



THE COMMUNITY OF Grovenor

NEWSLETTER "SPRING" 2020



Hello Grovenor!!

Well another year has kicked off with a busy Community League schedule planned, and we hope that your 2020 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 on December 3, 2019 and thank all of our residents that were in attendance. We reconfirmed several returning board members and welcomed a few new faces to our team, including Kyle Greer as Facilities Director, Grace Salvo as Social Director, Alex Labarda, Bernard Llanos and Jennifer Carter as Directors at Large, and Amelia Caruthers as Social Media Coordinator. At February's Board meeting, we approved the **Budget** and the **Goals and Objectives** for the 2020 operating year.

As spring is just around the corner, we are working to finalize plans for our annual **Grovenor Spring Cleanup event on Saturday May 9th**. More details will be posted closer to the event on our website, hall sign and social media Grovenor Community League, with the help of a City of Edmonton grant will again be supplying two bins for the residents of Grovenor Community to dispose of non-hazardous waste materials and non-electronic household items. We also have begun planning for the **Green Shack and Joint Summer programs, Fall Fest** (Saturday September 12) and a host of other events or programs (e.g. **Community Walking Group**) that are being planned by our Programs and Social Directors along with other board members. If you are interested in volunteering at these events or helping to organize, please reach out to Heather Bolli or Grace Salvo.

Our 2019/20 **general skating** and **Drop-in ice hockey** season has been successfully operated under the guidance of Kyle Greer and other Board members. Special thanks to Rob Chaput for leading the **Power Skating** program and to the City of Edmonton for coordinating the **Learn to Skate Program**. Thanks to Grace Salvo for organizing a Family Skate Day event in February. Thanks also to Michael McAnally for providing ongoing ice maintenance that make it an enjoyable experience for all. ...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



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



@GrovenorYEG
(#Grovenor)

...Continued from page 1

We hope to have the rink open for as long into March as possible, dependent on weather conditions.

With the help of Grace Salvo, Allan Bly and Heather Boli the first Family Skate Day was held on February 9th. With hot chocolate, cookie decorating, fire pit and music, it made for a great day to get out and skate. Thanks to all who helped organize and that came out to join the event. (Check out the pictures on page 10)

We would also like to thank Miriam Ferguson who helps coordinate the hall rentals and Amanda Dyk for providing cleaning services at our facilities year-round. Our hall is frequently used to offer a variety of programs, host birthday parties and other social events, and their help in facilitating these 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 this newsletter.

Yours, sincerely,
Gerry O'Donnell & Kersh Naidoo



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.

**Happy International Women's Day!!
March 9, 2020**



Grovenor
Craft & Sewing Night

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

Friday Nights
March 20 & April 17
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



FEES INCLUDE
Snacks & field trips
No parent roster

First Discoveries
PRESCHOOL

Inclusive preschool program
for 3 to 5 year olds

Supporting families since 1981

14323 107A AVE
firstdiscoveriespreschool.com



EdmontonDreamHome.ca // 780.686.7161

ANGIE RESENDES

Angie was awesome! I know everyone thinks their agent is when they get the house they want, but after this experience i will push family and friends to her. Right from the first sit down with Angie, my wife and I, felt way more confident and relaxed about buying a house. Every suggestion from Angie was over and above and made us unbelievably happy. There is no question you can not go wrong with Angie Resendes as your agent, she is always 100% on your side and looking out for you.

The Taggart's

Not intended to solicit clients under contract



Social Walking Group

Come join your neighbours for an evening stroll in the community/ravine.
All are welcome!

When: Every Monday at 7pm *starting March 2nd

Where: The group will meet in front of the Grovenor Community Hall

SPRING FORWARD...!!

