



THE COMMUNITY OF Grovenor

NEWSLETTER "SPRING" 2023

Greetings from your Vice Presidents:



Hello Grovenor,

Another year has kicked off for the Grovenor Community League Board responsible for delivering programs to all Grovenor residents. Thanks to all of our hard-working **Board members** who have stepped up to volunteer their time in 2023 to serve on the board and the many community volunteers who sacrifice their time and energy to organize and manage

the many programs that make this such a great community to live in!

We conducted our virtual **Annual General Meeting** on **December 6, 2022** with the assistance of the City of Edmonton who officiated the election process for the 2023 Community League Board of Directors. Thanks to those Grovenor residents who took the time to participate virtually. Although we were able to elect an excellent group to serve on the 2023 Board, we still have several vacant positions yet to be filled by new volunteers as advertised in this newsletter. Please refer to the updated Community League Board Member listing in this newsletter.

At this time, we are planning to host a **Community Conversation meeting** on **Feb 27** from **7:00 to 8:30** at the **community league Hall with Andrew Knack, City of Edmonton Councillor** for the Nakota Isga Ward, together with several **City program staff** who would be able to answer questions. It should prove to be a very interesting and informative meeting with a wide variety of topics planned to be discussed some of which would include the 148 Street Ravine Foot Bridge replacement project, Infill projects and related issues, City Budget, Valley Line LRT project update, CoE Urban Planning process update, Traffic Safety Measures for Grovenor, Street Labs, traffic lights at crosswalks, etc.

The **Community Walking Group** program that was initiated over two years ago by our previous Social Director Grace Salvo and St Paul's church is planned to be delivered again in this spring, with more details to follow on our website and social media when finalized. ...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.

Contents

2. - VP message (cont'd)
- Swim
3. - Grovenor Board
- Fall Fest notice
- Grow Forward
4. - Big Bin Event
- Volunteers
5. - Grovenor School
- Soccer
- Voce Alegres Choir
6. - Ad
7. - Mindfulness Colouring
8. - St. Paul's Easter
- Ads
9. - Jazzercise/Ads
- 10.- Neighbourhood Watch
- Mindful Gardening
- 11.- Businesses/Baby Sitters
- 12.- Membership Form

Grovenor on Social Media

www.grovenor.ca



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



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

...Continued from page 1

Despite some weather-related constraints, our **general skating and hockey programs** continued to operate this winter under the guidance of our Ice Rinks Coordinator Kyle Greer and our ice maintenance assistant Michael McNally. Unfortunately, we were not able to offer **Learn to Skate and Introduction to Hockey Basics** programs this season as planned, but the planning is already underway for the 2023-24 skating season by our Sports Director Keaton Seaby. **We hope to have the rinks open through at least the early part of March, depending on weather conditions.** The **Toddler Sports program** will also be offered again this year on Sunday mornings. The **youth soccer programs** will again be offered and coordinated by Rosa Ficko together with several volunteer coaches.

Our new **Civics** Director, Piotr Kijak, is being groomed to provide ongoing input to the city regarding **Infill** related issues and other civics or **development related matters.**

Other program activities committed to by our board in the near term include **Grow Forward Community Garden, Greenshack program, Big Bin**, with more details to follow in our various media platforms.

Our board continues to strive to make our **Community League Hall** more accessible for a variety of community activities such as hosting children's birthday parties, receptions and other social events, church groups, jazzercise, yoga, children's summer programs, etc.

Our **Board of Directors meetings** are held virtually on the first Tuesday of **every second month** from 7:00 to 9:00 pm. Next meeting will be held on **April 4**. We encourage you to attend any of these virtual meetings so that you can see and experience your community in action. Check the Hall sign for postings re future meetings. Please also consider volunteering for a **board position vacancy** as advertised in this newsletter.

Stay Safe and Healthy!

Yours, sincerely,
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



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.



