

GRANDVIEW HEIGHTS

Community Newsletter—Autumn 2011

BRING OUT YOUR DEAD!

BRING OUT YOUR DEAD!

Prizes

Games

Family Halloween
Potluck & Dance

Grandview Community Centre
Saturday, October 29 5:30 PM - 10:30 PM

Bring a Main,
Salad or Dessert
BYOBoo

Best Costume Contest

PRESIDENT'S MESSAGE

President's message – Fall 2011 Newsletter.

Greetings to all Grandview residents and a special welcome to any new families who have moved into our community over the past summer. We are looking forward to another exciting and eventful year for our Community League. As you may have noticed, construction has started on the "Rinklands". There were some challenges to get the project started this year, but thankfully it is under way. Hopefully we will have a nice fall season to allow the project to be substantially completed before the snow flies.

You may also have noticed that there has not been much progress on the new Trailhead Building at the bottom of the stairs in Whitemud Park. Apparently the foundation was not adequately heated during construction and the building was settling so construction was stopped and the situation has been monitored through the summer. The building is finally at a point where no further movement is occurring so construction can continue. We are told that the fence at the bottom of the toboggan hill will be pulled back so the hill can be used for sliding this winter.

Saturday, September 17th was Community League Day in Edmonton and over 100 of the 154 Leagues held some type of event to celebrate and promote Community Leagues which are a vital part of the structure and social fabric of Edmonton. Although Grandview did not hold an event on Community League Day, we do have a number of events throughout the year. The next one being our Halloween Party coming up on Saturday, October 29th. This is a great family party and always lots of fun.

Our Community League membership drive has kicked off for the 2011-2012 year and our Membership Director, Anish Neupane is being joined by Helena Schaefer who will be "learning the ropes" of this important function of our Community League. Manola Borrajo is back in Grandview and has agreed to rejoin our Executive as well. We welcome Helena and Manola to our Executive Committee and look forward to other members of our community stepping forward to help with the many activities of your Community League. Your membership and involvement in our Community League are very important to keeping our community vibrant and engaged.

Many of you already receive this newsletter "electronically" and also receive other notices between newsletters that may be of importance to you. If you are not on our e-mail distribution list and would like to be, please send the email address that you would like to receive information at to our Newsletter Editor, Elin Werth, at gowwerth@telus.net. We are contemplating cutting back on delivery of the paper copy of the newsletter to only those of you who specifically want it on paper. We are also looking at upgrading our website www.grandviewcommunity.ca so that you will be able to access the newsletters there and get up to date information relating to our community.

Please support your Community League. Buy a membership.

Lindsay Smith
Grandview Heights Community League President
780-860-9423 catlin@telus.net

PARK PROJECT UPDATE

UPDATE ON THE PARK PROJECT SURROUNDING THE RINK AND RINK SHACK

CONSTRUCTION IS UNDERWAY! Keep watching as our park takes shape!



FARM PATHWAY RE-OPENED

We are pleased to inform you that the University Farm pathway has re-opened. This will allow full access to the current and new bike trails.

The contractor will continue to be on the site as they complete the landscaping and may need to close the trails for short periods of time while equipment is moved. This work will be completed in late October.

Site safety remains the responsibility of the contractor and we ask that you abide by any measures or directions they provide.

TRAILHEAD BUILDING PROGRESS

The finish date of the Trailhead Building at the bottom of the stairs has been delayed. Construction had to stop to wait for the building to settle, as the foundation was not protected through last winter.

The expected date of opening is now December 5th, 2012 instead of June 30th 2012.



NEW NEIGHBOUR INFORMATION PACKAGES AVAILABLE

Do you have new neighbours?

If so, please let us know so we can give them a proper welcome.

New Neighbour information packages are available through the Community League.

Please contact Deb Choma at dchoma@millarwestern.com with the names and addresses of any new additions to the community.

COMMUNITY LEAGUE MEMBERSHIP

It is renewal time for the community league memberships.

- Being a community league member demonstrates commitment to the community and supports our wonderful neighbourhood.
- Purchasing a membership entitles you to use of the tennis courts, playground program, programs held in the community centre (e.g. yoga, tot time), soccer as well as programs run by other communities such as brownies, girl guides, scouts, and playschool.
- As a current member you are also eligible to participate in the Community League Wellness Program at any City of Edmonton Leisure, Sports and Fitness Facility (for info visit www.edmonton.ca/wellness).
- Discounts for annual passes and multi admission passes at any City of Edmonton Leisure, Sports and Fitness Facility.
- Please show your support by purchasing a membership (or making a donation) when a canvasser knocks on your door.
- Membership for 2011/2012 is \$45.00.

