



Unlearning Canada's History: The Blanket Exercise

All are invited to attend a Blanket Exercise on November 3, from 7 to 9 p.m. at the hall. What exactly is it? It's re-learning our nation's history through the experience and voices of Indigenous peoples. Why attend? Let me provide a personal experience why...

I like history and even used to be a high school history teacher. I thought that I knew our nation's history fairly well. After attending a Blanket Exercise in the spring, I realized how little I really did know. Not only did the event provide huge insight into the work of the Truth and Reconciliation Commission but it also helped me to better understand the strong emotions that were expressed at the initial community meeting for the new Metis development. This exercise is a tool to help our own community join in reconciliations efforts – at both a national and local level.

The Blanket Exercise is a 40-minute interactive activity that traces the history of the relationship between settlers and Indigenous peoples in Canada. It is followed by a talking circle where people share their thoughts and experiences. The Blanket Exercise is suitable for anyone in grade 6 or older. Please bring a blanket if you come (but not required). For more information on the Blanket Exercise, visit <http://tinyurl.com/ngcl-blanket>

Ryan Young

Federal Election Candidates Forum

North Glenora Community League is once again pleased to host a Candidate's Forum for Edmonton Centre this Federal Election.

Although the Conservative and Green candidates are unable to make it, we have decided to continue hosting it on Tuesday, October 6 at 7:30 p.m. at the North Glenora Community Hall.

The format will be similar to our successful Provincial Election All-Candidate's Forum. Doors open at 7 p.m.

Upcoming Events

MACEWAN UNIVERSITY COMMUNITY SWIM

Sundays: 2 - 5 p.m.

MacEwan Sports and Wellness
10700 104 Ave

Free for all North Glenora
Community League Members
(Bring your community league membership)

Federal Election Forum

Tuesday, October 6

Doors: 7:00 pm at the NGCL Hall

Octobeerfest

Friday, October 16

8-11 p.m. at the NGCL Hall

See page 14 for details.

Running with Scissors Craft- Making Event

October 16 - 18 at the NGCL Hall

See page 14 for details.

Chick Flick Night

Saturday, October 24

7 p.m. - ??? at the NGCL Hall

See page 14 for details.

The Blanket Exercise

November 3, 7-9 p.m.

At the NGCL Hall

Re-learning our nation's history
through the experience and voices
of Indigenous peoples



This could be the last issue of the North Glenora newsletter

We are looking for a person who is willing to step forward and edit the newsletter from the November issue to the end of March issue (none printed in the end of December) when we will have a newsletter editor voted in at the March AGM.

Responsibilities are to attend the executive meetings the third Tuesday of the month, compile submissions (usually via e-mail) and create the print version of the newsletter. Once it is electronically delivered to the printer the person who distributes the newsletter takes over from there. If you are willing to take on this fun and necessary role please contact NGCL president Ryan Young at ngcl.president@gmail.com.

The executive of NGCL wished to express our appreciation to Michelle Woodard for the great job she has done on the newsletter and wish her all the best!

North Glenora Entrance Signs

Following are signs that have been proposed for North Glenora. Please send feedback to ngcl.ppres@gmail.com or drop a note in the Community League mailbox for the Past President by October 16. Which option do you prefer? What don't you like? We don't know exactly where these signs will be placed, but the three triangles near the entrances to the community are likely options. There may be other locations as well. Based on the input from the community, the Board will decide which sign to use.

Option #1



Option #2



Option #3



Option #4



Option #5



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Community Contacts

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	Guy Sopiwnyk		
Hall Bookings	Catharina & Stuart Fraser	780.454.0266	ngcl.bookings@gmail.com
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NGCL Indoor Playground	Vacant		
Family Movie Night	Jennifer Domanski		bergmanski@hotmail.com
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	Margaret French	780.451.0808	
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Vice-President	Melissa Campbell		
Treasurer	Laurie Dabgotra		
Secretary	Cara Roemmich		
Registrar	Erica Peacock		
Special Coordinators			
Casino	Neil Lang	780.975.0868	ngcl.member@gmail.com
Fall Garage Sale	Louise McKay	780.469.8405	226sunset@gmail.com
Garbage Fair	Margaret French	780.451.0808	moutard@mac.com
Community Day	Jason Ross/Sarah Smyth		jbross.canada@gmail.com