Randy Boissonnault
Member of Parliament for Edmonton Centre

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Constituency Office:
780-442-1888, randy.boissonnault@parl.gc.ca

[@R.Boissonnault](https://www.facebook.com/RBoissonnault) [@R_Boissonnault](https://www.instagram.com/R_Boissonnault) [@R.Boissonnault](https://www.tiktok.com/@R.Boissonnault)

GROVENOR FALL FEST

SATURDAY SEPTEMBER 16, 2023

4:00pm – 9:00pm

Fall Fest 2023 will be bringing back the food trucks, music, beer/wine gardens (18+), games, and other fun stuff for us to enjoy at the Grovenor Park. Come on by, catch up with friends and neighbours, meet new friends and neighbours while partaking in celebrating the Community of Grovenor and Community League Day in Edmonton!

This event won't happen without the help of volunteers. Please consider supporting this event and reach out to any one of the Community League Board Members to discuss how you can help make this event a success. If you would like to volunteer for this event, sign up at:

<https://www.signupgenius.com/go/4090C4AADA72DA2FA7-grovenor2>

At this time, the Community League would also like to convey that we are **seeking donations for door prizes** for our event from local businesses and residents. If you are interested in contributing, please email Kersh at vicepresident_2@grovenor.ca. All donations/prizes will be recognized at the event, in our newsletter and on our website.



This is an outdoor event, seating is limited and please come prepared for the weather! Event may be cancelled in the event of inclement weather at the sole discretion of the Grovenor Community League.

Grow Forward Grovenor Spring 2023

Spring is just around the corner... it's time to think about supporting our Community Garden.

Volunteers required for some quality time to help out at the garden this year: from planting in the spring to subsequent weeding and watering during the season. If interested, please contact **Kathy Hewitt** at grow@grovenor.ca.



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: Andrew McDaniel
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: Piotr Kijak
civics@grovenor.ca

SOCIAL: vacant 😞
social@grovenor.ca

NEWSLETTER: Bill Melenberg
newsletter@grovenor.ca

PROGRAMS: Cassidy Cooper
programs@grovenor.ca

NEIGHBOURHOOD WATCH:
Jaclyn Briscoe
nwatch@grovenor.ca

COORDINATORS

CASINO: Heather Bolli

SOCIAL MEDIA: Madelen Ortega

GROW FORWARD: Kathy Hewitt

WEBSITE: Hugh O'Neill
admin@grovenor.ca

MEMBERS AT LARGE:

Vince Bowen * Alex Labarda * Allan Bly*

NEIGHBOURHOOD RESOURCE

COORDINATOR (City):
Darrell.Nordell@edmonton.ca

BIG BIN EVENT

GROVENOR COMMUNITY LEAGUE

SATURDAY MAY 6, 2023

Our annual spring cleanup event will be back this year as we continue to hear that our residents appreciate this event. We hope to help keep our community looking good all year round and this year's event will run on **Saturday May 6th, 2023 from 9 AM until the bins are full, and is on a first come first serve basis.**

PLEASE NOTE THAT WE WILL NOT ACCEPT THE FOLLOWING ITEMS:

Electronics, chemical, biological, pathological, biomedical or hazardous materials or containers, hot waste (ashes e.g. 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, washers, dryers, mattresses, couches, items with engines, shingles, paint, chemicals of any sort.

The items listed above can be taken to the Edmonton Eco Stations. For further information please see: https://www.edmonton.ca/programs_services/garbage_waste/eco-stations.aspx.

THE GROVENOR COMMUNITY LEAGUE AND ITS VOLUNTEERS RESERVE THE RIGHT TO REFUSE ITEMS AT THEIR SOLE DISCRETION.

RESIDENTS ARE ASKED TO ENSURE THEY UNDERSTAND WHAT ITEMS ARE ACCEPTABLE AHEAD OF THE EVENT AND TO BE PREPARED TO UNLOAD THEIR OWN VEHICLES AS LIMITED ASSISTANCE IS AVAILABLE ON SITE.