Contact Anish Neupane at anish.neupane@gmail.com.



TOT TIME! TOT TIME!

Grandview Community Hall
(Attached to school. North doors.)

Tuesdays and Thursdays
9:30 AM - 11:00 AM

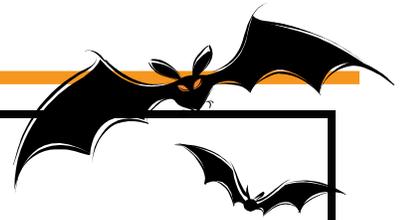
For information contact:

Lana @ lane.stromberg@gmail.com .

PROFESSIONAL PIANO INSTRUCTION

- 15 years experience, B.Mus.
 - Warm, patient approach with children
 - Sound pedagogical and technical background
 - Accepting beginner to advanced students
- Contact Raydene at 780-424-3385 or
kochr97@gmail.com

NEIGHBOURHOOD WATCH



Lock it!

Roughly one third of all home burglaries occur because a door or window was left unlocked, or even open. Today its just smart to make it a habit to lock doors and windows.

Look 'Lived In'

A key to preventing crime is to always have your home looking "lived in". Make it a habit always to keep your garage doors closed, so a burglar can't see that you're away. At night, leave a light on in some inner halls or rooms if you are going out. An inexpensive automatic timer can turn lamps and a radio on after dark. For weekend or longer trips, arrange to have your mail and newspaper picked up daily by a trusted neighbour. Also arrange to have your lawn cut and the drapes closed at night and opened in the morning.

Locks

A good lock is very important. The popular key-in-the-knob locks are not very effective. Install a 2.5cm deadbolt on all exterior doors. Patio doors are popular targets for burglars and thieves, as many of them can be lifted out of their tracks and removed. To prevent this, install metal screws in the door's upper track. These screws will fill the space above the door, preventing it from clearing the lower track. Patio doors can also be pinned like windows or locked with a commercial lock.

Doors

All exterior doors should be of a solid-core construction, 4.5 cm thick with a 180° peephole. Door frames should also be of a solid construction and have a proper security strike plate. Avoid hollow core and glass doors. You should never open the door unless you know who is on the outside. Never hide spare keys outside your home.

Windows

Windows pose a definite threat to home security. Install high-quality backup locks on all your windows if they can be pried open easily. Ask a reputable home security supplier which lock is suitable for your needs. Another reinforcement method is "pinning." Drill a 0.5 cm hold through the inside window frame and into the outside frame. Secure the window by placing a commercial pin or a large nail through the hole. Double-hung windows and sliding aluminum windows can also be pinned. Basement windows are a common entry point for burglars. Windows hidden by bushes or trees give intruders an ideal place to work. Replace basement windows with a tough, clear, unbreakable plastic that's mar-resistant, or install decorative security bars over glass windows. Bar windows from the inside and ensure they open easily in case of emergency. Windows that are seldom used should be permanently secured. Remove any bushes, trees or other obstructions (e.g. sheds) that hide windows from view.

Garages

Garages are another popular target for burglars. Keep curtains over your garage windows so thieves can't window shop or check to see if your car is there. Install inward swinging solid-core doors with deadbolts on your attached garage door. Use a good padlock for the garage door and keep it locked, even when you are home. If you have an automatic garage door opener, customize your remote to ensure that you are the only one who can open your garage.

If a burglary has occurred during your absence....

Do not enter the house in case the intruder is still there. Use a neighbour's phone or your cell phone to call police immediately! Do not touch anything...wait for police to arrive. Have a record of the serial numbers of missing items. Anything without a serial number should be marked with your driver's licence number. This increases your chances of having missing property returned to you.

YOU COULD CHANGE YOUR LIFE IN 2011 MEDITATION WORKSHOP

(open to all levels)

Dates:

September 22: from 6:30-8:30pm

at Grandview Community League

October 16: from 1:00-3:00pm at

Grandview Community League

November 27: time and location

TBD

WWW.TRAININGBYAGRIOS.COM

(for more information and to register, visit our website and click on classes & cds)

FOXfitness™



ALL GLORY COMES
FROM DARING TO
BEGIN

Nothing happens until something moves.

-Albert Einstein

FITNESS BOOT CAMP

NOW ON! Join us for fun & fitness...

