

NORTH GLENORA

COMMUNITY LEAGUE NEWS



NOVEMBER/DECEMBER 2023

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NORTH GLENORA COMMUNITY LEAGUE

Creating a welcoming and inclusive space for everyone so that they feel like they belong and are valued.

North Glenora News is published 6 times annually. Advertising rate cards are available upon request at news@northglenora.org.

Become a member

Communities are stronger together. Help us develop a richer community by becoming a member.

Contact SANDY at member@northglenora.org

Prefer your newsletter in PDF format?

The NGCL Newsletter is available as a downloadable PDF at <https://northglenora.org/news/>.

Happy reading!

Land Acknowledgement

North Glenora is located on Treaty 6 territory – the ancestral lands of the Cree, Saulteaux, Blackfoot, Metis, Dene, Nakota Sioux, Inuit, and other Indigenous peoples. We respectfully acknowledge the relationships established by this Treaty and are committed to honouring its principles. We humbly accept our responsibility as stewards of this land.

Together we will foster a community that understands our past, creates a sense of belonging, and strengthens supportive relationships with each other and the land.

LEGAL INFORMATION

The North Glenora News is published by the North Glenora Community League (NGCL) and does not endorse the content presented in any article or advertiser. NGCL board members and any others associated with the publication of the North Glenora News cannot be held responsible for the effects of any of the information published. All content is reviewed for accuracy prior to publication, but those involved cannot be held responsible for errors or omissions.



A LOVE LETTER TO OUR RINK

THE RINK HAS ALWAYS BEEN THE HEART OF OUR COMMUNITY. LONG BEFORE NORTH GLENORA HAD A HALL, WE HAD AN ICE RINK AND AT ONE TIME THERE WERE THREE BUSY RINKS IN THE COMMUNITY.

Our beloved rink and the adjacent shack have been the site of countless connections and gatherings throughout the years. And, our Dragons pond hockey team is an inclusive opportunity for kids of all genders, ages and skill levels to play hockey in their neighbourhood at a very low cost.

One of the joys of winter for me is seeing the heart of our community light up with people of all ages skating and playing hockey. I have been a longstanding rink crew member, and I have helped coach some of our little Dragons. Even if me and my family didn't actively use the rink, I still believe it is at the very heart of our community, giving people of all ages the chance to get some fresh air and exercise. Some neighbourhoods limit the use of the rink to members and/or people with "skate tags." Our rink is open to anyone who wants to use it. So this year, come on out and go for a skate!

For the past 70 years, the North Glenora rink has been built, maintained, and operated by volunteers. It is a visible expression of the community spirit that our neighbourhood is famous for. Do you love our rink too? Show your love by joining our team of volunteer rink flooders! If you have a spare few hours over the winter months and you can operate a hose, you can help keep this important community amenity alive. The time commitment is low (only 1–2 hours per week) and you can sign up for shifts at your convenience.

Chris Hyde

President, North Glenora Community League
president@northglenora.org

NORTH GLENORA DRAGON'S POND HOCKEY TEAM



THE NORTH GLENORA DRAGON'S POND HOCKEY TEAM IS BACK FOR ITS 8TH ANNUAL SEASON IN 2024!

Details

The season will start January 7, 2024 and will run through to March 3, 2024, Sunday mornings between 10 am to 12 pm at the North Glenora Community outdoor ice rink. The cost is \$75 and includes 9x1 hour coaching sessions, hockey equipment (as available) and hot chocolate.

We have room for approximately 35 children ages 6–12 and gear for 25 children.

Equipment

The Dragon's have their own jerseys, hockey equipment and bags that are given to each child for the season (as available).

Every child will need to bring their own skates, helmet and stick, however, the North Glenora community has some stock available for borrowing and Kidsport also offers support for families who need it (i.e. paid registration fees). Go to [Kidsportthap.ca](https://kidsportthap.ca) for more information on how to apply for funding.



Photos © Rummy Dabgotra

Go Dragon's Go! Register Now!

https://docs.google.com/forms/d/e/1FAIpQLScmyRzSUTyFnA4Clldi2yzWiNzsH7fO_X9tEB-i7-7qGixlw/viewform?usp=sf_link

Questions?

