we are North Glenora

March 2019 Newsletter

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ANNUAL GENERAL MEETING

Tuesday, March 12, 2019 at 7:00 pm

Find out what is happening in your community!

The North Glenora Community League is run by a committee of volunteers. We meet monthly (except July and December) to discuss various aspects of the community league and to provide oversight to its operation. If you are interested in sitting on the North Glenora Community Executive, please submit your name and the position you seek to **Andrea Laurie** at **ngcl.1vp@gmail.com**

Call for Executive Position Nominations

PRESIDENT: You are the representative of North Glenora to the community and provide leadership to the Executive Board. You work together with the board to further the goals of North Glenora. You are supported by the Past President.

1st VICE PRESIDENT: You assist the President as needed and oversee the operations and administrative functions of the League.

2nd VICE PRESIDENT: You assist the President as needed and oversee the program functions of the League.

SECRETARY: You enjoy organizing meetings and record keeping.

TREASURER: You are skilled in financial matters, and help the League to stay on budget throughout the year.

BUILDINGS AND GROUNDS: You enjoy taking care of the physical structure of the League.

FAMILY PROGRAMS: You enjoy organizing leisure, recreational, social, and educational activities for the families of the League. This includes overseeing Indoor Playground and Playschool.

ADULT PROGRAMS: You enjoy organizing leisure, recreational, social, and educational activities for the adult members of the League.

NORTH GLENORA NEIGHBOURHOOD CLUB PROGRAMS: You enjoy organizing leisure, recreational, social, and educational activities for the members of the League.

HALL BOOKINGS: You enjoy scheduling the community hall for NGCL activities and want to encourage hall rentals.

HISTORIAN: You are passionate about history and enjoying documenting the activities of the League.

MEMBERSHIP: You enjoy meeting people and provide them with the opportunity to purchase memberships in the community.

NEIGHBOURHOOD SECURITY: Community safety and security is important to you, and you strive to help the community to become a safer place to live.

PLANNING AND TRANSPORTATION: Land use and traffic are things that interest you. You want to help shape the community's response to these types of issues, and want to keep the community informed of what is happening in these areas.

PUBLICITY: You enjoy media and layout and want to keep the community informed of what is going on.

SPORTS: You enjoy organizing sports programs for the community.

GRANTS COORDINATOR: You love research and want to use your talents to find sources of funding for NGCL programs.

SCHOOL LIAISON: You believe Coronation School is a vital part of the community and desire a closer cooperation between the Community League and the School, representing the interests of each to the other.

SOCIAL MEDIA COORDINATOR: You enjoy the different social media platforms and work with Publicity to keep our membership informed of upcoming and breaking events.

ABUNDANT COMMUNITIES LIAISON: You are a community builder. You provide a bridge between the Abundant Community initiative in our neighbourhood and the board.

Find us Online!

Visit our website at:	Sign up to the mailing list:	Follow us on Twitter:	Join our Facebook Group:
northglenora.org	http://eepurlcom/l463z	@northglenoraCL	https://www.facebook.com/northglenoracl/

Community Contacts

Title	Volunteer	Phone	Email Address
President	David Van Meter		ngcl.president@gmail.com
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Janitor	Ayda Al-khatib		aydaalkhatib@yahoo.com
Past President	Ryan Young		ngcl.ppres@gmail.com
Treasurer	Lee Heidecker		ngcl.treasurer@gmail.com
Grants Coordinators	Fraser Ness		ngcl.grants@gmail.com
	Artemis Aliaj		
Secretary	Michelle Schurek		ngcl.secretary@gmail.com
Greeting Cards	Agnes Brennan	780.455.0114	ajbrennan@shaw.ca
1st Vice President	Andrea Laurie		ngcl.1vp@gmail.com
Buildings and Grounds	Frank French		ngcl.buildings@gmail.com
Hall Bookings	Lynn Cunningham		ngcl.bookings@gmail.com
Planning and Transportation	Jason Ness		ngcl.plan@gmail.com
Neighborhood Security	Lionel Pereira		ngcl.safety@gmail.com
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Historian			ngcl.history@gmail.com
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Social Media Coordinator			ngcl.socialmedia@gmail.com
Playschool Executive			
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Vice-President	Alberto Altamirano		
Treasurer	Darcie Chaves		
Secretary	Melissa Campbell		
Registrar	Maurice Dransfield		
Communications	Sana Alugaili		
Past President	Katie O'Reilly		
Past Vice President	Cara Roemmich		
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@shaw.ca

Emergency Contacts

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

Government Contacts

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

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

Randy Boissonnault, MP
Phone: 780-442-1888
Website: RandyBoissonnault.liberal.ca

Newsletter Submissions

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

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

Delivery Contact
The lovely and talented Kirsten Paetsch handles delivery of our newsletter. 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 k.paetsch@live.com

Newsletter Submissions are due no later than 6:00 pm on the Friday following the North Glenora Executive Meeting (third Tuesday of the month).

