

## Special Interest Articles:

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## Grandview Heights Community League

### Message from the President



Snovember Wishes,

Yes, winter is here, shovels are out battling with piles and piles of snow, and this is still mid-November. Time to make lemonade.

Thanks to Lindsay and team, the rink is getting ready for some puck action. Check out the soon-to-be-installed new goal nets on the hockey rink. Or go skating, on the gazebo side.

The Holiday season is fast approaching, time for family, friends and feasts. Also time to remember those who don't have much. Small gestures go a long way.

Enjoy the Holidays, and best wishes for Christmas and Hanukah!

Vikas .



### Ice Rink is Open for business

The Grandview Ice Rink is now open.



The hours are:  
Weekends Noon to 9:00  
Weekdays 4:00 to 9:00

Come to the rink. It's cooler than you think.

Special thanks to Lindsay and his super helpers.

Please note that rink usage is for community league members. Along with access to this rink, you also have access to other community League rinks. *"Membership has it's privileges"*.



## Why can snow shoveling be so dangerous? [Angela Mulholland, CTVNews.ca](#)

Every winter, Canadians hear about people who are hospitalized or even die from heart attacks while clearing snow. So what is it about shoveling that makes it such a health menace?

The main problem is that we tend to underestimate how hard it is. Canadians often feel we were born to shovel snow or that we have a civic duty to get the white stuff off their sidewalks and driveways as soon as a snowfall ends. So we rush out, telling ourselves it has to get done, and attempt to move it all in one go.

But a half hour of shoveling is really the exercise equivalent of hitting the gym for half an hour.

Dr. Robert Beanlands, chief of cardiology at the Ottawa Heart Institute, says shoveling can be one of the most dangerous activities for people with heart disease.

“It’s generally like lifting weights,” he tells CTV Ottawa. “And for people with heart conditions, we don’t like them to be lifting heavy weights such as with heavy snow shoveling.”

It’s not just the exercise itself that’s tough; the cold air of winter can put an extra strain on our hearts that many of us fail to appreciate.

Cold weather is known to increase blood pressure and heart rate just on its own. It also increases blood concentration of something called fibrinogen, which is a protein involved in blood clotting. Shoveling, of course, does the same thing, and for many people, all these factors combined hikes our heart attack risk.

According to the Heart and Stroke Foundation, studies show that in most people who have died while shovelling, the spike in heart rate and blood pressure caused the shape of their blood vessels to change, allowing plaque inside the vessels to become loose and travel to the heart, causing a heart attack.

One study published last year by researchers at Queen’s University and Kingston General Hospital found that two main risk factors increase the risk of a severe heart problem while shoveling: being male; and a family history of a diagnosed heart problems. Both hiked the risk by about four times.

### Knowing the signs

So how do you know if you’re at risk from shoveling?

The Heart and Stroke Foundation recommends that if you have ever had a heart attack, stroke, or heart surgery, it might be best to call someone to do the shoveling for you. If you want to do it yourself, speak to your doctor about the risks first.

The same applies if you currently have uncontrolled high blood pressure, high cholesterol, are obese, smoke, or are

overweight or have an inactive lifestyle.

The warning signs of a heart attack include:

- pressure in your chest
- pain radiating down one arm
- shortness of breath or dizziness
- profuse sweating
- intense nausea

“These would be a warning that what they’re doing is causing a problem,” says Dr. Beanlands. “They should stop, sit down and rest and if it doesn’t go away in a couple of minutes, call 911.”

