

GRANDVIEW HEIGHTS

Community Newsletter—Summer 2010

Grandview
Community

BEACH PARTY

Tuesday, June 29 6PM

FREE

Bring an appetizer or dessert.

Hamburgers, Hotdogs, & Drinks provided.

Go for a dip in the hot tub!

Lots of games & prizes!

BYOB

President's Message

June, 2010

Hello everyone. **It's June, school is coming to an end and so too is my final year as Community League President.** Admittedly – despite my youth – after three years of issues, activities and initiatives, things have begun to blend and blur together. I suppose time does fly...

So, a summary of 2009/10. Another very active year on the social side; the June Hot-Tub-Hoe-Down **was a great way to close out the school year. Summer followed and was busy with Andre Driedger's** tennis lessons and an ambitious playground program managed by Courtney Underhill, back for her second year. Attendance was up for all our summer programs and more of the same is planned for **Summer 2010. Thank you Manola; though Vancouver's gain may be Edmonton's loss, we do get you back in 2011!**

The Halloween Party – our sacred social summit – was certainly no disappointment. Costumes ranged from Barbie in a Box to a Harry Pottered pack of teenagers, through to Curious George and the Man with the Yellow Hat – **most impressive! And kudos to the Grandview 'Cougars' Majorettes** – great teamwork on the costumes (although Del Lewis in white knee socks is something no one should see more than once).

We rounded out winter with our Skating Party, which was a lot of fun and for the third year in a row we put on a Parents Only Social. This year it was a Comedy Night with Howie Miller – who not only grew up **a few streets away but was remarkably funny. Many thanks to James "I never met a microphone I didn't love" Belovich** and his bevy of beautiful assistants for all their hard work.

And after ten years I would be remiss not to mention the extraordinary efforts of Cathy Lewis and her crew of stalwart volunteers who organize our annual Grandview Trail Tromp. Together with corporate sponsors, and the residents of Grandview, well over \$100,000 has been raised for important causes such as the Zebra Child Protection Centre, WIN House, Camp HeHoHa, and of course our own neighborhood. 2010 was the 10th and last Trail Tromp, which begs **the question: What's next?**

From a Programming perspective, we had a busy year; enrollments were up in all areas from the Babysitting Course, Tai Chi and Tot Time to an experimental Seniors Tea, which although not consistently attended, got people thinking about the changing needs of a community. Thanks to Lori Kraus for the great idea.

During the year we had our MLA Kevin Taft visit us; and Michael Phair joined us again to discuss the **UofA's plans for the South Campus.** Thanks Sue Lambert for your ongoing interest in all things Uni. We also organized our first annual *PickUp&ChowDown Spring Cleanup* which was a huge success. Over 100 people joined in to clean our streets and alleys, followed by a hot brunch at the Community Centre. A big thanks to Deb Choma, **Anish Neupane, Sue Lambert and Roberta Hyland for all their efforts. We'll see you all again next Spring!**

Our incoming President, Lindsay Smith, is not new to volunteering in the neighborhood. If any of you ever visit the Community Centre and look carefully **at the photo display near the front door you'll notice that Lindsay has been volunteering since the 1990's. And speaking of volunteering...** Brendon Cameron, all of us on the Executive want to thank you for the long, quiet hours you spend on the Treasurer side **of things; yeoman's service over the last 5+ years. I'm sure I've missed many volunteers who need to be acknowledged. I'll do my best over the next while to thank you all in person.**

In closing I want to say how fortunate I believe we are to live in this community. Some might say **community leagues are the last vestige of volunteerism. I disagree, in Grandview I've been part of very** worthy debates, illuminating discussion, smart thinking and thoughtful stewardship. We have a remarkable neighborhood here. **And on behalf of the entire Executive I'd like to say thank you to all** who have stepped up to the plate over the last 50 years!

This has been a great opportunity.

Thank you, Gord Gilroy

GRANDVIEW COMMUNITY SUMMER PROGRAMS

July 26–30:

Einsteins and Frankensteins 6-12 year olds from 1:30PM-4PM

August 16-20:

X-Treme Action Camp 6-12 year olds from 9AM-4PM

August 23–27:

Multi-Mania 9-13 year olds from 9AM-4PM

To register for these programs call 780-496-4999 press 2 or online at <http://eReg.edmonton.ca>

GRANDVIEW SUMMER PLAYGROUND PROGRAM

Children ages 6 to 12 are invited to drop by their local playground for a free fun-filled summer! Join the exciting games, crafts, music, drama and special events.

