



we are North Glenora

April 2019 Newsletter

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Thank You

The AGM was a success with over 30 people in attendance.

A big thank you to Andrea Laurie for running the evening so smoothly, Heather O'Hearn for conducting the elections, Monika Ibrahim and Bev Orchard for providing and setting out drinks and snacks.



The **ACING** Team is planning up a storm of block parties for this May and June. Be sure to stay tuned for info on a party coming to a street near you!



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 May issue is **April 19th**. Please send your submission to northglenoranews@gmail.com



Dogs are Safest at the End of Your Leash



Dogs are not allowed to be loose, unless they are on your property or in a designated off-leash area. A map of these sites can be found on the City of Edmonton Website.

North Glenora does not have any designated off leash areas within its boundaries.

Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property. Dogs are not allowed on school grounds, sports fields, playgrounds and golf courses.

This includes the Coronation School playground, and the North Glenora park area. The fine for violating this bylaw is \$100.



Jack delivers the North Glenora newsletter. Learn more about Jack on p. 9.

Find us Online!

Visit our website at:
northglenora.org

Sign up to the mailing list:
<http://eepurl.com/l463z>

Follow us on Twitter:
[@northglenoraCL](https://twitter.com/northglenoraCL)

Join our Facebook Group:
<https://www.facebook.com/northglenoracl/>

Community Contacts

Title	Volunteer	Phone	Email Address
President	David Van Meter		ngcl.president@gmail.com
Office Support	Kurena Adams	780.452.6610	ngcloffice@gmail.com
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
School Liaison	Maryan Ali		ngcl.school@gmail.com
Kitchen Keeper	Margaret French	780.451.0808	moutard@shaw.ca
Abundant Communities	Sheila Hallett		ngcl.acing@gmail.com
2nd Vice President	David Caskenette		ngcl.2vp@gmail.com
NG Neighbourhood Club	Bev Orchard	780.455.7072	ngcl.45p@gmail.com
Family Programs	Monika Ibrahimi		ngcl.family@gmail.com
Indoor Playground	Marie-Josée Bruneau		ngcl.1vp@gmail.com
Family Movie Night	Marie-Josée Bruneau		
Adult Programs	Rhonda Van Heyst	780.455.9360	ngcl.adult@gmail.com
	Margaret French	780.451.0808	moutard@shaw.ca
Sports Programs			ngcl.sports@gmail.com
Membership	Maria Seeber		ngcl.member@gmail.com
Welcoming	Elizabeth Turner		eturner4@shaw.ca
Historian			ngcl.history@gmail.com
Publicity & Newsletter	Teresa Alves		northglenoranews@gmail.com
Newsletter Distribution	Kirsten Paetsch		k.paetsch@live.com
Social Media Coordinator			ngcl.socialmedia@gmail.com
Playschool Executive			
President	Faith Cisakowski		ngcl.playschool@gmail.com
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, April 12, 6:30 pm
Enjoy popcorn and a movie.

April Pub Night
North Glenora Community Hall
Friday, April 12, 8-11 pm
Come on down to the hall and welcome **Klaus** as the new pub night coordinator!

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.

May Pub Night
North Glenora Community Hall
Friday, May 10, 8-11 pm
Bring your reuse items for the fair the next day and enjoy a beverage with friends!



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



DR.
Gilbertson
& Associates
OPTOMETRISTS



Dr. Kristen Woynorowski



Dr. Paul Gilbertson

Dr. Gilbertson and Associates

Your community eye care professionals!

- Offering Complete Eye Exams & Treatment for Eye Disease
- Fashion Eyewear and Contact Lenses
- Children's Eye Exams and Eyewear
- Conveniently Located Near Kingway & Westmount
- Open Late Tuesdays and Wednesdays
- Our doctors have over 30 years of combined experience!

106 - 11910A 111 Avenue, Edmonton • Phone: 780-451-9387 • www.edmontoneyecare.com

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



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**

KidS Movie Night

presents

The Iron Giant

Friday, April 12!

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.

Doors are at 6:30 and the movie starts at 6:45. Note that pub night starts immediately following the film.

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

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

Sarah Hoffman
MLA, Edmonton-Glenora



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

10996 124 St NW,
Edmonton, AB, T5M 0H8

edmonton.glenora@assembly.ab.ca

780.455.7979

Groat Road Auto Service



11311 - 143 Street Edmonton AB T5M 3P8

Tel: (780) 454 1144

DON SANDE



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

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

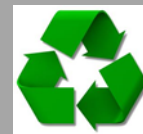
Your first visit is free! \$1.00 drop-in fee, or a
yearly fee of \$20.00

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

North Glenora 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**



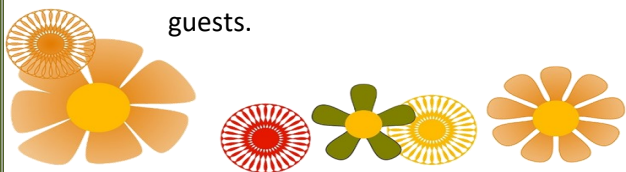
April Pub Night

Klaus's First Pub Night!

