



THE COMMUNITY OF Grovenor

NEWSLETTER "SPRING" 2019



Greetings from your Vice Presidents! Well another year has kicked off and we hope that yours is off to a great start as well. We'd like to extend a **BIG Thank You** to all of our hard working **Board members** and the many other community volunteers for helping to bring together the many programs that help make this such a great community to live in!

We held a very successful AGM in December 2018 and thank all that were in attendance. We reconfirmed several returning board members and welcome a few new faces to our team, including Antoni Kowalczewski as Treasurer, Heather Bolli as Programs Director and Cameron Worthing as Neighbourhood Watch Director.

In January's meeting, we set and approved our budget for 2019 and also revisited and approved our **major goals and objectives** for the year. We also engaged the City to provide us with updates on topics such as the Abundant Communities Edmonton (February 5th) and relevant guidelines regarding dogs in Grovenor Park (March 5th). We encourage attending our monthly meetings to find out more about our programs and participate or listen to our board discussions.

As spring is just around the corner, we are working to finalize plans for our annual **Grovenor Spring Cleanup on May 11, 2019**. Grovenor Community League, with the help of City of Edmonton grants will be supplying two bins for all the residents of the Grovenor Community to dispose of non-hazardous waste materials. We also begin planning for **Green Shack, Fall Fest** and a host of other events that are being planned by our Programs Director and other board members. If you are interested in volunteering at these events or helping to organize, please reach out to Heather Bolli or Kersh Naidoo.

We are currently planning for our next casino event that will take place at the Yellowhead Casino on the weekend of April 27-28 in conjunction with AGLC, and to be staffed by Grovenor community volunteers. The last casino event raised **\$72,000**, so this is very important for Grovenor community programs and facilities. Thanks to Rosa Ficko for coordinating this major event with help from Bill Melenberg, Vince Bowen and the Grovenor School.

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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](https://twitter.com/GrovenorYEG)
(#Grovenor)

(cont'd from p.1)

Our 2018/19 skating season is well underway, although impacted by the recent cold snap which unfortunately caused some planned events such as Power skating and Drop-in hockey to be reduced in frequency. Thanking Andrew Desaulniers, the rink attendants and ice maintenance crews that make it an enjoyable experience for all. We hope to have the rink open for as long into March as possible; however that always is weather dependent, so please make the best of it once the winter temperatures improve!

We would also like to thank Miriam Ferguson and Ashley Horjus who help us coordinate all the hall rental and maintenance. Our hall is frequently used to offer a variety of programs, host birthday parties and other social events, and their help in coordinating these events is very much appreciated.

On a final note, 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 you can see your community in action. Please also consider volunteering for a board vacancy or one of our community events as outlined in the following pages.
Yours, Sincerely,

Gerry O'Donnell and Kersh Naidoo

St. Patrick's Day is an enchanted time — a day to begin transforming winter's dreams into summer's magic.

~Adrienne Cook



Sarah Hoffman
MLA, Edmonton-Glenora

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

Honourable Sarah Hoffman
 Deputy Premier
 Minister of Health

10996 – 124 Street
 780.455.7979
 edmonton.glenora@assembly.ab.ca



DANCE MIXX

This high-intensity dance workout mixes modern moves with strength training. Set to Top 40 music, Dance Mixx targets the 3 major muscle groups for a full body workout.

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

GROVENOR RESIDENTS - GET 2 CLASSES FREE

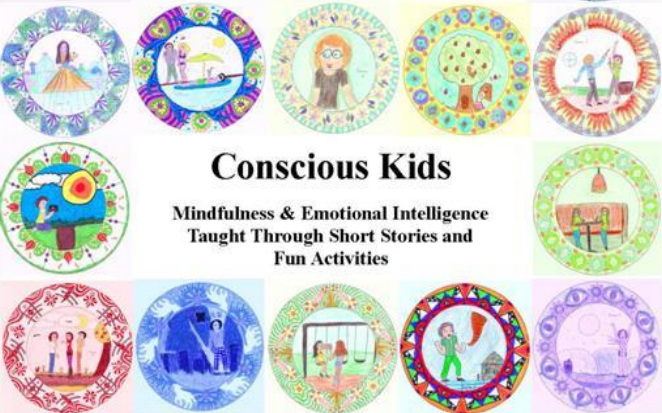
For more info call 780-970-3650 or email jazzercise.christine@gmail.com
facebook.com/JazzerciseChristineWorthing

www.jazzercise.com



Fun Mindfulness Class
For Kids (5-13 years)

Help your kids develop their emotional intelligence, lower their stress, boost their confidence & improve their mood. Empower them for life by attending **Conscious Kids**, a program that teaches families about mindfulness through short stories and fun, engaging group activities!



