
programs, and services.

Sarah Hoffman
MLA EDMONTON-GLENORA

780-455-7979 Edmonton.Glenora@assembly.ab.ca

Naughty OF Nice

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.



GROVENOR COMMUNITY LEAGUE ANNUAL GENERAL MEETING – December 6, 2022



The Grovenor Community League will be holding its Annual General Meeting on **Tuesday, December 6 starting at 7:00 pm**. All residents in the Grovenor community are invited to attend this virtual online meeting using the link which can be found on our website Grovenor.ca.

There will be presentations by both of the current Vice Presidents Gerry O'Donnell and Kersh Naidoo to summarize activities over the past year.

Treasurer Alex Harcott will table the 2021-2022 fiscal year financial statements and auditor's report for approval.

Elections for ALL positions for the 2023 Board of Directors will be held including President, 2 Vice-Presidents, Secretary, Treasurer, Director of Programs, Membership, Newsletter, Sports, Facilities, Social, Neighbourhood Watch, Civics and Communications. There will also be up to seven Directors - at -Large and five Coordinator positions elected.

Although many of the persons currently performing the roles noted above could be nominated and run again for re-election, there will be many vacancies that will still need to be filled due to attrition such as President, Secretary, Facilities, Civics, Newsletter, Directors at Large as well as some previously unfilled positions. The Communications director position is brand new and will be elected for the very first time.

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. These can be purchased online by visiting the Edmonton Federation of Community Leagues at efcl.org and clicking on the link Buy a Membership.



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GROVENOR COMMUNITY LEAGUE BOARD

EXECUTIVE COMMITTEE

PRESIDENT: Vacant 😞
president@grovenor.ca
VICE-PRESIDENT: Gerry O'Donnell
Vicepresident1@grovenor.ca
VICE-PRESIDENT: Kersh Naidoo
Vicepresident2@grovenor.ca
SECRETARY: Mariette Seed
secretary@grovenor.ca
TREASURER: Alex Harcott
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 Briscoe
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

WINTER  

2023 DANCE CLASSES
Orange Hub - 10045 156 Street

Elite
Dance Studio

Mondays
5:00 Hip Hop 3-5yr
5:00 Ballet 4-6yr
5:45 Hip Hop 6-9yr
5:50 Ballet 7-10yr

Tuesdays
11:20 Latin/Ballroom 3-5yr
12:05 Adult Salsa Fitness
7:00 Hip Hop 9-15y
8:00 Adult Hip Hop

Wednesdays
5:10 Latin/Ballroom 7-11yr
6:00 Adult Latin/Ballroom
7:00 Adult Salsa
8:00 Adult Salsa level 2

Thursdays
6:35p Adult Advanced
Beg Hip Hop

Fridays
6:35p Adult Advanced
Beg Hip Hop

Saturdays
12:15 Creative Movement 3-5yr
1:00 Ballet 5-7yr

JAN 6 - JUNE 20



www.elitedancestudio.net

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.





Hello Grovenor Community!

November has brought us a mix of weather and a mix of emotions as we plan seasonal events.

At Grovenor School, we are hoping to be able to bring back in person holiday events, but we are also cognizant of the rising numbers of reported respiratory illnesses which means that all plans are being made with a back-up, online plan so that we can be sure to share the celebrations in one way or another with our community.

This holiday season we will be collecting donations for the **Edmonton Food Bank**, as well as connecting with community partners to help provide additional support to families in need during this time. Giving back to the community is a wonderful way to build citizenship and school spirit and truly helps bring us together as a team.

We'd like to take this opportunity to thank you for your continued support as we navigate yet another complex year. We wish you health and well-being and a wonderful holiday season.

Take care,

Ms. Charlene Roberge, Principal



Grovenor Community Ice Rinks 2022-2023 Season

Location: Grovenor Rec Centre - 14325-104 Ave.

Estimated Season Duration: Dec 3, 2022 – Feb 28, 2023 (dependent on weather and ice conditions)

Hours of Operation: Monday-Friday 5-9 pm; Saturday/Sunday 12-9 pm

Change Room Closed: Due to Grovenor Community League protocols, the Rec Centre change room will temporarily remain closed. External benches will be provided.

Social Distancing: Skaters are encouraged to maintain at least **6 feet between each skater** unless included in a family.

Programs: Sunday drop-in shinny at 11:00 AM. Check Grovenor Community League signage/website/FB for additional programs during the skating season.



Lighting and Nets: will be provided during hours of operation

Skate tags: available with purchase of Community League Membership





Randy Boissonault MP.... and the Executive crowd at Fall Fest '22



Executive trinity again, with Sarah Hoffman MLA at Fall Fest '22



Are You Ready for the Holiday Season?

5 Ways to Lower the Holiday Season Stress

It's the most wonderful time of the year... but it can also be a stressful time. The good news is that having mindfulness practice can support and help us to make space for self-compassion and inner peace to enjoy this holiday season.