Emergency Contacts

Emergency Calls	911
Non-emergency calls eps@police.edmonton.ab.ca	780.423.4567
Police Switchboard	780.421.3333 (Weekdays)
West Division Police Station 16506 - 100 Ave, hours: 6 a.m. to 10 p.m. daily	780.426.8000
Crime Stoppers	780.422.TIPS (8477)
Animal Control	780.496.8860
Report a Coyote	311

Government Contacts

Scott McKeen, City Councillor
scott.mckeen@edmonton.ca
Telephone: 780-496-8140

Sarah Hoffman, MLA
edmonton.glenora@assembly.ab.ca
Telephont: 780-455-7979

Laurie Hawn, MP
Phone: 780-442-1888

Newsletter Submissions

Comments, suggestions and compliments are always welcome via email at northglenoranews@gmail.com

Advert Inquiries:

Please contact Michelle Woodard by email at: northglenoranews@gmail.com for information. Current rates can also be accessed on the ngcl.org website.

Delivery Contact

Delivery of our newsletter is handled by the lovely and talented Kirsten Paetsch. If you would like to apply for a route when one comes available or if you have any problems with delivery, please contact Kirsten at 780.452.9687 or email k.paetsch@live.com

Newsletter Submissions for the November issue are due no later than 8:00 pm on Friday, October 23, 2015.

Community Memberships

Thank you to all NGCL Members who have obtained their 2014/2015 memberships. We have more than 320 members, so far.



I invite you to get involved and volunteer some of your time for the 2015/2016 membership drive that will begin in September.

If you would like to get a membership, 2015/16 membership are now available.

Please call Barbara U at 587-523-4548 to request yours.

2014/15 Membership Fees

Family	\$35
Any resident (single parent, with children)	\$25
Adult (1 or more 18 or older)	\$25
Senior (65 or older)	\$15

You can pick up a membership at Unit 7, 13612-109 A Ave on Tuesdays or Thursdays, and Fridays after 6 p.m.. To arrange a different time, please call 587-523-4548 or email ngcl.member@gmail.com.

Have you recently moved to North Glenora? We would like to offer you a complimentary membership for 2014/2015. Call Elizabeth Turner at 780-455-8660 for details.

Silly Legal Stuff

The North Glenora News is published by the North Glenora Community League for the benefit of the Community.

Note that the articles and advertisements appearing in the North Glenora News do not necessarily reflect the views of the North Glenora Community League. Its officials or individuals cannot be held responsible in anyway for the effects of any information published herein.

While we make every effort to assure the accuracy of the information contained herein we cannot be held responsible for errors or omissions.

Solar Power Website

Visit <https://enlighten.enphaseenergy.com/public/systems/VsDA184452> to see how our new solar panels are doing!



Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. Halloween can be an exciting time for children, but with the distraction of treats and costumes, safety rules can easily be forgotten. Take some time to review these simple tips and reminders to help ensure Halloween is a safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks, or well lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.



Sean Nykolyshyn

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<http://wildrosefiddlers.org>



**North Glenora
Community Hall**
13535 - 109A Avenue
Thursday evenings
7:00 pm to 10:00 pm

- Old Tyme Music, Open Jam
- Dancing

Contact:
Inez Kreamer
662-3608

Bliss Baked Goods

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tops North Glenora Chapter

Meets at the NGCL Hall **Tuesdays** with a weigh-in at **6:30 pm** followed by a short business meeting. This support group is open to men and women. For more information, call Joy @ **780.444.3510**.

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When: Wednesdays and Fridays 11:30 - 1:30pm

➔ **PILATES FUSION - 7:00 - 8:30**

➔ **YOGA ALL LEVELS - 6:00 - 7:00**

➔ **ZUMBA - 6:00pm and 10am**

CALL: 780 451 9248



12840 109 Ave. NW, Edmonton, AB; www.westmountfitnessclub.com

Adult Drop-in Volleyball

The North Glenora Drop In Volleyball group is meeting for another season beginning on October 1. We play on Thursday evenings 7 to 9PM weekly. If you are interested please give Dan or Karen a call at 780 451 3514.