Legal Information

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 any way 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.

UPCOMING EVENTS

Kids Movie Night
North Glenora Community Hall
Friday, March 8, 6:30 pm
Enjoy some popcorn and a movie.

Community Teen Night
North Glenora Community Rink
Mar 9, Mar 23, 6-9 pm

Community Soccer Payment & Age Verification
North Glenora Community Hall
Friday, March 10, 1-5pm

North Glenora Annual General Meeting
North Glenora Community Hall
Tuesday, March 12, 2019
Join us as we hear about the league's plans for the upcoming year.

February Pub Night
North Glenora Community Hall
Friday, March 15, 8-11 pm
Come out for the annual St. Patrick's Day beer tasting event!

NGNC Spring Potluck
North Glenora Community Hall
Friday, April 26, 5:30pm
A family event with entertainment and prizes.

NG Playschool Fundraiser
North Glenora Community Hall
Saturday, April 27, 4-7pm
Silent auction, pizza, dancing, & more.

North Glenora Reuse Fair
North Glenora Community Hall
Saturday, May 11, 10am-3pm

North Glenora Garage Sale
North Glenora Community Hall
Saturday, May 18, 9am-4pm

THURSDAY NIGHTS AT

NORTH GLENORA COMMUNITY HALL

13535 – 109A AVENUE, EDMONTON, ALBERTA

Live music - Come out to play your instrument, sing, listen or learn to dance

REMEMBER THOSE DANCE FLOOR CLASSICS – WALTZ, POLKA, FOXTROT, TWO STEP.

POLISH UP YOUR SHOES AND GET IN RHYTHM

WE CAN TEACH YOU.

DANCING IS ONE OF THE BEST AEROBIC WORKOUTS YOU CAN HAVE: benefits the heart, the mind, the soul and is good for the brain. It is how to stay young. Music and dance build the community.

A GREAT OUTING FOR THE WHOLE FAMILY – PARENTS, CHILDREN AND GRANDPARENTS.

ALL AGES WELCOME

MUSIC STARTS AT 7:00 P.M.

ADMISSION - $5.00 PER PERSON

BRING IN THIS AD FOR A TWO FOR ONE ENTRANCE.

FOR MORE INFO CALL KEN AT 780-504-0489

or BARBARA AT 780-906-6862

Wild Rose Old Time Fiddlers Association

City of Edmonton Surveys

Parking. It's All About Space Help us explore options for how much parking is provided with new homes and businesses. Take the online survey at **Edmonton.ca/makingspace**

Let's Keep Talking Future of Waste We heard you last fall! Now we want to hear your input on topics such as cart sizes, recycling and waste reduction. Complete our survey outline by visiting **Edmonton.ca/futureofwaste** or locate public drop-in session on the website.

Kids Movie Night

presents

Norm of the North: Keys to the Kingdom

Friday, March 8!

Bring the family, a sleeping bag to lie on, a reusable cup to fill and enjoy some popcorn and a drink while enjoying this hit!

A reminder that all kids need to have a responsible adult in attendance with them throughout the duration of the movie.

Abundant Community Initiative for North Glenora

Thank you to everyone who participated in the Random Acts of Kindness Day on February 17th by meeting up with your neighbours and donating items to the food bank!

If you were not able to donate that day but would like to make a donation to the food bank, there is a drop off station at the Safeway in Westmount Centre or you can learn about other ways to donate by visiting

edmontonsfoodbank.com/donate

Thank you again for your generosity.

- The ACING Team

Neighbours enjoying the lunar eclipse by candle light at the Let It Snow party on January 20th.

Alberta Health Services — Emergency Medical Services

Burns and Scalds

Each year, Emergency Medical Services (EMS), respond to emergencies involving young children who have sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°**: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°**: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- **3°**: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, **call 9-1-1**

www.albertahealthservices.ca

Outdoor Soccer Registration Reminder

Don't forget to register your child for outdoor soccer at **https://emsawest.com**

Community payment and age verification will be **March 10th** between **1—5 pm** at the **North Glenora Community Hall**

or

March 11th between **6—8 pm** at the **Hilton DoubleTree**.