Conscious Kids
 Mindfulness & Emotional Intelligence
 Taught Through Short Stories and Fun Activities

- 10-week program held at the Himalayan
- Meditation Centre (10716-142 St)
- Starts in April 2019 on Saturday afternoons.
- Details + registration online. Limited spots!

www.conscious-kids.ca

Volunteers Required for 2019

The Grovenor Community League Board of Directors:

We are still recruiting for a few remaining board positions in 2019 such as **Facilities Director, Social Director, Civics Director, Directors at Large (3 required) and Rinks Coordinator.** Details on the duties of these positions can be found on our website at www.grovenor.ca. Please contact either Gerry O'Donnell at gerryo1@telus.net or Kersh Naidoo at kershnan@gmail.com if you would be interested in volunteering for any of these remaining board vacancies.

Grovenor 2019 Casino Event

Grovenor community League has been awarded a casino event to be held April **27 and 28, 2019 at the Yellowhead Casino in Edmonton.** We are currently recruiting for volunteers for this event. This is our Community League's primary source of funding for general ongoing expenditures and projects. Every volunteer for this event will be awarded a \$50 Safeway gift certificate as a token of our appreciation. If you are interested in participating in this event please contact Rosa Ficko at my3ejs@telus.net.

Fall Fest event - September 14, 2019

We are also looking for volunteers to plan and assist in the various support roles, including food planning and preparations, BBQ, ticket sales, membership sales, raffle sales, door prizes, events for children, coordinating music and fireworks entertainment, alcohol concession, clean-up, etc. This is our largest event of the year and requires many volunteers to be successful. Contact Kersh Naidoo at kershnan@gmail.com if you are interested in volunteering for the Fallfest event.

Grow Forward Grovenor – Spring 2019

If you would like to volunteer some quality time to help out at the Grovenor community garden this year for planting in the spring and/or subsequent weeding or watering, please contact Brian Los at cabrien@telusplanet.net

Spring Clean Up Event – May 11, 2019

Contact Kersh Naidoo at kershnan@gmail.com if you are interested in volunteering for the annual Spring Clean Up event (Big Bin). We need a few volunteers to just monitor the drop-off area for 2 hours each.



Grovenor COMMUNITY LEAGUE BOARD

EXECUTIVE COMMITTEE

PRESIDENT: Vacant
VICE-PRESIDENT : Gerry O'Donnell
president@grovenor.ca
VICE-PRESIDENT : Kersh Naidoo
kershnan@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: Vacant
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 :
Rob Chaput

CONNECT: Vince Bowen
connect@grovenor.ca

GROW FORWARD GROVENOR:
Brian Los
membership@grovenor.ca

**COMMUNITY RECREATION
COORDINATOR (City) :**
Margaret Smith
Margaret.Smith@edmonton.ca

WEBSITE COORDINATOR:
Allan Bly
AllanBly@gmail.com

MEMBERS AT LARGE :
Vince Bowen*Rob Chaput* Vincent
Tan* 3 Positions Vacant



THE WALL MURAL SAYS IT ALL....



Grow Forward Grovenor – Spring 2018

If you would like to volunteer some quality time to help out at the Grovenor community garden this year for planting in the spring and/or subsequent weeding or watering, please contact Brian Los at cabrien@telusplanet.net

“Yoga for Folks with aches and pains”

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.

Grovenor Community League Hall

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 \$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



As we begin our journey into spring, it's time to begin thinking about school in the fall!

Get ready for the 2019-20 school year! Sign in to your parent SchoolZone account between March 11 and April 15 to select your child's preferred school. Whether your child is staying at the same school or changing schools, **all students need to pre-enroll**. Knowing how many students to expect helps schools prepare to welcome them in September. Learn more about pre-enrolment at epsb.ca/schools/register.

Grovenor School is now taking registrations for **Kindergarten**. If your child 4 years old on or before March 1, 2019 and live in the Grovenor neighbourhood, you are eligible to register for Kindergarten at Grovenor School. Please contact the office for information on how to get started.

If you have any questions about enrolment, kindergarten or pre-kindergarten registration, please contact the office at Grovenor School [grovenor@epsb.ca or 780-455-0832] and we'd be happy to help.

Cori Fraser, Principal



Grovenor Craft & Sewing Night

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

Friday, March 22 & April 26

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

PRESCHOOL

HIGH PARK COMMUNITY LEAGUE

We are pleased to announce that the preschool is accepting registration for preschool for children ages 3 - 4, for the 2019-2020 year.



Working together with parents, volunteers, and a qualified preschool teacher, we will be providing a literacy and learning program for children, giving them opportunities to learn and develop essential skills so they can reach their full potential.

