

Special Interest Articles:

- Rinklands Park Grand Opening
- Benefits of Yoga
- Playground for adults give couch potatoes one less excuse
- Evolution Revolution

Individual Highlights:

Tailgate Party	2
Tot Time!!	3
Karate	7
E-Revolution	7

Grandview Heights Community League

Rinklands Park **GRAND** Opening – Sept 15

There has been significant progress to the Rinklands Park. Since 2011, the fitness equipment and benches have also been installed along with the rubber underneath. The wonderful volunteers from Grandview have finished the Gazebo this spring and with that the Rinklands Park is considered COMPLETE.

Come and see what the finished product looks like. Join us on September 15 between 4:00 pm and



Rinklands Park located east of the Grandview Heights Tennis courts across the street (picture taken in Autumn of 2011)

11:00 pm to celebrate the **GRAND OPENING** of the Rinklands Park. *See our advertisement on the second page for details.*

Newsletter Delivery - Thank-You

Did you think these newsletters deliver themselves?

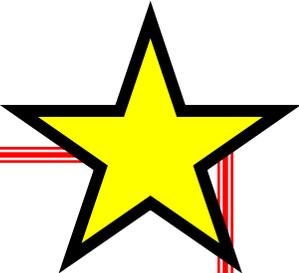
That would be miraculous but the answer is that they don't. Our wonderful volunteers trudge through and deliver them for the Community League.

A very big **thank you** to our wonderful volunteers who deliver these newsletters!

- Lori Kraus
- Anish Neupane
- Gillian Hughes

- Donna Ross
- Dawn Kocuper
- Katherine Sorenson
- Terry Collier
- Tina Hammond
- Cathy Lewis
- Loreen Belovich
- Barb Brass
- Tricia Mullen
- Kyrsten Brooker
- Chris Gibson
- Melora Jones
- Lana Stromberg
- Laurie Semonis
- Sheri Perozni



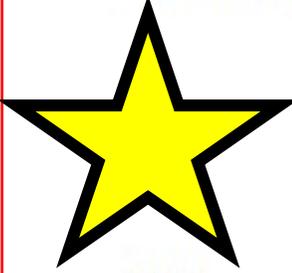
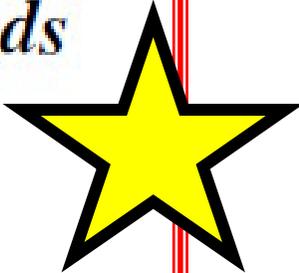


The Great Gazebo Tailgate Party

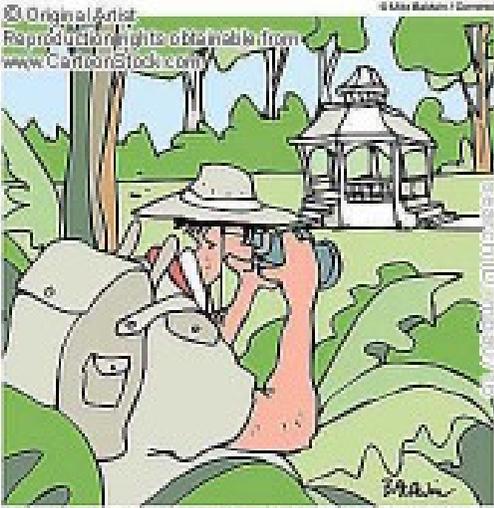
Come Join the Grandview Community in the
Grand Opening of the Rink Lands

15 Sept 4 –11 pm

Behind Grandview Auto



**Fun
Games
and
Bouncy
Things
from
4-9 pm**



Once close to extinction, the majestic gazebo makes a comeback.

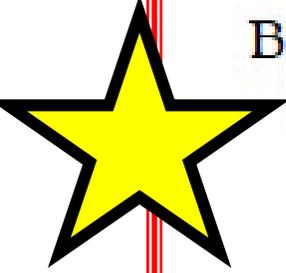


**Big Screen
Outdoor
Movie "UP"
showing
9-11pm**



Bring your favorite old person and squirrel!!
Bring your truck/van "tailgate", lawn chairs
Bring salad or dessert and own drinks.

Free Hamburgers & hotdog BBQ provided.



Fitness & Activities Page

This page is dedicated to fitness and activities that are happening within or around our community.



ALL SUNNY COLOURS FROM 8:00AM TO 9:00AM

Nothing happens until something moves.