Yoga in North Glenora!

We are excited to offer a new series of Yoga classes taught by a new instructor. Tasha Davidson has a diverse background in flow, hatha, yin and many more disciplines. You can anticipate that the classes will be tailored to the students creating a challenging yet relaxing practice that will leave you feeling invigorated in your skin and soft inside your breath.

Passionate about empowering individuals to live fuller, happier and healthier lifestyles, Tasha's classes will offer something to everyone from the beginner to the experienced participant.

So whether you want to increase your flexibility, build your strength, reduce your stress or a combination of all three this is the perfect opportunity to do just that.

Classes are: Six Mondays, October 12 to November 16, from 8:15 to 9:30 pm

Investment for six-week series is \$65

For more information on Tasha, please check out tashadavidsonyoga.com.

If you have more questions or want to register for these classes email Tasha at tashadavidsonyoga@gmail.com.



Westmount
Fitness Club

Westmount Fitness Club

A non-profit organization **is offering:**

Limited Time Offer!

Included: Boot Camp, Circuit, Body Barre, Fat Loss, Total Body, Zumba, Kettlebell HIIT Cardio, Senior Programs, Weight Room.

**1\$
A Day**

60 days minimum, 90 days maximum. Expires October 15th 2015.
Limit 1 per person, may buy multiple as gifts.
Registration and reservations required. New clients only. Regular clients may purchase as gifts only. Must activate offer by 9/30/2015

12840 109 Ave. NW, Edmonton, AB; Phone (780) 451 9248; www.westmountfitnessclub.com

Security Update

Over the past few months, I've received numerous calls and emails related to bylaw concerns. The City of Edmonton has community bylaws in place, to ensure our neighborhood remains a safe and enjoyable place for all residents. Some of the bylaw concerns the City of Edmonton deals with are:

- Dead animal for removal from roadways or public land
- Dog barking excessively
- Property with excessive dog defecation
- Property with dangerous snow or ice on the sidewalk
- Unlicensed pet
- Untidy or unsightly property
- Noxious weed infestation on private property only

The City of Edmonton encourages neighbours to try and work out disputes among themselves first, but if an agreement cannot be made, bylaw complaints can be made by contacting the City of Edmonton at 311, or online at: <https://permits.edmonton.ca/Default.aspx?appArea=Complaints>

A copy of the Community Standards Bylaw for the City of Edmonton can be accessed online at: http://www.edmonton.ca/bylaws_licences/C14600.pdf

In the last issue of the newsletter, I highlighted one bylaw area - dogs off leash in North Glenora. This continues to be an area of concern in North Glenora,

as I am still receiving complaints of dogs being walked off leash. Please remember, North Glenora is NOT an off leash area, and that dogs must be on leash and under control at all times. Also, cats are not permitted to wander without permission onto another property. The fine for an at-large cat is \$100, but if a cat is licensed it is eligible for one free ride home from the City without a fine every 12 months. More information around unwanted cats on private property can be found at http://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/unwanted-cats-on-private-property.aspx

Another prominent area of concern recently, has been noise complaints, ranging from parties, to stereos to construction noises. Overall, the expectation is that excessive noise is not made between before 7 a.m. or after 10 p.m. Please remember to be considerate of your neighbors and again, hopefully in the spirit of community, disputes can be resolved amicably. If there are ongoing concerns, these need to be reported to the Edmonton Police Service non emergency complaint line at 780 423.4567. If a report is not made to EPS directly, they are unable to assist in helping to resolve the matter. EPS is very responsive in North Glenora - I recently received a fantastic email from a resident advising that she called 911 to report a crime in progress and EPS arrived quickly, and with the help of a member of the K-9 unit, were able to apprehend the individual. Well done!

Let's all continue to do our part to keep our neighbourhood safe for everyone!