Every Monday, Wednesday, Friday
6:30 - 7:30am

All fitness levels WELCOME! Classes take place in the Grandview Heights School Gym
For more information go to www.foxfitness.co, email tarafox@telusplanet.net or call 780.903.3161

MINKHA

SCARVES

HATS

VESTS

CARDIGANS

PULLOVERS

COATS



SWEATER SALE OPEN HOUSE

Windsor Park Community Hall, 11840 – 87 Ave.

Saturday, December 10, 2011 9:00 A.M. to 3:00 P.M.

Non profit. All \$ returned to the Minkha women of Bolivia

In 1989, in Bolivia, staff and volunteers of Save the Children Canada brought together a group of expert knitters and founded the micro industry **Minkha**. Through their skill and hard work, the women of Minkha have made their cooperatively owned enterprise self-sufficient and continue to provide for themselves and their children. **Save the Children – Canada** volunteers continue to assist the knitters, marketing the sweaters on a non-profit basis. For more information: **Linda Haswell (780) 436-5732**
www.minkhasweaters.com

GRANDVIEW KARATE

Grandview Youth (Beginner through Yellow belt) Tues. 5:45–6:45 PM Sat. 9–10:30 AM

Grandview Youth (Orange and above) Tues. 5:45–6:45 PM Sat. 10:30–NOON

Grandview Adult Tues. & Fri. 7–9 PM

Grandview Adult (Beginner) Fri. 6–7:30 PM Sun. 6–8 PM

Location: Grandview Heights Community Centre

For more information: Sensei Freeman (780) 433-3807 or james@edmonton-karate.com

Website: www.edmonton-karate.com



GRANDVIEW YOGA

Yoga Classes with YAA certified yoga instructor, Krysta Schroder(Fitzgerald):

Fall session runs from Sept 1st –Dec 8th. Join in anytime. \$12.00 per class.

Thursday evenings:

6:30-7:45 Beginner - All levels

8:00-9:30 Level one (Deepening your practice of yoga.)

September 1, September 8, no class on the 15th, September 22, September 29, Oct 6, Oct 13, Oct 20, Oct 27, Nov 3, Nov 10, Nov 17, Nov 24, Dec 1, Dec 8th

BOO! AT THE ZOO

Date: Sunday, October 16 11 AM - 4 PM

This must attend Halloween event has something for everyone!

Show up in your coolest costume to trick or treat while you "Get Closer" to the wonders of the animal kingdom. Win a cool prize at the Pumpkin Patch Prize Hunt or enjoy an educational talk.

For something a little more active, the Spooky Scavenger Hunt will take you on a tour to visit the Valley Zoo's Halloween animals including snakes, wolves, owls, bats and more!

Take a break and get up close with the creepy crawly reptile and amphibian demonstrations or show your creative side and make your very own Halloween Craft!

Stop by the elephant yard and watch the Elephant Jack-O-Lantern Stomp or relax and enjoy the Frightening Face Painting. For an extra special treat enjoy the incredible live spooky music or wander through the Adventure Bus!

There will also be a number of animal encounters, science experiments and a very special and spooky Witches Den attraction. Just one more reason to make Boo at the Zoo one of your Halloween traditions!



HOWL-O-WEEN

An Edmonton **Valley Zoo Halloween Extravaganza for Older Children (Ages 8—12)**

Date: Saturday, October 15 11 AM - 4 PM

Let the Edmonton Bone-Wagon Association's spooky hearses set the mood as you walk through the front entrance and then warm-up with a complimentary hot chocolate or if you're hungry treat yourself to a \$1 hot dog!

If it's a full moon, maybe the wolves will howl for you after an incredible wolf talk and demonstration.

Stroll around the zoo and enjoy the haunting live music or relax and marvel at the Magnificent Magic.

Enjoy amazing animal encounters with a variety of spooky animals including owls, snakes, lizards, or rats, and if you're daring, handle a creepy crawly insect from the Royal Alberta Museum or a reptile from the Edmonton Reptile and Amphibian Association!

Take a break and relax while you get an airbrush tattoo or visit the Super Scary Touch Table where you'll have a chance to reach inside the mystery bag to try and figure out what's inside! It could be live insects, wolf teeth, or any number of frighteningly fascinating surprises!

Enjoy the incredible fire dancers and jugglers and cheer on Lucy as she paints a Pumpkin Painting. This is sure to be the most incredible Howl-O-Ween you've ever experienced!