Come on down to the hall and welcome **Klaus** as the new pub night coordinator (Bar Boy? Drinks Dude?).

Since spring is springing bring your favourite summer snack to share with the neighbours. Enjoy our selection of beer and coolers and perhaps try something new. As usual there is also a selection of non-alcohol beverages to enjoy.

This month pub night will be on **April 12** from **8-12** at the community hall since the usual 3rd Friday is on Good Friday this April. As required by the liquor license – this event is open to all over 18 residents of North Glenora and invited guests.



North Glenora Neighbourhood Club (NGNC)



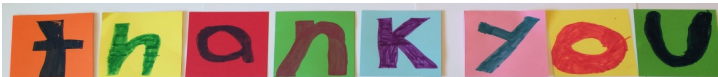
Our next event is the **Spring Potluck Dinner on Friday, April 26** with NGNC providing the chicken. Please bring salads, vegetables—raw and cooked, casseroles, potatoes, desserts, buns, pickles, etc.

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.



A heartfelt thank you to the Snow Angel who has often come with his/her snowblower and done our whole street at 109A Avenue and 141 Street! Un abbraccio forte forte! (A big big hug!)

-Antonella

I would like to thank the snow angel who so kindly blew the snow off the front walks on 141 Street.

He has done this a few times this winter & I want to let him know how much his kindness is appreciated.

-Maureen

May Pub Night

Reduce/Reuse/Recycle/Repurpose...
Fun/Friends/Food/Fantastic drink selection!



May's North Glenora Pub Night will be **May 10** from **8-11pm**. Since it is the night before the **Reuse Fair**, bring something you want to recycle and leave for the "looking for a new home" table. Bring your other reuse items as well if you can't make it to the big event on Saturday!

Also, we will be doing a book/CD/DVD exchange. Bring a book/CD/DVD...take a book/CD/DVD...or just take some books/CDs/DVDs – please!

The usual pub night beverages will be available as well as non-alcohol drinks. Bring a snack to share, maybe served in a creative re-used container? As required by the liquor license — this event is open to all over 18 residents of North Glenora and invited guests.

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



**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!



Groat Road Auto Service



Hours of Operation

Monday - Friday

8:00 a.m. - 6:00 p.m.

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*TEST RAD CAP

*TEST ANTI-FREEZE for STRENGTH and CONDITION

*INSPECTION CONDITION of RADIATOR HOSE, HEATER HOSE and BY-PASS HOSE

*INSPECT DRIVE BELTS

*INSPECT RADIATOR and FAN BLADES

*CHECK BLOCK HEATER

*CHECK WINDSHIELD WASHER and WIPERS

*CHECK ALTERNATOR/REGULATOR OUTPUT

**CHECK STARTER DRAW

*CHECK BATTERY

*CHECK TUNE-UP CONDITION

*CHECK BRAKES

*CHECK FLUID LEVELS and CONDITION

*CHECK SHOCKS and STRUTS

*CHECK TIRE WEAR and PRESSURE

*FRONT END INSPECTION

*CHECK EXHAUST SYSTEM

*CHECK ALL LIGHTS

*CHECK for OIL CHANGE

PLEASE CALL FOR AN APPOINTMENT

GROAT ROAD AUTO SERVICE

11311 - 143 Street

Edmonton, Alberta

Phone: 780-454-1144

Fax: 780-454-1804

Meet your local yoga/relaxation instructor

Hello, my name is Jacquelyn Rae. My family and I moved to North Glenora from Beaumont a little over three years ago. When the NGCL presented me with the opportunity to offer yoga and relaxation classes at our local hall, it seemed like a great way for me to be of service and connect with the local community.

My explorations with yoga have been ongoing for almost twenty years. In my youth, I studied dance. I first came to yoga when I was having trouble finding an adult dance class. Right away, I enjoyed the physical benefits of yoga, but I soon realized that yoga had much more to offer me. The greatest benefit I receive from my yoga and relaxation practices is self-knowledge. I have come to realize that the more we understand about ourselves, the better equipped we are to serve our bodies and our lives.

Getting to better know myself through yoga and yoga nidra relaxation has been both empowering and healing on a life changing scale. That is why I have been teaching for over 12 years. I want to share the gifts these practices have to offer. Over the last two decades, I have been blessed to have spent over a thousand hours training with some amazing teachers. I am committed to continuing to learn and grow, as my discoveries expand my capacity to be of service. It is my heart's desire to empower people to enhance their lives.