Groat Plaza Family Dentistry

Dr. Ann Macdonald Dr. Milana Levin

780-447-9910 www.groatplazadentistry.com

*ALL SERVICES PROVIDED BY GENERAL DENTISTS

Our dental team has been part of the community for over 10 years. We offer comprehensive dentistry to patients of all ages. We are committed to providing compassionate and professional dental care of the highest standards in a comfortable environment.

SERVICES PROVIDED

- Individualized Comprehensive Treatment
- Preventative Hygiene Care
- Restorative & Cosmetic Dentistry
- One Visit Crowns
- Tooth Replacement
- Myofunctional Orthodontics
- Invisalign®
- Sleep Apnea/Snoring Appliances
- Under Armour® Mouthguards

NEW PATIENTS WELCOME

tops CLUB INC. 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 please call:

Brenda Richardson @ **780-719-5155**

Groat Road Auto Service

11311 - 143 Street Edmonton AB T5M 3P8

Tel: (780) 454 1144

DON SANDE

Westmount Presbyterian Church

13830-109A Avenue

Come join us for worship.

Sunday at **9:30am** (with children's program).

See our Website for details.

www.westmountpresbyterian.ca LOVE/SERVE/CARE

Randy Boissonnault MP/Député Edmonton Centre

Constituency/Circonscription
10235 - 124 Street/Rue
Suite/Bureau: 103
Edmonton AB T5N 1P9
780 442 1888

Ottawa office/bureau
House of Commons
Chambre Des Communes
Ottawa ON K1A 0A6
613 992 4524

Randy.Boissonnault@parl.gc.ca

Proud to serve the people of Edmonton Centre

- - -

Fier de servir les résidents d'Edmonton-Centre

Sarah Hoffman

MLA, Edmonton-Glenora

Our constituency team is here to help residents with provincial govenrment departments, programs, and services.

10996 124 St NW, Edmonton, AB, T5M 0H8 edmonton.glenora@assembly.ab.ca 780.455.7979

North Glenora Reuse Fair

May 11th, 10am-3pm, 13535-109A Avenue

All items must be clean and in good condition

- ☺ The Reuse Fair is an event that collects items that cannot be donated to charities, such as half-used boxes of office supplies and fabric remnants.
- ☺ Items are collected for groups that can use them, such as Red Cross, daycares and craft groups. Our event this year is on May 11, between 10AM-3PM.
- ☺ There is also a plant exchange- bring whatever you no longer want in your yard or home and take what others have brought.
- ☺ Please see the list provided for all the items that we accept. We do NOT collect clothing or furniture. We are having a book exchange as well, but you do not need to bring books to take some.
- ☺ There is no charge for any items.

Arts & Crafts Supplies
Baskets (green berry & wicker only)
Beads
Bingo dabbers (full only)
Bows
Cellophane
Chalk
Clay (modelling, pottery & play-doh)
Cookie cutters
Corks
Craft kits
Crayons (pencil & wax)
Feathers
Floral arranging supplies (holders, picks, etc.)
Flowers (artificial only)
Foam core
Glitter
Glue (white, sticks & craft)
Googly eyes
Magnets
Moulds
Packing peanuts
Paint (acrylic, craft & watercolour only)
Paint brushes (arts & crafts only)
Pastels
Pipe cleaners
Pom-poms
Ribbon (fabric, gift & raffia)
Rubber stamps & ink pads
Scissors
Seashells
Sponges
Stencils
Stickers
String
Styrofoam (balls, cubes & sheets only)
Wax
Wire (craft only)
Wreaths

Office and School Supplies
Clipboards
Duotangs
Dividers
Hole Punches
Notebooks
Staplers/staples
Writing supplies

Media
Cassette tapes (not home recorded)
Computer disks (3.5")
Cds & DVDs (including empty cases)
Video tapes (not home recorded)

Metal
Aluminum pie plates & tart shells
Frozen juice lids
Keys
Pull tabs (from beer or pop cans)
Small hardware (brackets, nails, screws, etc.)
Tins (Altoid, coffee, cookie & cylinder with lids)

Sewing/Knitting Supplies
Supplies for crochet, cross-stitch, embroidery, knitting, macramé, needlepoint, quilting, sewing & rug hooking
Batting
Burlap
Fabric (minimum 0/25 meters)
Leather (usable pieces only)
Neck ties
Needles (crochet, knitting, sewing, etc.)
Patterns
Wooden embroidery hoops