FORT EDMONTON SPOOKTACULAR

Friday, October 28 (6-10pm)
Saturday, October 29 (6-10pm)

Event Details

Fort Edmonton Park is the coolest place in Edmonton on Halloween Weekend as we again present our annual Spooktacular extravaganza event on the last Friday and Saturday of October, 2011.

Don your costume and venture down to Fort Edmonton Park for a night of fun and fright for literally all ages! As you make your way through the Park, you can expect to encounter all kinds of sights, mystery, frights and allure lurking around every corner. And for a nominal fee, you can further capture the fun and experience by having a photo taken by our resident photographer.

Spooktacular is a safe place for families to celebrate Halloween festivities with both indoor and outdoor activities targeted for various age groups. Don't forget to bring a bag to collect your treats. The whole family will enjoy this evening extravaganza of Halloween fun!

Tickets

Get your tickets for this years Spooktacular here: [Spooktacular Tickets](#)

Tickets are priced the same as last year at \$17 per person (GST included), and children under 2 are free. Tickets are limited and usually sell out prior to the weekend. Subject to availability however, remaining tickets may be purchased at the door on event day for \$20 per person (GST included).

GRANDVIEW TEACHER'S HAUNTED FOREST

Brunhilda says "Come to my Haunted Forest for a Halloween experience like no other, my pretties..."



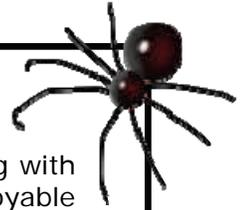
October 31st...Halloween

11735 - 48 avenue (at the end of 48 avenue, near Michener Park)

Open until we run out of Trick or Treaters! Or until we are too full to eat them any longer...

Come see the Witches, meet our new butler, visit the haunted graveyard and much more...

The whole family will enjoy this evening extravaganza of Halloween fun!

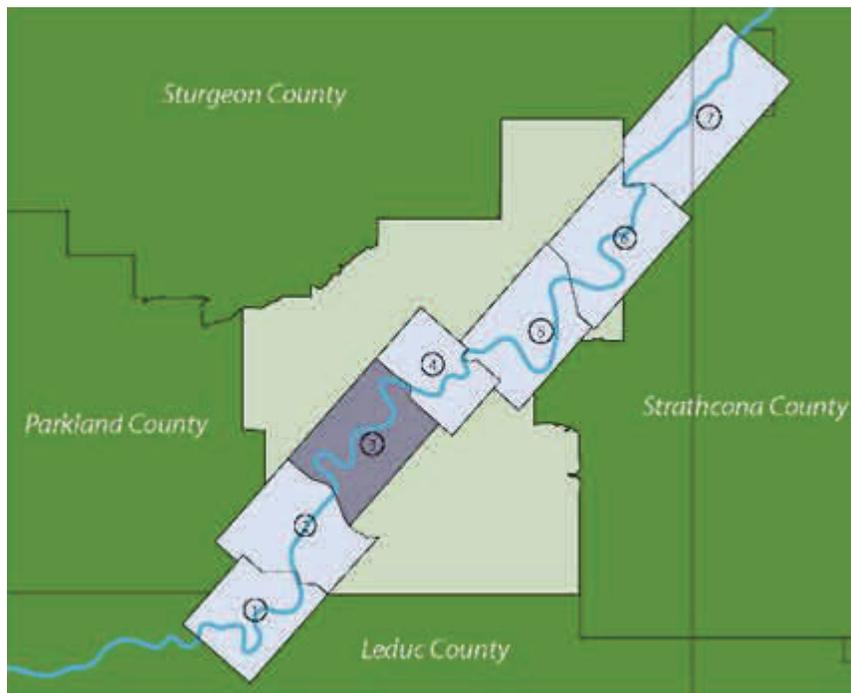


RIVER VALLEY TRAIL MAPS

The Parks Branch takes pride in our river valley and trail system, enhancing Edmontonians' quality of life through first-rate leisure and recreational opportunities. Along with our partners, we strive to ensure the river valley and trails are accessible and enjoyable for residents of all ages.

More than 160 kilometres of river valley trails are now more easily navigated with help from a new series of maps aimed at improving access and experiences for trail and park users in Edmonton. The maps below highlight the areas of the river valley that fall within the following River Valley Alliance (RVA) planning zones:

1. Gateway to the West
2. Nature at Its Best
3. Valley Attractions
4. City Centre
5. Valley Parks
6. Big Valley
7. Valley Heritage



Trail Maps

Full Size Maps

Full size copies (34" x 22") of these maps are available at City Hall, all City Libraries, Public Health Units, Recreation & Leisure Centres, Community Services Offices and some Retailers.