FITNESS BOOT CAMP

FALL SESSION starting October 1st!
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

Pilates Matwork Fall Session:

Intermediate Level (some previous experience required)

7pm Wednesdays (1hr.),
starting September 12 for 12 weeks \$169/session
Grandview Community Hall

Strengthen your core and improve your flexibility!
for further information contact Elaine Newby -

Certified Pilates Instructor
copperhorse1@gmail.com or call [780-915-0755](tel:780-915-0755)

**"He who has health, has hope;
and he who has hope, has
everything."**

Thomas Carlyle



Grandview Boot Camp Registration Now Open!
www.trainingbyagrios.com

Tot Time, Tot Time!!!

Your kids will make new friends while you get to know your neighbors!

Grandview Community Hall

(Attached to school. Use the North doors.)

Tuesdays and Thursdays

9:30 AM - 11:00 AM

Contact: Lana at

iana.stromberg@gmail.com



Yoga Classes

Yoga Classes at Grandview Heights Community League with YAA certified Yoga Instructor, Krysta Schroder

Thursdays, 6:00-7:30

September 13-November 8, 2012

Cost: \$108.00 (that's \$12.00 for each class – 9 weeks total)

For more info or to register, contact Krysta at krysta.schroder@shaw.ca or 780 965-YOGA (9642).

Have Your Whole Family Join Edmonton's Premier Karate Club!

Youth and Adult Karate

Contemporary self protection. Traditional karate skill.

We offer programs specially designed for beginning youths or adults as well as experienced students.

Traditional Karate

We practice Wado-Kai karate as taught by the late master

Sensei Masaru Shintani, 9th-Dan,

the founder of the Shintani Wado-Kai Karate Federation

Training Times

Grandview Youth (Beginner through Yellow belt)

Tuesdays 5:45 - 6:45pm • Saturdays 9:00 - 10:30am

Grandview Youth (Orange and above)

Tuesdays 5:45 - 6:45pm • Saturdays 10:30 - 12:00pm

Grandview Adult (Advanced)

Tuesdays and Fridays 7:00 - 9:00pm

Grandview Adult (Beginner)

Fridays 6:00 - 7:00pm • Sundays 6:00 - 8:00

Location

Grandview Heights Community Hall
12603 63 Ave



For More Information

Contact Sensei James Freeman

by phone at 780-433-3807

or by email james@edmonton-karate.com

www.edmonton-karate.com

Benefits of Yoga By [Ann Pizer](#), About.com Guide



“Increased flexibility and strength can help prevent the causes of some types of [back pain](#)”

You've probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. But what are the specific health benefits you can expect to enjoy from doing yoga regularly?

Physical Benefits

Flexibility: Stretching your tight body in new ways will help it to become more flexible, bringing greater range of motion to muscles and joints. Over time, you can expect to gain flexibility in your [hamstrings](#), [back](#), [shoulders](#), and [hips](#).

Strength: Many yoga poses require you to support the weight of your own body in new ways, including balancing on one leg (such as in [Tree Pose](#)) or supporting yourself with your arms (such as in [Downward Facing Dog](#)). Some exercises require you to move slowly in and out of poses, which also increases strength.

Muscle tone: As a by-product of getting stronger, you can expect to see increased muscle tone. Yoga helps shape long, lean muscles.

Pain Prevention: Increased flexibility and strength can help prevent the causes of some types of [back pain](#). Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car. That can cause tightness and spinal compression, which you can begin to [address with yoga](#). Yoga also improves your [alignment](#), both in and out of class, which helps prevent many other types of pain.

Better Breathing: Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe. Yoga breathing exercises, called [Pranayama](#), focus the attention on the breath and teach us how to better use our lungs, which benefits the entire body. Certain types of breath can also help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

Mental Benefits

Mental Calmness: Yoga [asana](#) practice is intensely physical. Concentrating so intently on what your body is doing has the effect of bringing a calmness to the mind. Yoga also introduces you to meditation techniques, such as watching how you breathe and disengagement from your thoughts, which help calm the mind.

Stress Reduction: Physical activity is good for relieving stress, and this is particularly true of yoga. Because of the concentration required, your daily troubles, both large and small, seem to melt away during the time you are doing yoga. This provides a much-needed break from your stressors, as well as helping put things into perspective. The emphasis yoga places on being in the moment can also help relieve stress, as you learn not to dwell on past events or anticipate the future. You will leave a yoga class feeling less stressed than when you started.

Body Awareness: Doing yoga will give you an increased awareness of your own body. You are often called upon to make small, subtle movements to improve your alignment. Over time, this will increase your level of comfort in your own body. This can lead to improved posture and greater self-confidence.