Here are some more tips from the Heart and Stroke Foundation and the American Heart Association:

- **Don’t shovel right after eating a meal:** Your body is working hard enough just to digest the meal; adding vigorous activity on top of that could put too much strain on your heart;
- **Don’t shovel after drinking alcohol:** Alcohol can increase a person’s sensation of warmth and cause them to underestimate the extra strain on their body in the cold.
- **Don’t step out the door and get straight to shovelling:** Take a few minutes to get your circulation going and warm up your muscles. Try some light walking and stretches to increase your heart rate slowly and prepare you for the activity
- **Don’t think that a snowblower eliminates your risk.** Snowblowers still have to be pushed through the snow, which can be hard depending on how wet the snow is. And they can’t get everywhere so some shovelling is usually still needed.
- **Take a lot of breaks along the way:** It’s a good idea to wait for your heart rate to settle down every so often before starting again.
- **Be prepared to take a few layers off as you go:** Overheating will increase your blood pressure further so make sure you can strip down to just a sweater if needed.
- **Take lots of water breaks,** just as you would during any other exercise.
- **If you’re feeling tired or dizzy, stop:** Go inside and plan to finish the job later. If you are still feeling very unwell even several minutes after stopping, call 911.
- **Be willing to ask for help from family, friends or neighbors.** As well, if you know a storm is coming, recruit help long before the flakes fall.

## Fitness & Activities Page

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

### 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

lana.stromberg@gmail.com



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

**Thomas Carlyle**

### Christmas Craft Time

Kick off your holiday fun with a Christmas Craft!

Ages 6 to 10

Wednesday December 4, 2013

3 pm to 5 pm

Grandview Heights Community Centre

Watch for more details on

School Zone & Grandview Heights News



**After School Bricks 4 Kidz Program** starting at Grandview Heights Community Centre! This is a hands-on class where students will design and build educational models using Lego® bricks. We are excited about incorporating motors in the curriculum for these sessions! All **Grade K-6** students are welcome to join! Classes meet in the Grandview Community Centre on **Wednesdays** from **3-4:15 pm**. The two 8-week sessions will be on-going from January 9 to April 30, 2014. Please visit our website at [www.bricks4kidz/edms](http://www.bricks4kidz/edms) for more information or register @ [tanya.yu@gmail.com](mailto:tanya.yu@gmail.com) by Dec 15, 2013.

**NEW! Smaller Individualized**  
**BOOT CAMP**



**Grandview Fitness Boot Camp Sessions Are Open To All Levels**



Have fun getting in shape!

For more information email [sagrius@trainingbyagrius.com](mailto:sagrius@trainingbyagrius.com)  
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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 Adult (Beginner)**

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

Grandview Adult (Advanced)

Tuesdays 6:00 - 7:30pm

**Grandview Adult (Beginner)**

Fridays 6:00 - 7:30pm • Sundays 6:00 - 8:00

Training times may have changed, please contact Sensei for more current schedule

### 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](mailto:james@edmonton-karate.com)

[www.edmonton-karate.com](http://www.edmonton-karate.com)



## Community Safety

**“While Grandview Heights is considered one of the most safest communities in Edmonton, we must still remain vigilant.”**

The intention of this brief article is NOT to alarm our community. The intention is to create awareness so that we may protect ourselves. The following is a copy of an e-mail sent out on August 22, 2013 to Grandview Heights Newsletter distribution:

*This is being forwarded from one of the Grandview Residents and has been confirmed by a Grandview Community League Representative to be credible. After reading it, please take appropriate precautions with young children and personal belongings. I DO NOT advise confronting such individuals, call the police, as property can*

*be replaced.*

*“We had an incident this morning when a man entered our backyard, and was prevented from taking anything, by me speaking to him. He was not threatening in any way and left when challenged.*

*The police drove around but did not find him.*

*I have just seen him this afternoon again, at the bus stop, but again left after he saw me. He had dark hair, medium build, full beard and dressed warmly for the weather.*

*I think it's worth keeping an eye out as I feel sure he would have taken something had I not stopped him”.*

Furthermore, we are also aware of a vehicle break-in in our community in October.

To put it into perspective, Grandview heights had 16 incidents of property crime compared to the city average of 153 in 2010 (City of Edmonton demographics).

While Grandview Heights is considered one of the most safest communities in Edmonton, we must still remain vigilant.