We would welcome volunteers to help on the day of the event and if you are interested, please contact Kersh or Gerry at vicepresident_1@grovenor.ca or vicepresident_2@grovenor.ca

CITY OF EDMONTON BIG BIN EVENTS & ECOSTATION FREE DROP OFF WEEKENDS

Please check the City of Edmonton website for more details as schedule will be released later in 2023.
www.edmonton.ca

Volunteers Required to Fill Vacancies for 2023:

We are still looking for volunteers to fill a few remaining board vacancies in 2023 as follows:

President
Facilities Director
Communications Director
Social Director
Directors at Large

Details on the duties related to most of these positions can be found on this website www.grovenor.ca under "Governance" – "About the Board"

If you are interested in volunteering for any of these positions, please contact either Gerry O'Donnell at vicepresident_1@grovenor.ca or Kersh Naidoo at vicepresident_2@grovenor.ca with any questions.

The Board will provide any required training and ongoing support for any new board members.

Thank you.



Hello Grovenor Community!

With spring just around the corner, Grovenor School continues to thrive! Can you believe we just celebrated 100 days of school? We also held our annual Celebration of Learning where students get to showcase their achievements.

Once the weather starts to improve, you can expect to see Grovenor students going on more frequent River Valley Walks. This is an important part of our commitment to wellness and

we feel very fortunate to be able to access such a wonderful, natural learning environment close by. We are also working on developing an outdoor learning/gathering space out in front of the school. This is a very exciting project that has been in the works for over three years. Stay tuned!

Updates:

- Kindergarten registrations are now being accepted. For more information on registering for a Kindergarten Program, you can visit: <https://www.epsb.ca/schools/register/kindergartenregistration/>
- Skip the Depot Fundraiser continues. To participate:
 1. Download the app and book a pickup using <https://app.skipthedepot.com/grovenorschool>
 2. Place your bags outside
 3. Receive a refund or donate to us!
- Spring Break runs from March 27th-31st

Our focus remains on providing a safe, caring and welcoming school environment as we transition into the last four months of school.

We have such gratitude for everyone's support of the school we are so proud of. We wish you health and happiness this spring!

**Yours in partnership,
Ms. Roberge**



**Community Soccer Outdoor
Registration: February 1 – March 12
WWW.emsawest.com**

VOCES ALEGRES CHOIR

Wednesdays, 7-9 PM
St. PAUL'S ANGLICAN CHURCH
145 STREET/STONY PLAIN ROAD



Voces Alegres choir is a non-auditioned, bi-lingual Spanish-English community choir focused on music from Central and South America. The choir welcomes new members throughout the year. Please direct any inquiries to vocesalegreschoir@gmail.com.

Our Spring concert will be June 17, 2023!!