Camille LeBouthillier

Program Director
ngcl.hockey@gmail.com



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Sarah Hoffman
MLA EDMONTON-GLENORA

780-455-7979 Edmonton.Glenora@assembly.ab.ca

NORTH GLENORA BITS & BOBS



NORTH GLENORA STUDENT REGISTRY



Don't forget to check out the students in our neighbourhood who are available for everything from babysitting and dog walking to piano lessons. Keep an eye on this page as it gets updated regularly.
<https://northglenora.org/student-registry/>

CHRISTMAS IN NOVEMBER PUB NIGHT

Join the **Bar Babes** for another fun-filled Pub Night as we celebrate Christmas in November!

We'll be Rockin' around the Christmas tree on **Friday, November 17th from 8 pm – 11 pm**, offering a selection of beer, ciders, wine, non-alcohol beverages and eggnog too!

Get into the holiday spirit and wear your favourite sweater. Ugly sweater or not, the Bar Babes will be modeling this year's fashion favourites! Bring a festive snack to share with friends and neighbours!

Please note: Our license from AGLC states that all our pub nights are for North Glenora residents and their invited guests. See you on November 17 as we celebrate the beginning of the holiday season!

NORTH GLENORA'S GOT TALENT!

Upcoming Concerts/Open Mics

Friday, November 3

Thursday, December 14

Doors at 6:30 pm, show at 7 pm

North Glenora Community League Hall



November will feature North Glenora's own, Ukrainian-Canadian musician, **Eric Yaremko**. A pianist of 21 years with a background in classical training, he is also a singer and guitar player, a songwriter, performer, and co-writer. His sound oscillates across many genres including folk, pop, classical, traditional Irish, Ukrainian pop and R&B. He has performed in Ireland, Norway and the United States.

<https://eric-yaremko.com/>

December features a local family band, **Years of Service**. Formed in 2020 as a family pandemic project, **Jack** started learning drums, **Declan** started learning bass and proud papa **Kelly** taught them songs. It was a wonderful way to endure isolation and do things as a family.

Afterwards the stage is open to anyone who would like to share their music, poetry, or storytelling.

Feel free to come as a performer or just to enjoy the show and some refreshments. Non-alcoholic and alcoholic beverages will be available for purchase (cash, debit, credit card accepted).



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NORTH GLENORA BITS & BOBS

NORTH GLENORA CERTIFIED BABY SITTING COURSES FOR TWEENS AND TEENS



NGCL is pleased to offer both a **Stay Safe** course and a **Babysitters** course for all community members and friends. These courses are Canadian Red Cross certified and facilitated by [Little Lungs First Aid](#)

To register

[Stay Safe \(November 13\) Ages 9–13](#)

www.littlelungsfirstaid.com

[Babysitter \(November 14\) Ages 11–15](#)

www.littlelungsfirstaid.com

Course Details

Stay Safe (Home Alone) Ages 9–13

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

November 13, 9 am – 2 pm / NGCL Hall

Cost: \$57.75

- Prerequisite Age 9 to 13 (or 9 in the same calendar year)
- Canadian Red Cross Stay Safe Certification
- 5 hours in class
- Practical, Hands-on, Easy to follow
- Emphasis on First Aid skills
(more comprehensive than other Home Alone courses!)

Babysitters course (Ages 11–15)

All babysitters should be prepared in order to keep themselves, and the children they watch, safe. Our Babysitting course allows youth ages 11–15 to learn from certified Red Cross instructors.

November 14, 9 am – 4 pm / NGCL Hall

Cost: \$60

- Prerequisite Age 11 to 15 (or turning 11 in the calendar year)
- Canadian Red Cross Babysitting Certification
- 7 hours in class
- Practical, Hands-on, Easy to follow
- Emphasis on First Aid skills
(more comprehensive than other babysitter courses!)

NORTH GLENORA BITS & BOBS

FRESON BROS. GLENORA CIRCLE UPDATE

Because you asked! We are happy to announce that Freson Bros. planned opening is Spring 2024. We are pleased to welcome an Alberta-grown, Alberta-owned food store to North Glenora!