Playgrounds for adults give couch potatoes one less excuse

Misty Harris – Postmedia News

For anyone who's stared longingly at a swing-set or quietly cursed the height restriction at McDonald's Playland, the International Council on Active Aging brings a ball-pit full of good news.

At the organization's latest annual conference, "older-adult playgrounds" were endorsed as a way of getting baby boomers and seniors to embrace healthier, active lifestyles. Like an Amber Alert for your inner child, the idea is to help grown-ups recover their sense of play and trick them into exercising at the same time.

Best of all, there's no need to worry about whether someone's peed in the sandbox. (Presumably, anyway.)

"I think this concept will become vital," says Colin Milner, the Vancouver-based CEO of the Active Aging council. "It's about giving yourself permission to have fun instead of thinking of it as rigorous exercise."

Across all demographics, research shows that play positively affects mood, boosts the immune system and improves health and well-being. And though its value has been eclipsed in recent decades by workhorse culture, Milner believes play is ripe for rediscovery -- not least since Canada has a critical need to ensure the health of its rapidly greying citizens.

A 2010 report on Canada's aging population, for instance, finds fully 15 per cent of those 65 to 79 have at least four chronic diseases, many of which can be prevented, delayed or relieved by physical activity (think **diabetes** and **hypertension**).

Milner cites Chile and China as successful test cases for older-adult playgrounds, which have become as much a part of preventive health-care in those regions as doctor's visits and vitamins. What they look like, however, varies widely.

"An older-adult playground is any type of structured area that enables you to really release your inhibitions and enjoy yourself -- whether it's on a jungle gym or an elliptical," says Milner. "It's never too late to play. And



GreenGym Outdoor Fitness Park

Photograph by: Handout , GreenGym Outdoor Fitness Park

"It's about giving yourself permission to have fun."

Colin Milner

once you start playing, you really don't want to stop."

In North America, the concept has closer parentage to a traditional gym than Chuck E. Cheese, with most parks featuring brightly coloured outdoor versions of fitness equipment: rowers, air-walkers and other machines that leverage body resistance. But one of the Canadian manufacturers says people respond to the environment as if it were a playground.

"Some people are intimidated by (a traditional gym); it's almost like going to the dentist. This is more like play with fitness benefits as opposed to actually going exercising," says Guy Chaham, whose Halifax-based company **GreenGym Outdoor Fitness Equipment** has outfitted around 275 parks across the country.

"You can tell someone to play soccer, advertise soccer on TV, place soccer ads on the radio. But if you put the ball between their legs, they're probably going to play. This is based on that concept: if you put fitness equipment where people are, they're going to use it."

**Does anyone think the picture could have been taken at our Rinklands Park?
We have very similar equipment (it may even be exactly the same).
Thank you to Barb Brass for submitting this article from the newspaper.**

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 neighborhood.
- Purchasing a membership entitles you to use of the tennis courts, playground program, programs held in the community centre (e.g. 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 2012/2013 is \$45.00.

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

“Being a community league member demonstrates commitment to the community and supports our wonderful neighborhood.”

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The e-Newsletter

For some time now a lot of the community has been enjoying the benefits of a paper-free newsletter. We would like to hear from you as to whether this is the way to go. We will discuss it at the upcoming Community League meetings. Going paper-free would

- allow us to increase our circulation frequency without increasing costs.
- be better for the environment.
- allow us to issue the news in color

This year we are also trying some new things with the newsletter.

1. We want to try a September Edition. Most things happen in September (or so I've been told) .
2. We are going for a new look. It was time to make a change and since we just changed Editors, we thought this would be a good time.
3. We are open to suggestions. Please feel free to contact us and give me your five

cents worth (since the penny is out of circulation 😊).

4. We want more interest stories and information about our community. Please submit your stories.
5. We are trying to be more informative about the comings and goings on in the neighborhood. It's not your fault you are too busy to attend the AGMs or the meetings. We will try our best to keep you informed.

“Going paper-free would allow us to increase our circulation frequency....”

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Please send us your comments on this subject at grandviewnewsletter@gmail.com

Grandview Karate *continues*

Parents and Students,

I hope you have had a great summer. As summer winds down, and you think about the return to your regular schedule, I thought I'd share some details about our upcoming term.

Saturday Program

Resumes Saturday,
September 8

- a) White to Yellow-stripe
9:00 – 10:30 am
- b) Orange and Up
10:30 – 12:00 pm

Parents can also train in either of the two classes above at no additional cost.