Crime map



(August 24 - September 24, 2015)

Type of Crime	May	Jun	Jul/Aug	Sep	
Break and Enter (Garage)	1	1	0	2	0
Break and Enter (Apt/House)	1	2	1	4	2
Theft from Vehicle	4	2	1	1	3
Assault	1	0	1	1	0
Theft of Vehicle	0	2	1	2	0
Sexual Assault	0	0	0	1	0
Theft Over \$5,000	0	0	1	0	0

Please remember if you see anything suspicious to call 911 as soon as possible. Together we can all prevent crime in our neighborhood!

For more information on crimes in our neighborhood visit crimemapping.edmontonpolice.ca

Questions I'm asked about feeding birds



By Dave Cleary of Wild Birds Unlimited
on the corner of 122 St and 107 Ave in Edmonton

Q: Should I change the seed I offer the birds in the fall and winter?

With cold weather and progressively longer nights the energy requirements of the birds increases. Although studies show that birds get about three quarters of their food from natural sources, studies also tell us that providing high energy foods in the cold and dark times of the year can increase their chances of survival. For the birds, this means a diet of food high in oil, fat, and protein. These foods allow them to spend less time searching for food in the shortened days, while benefiting from the concentrated food offered by fall and winter bird food. These foods include nuts, black oil sunflower seeds, and rendered beef suet. Check the seed blend you are currently using. If you find oats, barley, corn, and wheat, these are cereal grains high in carbohydrates often used as fillers by some seed suppliers. Just like humans, birds recognize good quality food when they find it. We actually went through a typical bag of seed sold from a mass market store, seed by seed, and found that approximately 75% of the seed was filler. That leads to a lot of waste on the ground under your feeder, and less value to you and the birds.

Q: What do Blue Jays do with peanuts in the shell they take from my feeder?

Right now Blue Jays are looking for seeds and nuts they can cache to help them survive over the winter. They store food in locations up to four kilometers away from

their source. In one study Jays were seen making up to 1000 trips per day to gather food and hide it in a safe spot. They are in search of high energy, high protein foods that include peanuts in the shell, sunflower seeds, acorns, and other nuts. One Blue Jay was observed packing over 100 sunflower seeds into its gullet during just one visit to a feeder. Jays are known to shake peanuts in the shell at bird feeders to see if they are full or empty so they don't waste time and energy carrying an empty shell to store. For a bit of fun, here is a link to an online Blue Jay jigsaw puzzle - <http://edmonton.wbu.com/content/show/102940>.

Q: How can I prevent birds from striking my windows?

Recent studies have shown that windows, including windows in our houses, contribute to the deaths of hundreds of thousands of birds each year. The trouble with glass is that birds see the image of open space or trees in a window and believe they are flying into the world they see. This leads to the characteristic "thump" of a bird hitting glass. When startled by a predator such as a cat or a falcon, they also fly into the glass from panic. Currently, a study is being conducted at the University of Alberta to determine what can be done in building design to help prevent this. In the meantime, there are some things we can do. One study showed that placing your bird feeder either within 1 metre of a window, or at least 3 metres from your house helps reduce fatalities. If the feeder is close to the window, the birds are flying slowly enough that it's unlikely they will injure themselves if they fly into the glass. You can also purchase plastic cling decals with an ultraviolet coating that are transparent to us but that appear as an obstruction to birds, breaking up the image of trees they see in the glass. You can also use scare tape, which hangs down from the top of the window to distract the birds. Blinds on the inside of the house are not very effective in stopping impacts.

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave on the north-side in Edmonton. The mission of Wild Birds Unlimited is to bring people and nature together. See their website at www.wbu.com/edmonton or call them at 587-521-2473.

Parenting course

Are you feeling challenged in your parenting?
...by your child's power struggles?
...by their whining or attitude?
...by their lack of ability to follow through?
...by bedtime and morning routines?
...with sibling conflicts?
...with how to help your child grow emotionally?
...or something else?

This course, composed of seven sessions, teaches parents many effective Positive Discipline solutions to these and other common problems.

Positive Discipline is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible, and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, helping parents get to the core of their child's misbehavior, bringing more joy into the home, and giving parents a sense of accomplishment. This class is for parents and caregivers of children aged 0-18.

This session begins on:
Monday, October 19 from 7 p.m. to 9 p.m. at the North Glenora Community Hall - 13505 109 A Avenue NW and will continue for 7 weeks.