Leaders are easily identifiable by their blue City of Edmonton shirts. Playground staff are required to pass a security clearance and have been trained in First Aid. Most importantly, all of our leaders are certified specialists in **FUN!**

JULY 5 – AUGUST 26

Monday -Thursday: 10:00 to 5:30

Friday: 1:30- 5:30

GRANDVIEW SUMMER TENNIS PROGRAM



This summer Grandview Heights community will be offering a great tennis program for all ages and all skill levels!

The program will be taught by **Andre Driedger**, who has over 10 years of tennis experience and Tennis Canada's Level One Teaching Certificate.

The program will run on **Saturdays, July 3 to August 19,**

Group lessons for **Juniors** from **10 AM - NOON.**

Group lessons for **Adults** from **1:00 PM - 2:00 PM.**

Private or semi-private lessons are also available after 4PM and weekends at \$20/hr.

You can contact **Andre Driedger** at **780-934-6318** and leave a voice message, or you can reach him at adriedge@gmail.com.

Come to the Grandview tennis courts this summer. You will learn how to play tennis and have fun along the way!

COMMUNITY LEAGUE CASINO VOLUNTEERS NEEDED

Casino Dates: Sunday, August 29th and Monday, August 30th

Location: The Palace Casino, WEM.

Volunteer Times: Day & night shifts available.

This event generates revenue for the community which funds programs and the operation of the community hall.

Please take the next step and join us as a volunteer.

To sign up, contact William Wang:

Email: williamwang1971@gmail.com

Phone: Hm 780-328-7008 Cell 780-619-2686

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.

SENIORS PROGRAM

Are you a senior or a family who has seniors living with you?

We would like to talk with you about our idea for a program for you. We hope to build a program with your needs in mind.

Give Sandra a call at 780-940-5150 or Carolyn at 780-239-2399.

Let's talk.

PARKS FOR PAWS

There are 41 sites across the city where dog owners can walk their dogs off-leash. Through community efforts, **Parks for Paws** have been established in green spaces around the city.

Dogs can experience physical and emotional benefits from running and playing off-leash.

Visit the City of Edmonton Website for a complete list of locations and more information:
<http://www.gov.edmonton.ab.ca>

NEWSLETTER DELIVERY THANK-YOU

A big thank-you to our wonderful volunteers who deliver the newsletter !

Ella Home Katherine Sorensen Carmen Alton Tina Hammond Lori Kraus Donna Ross
Sue Lambert Dawn & Russell Kocuper Terry Collier Cathy Lewis Loreen Belovich
Kyrsten Brooker Lana Stromberg Manola Borrajo Melora Jones Donna Pickens
Barb Brass Chris Gibson Tricia Ponton Megan Foxcroft Delilah Gow

JUNE IS STROKE MONTH

A Focus on Prevention

Stroke Month is designated to mark the significance of stroke and help people better understand how to prevent and recognize stroke. Stroke is the leading cause of acquired long-term adult disability in Canada with more than 50,000 evident strokes occurring each year.

Help prevent a stroke by learning more about the risk factors you can do something about, and those you can't control.

Are you at risk? Take the Heart & Stroke Risk Assessment™ and get a personalized risk profile and a customized action plan for healthy living that includes tips, tools, recipes and much more to help you reduce your risk.

Go to www.heartandstroke.ca/risk today for your personalized assessment.



SOUTH SIDE BIG BIN EVENTS!

AUGUST 28 & 29 9 AM - 5 PM

Blue Quill
(11304 25 Avenue)

SEPTEMBER 11 & 12 9 AM - 5 PM

Millwoods Towne Centre
(23 Avenue & 66 Street)

For more information:

www.edmonton.ca/capitalcitycleanup

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PICK-UP & CHOW DOWN SUCCESS !

Thanks very much to all who participated in our first annual **Pickup & Chow Down** Spring Clean Up. It was a huge, huge success !



We had at least 90 people participate, collected hundreds of pounds of garbage, had a great social event and involved many, many new Grandview families.

This event was typical of how our neighbourhood steps up to the plate for an important initiative.