Here are five mindfulness practices for this Holiday Season:

1. Slow down:

Remember to pause a few times a day, tune in to your body, tune in to your breath for a moment. Research shows that taking long, deep inhales and long, deep exhales soothes the nervous system, allowing you to feel more calm. In this season, slowing down might also be knowing that you don't have to attend all the social events.

2. Move your body

Moving your body reduces stress hormones and boosts endorphins (which trigger the positive feeling in your body). Going out for a walk, skating, doing yoga, dancing are a few fun ways to exercise.

3. Enjoy your food

Take the time to notice and appreciate where the ingredients of your food came from; appreciate whoever prepared the food you are eating, and try to savour each bite while being fully present. Buddhist monk Thich Nhat Hanh said your food '*contains sunshine, clouds, the sky, the Earth, the farmer, everything*'. Keeping this in mind might help you more fully enjoy your food, and feel how your holiday meal connects you to everyone gathered at the dinner table.

4. Notice your emotional needs

Tune in to what brings you joy. Take a moment to breathe, perhaps with your eyes closed, and think: What are you grateful for?

5. Sending kindness:

Do you like to give or receive presents? Imagine being able to send your kind wishes to anyone! This loving-kindness meditation is a beautiful way to send your kind wishes to yourself, to someone you love, and to someone 'challenging'.

Start with **yourself**, say quietly:

May I be happy. May I be healthy. May I live with ease.

Think about **someone you love**, say quietly:

May _____ be happy. May _____ be healthy. May _____ live with ease.

Think about **someone you find challenging**, say quietly:

May _____ be happy. May _____ be healthy. May _____ live with ease.

Bonus... Know that however you are feeling *is* valid. Allow yourself to feel how you are feeling and take long, deep breaths.

Happy Holidays to you and yours!

Nallely Alcocer
yoyoga.ca



Let us celebrate and give thanks

ADVENT & CHRISTMAS AT ST PAUL'S ANGLICAN CHURCH

10127 145 St NW

Worship Services and Fellowship

- Advent services Nov 27, Dec 4, Dec 11 & 18 - 10am
- December 24 (Saturday) - Christmas Eve Candlelight Service at 7 pm
- December 25, 10 am - Christmas Sunday Service
- January 1, 2023 - Sunday Service 10 am

Call 780-455-0771 or visit <https://www.stpauls-anglican.ca/news> for more details



Voces Alegres Choir



Wednesdays, 7-9pm
September 2022-
May 2023

@

St. Paul's Anglican
Church 145 St. and Stony
Plain Road, EDMONTON

Contact: Find us on Facebook! 
EMAIL: vocesalegreschoir@gmail.com

Voces Alegres Choir is a non-auditioned community choir, bilingual Spanish/English. The choir welcomes new members throughout the year with a mandate to perform works from Latin America, South America and Spain. ¡Canta con nosotros!

EDMONTON CALADONIAN SCOTTISH COUNTRY DANCE SOCIETY



WELCOMES NEW MEMBERS

LET'S DANCE for fun, fitness, friendship and the pure joy of movement.

Join us at the Westmount Fitness Centre
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Contact us at: rscdsedmonton.com



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KIDS AGES 6-12

THURSDAYS 2:30-4:00 PM
JAN 12 TO FEB 9, 2023
FEB 16 TO MARCH 23, 2023

visit <https://www.stpauls-anglican.ca/events>
for more info and to register



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Mondays & Wednesdays at 7:30 pm

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or Live-stream**

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

www.jazzercise.com

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



GLENORA FOOD MART & POSTAL OUTLET

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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"



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



Protecting Your Property

An important, and usually forgotten, way to keep your belongings safe is to **record the make, model and serial number** located on the product. If property is stolen, police can enter this information into the Edmonton Police Service (EPS) database and the Canada-Wide Police database to alert officers that the property is stolen. If the property is found, it can easily be returned to the rightful owner.

Did you know that EPS also has a partnership with **pawn shops** in Edmonton? Before any property can be sold, the serial number is run in the database to make sure it is not stolen.

You can download a **Personal Property Inventory checklist** through the Insurance Bureau of Canada to start tracking your property today.

If you are the victim of theft, **report your stolen property** to police immediately. If you happen to find your stolen property on a buy/sell or social media site, **do not contact the seller**. Call police and provide them with the relevant information.

Have you lost or had property stolen in the past? EPS also has a Pinterest page where they feature recovered stolen property. If you believe something on this page is yours, email EPSPinterest@edmontonpolice.ca For more information, visit edmontonpolice.ca or email nwatch@grovenor.ca

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



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

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

-Craniosacral Therapy

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

-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

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



Community Baby-Sitters

Abby: 780.660.5043
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
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
- 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

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:

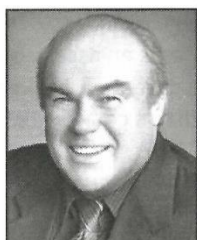
Grovenor Community League

14325 104 Ave Edmonton, AB T5N 0W9

Membership Contact:

Michelle Kawulka

membership@grovenor.ca



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