Padgett

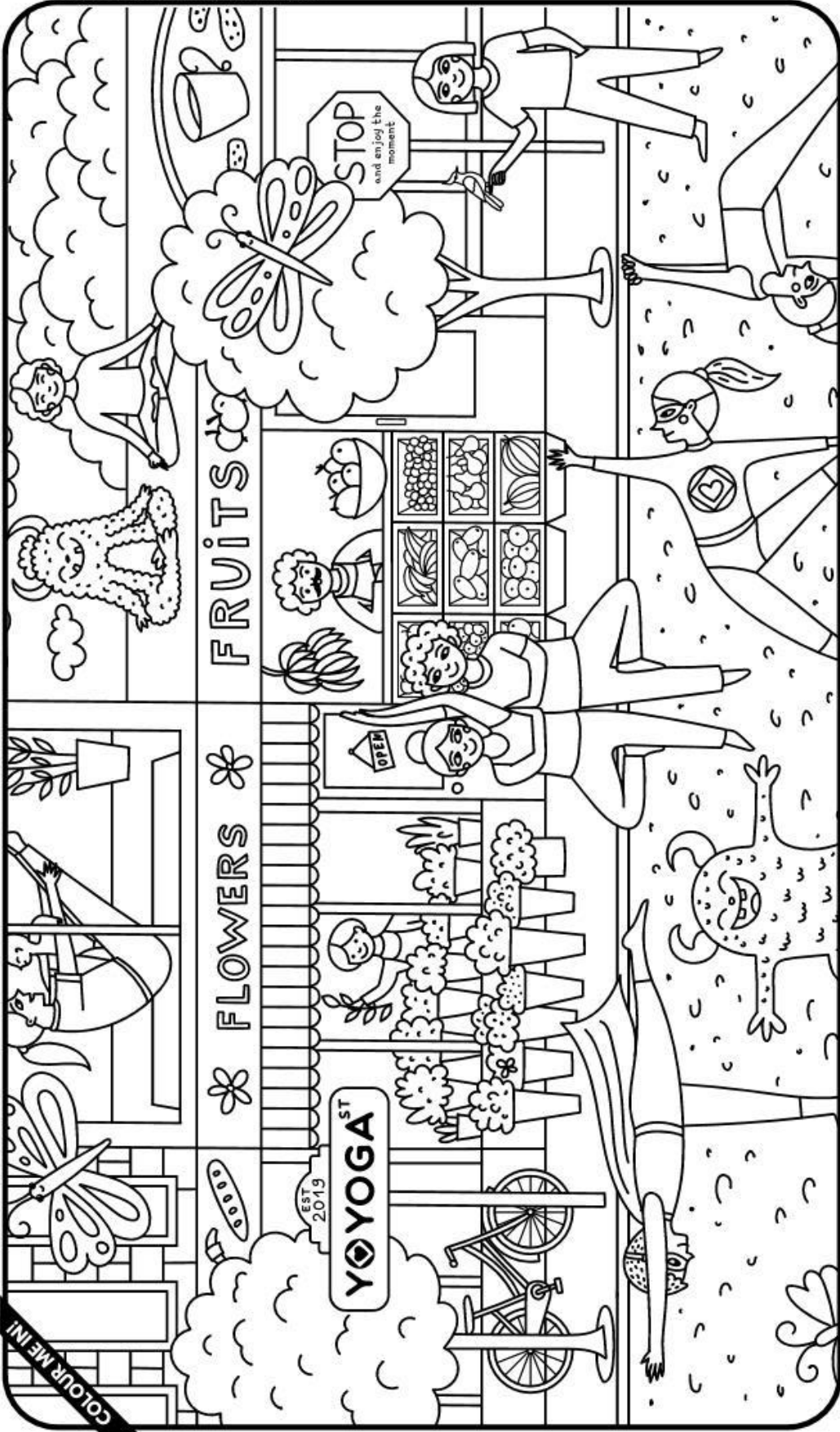
We have a team of accountants and tax professionals that are getting geared up for this tax season.

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www.padgettnw.com



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COMING UP

Mindful Superhero Day Camp March 13 - 9am-3pm | **Spring and Shine Day Camp** March 28 - 9am-3pm

Family Yoga March 26 - 2-3pm | **Mom & Daughter Girl Power** March 11 / May 13 - 2-3pm

Baby Yogi & Me and **Toddler Yoga** series begin April 17!

To learn more about all of our classes
visit yoyoga.ca / follow [@yoyoga.ca](https://www.instagram.com/yoyoga.ca)



All classes take place at
Atma Yoga Canada (14915 107 Ave.)

YOYOGA

Kids and Family Yoga and Mindfulness



sign up for classes here! :)

You're invited to celebrate

EASTER

at St. Paul's Anglican Church

MONDAY, TUESDAY, WEDNESDAY

April 3, 4, & 5, 2023 7:00pm
Prayer Services

HOLY THURSDAY

April 6, 2023 7:00pm
Service of the Lord's Supper

GOOD FRIDAY

April 7, 2023 12:00 Noon Worship Service

HOLY SATURDAY

April 8, 2023 7:00pm
Interfaith Service of Contemplation

EASTER SUNDAY

April 9, 2023 10:00am Worship Service

Please join us for Holy Week & Easter services at our parish in the community of Grovenor. Experience the passion, death, & resurrection of Jesus through song, prayer, & reflection.