Paper Products
Bookmarks
Boxes (gift, packig & shoe only)
Campbell's labels
Calendars (with pictures only)
Cardboard tubes (paper towel & wrapping paper only)
Envelopes (regular & oversized, new only)
Gift bags
Greeting cards (new & used)
Maps
Paper (all types, usable only)
Poster board
Postcards
Postage stamps
Posters
Stationery
Tissue paper
Wrapping paper

Plastic
Bread bag tags
Bubble wrap
Film canisters (with lids)
Ice cream pails (4L, with lids)
Laundry soap scoops
Margarine containers (with lids, 1 & 2 lb only)
Milk jug lids
Six pack rings (from pop or beer cans)
Yogurt containers (with lids, 750 gram only)

Various Other Items
Audio equipment
Bags (cloth, paper, plastic & Ziplock)
Bells
Board games
Books (adult & children's fiction & non-fiction, current textbooks only, no encyclopedias)
Candles & candle holders
Cameras, film and other photographic equipment materials.
Egg cartons
Gardening supplies
Hangers (wire only, please bundle)
Jars (baby food & canning only, with lids)
Jewelry (incl. broken)
Key chains
Lapel pins
Magazines (craft, National Geographic, nature, fitness, etc.; no catalogues or free publications)
Marbles
Medals
Old pillowcases
Party decorations & supplies
Picture frames (with or without glass)
Photo albums & album pages
Plant pots (ceramic & clay only)
Playing cards
Prize ribbons
Promotional buttons
Puzzles (incl. incomplete)
Records-45s or LPs or 78s
Seasonal decorations (Valentine's Day, Easter, Canada Day, Halloween, Christmas, etc.)
Shelf liner
Storage bins
Tea towels
Tennis & golf balls
Trophies
Vases
Watches (incl. broken)

*Plant Exchange

Want to volunteer? Are there any items that your organization could use?

Please contact Margaret at moutard@shaw.ca or 780-451-0808

Spring Break Starts Here at EPL! Play, create and explore with us at Woodcroft Library between March 24 and 31 by attending our classes and events for school-aged kids.

Family Films (March 24, 2pm) EPL has a great selection of children's films for the entire family. Join us for a family fun movie.

Run Away with the Circus (March 26, 1pm) Join Amanda Panda of the Hula Hoop Circus for an awesome adventure featuring hoops, juggling, circus stories and more!

Green Things Grow (March 27, 1pm) Join us and learn all about plants and how they grow in this hands-on class.

Build a World (March 27, 3:15pm) Learn how to make all types of maps: old maps, new maps, world maps, and even design your very own alien world!

Code Breakers (March 28, 4pm) Explore a variety of different computer and analog techniques to complete many different activities.

Riding the Waves (March 29, 11am) Make some fun "instruments" for making silly sounds, and try some experiments revealing secret sounds!

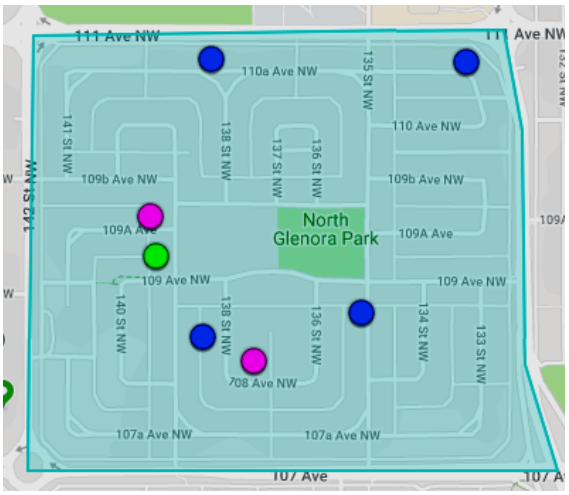
Pop-up Makerspace (March 30, 3pm) You're invited to drop-in, hang out, bring friends, try things and make fun stuff.

Puppet Adventures (March 31, 1pm) Join our unforgettable puppets for enchanting tales of swashbuckling adventures that will take you to lands near and far. After, create your own puppet and epic adventure to share with other participants!