For more information or to register, or if the fee is restrictive, please contact Erin Watson at: 780-293-3401 or online at elwatson54@hotmail.com

Cost: \$70 (\$10 per session)* for the seven week session plus \$20 for the required text: *Positive Discipline* by Jane Nelsen. \$50 for a second parent of the same household.

Taught by Deborah Wood, Certified Positive Discipline facilitator. Deborah has been working with children and families for many years. She has a diploma in Early Childhood Development from Education and Child and Youth Care from University of Victoria. She first started working with parents at Parents' Place in St. Albert. She currently works as an Early Learning Facilitator in 100 Voices. She has two adult children and three grandchildren, all of whom test her theories on a regular basis.

**This course is subsidized by North Glenora Playschool. Regular price: \$145*

EFCL's 100 Year Anniversary Project Needs You!

Are you a history buff that would like to learn more about your community? Do you have old files and photographs from your community league? Your photos and memories - think sporting events, parades, picnics, volunteering and more!

Share your information with Leslie (EFCL 100th historical project coordinator and researcher) at leslie.holmes@efcl.org or visit <http://efcl100.tumblr.com> to submit your memories.

Get organized and informed - form a history group in your community league and start digging. We will be hosting two workshops to assist leagues in researching their community history and starting their historical record keeping: Saturday, October 17, or Saturday, November 28

1-3PM

Prince of Whales Armories - Jefferson Room

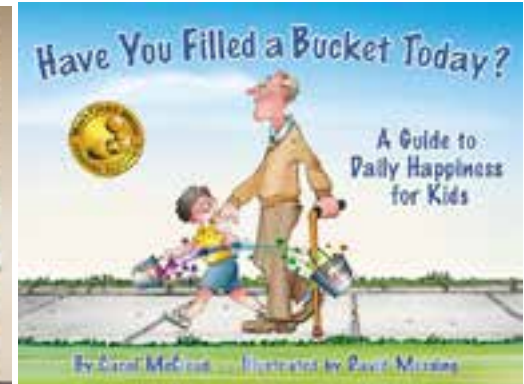
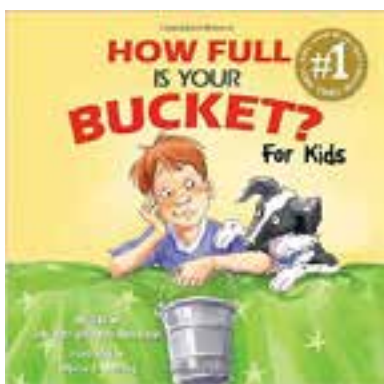
Email leslie.holmes@efcl.org to register

Welcome to the 2015/16 school year at Coronation School! We were excited to welcome our new and returning students. As an IB school, we are developing our skills as risk-takers. Asking questions, making new friends and contributing to our learning environment is important to us.



Read In Week will be celebrated at Coronation School the week of October 5th-9th. We are happily welcoming volunteers from our community who will come into our classes to read to students.

Please contact the school at (780) 455-2008 to volunteer.





Gil McGowan

for Edmonton Centre

Proven, Passionate, Ready for Ottawa

As an MP, Gil McGowan would make your voices heard in Ottawa. He's been a strong advocate for hard-working Edmonton families for more than 25 years. Gil exposed the abuses of the Temporary Foreign Worker Program, stopped cuts to health care and saved workers' pensions.

While President of the Alberta Federation of Labour, Gil was one of the first to speak up for refining raw bitumen in Alberta to create jobs in Alberta. He also helped the Alberta NDP win the provincial election. A partnership between Ottawa and Alberta would mean great things for Edmonton Centre.

Gil McGowan can't wait to get to work for you!