For more information, use your internet search engine or google “protect home from buglers”



## The e-Newsletter list

**“Keep up to date by adding yourself to the e-mail distribution list.”**

Have you ever noticed that there is a long gap between newsletters but for some strange reason, your neighbor knows exactly what is going on in the Community?

There is a reason why, he/she is probably signed up for our Grandview Newsletter electronically. We send out notices and most up-to-date information for those that are on the e-mail list.

Do you realize that Grandview Newsletter has sent out 22 e-mails and notices between the Spring Edition and the Winter Edition? That would be from June 2013 to November 2013.

There have been notices about :

- ❑ Vehicle Break-ins/Property
- ❑ City of Edmonton Programming
- ❑ U of A meetings notices
- ❑ Community development
- ❑ Parking alerts
- ❑ Ice rink notices
- ❑ Lost and found

...just to name a few.

Keep up to date by adding yourself to the e-mail distribution list.

Please send us your e-mail address if you would like to be added to the newsletter distribution list: [grandviewnewsletter@gmail.com](mailto:grandviewnewsletter@gmail.com)

## University of Alberta Development Plans

Some updates on the U of A front -

1. 63 Avenue access - You may have noticed that the city has begun removing some of the trees on the median north of 63 Ave; the U of A will begin to remove trees on its property in early November. This is all being done in preparation for the 63 Avenue access opening in mid 2014.
2. South Campus Neighbourhood Coalition (SCNC) Update - Michener Park redevelopment and implications for Farm developments

You may know that U of A has plans to redevelop Michener Park. In order to finance re-development, the University plans to lease 1/3 of the Michener land to private developers. This leasing is proposed to be done in a way that downloads planning responsibility to the city, similar to the adjacent and controversial land lease to Westcorp (Golf lands). Governed by the Post-Secondary Learning Act, the University is not guided by the city planning processes. The SCNC is also concerned about the [broader impacts that a 'lease to build' approach](#) would have throughout South Campus and University lands.

The prospect of developing a site larger than the city centre airport lands within the core of our city, financed by a variety of one-off leases, exacerbates an existing postage stamp approach to development. Developing this area through unconnected city and university planning processes, using vastly different consultation standards, is not likely to result in 'planning excellence'. The SCNC has advocated for coordinated planning solution in Michener Park, and is exploring the potential for [better coordination such as a community plan](#) and community engagement charter to guide elements of city and university development within the Greater South Campus area.

**Please take a moment to visit the SCNC website (<http://www.southcampus.ca>) to complete a survey.** We want to inform and make our case to the elected provincial and municipal officials that a better approach is urgently needed.

When candidates come to your door please ask what actions they will take to ensure that the developments associated with South Campus enhance our communities and Edmonton.

Cheers,

Anish Neupane [anish.neupane@gmail.com](mailto:anish.neupane@gmail.com)

Grandview Heights representative to University of Alberta and South Campus Neighbourhood Coalition.

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*As this will be the last newsletter of 2013, we would like to wish you a Happy Holidays.*

*It is easy to look for the things we want and desire the things that we do not have, however, we must always be thankful for all the wonderful blessings we have. Our family, our health, our good fortune...take a moment to think of those wonderful things as most of us will only realize it once it is gone.*

*Happy Holidays and best wishes for the next year.*

*SC, Editor*



# Grandview Heights Newsletter

Board Position	Name	E-mail address
President	Vikas Mehrotra	vikas.mehrotra@ualberta.ca
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	Sue Lambert	lambert.sue@gmail.com

## 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](mailto:grandviewnewsletter@gmail.com)

## Newsletter

Anyone wishing to receive the Grandview Heights Newsletter electronically can send an email to [grandviewnewsletter@gmail.com](mailto:grandviewnewsletter@gmail.com) with "Newsletter" in the subject line

Grandview Heights  
Community League

We're on the Web!

See us at:

[grandviewcommunity.ca](http://grandviewcommunity.ca)