Community Gallery Space at EPL

Are you an emerging artist? EPL encourages creativity and discovery in its locations. We provide free space for artists to display their work in the community at participating branches, including Woodcroft. Exhibit space varies from branch to branch. Go online to view the criteria that are used for selecting exhibits and apply via the Community Gallery Submission Form: **epl.ca/eplgallery**

North Glenora Crime Map



Type of Crime	Oct	Nov	Dec	Jan	Feb
Break and Enter (Garage)	1	4	0	1	1
Break and Enter (Apt/House)	0	1	0	0	0
Theft from Vehicle	1	1	2	2	4
Assault	0	0	0	1	0
Theft of Vehicle	0	1	1	1	2
Sexual Assault	0	0	0	0	0
Theft Over $5,000	0	0	0	0	0

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

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

NORTH GLENORA
Playschool

GLOW IN THE DARK

DANCE FUNDRAISER

APRIL 27, 2019
4:00 - 7:00 PM

NORTH GLENORA
COMMUNITY LEAGUE
13535 - 109A AVE

50/50,
SILENT AUCTION,
PIZZA CONCESSION,
DANCING & MORE!

TIX $10
Kids 2 & under are free but still require a paper ticket

PURCHASE TICKETS THROUGH ANY PLAYSCHOOL PARENT
OR, FOR INFORMATION ON E-TRANSFERS AND PICKING UP TICKETS AT THE DOOR, EMAIL
ngcl.playschool@gmail.com

Do you have kids aged five and under?

Need a place to play indoors?

Join us at North Glenora's Indoor Playground!

Located inside the North Glenora Community Hall at

13535 109A Avenue

OPEN MONDAYS and THURSDAYS
9:15 to 11:00 AM

Your first visit is free! $1.00 drop-in fee, or a yearly fee of $20.00

Contact ngcl.1vp@gmail.com for more details.

NORTH GLENORA
Playschool

FULLY LICENSED, NON-PROFIT, COMMUNITY BASED PROGRAMMING
FOR CHILDREN AGES 2.5-5 YEARS OLD
SUBSIDY AVAILABLE

COME MEET OUR TEACHERS AND FIND OUT ABOUT THE PLAYSCHOOL AT OUR

OPEN HOUSE MAR 6, 6-8PM

REGISTER ANYTIME, IF SPOTS PERMIT

North Glenora Community League
13525 109A Ave NW
northglenoraplayschool.com

Have some things that need a new home? Looking for treasure?

Garage SALE

North Glenora Community League Garage Sale

Saturday, May 18, 9am to 4pm

Community League member tables $12 each

Non-member tables $14 each

Limit two tables per household, no retailers please.

Call **Louise** at **780 469 8405** after March 11th to book your table!

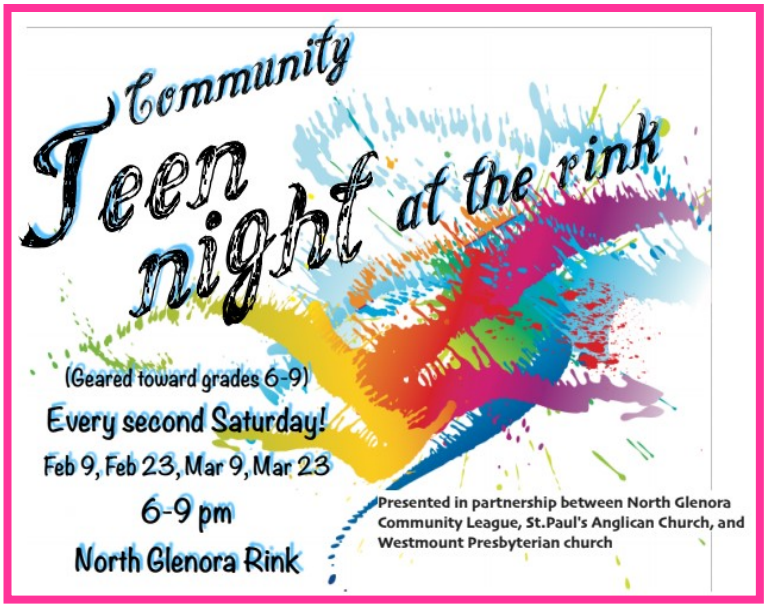
may you have warm words on a cold evening,
a full moon on a dark night,
and the road downhill all the way to your door.

north glenora pub night

March 15 pub night is our **annual st patrick's day beer tasting** event. Come down to the community hall from **8-11 pm** for a chance to either have a bottle of your favourite beer or try a taste of something new. Of course coolers, wine and the usual non-alcohol fare will be available as well. Please bring your favourite snack (Irish version or otherwise) to share!

Our liquor license requires that we remind you that pub night is for residents of North Glenora and their invited guests.

The friendly bar babes hope to see you there and will be enjoying their last pub night as hosts since they are relinquishing the special pub night aprons and the Adult Programs portfolio at the AGM on March 12. We hope some energetic person who can stay up later will take over Adult Programs and we will be happy to fill you in on the job at the pub night if you ask!