Copies of the maps may also be obtained by request or more information about the maps may be obtained by calling 311.

CITY RECREATION CENTRES

Fun for everyone! At City of Edmonton recreation centres you'll find many opportunities for recreation, fitness, relaxation and personal development.

We have lots of fun and affordable programs for all ages and abilities, unique workshops and special events, friendly and qualified staff, clean and safe facilities, and an assortment of excellent amenities to make your visit enjoyable.

Register for Fall Programs:

To Register: Check the [E Active Guide Fall 2011](#) for swimming lessons and fitness programs details (course code, locations, etc.) Register online at www.edmonton.ca/eReg. (Tip: use course code to find your programs).

For more information, or assistance, call 311. Please have your course codes handy.

CITY MARKET COZIES UP FOR THE WINTER INSIDE CITY HALL

Starting **October 15**, vendors from the popular [City Market Downtown](#) will be selling their wares inside City Hall. The City Market Downtown at City Hall will be open every Saturday from 10am to 3pm until May 2012, when it will return to its outdoor home on 104 Street.

"Hosting the market at City Hall enables it to operate year round, keeping our community connected with local food producers and artisans," said Jill Wright, City Hall Client Services Manager. "This is in line with the City's commitment to a [sustainable food and urban agricultural system](#) in Edmonton."

This is the third time the City Market has called City Hall home. Earlier this year, City Hall hosted the market from March to May following a successful pilot in November and December, 2010.

"City Hall is convenient and accessible. We are thrilled to be coming back," said Dan Young, spokesperson for the City Market. "It's your same, beloved City Market experience but under the sunny, warm glow of the pyramids of City Hall."

The City Market Downtown at City Hall will feature an extraordinary selection of locally-produced merchandise including original artwork, handcrafted jewellery, one-of-a-kind fashions and accessories, delectable baking and homemade honey, jams and dips. Many of the buskers and entertainment that kept things lively on 104 Street will also be on hand.

For more information:

Jill Wright City Hall Client Services Manager
780-496-8226 jill.wright@edmonton.ca

Dan Young Vice Chair, City Market Downtown on 104th
780-292-0615

COMMUNITY EXECUTIVE



<u>Position</u>	<u>Name</u>	<u>Email</u>
President	Lindsay Smith	catlin@telus.net
Secretary	Deb Choma	dchoma@millarwestern.com
Treasurer	Louise Gibson	lcgibson@shaw.ca
Hall Rentals	Chris Gibson	lcgibson@shaw.ca
Facilities	Lindsay Smith	catlin@telus.net
Newsletter	Elin Werth	gowwerth@telus.net
Newsletter Distribution	Lori Kraus	mlkraus@telus.net
Web Site Coordinator	Gord Gilroy	gord@visioncreativeinc.com
Programs	Vacant Position	
Sports Coordinator	Ollie Semonis	bodonis@shaw.ca
Membership	Anish Neupane	anish.neupane@gmail.com
Social Events	James Belovich	rbelov@telusplanet.net
	Barb Brass	nbbass@telusplanet.net>
Rinklands Committee	Cathy Lewis	cathylewis@shaw.ca
University Liaison	Sue Lambert	lambert.sue@gmail.com

<u>Community Partners</u>		
Grandview Heights School	Doug Allen	doug.allen@epsb.ca
Edmonton Community Services	Linda Bombardieri	linda.Bombardieri@edmonton.ca
City Councilor	Don Iveson	don.iveson@edmonton.ca
MLA - Riverview	Kevin Taft	edmonon.riverview@assembly.ab.ca
MP Strathcona	Linda Duncan	duncan.L@parl.gc.ca
Executive Director - EFCL	Alan Bolstad	allan.bolstad@efcl.org
Capital Care Grandview	Jennifer Williams	jenniferwilliams@capitalcare.net

ADVERTISEMENTS

Advertising in the Grandview Heights community league newsletter will be allowed for sports and leisure related activities taking place within the community of Grandview for the benefit of its residents. Advertisers must be current members of a registered City of Edmonton community league. If you have a notice that you would like in the community newsletter please email them to Elin Werth at gowwerth@telus.net.

ELECTRONIC NEWSLETTER

Anyone wishing to receive the Grandview Heights Newsletter electronically can send an email to Elin Werth at gowwerth@telus.net with "Newsletter" in the subject line.

Grandview Heights Website: www.grandviewcommunity.ca