Sunday, March 8, 2020

Set your clocks ahead one hour for

DAYLIGHT SAVINGS TIME

GROVENOR COMMUNITY LEAGUE BOARD

EXECUTIVE COMMITTEE

- PRESIDENT:** Vacant
president@grovenor.ca
- VICE-PRESIDENT:** Gerry O'Donnell
kershran@gmail.com
- 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: Kyle Greer

CIVICS: Jeff Havixbeck

SOCIAL: Grace Salvo

NEWSLETTER: Bill Melenberg
newsletter@grovenor.ca

PROGRAM DIRECTOR:
Heather Bolli
hbolli@shaw.ca

NEIGHBOURHOOD WATCH:
Cameron Worthing
nwatch@grovenor.ca

SOCIAL MEDIA COORDINATOR:
Amelia Carruthers

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 * Peggy Ward* Alex Labarda*
Jenn Carter* Bernard Llanos* Allan Bly

GROVENOR SPRING CLEANUP MAY 9, 2020

Our annual spring clean-up / **Big Bin event** will be back again this year to help keep our community looking good all year round. The event will run on Saturday May 9th, 2020 from 9am until full and is on a first come first serve basis.

As always, mattresses, hazardous materials or electronics, will NOT be accepted and we ask that all these items be taken to the Eco Station including: chemical, biological, pathological, biomedical or hazardous materials or containers, hot waste ashes (eg. fireplace or firepit), 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.

Grovenor Community League reserves the right to refuse items at its' sole discretion. A list will be posted on grovenor.ca or you can visit the City of Edmonton's website at https://www.edmonton.ca/programs_services/garbage_waste/eco-stations.aspx.

We would welcome volunteers to help on the day of the event and if you are interested, please contact Kersh at [kershran@gmail.com](mailto:kershnan@gmail.com)

"Spring is when you feel like whistling, ... even with a shoe full of slush"

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



Your Community Orthodontist

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SimplyOrtho.ca



Grovenor School

Together we DO make a difference

Now that we've made it through the bulk of the winter, we're excited at Grovenor School to be embracing spring and all the outdoor fun that it brings! At the school, we're getting ready for registration and pre-enrolment season as well.

If your child is turning 5 on or before December 31, 2020, they can be registered for Kindergarten for the 2020-2021 school year. Please contact the school office and we can help you get this process started! In addition, we are hosting our **Kinder Open House on March 2, 2020 at 6:30PM.**

For those families who already have children enrolled, **pre-enrolment via SchoolZone begins on March 9th.** Be sure to log into your account and be a part of the enrolment process!

As always, if you live in the Grovenor community and are looking for a **volunteer opportunity**, please give us a call or stop in and we can get you set up.

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



Bringing smiles to life



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.

Mondays & Wednesdays

at 9:30 am or 7:30 pm

Grovenor Community Hall, 14325 - 104 Ave

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

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

www.jazzercise.com



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



Volunteers Required for 2020:

Fall Fest event - September 12, 2020

We are 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.

Sign up here: <https://www.signupgenius.com/go/4090C4AADA72DA2FA7-grovenor>

Contact Kersh Naidoo at kershnan@gmail.com or Heather Bolli at hbolli@shaw.ca for additional information

Grow Forward Grovenor – Spring 2020

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 9, 2020

Contact Kersh Naidoo at kershnan@gmail.com if you are interested in volunteering for the annual Spring Clean Up (Big Bin) event. We need four volunteers to help monitor the drop-off area for 3 hours each. Event runs from 9am till full which usually occurs by 2 or 3pm that day.

GROVENOR FALL FEST 2020

SEPTEMBER 12, 2020

4:00pm – 9:00pm

We welcome all residents of Grovenor to join us for the annual **Fall Fest**, a family event which will include a BBQ, salads, dessert and non-alcoholic drinks at a very reasonable price! Kids will enjoy face painting, bouncy castles, spray-park and other activities. Adults can look forward to live music, wine & beer gardens and 50/50 raffle! And weather permitting; we can all look forward to ending the night with spectacular fireworks!