North Glenora Neighbourhood Club (NGNC)

Fun Bingo on February 22 was attended by 3 young girls and 9 adults ranging in age from 8 to 89. After 9 games, we asked one of the girls which game she would like to play. She said "full card". Guess what? There were 4 cards that qualified for the full card. What are chances of that happening again??

Our next event is the **Spring Potluck Dinner** on **Friday, April 26** with NGNC providing the chicken. Please bring salads, vegetables—raw and cooked, casseroles, potatoes, desserts, buns, pickles, etc.

Doors will open at **5:30 pm** and with dinner at 6 pm. Entertainment to follow. Please invite your neighbours, friends, relatives, etc.

Cost: **$7** per adult over 18 years of age
$5 for ages 12 – 18
$3 for ages 6 – 12
no cost for under 6 years of age

Prizes will be available for a contest or two.

North Glenora Rink is Open!

To ensure a safe and pleasant experience for all, please obey the following rules:

Be respectful and welcoming of fellow skaters.

Skaters 10 years of age and under must be accompanied by a parent, guardian or supervising adult.

No roughhousing, fighting, pushing, shoving, swearing, inappropriate behaviour or foul language on or around the ice or in the rink shack.

No excessive noise.

Carry out what you carry in. Please clean up any mess you make; use garbage cans.

Failure to follow the rules will result in skaters being asked to leave the premises.

The Village GREEN – Winter Pruning

-Erin Olefeldt

It's been such a long cold winter; it has me dreaming about warmer weather and thinking about what I want to plant in the garden this spring! A few years ago we planted some small fruit trees and shrubs that we got from Kiwi Nurseries on the Yellowhead. They have a great selection of edibles that have been bred for our zone with really interesting varieties of cold hardy cherry, plum, apple and pear that are fantastic for eating fresh or processing. Winter is a great time to think about pruning fruit trees because it's easier to see what needs to be done as the tree is bare and it also stimulates the remaining buds to produce prolifically during the coming growing season.

Make sure your pruning tools are sharpened and have some isopropyl alcohol on hand to dip your tools in before moving on to the next tree, thereby preventing any potential spread of diseases.

The first step is to remove all dead, damaged and diseased branches. Cut them flush with the main stem. If you see any suckers growing from the base of the trunk, prune those back too. Watersprouts are very straight shoots growing from the main branches. They sap the tree's energy and should be cut back flush with the main stem as well.

The next step after this initial cleanup phase, is to thin out the tree. Remove any branches that are growing downward, towards the centre of the tree, or any that cross paths with other branches. The goal is to have relatively evenly spaced branches splaying out from a central point on the main stem. Aim for 6-12 inches of airspace around each branch depending on the size of the tree. Stepping back every now and again will allow you that fresh perspective you might need to get this step done.

Now for the final step! You will basically be giving the tree a bit of a haircut, trimming the outermost growth with the goal of creating shorter, thicker growth. This results in a stronger, healthier, and more productive tree. Remove about 20-30% of the newest growth. You will be able to recognize the newer growth from the year before's growth by the gnarly ring of bark that surrounds the stem at that junction. Hopefully you will be able to access all of the branches of the tree and trim each back.

Don't forget to pick up the trimmings and be sure to garbage, rather than compost, any diseased looking wood.

Some fruiting trees and shrubs to consider for the Edmonton Area:

- Haskap (Honeyberry)
- Canadian Gooseberry
- Josta Currant
- Boyne Raspberry
- Red Lake Currant
- Cupid Cherry Tree
- Brooks Gold Plum
- Pembina Plum
- Norkent Apple
- Winter Cheeks Apple

YOGA & RELAXATION

PRESENTED BY THE
NORTH GLENORA COMMUNITY LEAGUE
(103535 109A Ave)

BEGINS THE WEEK OF MARCH 4

TUES: Hatha yoga, 9:30 – 10:30 am
WED: Hatha yoga, 6:45 – 7:45 pm
WED: Relaxation (yoga nidra), 8 – 9 pm

6 CLASSES FOR $69
ALL EXPERIENCE LEVELS WELCOME

For information & registration:
JACQUELYNRAE.YOGA@GMAIL.COM

Do you have an article or story that you would like to share? A recipe or photo? A special thank you or congratulations to someone in your community? We would love to hear from you.