Tuesday Program

Resumes Tuesday,
September 11
All ranks 5:45 to 6:45 pm

Friday Teen Program, Sunday night training Option

Older students who want some additional training in preparation for transition to the Adult program, can consider two options:

1. Friday nights
6:00 – 7:30 pm
2. Sundays
6:00 – 8:00 pm

These classes include 30 minutes of strength training too. These classes are ideal for students Green+ in rank, or ages 13 and up.

All classes are at the Grandview Heights Community Hall.

We look forward to seeing you back, and to a year of new goals and accomplishments!

This coming year, two more of our youth program graduates will be testing for black belt. If you stick with the training, that can be you.



**Sensei James Freeman,
5th Dan**
Bushido Karate Association
www.edmonton-karate.com
Member club: Shintani Wado-
kai Karate Federation

Truth seeking, myth-busting and more at the Festival of Ideas

With November just around the corner, the University of Alberta is hoping to 'shake' things up a bit for Edmonton families! The 2012 Festival of Ideas brings truth-seeking, myth-busting and more to families as the Kids' Festival of Ideas hits Enterprise Square on Nov 17. But the festival is much more than fun and games – with the theme of "Shifting Tectonic (Social) Plates," it's an event that is sure to 'move' attendees in many ways.

Be it extracting DNA from a strawberry or taking fingerprints and looking for clues, there will be plenty of fun and exciting experiments, demonstrations and games

for kids aged 6 to 12 from 11 am to 2 pm. For the older kids, it's time for the teen crowd to find out 'What's up with U'? It's an opportunity for them to discover research on issues ranging from tropical ecosystems, drug abuse and even 'intelligent' bugs living in our bellies.

For adults, there is even more. How about an Ethiopian jazz presentation, true confessions of a Bowie-worshipping broadcaster or an afternoon with China's equivalent of George Orwell? With topics and presentations from human rights, the immigrant experience, peaceful political reform, the dawning of a less violent era or the Canadian



connection to Fat Man and Little Boy, the festival will engage all comers.

Challenging, thought-provoking and certainly entertaining, the 2012 Festival of Ideas is breaking new ground in Edmonton and helping shift perspectives. Come be part of the movement!

Visit festivalofideas.ca for details.

"University of Alberta is hoping to 'shake' things up a bit for Edmonton families!"

Grandview Heights Newsletter

Board Position	Name	E-mail address
President	Vikas Mehrotra	vikas.mehrotra@ualberta.ca
Secretary	Deb Choma	dchoma@millarwestern.com
Treasurer	Mabel Wang	mxwang@shaw.ca
Hall Rentals	Doug and Nicki Parsons	doupar@shaw.ca
Facilities	Lindsay Smith	cathlind@shaw.ca
Newsletter	Sidney Chan	sidchan@shaw.ca
School Liaison	Gord Gilroy	gord@visioncreativeinc.com
Newsletter Distribution	Sheri Perozni	chinooksc@yahoo.ca
Web Page Coordinator	Gord Gilroy	gord@visioncreativeinc.com
Programs	Lori Kraus	mlkraus@telus.net
Sports Coordinator	Ollie Semonis and Laurie Bodnar	bodonis@shaw.ca grandviewsoccer@gmail.com
Membership	Anish Neupane Helena Scheafer	anish.neupane@gmail.com helenaS@ualberta.ca
Social Events	James Belovich	rbelov@telusplanet.net
Past President	Gord Gilroy	gord@visioncreativeinc.com
University of Alberta Liaison	Sue Lambert Anish Neupane	lambert.sue@gmail.com anish.neupane@gmail.com
Members at Large	Tara Foxcroft Barb Brass William Wang Gail Faurshou	tarafax@telusplanet.net nbbrass@telusplanet.net williamwang1971@gmail.com faurscho@ualberta.ca

Community Partners

Grandview Heights School	Doug Allen	doug.allen@epsb.ca
Edmonton Community Services - Community Recreation Coordinator	Linda Bombardieri	linda.bombardieri@edmonton.ca
City Councillor	Don Iveson	don.iveson@edmonton.ca
MLA - Riverview	Steve Young	edmonton.riverview@assembly.ab.ca
MP Strathcona	Linda Duncan	linda@electlindaduncan.ca
Executive Director - EFCL	Allan Bolstad	director@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 grandviewnewsletter@gmail.com

Newsletter

Anyone wishing to receive the Grandview Heights Newsletter electronically can send an email to grandviewnewsletter@gmail.com with "Newsletter" in the subject line

**Grandview Heights
Community League**

We're on the Web!
See us at:
grandviewcommunity.ca