For more information about Freson Bros. visit www.freson.com

As construction continues over the winter, please continue to support the wonderful local shops and services in Glenora Circle. They will remain open during construction to continue to serve you.

UPCOMING EVENTS

Open Mic

November 3, 2023: featuring **Eric Yaremko**
December 14, 2023: featuring the **Years of Service** band.

Pub night

November 17, 2023
January 19, 2024

New Year Celebration

December 31 at 7 pm with dance performances, games, food, fireworks

Jigsaw puzzle contest

January 29, 2024 for International Puzzle Day

Please contact **Marina**, NGCL Programs & Activities Coordinator at family@northglenora.org for more information.

COMMUNITY KIDS CHOIR

Korora Choir Association (formerly Kokopelli)



The Korora Choir Association (formerly Kokopelli) for kids aged 5-9 is now accepting new members. Rehearsals are on Mondays from 5:30 to 6:30 pm at St. Paul's Anglican Church (10127 - 145 St).

<https://kororachoirs.ca/choirs/tamariki>

Please contact **Susan** for more information at 780.298.5027.



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NORTH GLENORA BITS & BOBS

LOVE TO SKATE?



Let's Keep Our Rink Up and Running This Winter!

We are Hiring a Rink Coordinator

Duties include:

- coordinating, training, & overseeing rink maintenance volunteers
- monitor maintenance of rink equipment (hoses, snowblower, sweeper)
- possibly plan volunteer recognition event
- liaise with North Glenora Community League Board

Pay rate: \$20/hr.

Hours:

Approximately 3 hours per week
(50 hrs. total, November to March)

Applicants over the age of 16 are welcome to apply. Contact **Melissa** at pastpresident@northglenora.org to apply. **Deadline to apply is November 7.**

Join our Rink Volunteer Team

Volunteers are needed to clear and flood the rink (once every 2 weeks) through the winter, or about 8 times in total. It takes 1-3 hours each time depending on the snowfall. Most people who do this say they really enjoy it. It's peaceful and very satisfying! Training is provided.

This is an important service to our community which ensures we have a rink for public skating, pond hockey, and shinny. **Without enough volunteers, we won't have a rink.**

To volunteer:

Please contact **Andrew Gregory** awg_home@hotmail.com. Please indicate which night of the week you are free, and whether you would like to volunteer once a week or every 2 weeks.

Thanks go out to **Dave C**, **Dave VM**, **Jason**, **Rummy**, **Nino**, **Kurt**, **Adele** and **Andrew** who put up rink boards for us.

QUOTE OF THE DAY

Submitted by Heather Fairburn

"Things in the big world continue to dumbfound and infuriate. Our individual lives contain joy, worry, grief. This is when community is so important. Cherish yours, strengthen it, nourish it and nurture each other."

H. Byron Ballard

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Contact Our Constituency Office
Call / Tél : 780-442-1888
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Randy Boissonnault

Member of Parliament / Député
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We can provide schools and students with literature on Canada and Parliament, copies of bills, amendments, Hansard or other House of Commons publications.



NORTH GLENORA SUSTAINABILITY



COMMUNITY GARDEN CONSTRUCTION

You'll notice that phase one of the community garden has been constructed on the northeast corner of the community hall! Nine 8' x 4' raised garden beds and one large in-ground bed* were established on September 30th by a dedicated and incredibly hard-working group of volunteers!



North Glenora has been talking about adding a community garden to the neighbourhood for a very long time, so it is great to see this space becoming a reality!

Raised beds will be available to rent for Spring, 2024. Watch for announcements on how to apply!

The in-ground bed will be a community growing space where we can plant together for each other.

The North Glenora Sustainability Committee would also like to thank **Sustainable Food Edmonton** for supporting this project.

**The in-ground bed is being established using a method known as "sheet mulching". Cardboard has been placed underneath the soil and will kill the sod over the winter allowing for easier digging in the spring. Layers of compost and more soil will be added to create great soil conditions for growing food!*

RAIN GARDEN

Thank you so much to the incredible group of volunteers that planted, weeded and watered our new rain garden and resilient landscaping demonstration during the summer and fall, 2023. The plants have been so well-cared for and are becoming nicely established.