The deadline for the April issue is **March 22nd**. Please send your submission to **northglenoranews@gmail.com**

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Jay Adams
Contact: (780)995-4578
Email: jaykurcontracting@gmail.com
Web: www.jaykurcontractingltd.com

Allan Semenchuk
Owner/Director
780.919.6979
allan@raptorcat.ca

Raptor Cat
CONCRETE WORK
& OILFIELD SERVICES

Welcome to

Coronation School!

We are extremely excited to continue enhancing our focus on the International Baccalaureate (IB) Primary Years Programme (PYP) to emphasize inquiry and development of the whole person.

Through the support and talent of our students, staff and families, we work together to create a dynamic learning community. At Coronation, we're committed to ensuring all students have a sense of belonging and are engaged, active and involved in high quality learning opportunities.

International Baccalaureate Primary Years Programme

As an IB World School, Coronation strives to challenge students with rigorous learning experiences. We establish this by:

- involving students actively in their own learning
- engaging students with rich, relevant content
- high level questioning (by adults and students)
- providing opportunities for students to express voice and choice
- emphasizing depth of learning, no just coverage
- focusing on the quality rather than quantity of student work

Curriculum

The Primary Years Programme identifies the curriculum in three ways:

- written curriculum—what do we want to learn?
- taught curriculum—how best will we learn?
- assessed curriculum—how will we know what we have learned?

Classroom Learning

In a PYP classroom, portions of each school day are also dedicated to helping students master essential knowledge and skills in basic subject areas such as math, reading and writing. All teaching aims to foster student curiosity and critical-thinking skills, developing an international perspective and meeting the diverse needs of all students.

Assessment

In the PYP, assessment is part of a continuous cycle that leads students to deeper levels of understanding. Assessment is used to identify students' current level of understanding and determine what they need to learn and how they will best learn, so they can master new knowledge, concepts and skills.

Primary Years Programme

Coronation SCHOOL

10925 139 St NW
Edmonton AB T5M 1P8
T 780-455-2008
F 780-455-8717
E coronation@epsb.ca

North Glenora Student Registry

Name	Service	Contact	Availability	Other Information
Abby Bowen	Babysitting	780.634.3296	Evenings and weekend AM	Babysitting course completed
Alexandra Sopiwnyk	Babysitting	780.455.9915	Wknds and some evenings	Babysitting course completed
Aoise Roche	Piano lessons	aoisegeorge@gmail.com	Weekly half-hour lessons	Certified grade 8 piano
Autum Adams	Small dog walking, Babysitting	780.482.5037	After school/weekends	Babysitting course completed
Benjamin	Dog walking/Yard Care	780.761.7599	Flexible—daytime dog walking	Raking, Snow shovelling
Brennan Robitaille	Babysitting	780.905.0436	Some evenings/weekends	Babysitting course completed
Emma Pardy	Babysitting	7807295667	Evenings and weekends	Babysitting course completed, references available
Grace Van Meter	Babysitting	780.454.5459	Evenings and weekends	Babysitting course completed
Jayden Adams	Lawn Maintenance	780.482.5037	After school/weekends	
Jennifer Allen	Babysitting	780.718.2766	Morning/Afternoon, wknds	References available
Kate Hughes	Babysitting/Plant Care	780.488.0586	Weekends and evenings	Babysitting course completed
Katie Oltsher Shook	House/Pet Sitting	780.430.0591	Daytime or longer periods	Experienced; references avail.
Maggie Ewais	Small dog walking	587.991.3526	After school/weekends	
Markus Rubba	Lawn Care	780.488.6214	After school/weekends	
Malina Rubba	Dog walking	780.488.6214	After school/weekends	
Rachael Duke	Babysitting	780.884.3404	Evenings and weekends	
Sara Van Meter	Babysitting, Pet Sitting	780-454-5459	After school and weekends	Also dog walking and snow shovelling
Sherif Ewais	Babysitting	587.991.3526	After school/weekends	Babysitting course completed
Tanner Piers	Lawn Cutting	780.447.5564		
Vianne Amini-Arthurson	Babysitting	780-432-1460	Weekends only	Babysitting course completed; 2018 NGCL youth park assistant