Whether you are looking to build strength, increase flexibility, authentically relax or learn more about yourself, I have tools to assist you. Come and experience one of my classes. If you have any questions or would like a current class schedule, please email me at jacquelynrae.yoga@gmail.com.

YOGA & RELAXATION

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

BEGINS THE WEEK OF APRIL 15

TUES: Hatha yoga, 9:30 – 10:30 am

WED: Hatha yoga, 6:45 – 7:45 pm

WED: Relaxation (yoga nidra), 8 – 9 pm



5 CLASSES FOR \$57.50

ALL EXPERIENCE LEVELS WELCOME

For information & registration:

[JACQUELYNRAE.YOGA@GMAIL.COM](mailto:jacquelynrae.yoga@gmail.com)


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

Every month close to 900 newsletters are delivered to houses in North Glenora by a small army of fearless newsletter carriers. This month we learn a little bit about Jack.



What is one word to describe you? *Kind.*

What do you like to do for fun? *Build projects out of cardboard.*

What's a perfect day? *When it's not wet, not muddy, and the grass is really nice and green, cause I can play soccer.*

What makes you laugh? *My Papa.*

What makes you cry? *My brother. (Just kidding. Onions.)*

What makes you thankful? *My good house and my good family.*

What's the best thing that's happened to you lately? *I saved money and bought my new Nerf gun.*

What's your favourite thing to do in North Glenora? *Play Home Free at the park with my friends.*



VicDen Centre Dental Care

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(Right beside Superstore)



We take pride in our ability to provide you with the highest quality treatment in a warm and friendly environment.

We provide all dental services including:

- Family Care
- Oral Surgery
- Dental Implants
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- Bridges and Veneers
- Dentures
- Periodontal Treatment
- Preventative Dentistry
- Emergency Care
- 3D Imaging

Dr. Victor Denysenko
speaks English, Polish,
Ukrainian, and Russian

Please Call
(780) 482-4802

**Free Exam with Community Newsletter ** www.vicdencentre.com

PAWSITIVE PETS

Gentle grooming for small to medium sized dogs, cats, & other small animals.



BOOK

Call/Text Amanda: 780-240-4379

pawsitivepetsgrooming@gmail.com

VISIT

13307 109 Ave NW, Edmonton, AB

By appointment only.

Located in North Glenora, Pawsitive Pets is a new home-based animal grooming salon. Amanda uses positive reinforcement training techniques, creating a relaxed and calming atmosphere for your pet.

Certified Animal Care Specialist
(Sheridan College) - 2006

Professional Pet Stylist
(Alberta School of Dog Grooming) - 2012

For more information, including pricing and availability, please visit:

www.pawsitivepetsgrooming.ca

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Distributor # 379180
@lippiessbyrose

Piano Lessons

Taught by **Aoise Roche**

Certified grade 8 piano by the Royal Conservatory of Music.

Accepting beginners up to grade 5. Lessons taught on a white Baby Grand Samick piano at \$75 per month for weekly half hour lessons.

Contact Aoise Roche
at aoisegeorge@gmail.com



North Glenora Crime Map



Type of Crime	Oct	Nov	Dec	Jan	Feb
Break and Enter (Garage)	4	0	1	1	1
Break and Enter (Apt/House)	1	0	0	0	3
Theft from Vehicle	1	2	2	4	4
Assault	0	0	1	0	0
Theft of Vehicle	1	1	1	2	1
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

It's almost seed starting time! Plants, like tomatoes, peppers, eggplants, cucumbers, melons, and squash, need a head-start of about 6 weeks before they can be planted outside. If you're new to gardening or don't have much of a yard, think small to start; you truly don't need a lot of space to plant a productive and beautiful little garden. My husband and I lived in an apartment with a tiny balcony in Montreal before moving here and I loved turning it into an edible oasis every spring. With a few rectangular planters (at least 12 inches deep), some hanging baskets, and a bit of creativity, a wide variety of plants including dwarf tomato varieties, cucumbers, herbs, strawberries, salad greens, and edible flowers like nasturtiums, absolutely thrive. Let's start some seeds!

Many people use peat pellets to start their seeds, but there are a few good reasons to **avoid using peat** in the garden:

- *Peat bogs are carbon sinks. That means that they are very effective at holding carbon dioxide which otherwise would contribute to global warming, so it's best not to disturb them.*
- *Peat bogs store and filter around 10% of the world's freshwater.*
- *Peat is mined using a strip mining technique that harvests a depth of more than 20 cm per year, but peat grows at a rate of only 1 mm per year.*
- *Peat bogs are home to many important species of plants and animals.*

As an alternative, I like to make my own seed starting pots.

