

the belgravian

june 2014



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Belgravia Community Hall:

11540—73 Avenue

Between issues, and for links to other resources discussed herein, visit:

www.belgraviaedmonton.ca

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Belgravia Community League AGM June 11th, 2014 7 to 9 pm Belgravia Community League Hall

Jeanette Boman, BCL President

The BCL AGM is 21 days away and we are hoping to see you at the hall on **June 11**, 2014. Bring a neighbour who might like to learn about the BCL if they aren't member.

We'll start at **7 pm with light refreshments** with a chance to look at the latest new hall renderings. Members of the Hall Renewal Committee will be on hand to answer questions and continue to take your feedback.

The AGM will run from 7:30 - 8:15 pm to review the work of the

BCL Board and various committees this past year and the Financial Report; Select the auditors for 2014; And, elect the 2014-15 Board of Directors*

Continue **visiting** from 8:15 pm and on ... at least until the refreshments are gone!

*All BCL members in good standing can vote at the business meeting and nominate candidates to fill positions on the Board of Directors. For information about getting involved with the BCL and serving as a director, please contact Sheila O'Brien (secretary@belgraviaedmonton.ca).

from the editor's desk...



Another issue in the bag! Even though life is crazy busy, whenever one of these issues of the Belgravian ends up in your mailboxes, I feel a great sense of pride for my newsletter team. Thank you to everybody who provides me content to

print; to the advertisers for investing in our publication; And, for all the people between my computer desktop and your mailbox. Our mighty email management (Jessica Jackson); Print drop and pick up (Jeanette Boman); Circulation Manager (Irene Ngui); And our team of delivery people, all make it possible for me to continue editing and laying out the news for our neighbourhood.

In this issue you can look forward to updates on the Hall Renewal Fundraising on page 3. We've made some significant progress on that account, but still have a ways to go. Read up about how you can contribute!

I am also pleased to publish *Declutter for a Cause* on pages 5-6. Do your spring cleaning and reorganizing while donating to charitable causes? Sounds good to me! We are so fortunate to have houses full of *stuff*. If you're done with it, surely somebody else will be able to put those items to good use and give them a second life.

There are several other submissions I'm sure you will enjoy in this issue, but I'll use my last few lines here to bid you a joyous summer full of sunny bike rides. I'll see you again in the fall. Meanwhile, you can stay connected by tuning into belgraviaedmonton.ca!

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BELGRAVIA COMMUNITY LEAGUE ANNUAL GENERAL MEETING JUNE 11, 2014 7-9 pm BELGRAVIA HALL

All members and residents are welcome ... join us for some conversation and light refreshments starting at 7 pm with our business meeting from 7:30 – 8:15 pm to:

- Review the work of the BCL Board and various committees this past year, the Financial Report and the latest hall renewal concept designs;
- Select the auditors for 2014; and
- Elect the 2014-15 Board of Directors.

All BCL members in good standing can vote at the business meeting and nominate candidates to fill positions on the Board of Directors. For information about getting involved with the BCL and serving as a director, please contact Sheila O'Brien (secretary@belgraviaedmonton.ca).

Belgravia Community League Contacts

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Belgravia Community Plan Committee	Don Grimble	dgrimble@telusplanet.net
End of World Chair	Roger Laing	edmontoneotw@gmail.com

Belgravia Families Come Through for Hall Renewal

Kevin Taft, Hall Renewal Chair

The people of this neighborhood are so generous. Last month we shared the plans for the renewal of Belgravia Hall. We said we needed to raise \$250,000 from the people of Belgravia by November.

Today, at the launch of our campaign, we have already raised \$150,000!

Two families have provided \$10,000 or more each; Eight families have provided \$5,000 each; Four families have provided between \$1,500 & \$3,500 each; Twenty-six families have provided \$1,000 each; And, the many other donations, from \$20 to \$500, all add up. To top this off, the hall's biggest user --Belgravia Out Of School Centre (BOSC)-- has committed \$50,000. A giant Belgravia thank-you to them.