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 Registry

Business	Contact	Phone	Service
All Sport Health & Performance	Dr Mecca Fayad	780-424-7246	Chiropractor
Architectural design and drafting service	Vaheed	780-200-7872	Custom home design, basement, addition, commercial, etc.
Avon	Darlene	780.504.1652	Make-up, skincare & fragrances
Bliss Baked Goods	Hanna	780.453.0101	www.blissbakedgoods.ca
Bultena Concrete	Nick Bultena	587-337-9717	Concrete Contractor-Interior & Exterior
Central Alberta Property Services	Rick Yost	587-783-9143	Maintenance & repair of properties
Clear Focus Financial	Christophe O. Voegeli	780.702.3922	Financial Planning
Duncan Therapeutics	Taylor Duncan	780.965.6026	Massage Therapist www.duncantherapeutics.com
Epicure	Darlene	780.504.1652	Dips, spices & cookware
The Estate House	Deborah McGuire	780.451.7557	Wills and Estate law services
Finish Carpenter	Andrei Feher	780.760.5501	Finish Carpentry
French and English Tutor	Andrea	780-905-0436	Elementary & junior high subjects in English or French
Groat Road Auto Service	Don Sande	780.454.1144	Automobile Service and Repair
Home & Business Organizing	Liz	780-455-4808	Control your space & displays
House Cleaning	Barbara	587-523-4548	House cleaning
Jay-Kur Contracting	Jay Adams	780-995-4578	Residential/Commercial Renovations
Kind Power Coaching and Consulting	Cheryl Whitelaw	780.903.5519	Coaching and Inclusion Consulting
Lawn Mower Maintenance	Eric Hughes	780-488-0586	Winterization or spring tune-up
LipSense by SeneGence	Rose Boyd	780-716-7145	Make-up and skin care
Megan's Family Doula Services	Megan Jakeway	780-701-4913	Childbirth doula certified with DONA, Intl.
Pawsitive Pets	Amanda	780-240-4379	Professional animal grooming
Perfect Drywall	Kelly Savage	587-710-5038	Steel stud, insulation, drywall, taping, etc.
Photo Boutique by Ana Feher	Ana Feher	780.760.5501	Photography, Craft and Art
Professional Abstract Art	Tatjana Elgersma	780.983.4848	Custom Abstract Art
Radiance	Karl Faes	780.995.0464	Massage Therapy/Neuromuscular Breath Work
Rainbow Eavestroughing (1982) Ltd.	Adrian Aarnoutse	780.447.1696	Soffit, Fascia, and Eavestroughing
Raptor Cat	Allan Semenchuk	780.919.6979	Concrete Work & Oilfield Services
Realty Executives North Star	Brandon Berlando	780-993-9252	Realtor
Re/Max Real Estate (Central)	Ken Kabat	780.994.3908	Real Estate Services/Realtor
Rodan + Fields	Brenda Svec	780.905.6290	Dermatology-based skin care
Ron's On Site Mechanical Repair	Ron Garner	780.455.5002	Small Engine Repair
Scentsy	Nicole	780.937.1808	Scented wax, warmers & more
Silver Icing – Online Shop	Tanya Van Wieren	587 983-2362	Online shop - Clothing
Smooth Transitions Edmonton Ltd.	Pat/Karen Lencucha	780.540.4310	Movers specializing in Seniors
Soul Strenth Yoga & Fitness Inc.	Melany James	780-235-1095	info@soulstrength.ca
Speech Therapy Services Ltd.	Melissa Campbell	780.982.8889	Registered Speech-Language Pathologist
Stanley Construction Ltd.	David Gantar	780-288-6612	Commercial General Contractor
YEG Dog Walking	Lorna	780-266-4090	Dog walking services & puppy visits

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.

March 2019

North Glenora Community League Events

Northglenora.org or find us on Facebook!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	18:30 Brownies	9:30 Morning Yoga 17:15 Sparks 18:00 TOPS	19:00 Free Relaxation class	17:00 Wildrose Fiddlers Open Dance & Jam Session	1	2
3	4 18:30 Brownies	5 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS	6 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	7 17:00 Wildrose Fiddlers Open Dance & Jam Session	8 18:30 **Kids Movie Night**	9 8:00 Private Rental
10 13:00 Soccer Payment & Verification **Daylight Saving Time begins**	11 18:30 Brownies	12 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS 19:00 NG AGM	13 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	14 17:00 Wildrose Fiddlers Open Dance & Jam Session	15 20:00 Pub Night	16 8:00 Private Rental
17 **St. Patrick's Day**	18 18:30 Brownies	19 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS 19:00 NGCL Exec Mtg	20 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	21 17:00 Wildrose Fiddlers Open Dance & Jam Session	22 **Newsletter Deadline**	23
24 14:00 Square Dance 31	25 18:00 Toastmasters	26 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS	27 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	28 17:00 Wildrose Fiddlers Open Dance & Jam Session	29	30

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