GilMcGowan.ndp.ca

780-289-8427

gil.mcgowan@ndp.ca

@GilMcGowanNDP

fb.com/McGowanforEdmontonCentre

Campaign office:

10459 124 Street NW

Edmonton, AB T5N 1R7



Paid for and approved by the Official Agent of Gil McGowan NDP Edmonton Centre

Christ the King

WE INVITE YOU to worship with us
each Sunday at 10 a.m.
West Edmonton Christian High School
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Christ the King is a Christ centered,
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Visit our web-site: www.ChristTheKing-Edmonton.ca

E-mail: ANICEDMONTON@GMAIL.COM

Telephone: 780-800-5515

Pastor: The Rev. Lars Nowen

Youth Pastor: Stephen Lieberman

Westmount Presbyterian Church

13820 – 109A Avenue

COME JOIN US!

Sunday Worship 11am (with children's program)

Youth Group Sunday 7 – 9pm

Connecting people to God and to one another.

North Glenora Community League Member Free Swimming



Sundays 2 - 5 pm

MacEwan Sport and Wellness, 10700 104 Ave
Free for all North Glenora Community League Members
(Bring your community league membership)

Drop-in Dancing

Stop by Robertson-Wesley United Church, 10219-123 Street, on October 5, 19 and November 2, 16, 30. This is an opportunity to share, to pray and to dance. All individuals welcome.

Contact: devikashort@shaw.ca or phone:
780-455-8195.

**Wanted: Responsible caregiver
for two toddlers,
16 months old,
2-5 pm, 1-2 days/week.**

Please contact Janelle at 780-690-1090
for further details.

45+ Club Potluck Dinner and name change news



On Saturday at the Community Day 2015, the 45+ Club launched a “campaign” seeking a name change. The “45+ Club” named served the committee’s actions and events since its inception many years ago. The Executive Committee has decided to plan events for all ages, therefore, needing a name change. Posters were available on Community Day advertising the 4 functions for this 2015-16 year as well as a container for attendees to submit a name change. People attending the next two potluck suppers will have the opportunity to suggest a name change. The Executive Committee will pick a new name in the new year. If the name picked is one of the entries, that person will receive a “gift”.

Friday, October 23 is our first Potluck for this year. Doors open at 5:30 pm with Supper at 6:00 pm. The cost per person is \$5 plus a food donation. Children 6 or younger will eat free. Entertainment will follow supper at 7:00 pm. You will need to be in attendance during the supper and the entertainment to win door prizes. Please invite and bring a friend, neighbor, relative with you.

We need people over the age of 12 to help with setup/cleanup and other needs for this potluck. Please contact Donna at donnajc@telus.net or Bev at 780-455-7072 if you can volunteer some time and effort.

We, also, would like to have a few more members on the Executive Committee to help plan and organize the next three events. Please contact Donna by e-mail and Bev by phone if you would like more information. The next meeting dates are October 13, November 10 and December 8 at 7:30 at the hall.



Melissa Campbell MSLP, R.SLP
Speech-Language Pathologist



Assessment



Speech Sounds



Expressive Language



Receptive Language



Functional Communication



Consultation

melissa@melissacampbell.ca melissacampbell.ca 780-982-8889



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Janet Olstad
CERTIFIED ESTHETICIAN

Janet's Waxing Studio

BROWS \$15 UPPER LIP \$10 CHIN \$10
HALF LEG \$32 FULL LEG \$65 BIKINI \$20
BRAZILIAN \$70 FACE \$20 ARMS \$25

-All services done in a private room
within my home-

10851 - 141 STREET, EDMONTON
PH: 780.221.9223

**Looking for help with yardwork and
odd jobs at my house in North Glenora**

Contact Mary at 780-454-7091.

Front Yards in Bloom Award Winners for 2015

It is my pleasure to announce the top front yards in North Glenora for 2015. Front Yards in Bloom program is a partnership between Edmonton Horticultural Society, Canadian Union of Postal Workers, and the City of Edmonton. You may recognize the yellow and black signs posted in yards around the community.

This program is not a contest rather a recognition from others in the community for those beautifying our neighborhood.

Gardening in North Glenora was a challenge this year due to the driest weather I have ever seen, delays in grass sod laid on our boulevards, and numerous weeds sprouting from soil brought in last year. Gardeners in our community were up for the challenge.

The top two yards for the general category represent an appealing front yard that catches your eye, inspires smiles, and invite visitors to enjoy its beauty!