All we need is \$100,000 more. This last \$100,000 makes possible a project worth \$1.15 million. We need to have it all in place before we can start.

This project means a better space for children. A place adults can use during the day. Much better accessibility. An activity space for young teens on weekend nights. A washroom available from outside. A really good kitchen.

Every amount of support is welcomed. Every dollar matters. Thanks to our supporters (listed below) so far!

The truth is we cannot do this one hundred dollars at a time. We need commitments of \$1,000 or more. You can spread your commitment over two years. If you have a business, there may be opportunities to provide support. Contact us.

In one way this is giving back, for all the benefits we've had because of those people who dug deep 60 years ago to build the hall. In other ways this is paying it forward, so that we, our families and neighbours, and people who haven't even yet been born, can also benefit.

Join your friends and neighbours to make this possible. Send a cheque to "Belgravia Community League," to P.O. Box 52202, Edmonton, T6G 2T5.

Or visit the League's website at belgraviaedmonton.ca and use the 'contribute' button near the top right.

The Belgravia Hall Renewal Committee includes Kathy Brodeur-Robb, Michael Cohen, Kathy Goble, Kevin Klein, Dale Rowe, Jonathan Sharek, and Kevin Taft (Chair).

Thank you to the Belgravia families and individuals below, who have given our campaign a great start. This list is as of May 22, 2014. Many others have indicated you will support the project. Please contact us. You will hear more from us through the summer and fall. We will have a major fun and fundraising event on Community League Day on September 20, when everyone can join in. After all, it is our community hall.

Support to date:	
Diamond: \$10,000 plus	\$22,000
Platinum: \$5000	\$40,000
Gold: \$250	\$8,500 to \$11,000
Silver: \$1000	\$26,500
Bronze: \$500	\$2,500
Others: under \$500	\$780
BOSC:	\$50,000

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Residential Bird Window Collisions



Why are bird window collisions a problem?

In Canada 25 million birds are estimated to be killed each year. Most studies have focused on tall skyscrapers but based on the sheer number of houses, they represent 90 % of the mortality.

There are two ways to get involved today!

Birds and Windows Project – This project was developed to actively involve **YOU** in data collection. We are asking you to think about bird window collisions you have observed in the past and would like you to regularly search around your residence for evidence of bird window collisions in the future. To get involved in the Birds and Windows Project, visit: birdswindows.biology.ualberta.ca.

Birds and Windows Bird Feeder Study – This project is interested in understanding and finding ways homeowners can safely feed birds at their homes. We are looking for homeowners in the Edmonton area with a history of window collisions or an abundance of birds in their yard to participate in our study. If interested please contact Justine: birdsandwindows@ualberta.ca.



Would you like to listen to bats calling during flight on your evening walk and nature hikes? Then the *Batseeker 1* is the gadget for you, made right here in Belgravia by John and 10 year-old Philip Bowman!

The *Batseeker 1* is perfect for budding scientists, nature enthusiasts, conservationists, and educators.

Come out to the **May 28** Made In Belgravia series at the **BCL hall** and hear John and Philip explain how they make their *Batseeker 1* device and how it works.

Their **talk begins at 8 pm** through to 9 pm with some 'bat snacks' on the side. Those with a later bedtime can reconvene at 10:30 pm for a short walk through the neighbourhood to check out the ultrasonic bat calls in Belgravia. If we're lucky, we might even hear them feeding,

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Edmonton Rowing Club

Teen Summer Camps

This summer you can 'beat the heat' with a new water sport. Why not learn to row in a big crew boat, and even scull (with 2 oars per person) in smaller boats? The Edmonton Rowing Club offers camps that will serve to introduce you to this team sport. So recruit some of your buddies and get out on the North Saskatchewan River with our ERC coaches.

Each camp will run Monday to Friday, 9 am -12 noon. Ages 13-17.