10127 145 St NW, Edmonton, AB
780-455-0771
office@stpauls-anglican.ca
<https://www.stpauls-anglican.ca/>



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14824 - Stony Plain Road

Mondays

4:15 Hip Hop 3-5yr

Tuesdays

7:00p Hip Hop 9-14yr

8:00p Adult Hip Hop

Wednesdays

7:00p Adult Salsa beginner

8:00p Adult Salsa level 3

Fridays

6:35p Adult Advanced

Beg Hip Hop

2023 SPRING CLASSES

Orange Hub - 10045 156 Street

MARCH 4 - JUNE 20

lite
Dance Studio

Saturdays

2:00p Hip Hop 6-9yr

Sundays

10:00a Ballet 3-5yr

10:45a Ballet 6-9yr

www.elitedancestudio.net



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Grovenor residents

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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**



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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"



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PICK-UP !!**



Agent Status Program

Do you or someone you know have a business or multi-unit residential complex? Looking for ways to keep your property safe?



The Agent Status Program is a program that allows the Edmonton Police Service to **act on behalf of property owners**. When a business or multi-unit residence signs up for the program, a sticker is placed near the front door notifying police that they are part of the program. This allows police the **authority to ban and remove unwanted persons** who do not reside at the property under the Trespass to Premises Act. Visit a police station to complete the registration process and receive your sticker.

AGENT

For more information about the program contact Jaclyn at nwatch@grovenor.ca or visit edmontonpolice.ca

Director of Neighborhood Watch for Grovenor

Gardening: The Ultimate Mindful Activity

By Nallely Alcocer, Yoga and Mindfulness Teacher

Do you *garden*? If you do, you may have found it to be relaxing and rewarding, and for good reason! Gardening can indeed be the ultimate mindful activity, and here is why:

- ✿ Studies have shown that spending time in nature can improve mental health. Gardening has been used as therapy for depression.
- ✿ Being in the moment, observing and tending to different plants, you notice the changes and needs of your garden.
- ✿ You use all your senses! When gardening, ask yourself 'how can I use my senses to be more in the present moment'? What smells am I capturing? How do colours shift as the day progresses? What does the breeze bring?
- ✿ When we bring our awareness to our gardening movements and we focus on our breath and the way our body feels as it moves, this is mindful movement. Mindful movement can help us lower stress, release stagnant energy, and strengthen our mind-body connection.
- ✿ You cannot rush nature, everything grows at its own pace. When you get to enjoy the fruits (or flowers or vegetables!) of your labour, there is a sense of gratitude that grows within. Take the time to feel that gratitude.



“FLOWERS ARE

THE MUSIC OF THE GROUND

FROM EARTH’S LIPS SPOKEN WITHOUT A SOUND”

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
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 -
Massage & Somatic Movement**
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

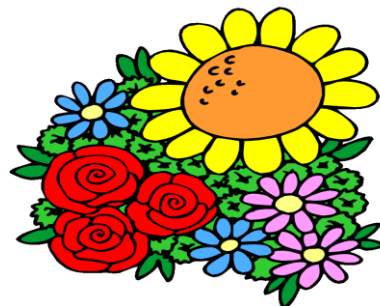
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780-292-4316
Christopher.Long@rbc.com

-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.

**"Spring is a
lovely
reminder of
how beautiful
change can
be"**

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:

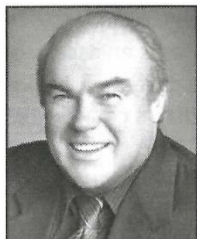
Grovenor Community League

14325 104 Ave Edmonton, AB T5N 0W9

Membership Contact:

Michelle Kawulka

membership@grovenor.ca



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