Jacque Lovely at 13331 109B Avenue has been maintaining a yard originally designed by the former home owner. He has done a wonderful job of weeding, deadheading and allowing the perennials fill out his front yard. I especially liked how the red flowered plants matched the red features of the home. There is a spectacular ornamental grass display that waves in the wind. Lawn chairs on the front deck are an excellent location to enjoy the view. This yard Inspires others on the avenue to do more on their front yard.

Adel Gadallah and Michelle Petrin at 13868 110A Avenue moved into North Glenora in July and also inherited a well designed artistic garden. One can tell

Concrete cracks?

North Glenora continues to collect instances of problems with the reconstruction effort. Please carry on submitting your reports of cracked sidewalks or fractured roads to <http://northglenora.org/development/reconstruction-issues/>. Thanks for your efforts at making North Glenora a great place to live.



some improvements have been done with close attention to maintenance. This beauty includes six varieties of hostas plus large rocks or tufa placed strategically around the front yard. Step up to the front door and you will view an artful bench with paintings gracing the top. Creates an interesting secret garden that the homeowners enjoy. Sets a new standard of design.

Finally in the Edible Yard Category, this may be yard incorporating edible fruits, flowers, and plants into the landscape design. Landscaping includes everything from vegetables and grains to fruiting trees, berry bushes, or even mushrooms. This category is judged by Sustainable Food Edmonton.

Abraham and Beb van delaak at 13902 107A Avenue have been gardening their home since July 1971 and their corner lot has been a compendium of vegetables. Abraham is obviously an avid gardener as he is always present in his garden. I've enjoyed many chats over the years with him about gardening, composting and food saving. I swear that gardening keeps Abraham alive and invigorated. The van delaak front yard definitely fits the edible landscaping category. Their carrots, beets and tomatoes last them until the spring in their cold storage room. In addition there must be at least a hundred petunia, marigolds, and other flowers giving color to their front yard.

Neil Lang
Front Yards in Bloom Coordinator
North Glenora



It's October- so that means
OCTOBERFEST!

Come on down to the Community Hall on
October 16 from 8-11 pm.

Select a taste from one of the many
traditional, unique or unusual selections
of beer the Bar Babes have searched out for the
Annual Beer Tasting Evening.

A selection of coolers and pop will be available.

Please bring a snack to share!

October 24 at NGCL Hall
7 to ??? pm join us for our first



Popcorn Provided –
bring other snacks to share if you like



&



We have a liquor license for this evening so if you want to bring
an alcoholic beverage to enjoy we just ask that you bring your
receipt so we keep the regulators happy!



Running with Scissors: A Craft-Making Event

North Glenora Community League Hall

13535 – 109A Avenue

October 16, 17 and 18, 2015

October 16 : 7:00 p.m. – midnight

(Set up at 6 – all help appreciated – start craftin' at 7! Also this is
the evening of the North Glenora Pub Night & Beer Tasting – just FYI)

**Please note we will not be assigning tables as we have in the past,
first come, first pick!**

October 17- 9:00 a.m. – midnight. October 18- 10 a.m. – 4:00 p.m.

*This is your chance to work on your craft(s) in the company of like-minded people without interruption:
Scrapbooking, cards, jewellery, knitting and whatever other craft you can do in the hall is fair game.*

Cost: \$50

Contact Tara van Meter at taravan@telus.net or phone at 780-454-5459 ASAP – this event fills fast!





Community Day 2015



Thank you

We would like to thank everyone who attended the Community Day festivities for helping to make it such a fantastic event. We hope that everyone had a great time and got meet new community members and learn about the events that North Glenora holds.

We would also like to thank all the volunteers who helped made this event happen. You are the reason that the sense of community we have is so strong and why we are able to provide so many great events.

Finally we would like to thank the many sponsors who donated prizes. Thank you for your involvement in our community and for making the Community Day event an extra special one. North Glenora we encourage you to go out and support these businesses as our best method of thanks.



Dang Good
Vietnamese Cuisine



MOXIE'S
GRILL & BAR

**TASHA
DAVIDSON
YOGA**



THANK YOU VOLUNTEERS



north glenora

A HUGE thank you to all the volunteers who helped make Community Day 2015 a massive success.