For more information, please contact

hpclpreschool@outlook.com



River City

COMING SOON! SWEET SUITE // 10532 151 STREET

ANGIE RESENDES // 780.439.7000 //
EdmontonPropertyShop.com

Not intended to solicit individuals under agency relationship



Abundant Community Edmonton (ACE) works with citizens to:

- Enable relationship building to advance connection and belonging
- Shape community life according to residents' vision for their neighbourhood
- Build neighbourhood identity and pride through shared ownership and responsibility
- Facilitate local recreation opportunities
- Foster an environment of care for one another
- Reduce social isolation
- Increase safety on the block and in the neighbourhood
- Build the capacity of the neighbourhood to engage with neighbourhood leadership and the City of Edmonton

Read about how neighbourhoods in Edmonton are turning [Strangers into Neighbours](#) by becoming a part of Abundant Community Edmonton.

For More information visit www.edmonton.ca/abundantcommunity , or
Email: abundantcommunity@edmonton.ca

See more on Page 10...



*Custom Garage & Garden Suite
Designs & Construction by:*



For more information, contact
Jeff at 780-982-3447

Want to make the MOST of your current Residential Property?

- Increase your property value
- Earn rental income to support your mortgage

Would a Garage or Garden Suite be right for you?

- New or add-on construction
- 400-800 sq ft single or 2-storey dwelling
- On your property, but separate from your principal residence
- Private, fully functional living space – kitchen, bath, living/sleeping area
- Connected to main services

Great for affordable, independent living & perfect for:

- ✓ Seniors or extended family
- ✓ University aged children or student renters
- ✓ Professionals, single or couples

Funding up to \$20,000 available through City of Edmonton
'Secondary Suites Grant Funding Program'

GROVENOR BIG BIN & SPRING SWAP

SATURDAY MAY 11, 2019

Our annual spring clean up event will be back again this year to help keep our community looking good all year round. The event will run on Saturday May 11, 2019 from 9am until full and is on a first come first serve basis.

This year we will provide an opportunity for residents to donate/trade/swap household items that are fit for continued use by another individual. In the event an item is not of interest to anyone by the end of the day, it will be disposed of. **Items must be in respectable condition and must not be an item that cannot be disposed of per the guidelines below.**

No hazardous materials will be accepted and we ask that all of these items be taken to the Eco Station. **NO** chemical, biological, pathological, biomedical or hazardous materials or containers, hot waste (fireplace or firepit ashges), liquids or containers with liquids photocopiers, printers, railway ties, tires, batteries, computer equipment, TV's, other electronic items, food waste dirt, rock, sod, cement, fridges, freezers or shingles, paint, chemicals of any sort.

https://www.edmonton.ca/programs_services/garbage_waste/eco-stations.aspx.

We welcome volunteers to help on the day of the event; please contact Kersh at [kersh@gmail.com](mailto:kersh@kersh.com)



Grovenor Neighbourhood Watch

As we go through our coldest months many of us are looking forward to the weather breaking, and seeing Spring come. Spring will bring with it new growth and new opportunities within our community! Stay tuned for upcoming opportunities related to Grovenor Neighbourhood Watch initiatives, and related community engagement programs.

If you would like to be contacted when we have additional information related to available volunteer opportunities please email: nwatch@grovenor.ca to be added to our list of interested community members.

If you are interested in Grovenor **crime stats** please visit the following website to observe EPS compiled information for our community: <http://crimemapping.edmontonpolice.ca/>

I look forward to connecting with many of you soon, and to seeing our community continue to take action toward becoming a safer and more welcoming location for all.

If you have questions, concerns, or comments related to Neighbourhood Watch and/or Safety within our community please email: nwatch@grovenor.ca

Grovenor Community Ice Rinks - 2018-2019 Season

Location: Grovenor Rec Centre - 14325-104 Ave.

Estimated Season Duration: Dec 15, 2018 – March, 2019

(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 clean washroom.

DONATE SKATE PROGRAM

Grovenor Community will be implementing a donate skate program from **Dec 1st, 2018 to March 31st, 2019.**

We are looking for **skates and helmets** that would fit children from 3 to 12 years of age.

Please **drop-off** the skates and helmets in the large barrel inside the Rec Centre M-F 5:00pm to 9:00pm and Sat/Sun 1:00pm – 9:00pm.

Thank You! 😊

“It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”

– Mark Twain

GROVENOR CASINO @ YELLOWHEAD

APRIL 27 & 28, 2019

Volunteer and join us at the Yellowhead Casino for our biggest fundraiser! This is an important event as the funds help our community with programming (Soccer), events (Fall Fest, Big Bin Event), our wonderful ice during the winter and general maintenance of our hall and rink.

* Available positions are: **General Manager, Banker, Cashier, Chip Runner.**

* These positions run either **Day Shifts** (9 or 9:30 am to 6:30 or 6:45 pm) or **Nights Shifts** (6 or 6:15 pm to 3:30 or 3:45 am). There are also **Countroom** positions from 11 pm to 3:45 am.