How to Make Newspaper Seed Starting Pots:

- Get out your seeds, a bag of potting mix, a bunch of old newspaper, a bucket filled a third of the way with water, and a small cup (1.5-2" diameter) or yogurt container with straight sides (rather than tapered or rounded).
- Take the newspaper (like the size of the Metro) and fold it lengthwise in half, and then in half again. The height of the folded paper should be around 2.5".
- Dip the full length of newspaper in the bucket until the paper is wet, but not soaked.
- Wrap the paper around the bottom half of your small, straight-edged cup so that you are leaving about half of the width of your paper hanging off the bottom of the cup. Don't wrap the paper too tightly, or it will be difficult to remove your newspaper seed starting pot from the cup.
- Fold the paper in towards the centre of the bottom of the cup, starting with the seam of the wrapped paper.

- Press the top of the cup down into a surface to flatten the bottom of the newspaper. The newly made pot should slide nicely away from the cup.
- Repeat this process for the number of pots you are planning for, and set them aside to dry.
- Once dry, fill each of your newspaper seed starting pots with soil almost to the top and give the soil a good watering (you may need to top up the soil again after the water settles the soil).
- Poke a hole in the middle of the pot and plant your seed!

These little pots will last the 6 weeks until you need to transplant to the garden as long as you got a good overlap of paper on the bottom of your paper pot. The best part is that when transplanting time comes, you can dig a hole the size of the pot and plant the whole works in the garden! The roots will burst right through the bottom of the newspaper pot.

****A couple of notes:** It helps to have a large, waterproof tray such as the lid of a large Rubbermaid container so that you can place all the pots in the tray and move them to the sunniest location in your house and be able to water them easily.

Don't use a cup you love because the ink from the newspaper can be really tough to get off afterwards (can you tell I'm speaking from experience?)

This is a great activity for kids. My daughter loves making the pots while my son likes to fill them with dirt and everyone loves the part where you get to plant the seed:)

This is a great chart for when to transplant various garden favourites in Edmonton:

<https://www.almanac.com/gardening/planting-calendar/AB/Edmonton#>



image: Freepik.com

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, not 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.





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	780.729.5667	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
VicDen Centre Dental Care	Victor Denysenko	780-482-4802	Dental Care
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.




Kelly Savage
 Owner
 13303-110 Avenue
 Edmonton, AB
 587-710-5038
savageland5@hotmail.com

Specializing in Steel stud • Insulation • Drywall • Taping • Texture • T-Bar



Dr. Mecca Fayad DC, BSc
 CHIROPRACTIC // ACTIVE RELEASE
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 KINKUSION
 10822 124 st
 Edmonton AB T5M 0H3
 Phone: 780.424.PAIN (7246)
 Fax: 780.424.7253
drmeccafayad@gmail.com
www.allsporthealth.ca



April 2019

North Glenora Community League Events

Northglenora.org or find us on Facebook!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 18:30 Brownies	2 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS	3 15:00 Toastmasters 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	4 17:00 Wildrose Fiddlers Open Dance & Jam Session	5	6
7 14:00 Square Dance	8 18:30 Brownies	9 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS 19:30 Neighbourhood Club Executive	10 12:00 Toastmasters 18:30 Playschool Mtg 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	11 17:00 Wildrose Fiddlers Open Dance & Jam Session	12 18:30 Kids Movie Night 20:00 Pub Night	13 8:00 Private Rental
14	15 18:00 Toastmasters 18:30 Brownies	16 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS 19:00 NGCL Elections	17 12:00 Toastmasters 14:00 Mundare Sausage Fundraiser 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	18 17:00 Wildrose Fiddlers Open Dance & Jam Session	19 Good Friday 17:00 Private Rental Newsletter Deadline	20 10:00 Private Rental
21 Easter Sunday	22 Easter Monday	23 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS 19:00 NGCL Exec Mtg	24 15:00 Toastmasters 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	25 17:00 Wildrose Fiddlers Open Dance & Jam Session	26 17:30 Spring Potluck	27 14:00 NG Playschool Dance Fundraiser
28 12:00 Private Rental	29 18:30 Brownies	30 9:30 Morning Yoga 17:15 Sparks 18:00 TOPS	15:00 Toastmasters 18:45 Hatha Yoga 20:00 Relaxation Yoga Nidra	17:00 Wildrose Fiddlers Open Dance & Jam Session		



Dave Gantar, MBA
VP Operations & CFO
13935-109A Ave., Edmonton, AB T5M2K2
P: (780) 288-6612 | F: (780) 669-5851
dgantar@stanleyconstruction.ca
www.stanleyconstruction.ca

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BRENDA SVEC
Executive Consultant
780-905-6290
brendasvec.myrandf.com/ca
brenda_svec@hotmail.ca