We are therefore reaching out to all within the Grovenor Community in search of your help! **With your help as a volunteer**, we can make this event a huge success!! The more volunteers we have, the more enjoyable an event this can be for all! Needless to say, many hands also make for light work.

This year we are seeking a lead coordinator (or two?) along with a minimum of 40 volunteers for the day event. Shifts are typically 3-4 hours and start at varying times through the day. Based on your availability, we'd be happy to see where we can best fit you in. The **online signup** will be up and running very shortly. If you are interested in helping out and would like to sign up, please visit:

<https://www.signupgenius.com/go/4090C4AADA72DA2FA7-grovenor>

The community is also **accepting donations** from local businesses and residents for **door prizes and give-aways** to be held at the event. If you are interested in contributing, please contact Kersh at the email address below. All donations will be recognized at the event, in our newsletter and on our website. A donation request letter can be provided if required. Questions to Kersh at:

kershran@gmail.com.

**“In the Spring I have counted 136
different kinds of weather inside of
24 hours”**

Mark Twain

The fantastic interaction with the presenters and our peers was tremendously valuable."

CPA Participant, 2015

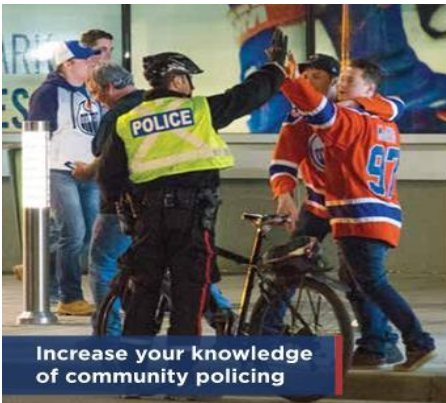
- Problem Solving
- History of Policing
- Dispatch Centre
- Beat officers
- Prostitution/Vice
- Police Commission
- Victim Services
- Restorative Justice
- Bylaw
- Crime Prevention
- Auto theft
- Crime prevention through Environmental Design
- Spousal Abuse
- Derelict Housing

Course Presenters

Experienced instructors include high ranking officers and sworn members with expertise in specialized areas of the service. Civilian instructors involved in community policing programs and external justice organizations will also provide special presentations.



Make a difference in your community



Increase your knowledge of community policing

What is the Citizens' Police Academy?

The Citizens' Police Academy (CPA) is an exclusive opportunity for individuals with professional or personal interest in community policing issues to acquire knowledge on police issues, practices and operations in the city of Edmonton.

Benefits of participation

- Increased awareness of current policing issues.
- Knowledge of the complexities and subtleties of police work.
- Greater understanding of community involvement in crime and safety issues.
- Tools to assist in making your community safer.
- Opportunity to connect with others in the community concerned about the same issues as yourself.
- Open and ongoing dialogue between the community and the Edmonton Police Service.

My respect, understanding and knowledge of what the EPS does has increased immensely."

CPA Participant, 2014

Details

The CPA involves a commitment of one evening per week (Tuesday's) from 6:30-9:30 pm (three hours) for 13 weeks. Week 13 is a graduation ceremony. Two Citizen's Police Academies are offered annually—one in the fall and one in spring. A maximum of 40 participants will be enrolled per session.

Location

Southeast Division Station
#104 Youville Drive East T6L 7H6

Applications Information

To participate in the CPA, please fill out an application available online at www.edmontonpolice.ca. Follow the "Join EPS" link to the CPA web page. Please drop off your application at any police station, or mail to:

There is no cost for enrollment

The Fine Print

All applicants are subject to a police security check. Participants must attend 10 of the 13 sessions. Participants will be chosen to maximize the diversity of the class. Applications will be kept on file for one year.