Please remember, this is a communal space. Feel free to wander through the garden whenever you please! Do take caution around the new plants for the first couple of years, so they are not trampled.

The North Glenora Sustainability Committee plans to add seating in the near future so that residents can meet up here, relax, and enjoy the rain garden together.

HARVEST SHARE



A big thank you to all of the amazing volunteers who make the Harvest Share happen each year. And thank you to all the residents who enjoy the bounty and help to make sure no delicious fruits and vegetables go to waste! See you again in 2024!

Thank you to **Alberta Low Impact Development Partnership**, **Environment and Climate Change Canada**, the **City of Edmonton**, and **Epcor** for making these projects possible!

Erin Olefeldt Sustainability Director, NGCL
sustainability@northglenora.org

THE VILLAGE GREEN



RADON GAS



Radon is an invisible, odourless, radioactive gas that is a product of the breakdown of naturally occurring uranium and thorium – common components in the soil, rock, and water. Radon gas dissipates quickly in the outdoors, but the gas can seep into cracks and gaps in houses and accumulate there – especially in basements.

Exposure to radon gas over long periods of time poses a serious health risk to people and is the second leading cause of lung cancer. It's estimated that in Canada, 3,200 people per year die from lung cancer caused by radon exposure.

So what can we do about it?

Test your house. You can hire a company to come to your home and test for radon or you can do it yourself with a radon test kit. A test kit can be purchased on Amazon for between \$40–\$70. If you decide to go this route, set up your test in the fall and winter months when your windows are closed most of the time for the most accurate results. It's important to note that radon levels can vary widely from house to house so even if your neighbour has tested and has no issues, your house could still have elevated radon levels.

I was shocked when the results of our tests were emailed to us stating that our radon levels were over the acceptable level of 200 Bq/m³ set out by Health Canada. The World Health Organization sets the acceptable level even lower, at 100 Bq/m³.

After a lot of research and three different quotes, we decided to have a radon mitigation pump installed by Radon Gas Removal Systems (<https://www.radongasremoval.ca>). They were efficient and professional and had the pump installed very quickly. Pumps range from between \$1500 and \$3000. The gas levels dropped quickly and are below the recommended levels now. The kids' play area is downstairs as well as our guest room and we all do spend quite a bit of time downstairs especially in the winter. If you do require a pump but it's not in your budget at the moment, we found levels could be cut pretty much in half by opening the windows twice daily for ten minutes at a time. It's a bit cold in the winter, but a cheap and relatively effective fix. However, please do this at your own discretion.

For more information visit:

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=ty6131>

Erin Olefeldt

sustainability@northglenora.org



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NORTH GLENORA COMMUNITY LEAGUE MEMBERSHIP



NGCL MEMBERSHIPS

Missed your canvasser and want a free community league membership?

Please contact **Sandy Stift**, NGCL Membership Chair, at member@northglenora.org

Member Benefits

- Networking with neighbours
- Online access to community news
- Free skating on outdoor, and some indoor rinks
- Admission discounts at any City of Edmonton sports and fitness facilities
- Ticket discounts to some professional sports games
- Option of playing sports on community league teams
- A voice and a vote on community issues, programs and services
- Borrow free tools from the Edmonton Tool Library
- Access to community social events
- Reduced rental rates for the community league hall
- The sense of belonging to your community
- The opportunity to help strengthen your community

Additional Benefits

Did you know the North Glenora Community League (NGCL) is a member of the Edmonton Federation of Community Leagues (EFCL)?

Along with numerous programs for young and old, your community league membership gains the larger benefits of perks, deals, and discounts from various local businesses and organizations that partner with the EFCL. Memberships are also available through the EFCL website. Visit www.efcl.org for details.

NGCL program offerings are available online at www.northglenora.org.

Pay it Forward with Donations

Donations can be made by dropping a cheque in the community hall mailbox 13535 109A Avenue or by Etransfer to member@northglenora.org

Questions?

Please contact **Sandy Stift** at member@northglenora.org.