Every volunteer for this event will be awarded a **\$50 Safeway Gift Card** as a token of our appreciation.

*If interested in **helping out** for this important fundraiser or require further information, please email **Rosa** at my3ejs@telus.net.



GROVENOR OUTDOOR SOCCER 2019

Registration for the Outdoor Season has begun! All players from U4 (born 2015) to U19 (born in 2000) can participate.

Season runs from beginning of May till the end of June. Registration details and information on the program can be found at www.emsawest.com

Registration deadline is March 11th and any after this date will be based on team availability. For further information, email Rosa at grovenorsoccer@gmail.com

****We continue to try and make our soccer program better each year. It is our volunteers that make our program a success. We hope that everyone continues to appreciate them as much as we do. Make a difference, volunteer to coach. ****

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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"

The Benefits of Neighbouring

There are so many benefits that result from increased connection and neighbourliness at the block and neighbourhood level. Some of them are listed here and many more will emerge as you build a more engaged and active neighbourhood!

INCREASED CARE OF NEIGHBOURS

- Awareness and activation of the diverse needs, skills, and experiences of residents.
- Neighbours helping neighbours; everyone contributing to neighbourhood life according to their interests and abilities.
- Watching out for each other. Creating a village for children to grow and play; looking in on seniors and others who can use additional care.
- Better overall mental and physical health through new opportunities for relationships and recreation.

INCREASED CARE OF SHARED SPACES— THE ENVIRONMENTS WE CALL HOME

- Increased block identity and pride.
- Sense of shared ownership and responsibility for local infrastructure like open parkland, playgrounds, community gardens and public buildings.
- Alignment with movement to 'Think Global - Act Local'; promoting local food, water and energy security - reducing environmental footprint.

INCREASED CIVIC ENGAGEMENT AND ECONOMIC GROWTH OPPORTUNITY

- Connected citizens are more likely to engage with and influence community and its institutions. Opportunity to have a more engaged and representative voice in government affairs.
- Enhanced opportunities for employment through relationships and connections in the neighbourhood.
- Shared neighbourhood vision to build a strong local economy.

INCREASED SOCIAL AND CULTURAL WELLNESS

- Increased sense of belonging to the block and neighbourhood.
- Local and accessible companionship and friendship.
- More groups to join for recreation, fun, education and social time within the neighbourhood.
- Opportunity to know people from a wide variety of cultures, backgrounds, experiences and ages.
- Opportunity for intergenerational relationships.

INCREASED SAFETY

- Increased safety on the block and in the neighbourhood - quick help nearby when you really need it.
- "Stranger Danger" decreases as children learn the names of neighbours and residents get to know more about each other.
- Residents are able to watch out for each other with insights about each other's needs and schedules.

ACTIVATED AND SHARED KNOWLEDGE, CREATIVITY AND INNOVATION

- Collective wisdom, guidance, ideas and innovation from broad perspectives shared among neighbours.
- Emergence of creative solutions to common problems by using the unique assets, perspectives and abilities of the neighbourhood.

Grovenor Businesses and Services

HEALTH & FITNESS

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

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

-YogaMed : Marthe Murphy
8 Week Series @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

PHOTOGRAPHY

-CW Hill Photography
Bill Hill * 780.453.3333
www.cwhillphoto.com

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
email: tompkay@yahoo.co

DESIGN/CONSTRUCTION

-GDecko

-Decks/Fences/Railings/Gazebos/
Pergolas/Planters/Gates
780-680-2327
gdecko@gmail.com

-PGR Construction Ltd.

Pedro Gomez
780.454.9486 (H) 780.918.0411(C)
Complete Home Renos, Finishing
Carpenter, Int/Ext Painting

DAYCARE/PRESCHOOL/KIDS

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

-Luca Marie Bergjohann
Nanny/Sitter Services
Lulu.Bergjohann@gmail.com
587.594.4908

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

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.EdmontonDreamHome.ca

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

FINANCIAL/LEGAL/ORGANIZE

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

-Randy Hogle
Attorney-at-Law, General Legal
Practice. 780.288.2244

-Harmony Organization
Home & Office organization
heather@harmonyorganization.ca
780-238-4764
www.harmonyorganization.com

"She turned to the sunlight
And shook her yellow head,
And whispered to her neighbor:
"Winter is dead."

— A.A. Milne,
When We Were Very Young

Community Baby Sitters

Emma: 780.454.8121

Gabriella: 780.702.6802

Haley : 780.719.8280

Liz: 587.926.0386

Sydney : 780.977.3976

Luca Marie: 587.594.4908

Morgan: 780-481-0708

* 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.

Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance."

— Yoko Ono

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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