Much appreciation and thanks to Dave Jacox who named the event, and Roberta Hyland, Anish Neupane, Sue Lambert and Deb Choma for all their smart thinking and hard work to bring this event to life.

See you all next year!

TRAIL TROMP

On June 5, we enjoyed our 10th and final Trail Tromp. The weather was fantastic, we had a huge turnout, and everyone had a great time. Over the past 10 years Trail Tromp has raised well over \$100,000 for local charities including Zebra Foundation, The Stollery Children's Hospital, Win House II, Big Brothers & Big Sisters, i Human, and this year raised a whopping \$23,000 for Camp He Ho Ha!!! Thank-you Grandview!

The residents of Grandview Community, along with all the charities helped, give a heartfelt "Thank-you" to the dedicated Trail Tromp committee and especially to Cathy Lewis for her never ending organization, energy, leadership, and most of all, her belief in helping those around us who need a helping hand.



Green & Gold Community Garden



A local garden with global impact

Welcome to the 2010 Season of the Green and Gold Community Garden!

The garden is an initiative of the University of Alberta's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. Volunteers operate the garden and all of their time, the seeds, plants and equipment used are donated. The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used).

All of the proceeds from the garden produce – **that's 100%** – support the **Tubahumurize project**, a non-profit organization in Rwanda that provides socially and economically marginalized women with counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities.

Where is the Garden?

The garden is easy to find. Enter the main gate to the University farm at the University of Alberta's South Campus (115th St and 60th Ave). Head west on 60th Ave until you reach a "T" in the road (during open garden market hours, you may disregard the "Private, No Entry" signs). Turn left and near the end of the road, beside a farm residence, you will see a sign for the Green & Gold Garden. A map is available on the Green & Gold garden web site at: www.publichealth.ualberta.ca/green&gold.cfm.

When will the produce be ready for pickup at the Garden?

Sign up at tubahumurize@shaw.ca and you will get notices of when the market garden will be open and what produce is available. Once produce is ready, market hours will be on Tuesday evening and Saturday afternoon (the exact times will be mentioned in the e-mail notices).

More information is available on the Green & Gold Garden web site at:

www.publichealth.ualberta.ca/green&gold.cfm or contact us by e-mail at: tubahumarize@shaw.ca.

Thank you for your support. We look forward to seeing you at the garden!

FRONT YARDS IN BLOOM

Front Yards in Bloom celebrates front yards that make Edmonton beautiful.

Nominations:

Nomination deadline is July 8, 2010. We're looking for lovely local landscapes in Edmonton. Yards can be nominated by anyone.

Email: front.yards@edmonton.ca

Phone: 311

Front Yards in Bloom helps:

- Encourage a beautiful community.
- Recognize the contributions of local gardeners.
- Foster community involvement.
- Improve Edmonton's standing as a community in bloom.



SPLASH & RIDE YOUTH PASS... GO SWIMMING GO WORK OUT GO ANYWHERE

With the school year coming to a close, don't forget to include the ETS Splash & Ride pass in your summer travel plans. This is the 15th year of this popular co-promotion with Community Services, and it continues to grow.

Youth 17 and under can get unlimited transit travel and free admission to 12 City Leisure Centres (including Commonwealth Sports & Fitness Centre and Kinsmen Sports Centre) during public hours in July and August. Remember you can use the pass at Borden Park, Mill Creek and Oliver outdoor pools too.

The Splash & Ride pass is designed to provide an economical summer travel option for youth, plus free access to City Leisure Centres for recreational swimming and use of fitness centres (where available - some restrictions apply).

For details go to: <http://www.edmonton.ca/transportation/ets/fares/splash-n-ride-passes-and-leisure-centres.aspx>

COMMUNITY EXECUTIVE

<u>Position</u>	<u>Name</u>	<u>Email</u>
President	Lyndsay 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	Neesh Pannu	neesh.pannu@ualberta.ca
Sports Coordinator	Doug Parsons	dougpar@shaw.ca
Membership	Anish Neupane	anish.neupane@gmail.com
Social Events	James Belovich	rbelov@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	Paul Samboryk	paul.samboryk@edmonton.ca
City Councilors (Ward 5)	Bryan Anderson	bryan.anderson@edmonton.ca
	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