There are too many of you to name personally, but to all those who helped monitor bouncy castles, gave out info about the community or community league, ran a sport, brought a game, helped in the kitchen, helped wash up, put away tables and chairs, and put in some elbow grease to make this event possible, you have our gratitude.



North Glenora Student Registry

Students available for babysitting, yard care and snow removal.

Name	Service	Phone	Availability	Other Information
Jennifer Allen	Babysitting	780-718-2766	Evenings and weekends	Babysitting course completed
Chloe McKort	Babysitting	780-394-7274	After school/weekends	Also does dog walking/snow shovelling
Jayden Adams	Lawns, snow shovelling	780-482-5037	Before/after school and evenings/weekends	
Grace Van Meter	Babysitting	780-454-5459	Evenings and weekends	Babysitting course completed
Rachael Duke	Babysitting	780-884-3404	Evenings and weekends	
Haley Laviolette	Babysitting	780.482.1415	Evenings and weekends	Babysitting course completed
Katie Oltsher Shook	House/Pet Sitting	780.430.0591	Daytime or longer periods	Experienced; references available
Alyssa Laurie	Babysitting	780.451.2707	Weekends and some evenings	Babysitting course completed
Tanner Piers	Lawn Cutting	780.447.5564		
Kate Hughes	Babysitting/Plant care	780.488.0586	Weekends and evenings	Babysitting course completed
Sawyer Desaulniers	Odd Jobs	780.218.7380		Snow Shoveling, Odd Jobs
Eric Hughes	Lawn Cutting	780.488.0586	After school/weekends	
Brennan Robaille	Snow Shovelling, etc	780.905.0436	After school/weekends	Yard work, mail pick-up as well
Alexandra Sopiwnyk	Babysitting	780.455.9915	Weekends and some evenings	Babysitting Course completed

Students, do you live in North Glenora and want to be listed in our registry? Email northglenoranews@gmail.com with your name, availability, and service you offer and we'll be happy to add you to our list.

North Glenora Business Listings

Live local and help support North Glenora residents and local businesses by using the list below when you need services.

Business	Contact	Phone	Service
Avon	Darlene	780.504.1652	Make-up, skincare & fragrances
Bliss Baked Goods	Hanna	780.453.0101	www.blissbakedgoods.ca
Dagu Integral Coaching Services	Cheryl Whitelaw	780.903.5519	Career and Life Coaching
Design Effex Inc	Gillian Korsch-Tkachuk	780.910.6129	Interior Decorating & Design
EnSegs Services	Chris Barry	780-720-2210	Solar instlation
Epicure	Darlene	780.504.1652	Dips, spices & cookware
Finish Carpenter	Andrei Feher	780.760.5501	Finish Carpentry
Groat Road Auto Service	Don Sande	780.454.1144	Automobile Service and Repair
Megan's Family Doula Services	Megan Jakeway	780-701-4913	Childbirth doula certified with DONA, International
Janet's Waxing Studio	Janet Olstad	780.221.9223	Certified Esthetician
Jay-Kur Contracting	Jay Adams	780-995-4578	Residential/Commercial Renovations
Professional Abstract Art	Tatjana Elgersma	780.983.4848	Custom Abstract Art
Photo Boutique by Ana Feher	Ana Feher	780.760.5501	Photography, Craft and Art
Rainbow Eavestroughing (1982) Ltd.	Adrian Aarnoutse	780.447.1696	Soffit, Fascia, and Eavestroughing
Ron's On Site Mechanical Repair	Ron Garner	780.455.5002	Small Engine Repair
Scentsy	Nicole	780.937.1808	nicolemcc.scentsy.ca
Smooth Transitions Edmonton Ltd.	Pat/Karen Lencucha	780.540.4310	Movers specializing in Seniors
Speech Therapy Services Ltd.	Melissa Campbell	780.982.8889	Registered Speech-Language Pathologist

Are you a North Glenora Community League Member and have a business you would like to include in our new business listings? Email northglenoranews@gmail.com with the information listed above and we'll be happy to add you to our list. Include a PDF, vector, or high resolution jpeg image of your business card and we'll run it whenever we have space. Best of all it's free!