Citizens Police Academy

c/o Edmonton Police Service Headquarters
9620—103 A Ave., Edmonton T5H 0H7

For an application or for more information:

- visit: www.edmontonpolice.ca
- email: citizenspoliceacademy@edmontonpolice.ca
- call: **780-421-3546**



Discover crime prevention strategies

Community focused

Each community has its own policing needs. To assist these communities each class will target and focus on a specific community and invite business leaders, community residents and other stakeholders to participate and find practical solutions to community concerns. Priority will be given to these community partners.

Meet your classmates

We try to make the class as diverse as possible and encourage participants who have an interest in police related issues or work alongside the EPS to apply. Past participants have represented many parts of the community including;

- Community social agencies
- Business leaders
- Teachers
- Municipal politicians
- Media
- Cultural Societies
- Legal Community
- Police Commission



Now taking applications for Spring, 2019 Session
March 19 - June 18 2019
Community focus: S.E. Division

EDMONTON POLICE SERVICE



Better understand your police service

Course syllabus

Over the course of 13 weeks, your class will cover many aspects of the police service, with a strong emphasis on community policing. Through interactive, hands on learning, practical demonstrations, real life scenarios and case studies, you will cover topics including:

- Basic Criminal Law
- A Day in the Life of a Police Officer
- Community Policing
- Crime Scene Investigation
- Economic Crimes
- Child Protection
- Homicide
- Gangs
- Drugs
- Graffiti

"A very detailed, informative, inclusive and enjoyable course. A must-attend for anyone wanting to become more active in the social welfare of their respective community."

CPA Participant, 2015

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



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\$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"



SOFTBALL REGISTRATION

**To register for the 2020 season
or to find out more information**

www.highparksoftball.ca

**First 20 players in each age category
receives \$40.00 off registration!**

**Boys & Girls Ages 3 & Up
of all skill levels are welcome**

(Player must be 3 by December 31, 2019)

Enjoy the rewards of being part of a team!

*Friendship, laughter, skills and teamwork.
All at a great value for families. Just bring a glove.*

Spring training included in price of registration.

An Edmonton community league membership is required to register.

Grow Forward Grovenor

Our Community Garden group is planning our **"Seedy Saturday"** for either **May 16** or **May 23** depending on the weather we have for planting. This year we hope to have **more volunteers** and some **talks and programs** for both adults and kids. We already have an **Arborist** that is willing to do a presentation on Seedy Saturday so any other ideas would be most welcome.

Our community garden is truly unique in the city as it is for the entire community. We don't rent out spots or beds to people. We plant as a community and anyone in Grovenor can take part in harvesting the fruit and veggies as they become ripe for the picking. **Take what you need and leave the rest for others to enjoy.** We also like to encourage our community to do some weeding as they walk by and generally ensure that the garden is not being vandalized and can be enjoyed by all.

We are always looking for more help and ideas so if you have a green thumb or want to participate please contact Brian Los at cabrien@telusplanet.net



Grovenor Family Skate Day

February 9, 2020



Thanks to Grace, Allan and Heather for organizing our First (and hopefully Annual) Family Skate Day. Fun, refreshments and a few spills were enjoyed by all. Mariette was wondering about the dog who seemed to be feeling a little left out of the frolicking ... forgot his skates?

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
1.

-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

-Yo Yoga: Yoga4Young Ones
Mom & Baby / Lil' Yogis / Kids
Yoga
Classes at The Orange Hub
yoyoga.ca IG/Fb @yoyoga.ca
587.599.8287

MUSIC

**-Piano Lessons Sandra
Marcus**
10639-145 Street
creativekeys99@gmail.com
780-271-9904
simplymusicpiano.com
weekdays 9:30-3:00 only

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.

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 _____

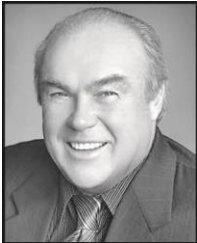
Cheques Payable to:

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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Wolfgang Lingstadt
Denturist

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14824 - Stony Plain Road

Polar & Brooklyn © by Alex Labarda