Cost: \$100.00

Session 1A – July 7-11

Session 1B – July 14-18

Session 1C – July 21-25

Session 2A – Aug 11-15

Session 2B – Aug 18-22

Minimum 4 rowers per session. Activities will include:

- Sweep (one oar) technique basics

BCL Launches First-Of-Its-Kind Declutter for a Cause Rummage Swap

Lily Staples, Belgravia Resident

You've heard about air pollution, water pollution and noise pollution. But have you ever thought about space pollution?

Space pollution is the extra stuff crowding us out of our own homes. It's the surplus books that hide the ones we want to read, the clothes that make it hard to find what we want to wear, the outgrown toys that deprive our kids of space to play.

On Sunday, June 29, Belgravia Community League invites its residents to reduce the space pollution in a first-of-its-kind event that combines a giant rummage sale, charity drive and sustainable living.

At Declutter for a Cause, we're not interested in money. Instead, all the "clutter" we collect will be put up for swap in exchange for donations of food and other items to Campus Food Bank and HART dog rescue society. In general, for every item or \$1 donated, you get an item from the Swap. Anything unswapped will be picked up by the Canadian Diabetes Association at the end of the Swap.

Declutter your life, support the important work of our charity partners and earn your green stripes by getting your useless but usable stuff out of your closets and back into circulation, instead of headed for landfill. Or, just come out for a fun, family event to meet old and new neighbours, find out about the great work done by our charity partners, pet a rescue dog and enjoy lemonade and treats.



Clutter collection takes place at Belgravia Community Hall, Saturday, June 28, 4-8 pm and Sunday, June 29, 8-10 am. The Rummage Swap takes place at the Hall on Sunday, June 29, 10 am-1 pm with early bird access for BCL members from 9-10 am. New items will be put out throughout the

day.

If you are interested in volunteering, we welcome adults, kids and whole families. Shifts are 1-4 hours, and include setting up and running the Swap, helping our charity partners collect donations, and running the refreshment stand. Email Lily Staples at declutterforacause@gmail.com.

More details about the swap can be found on page 6.

From left, Belgravia residents Belle and Ava, both 8, are volunteering to Declutter for a Cause at Belgravia Community Hall on June 29. Shown here with their sign and some of Belle's outgrown clutter, the girls hope that people will swap Campus Food Bank donations and items for HART dog rescue society for their stuff.

“CLUTTER” COLLECTED	
(Drop off at Belgravia Hall Sat June 28, 4-8pm or Sun June 29, 8-10am)	
<ul style="list-style-type: none"> • Clothing, shoes and accessories 	<ul style="list-style-type: none"> • Books, movies and music
<ul style="list-style-type: none"> • Toys, games and collectibles 	<ul style="list-style-type: none"> • Kitchen, housewares
<ul style="list-style-type: none"> • Sports and outdoor gear 	<ul style="list-style-type: none"> • Unused office and craft supplies
<p><i>All items must be clean, in good working condition and have all necessary parts. Our volunteers would REALLY appreciate it if items were “swap-ready” - e.g., sorted, folded, bagged or hung as needed. We suggest packing in shallow boxes for easy display.</i></p> <p><i>Sorry, no magazines, furniture, electronics, building supplies or child safety equipment as our charity partner will not pick them up if unclaimed.</i></p>	
<p>DONATIONS ACCEPTED by CAMPUS FOOD BANK and HART Cash and In-Kind Donations accepted 9-1 pm Sun June 29</p>	
Campus Food Bank	HART dog rescue
<ul style="list-style-type: none"> • Non-perishable food, esp. <ul style="list-style-type: none"> o Canned fruit, vegetables and meats o Cereal, brown rice, whole wheat pasta o Soy milk, rice milk, juice boxes o Peanut butter and pasta sauce • Reusable bags • Working and non-working cellphones (re-sold for parts to Think Recycle) 	<ul style="list-style-type: none"> • Dog or puppy food or treats • Non-rawhide chewbones • Chew toys all sizes, esp. Kongs • Stuffed toys (medium-large, no beanies) • Towels and wool or fleece blankets • Dog dishes or bowls • Harnesses and collars (non-choke)
<p><i>All consumable items must be unexpired, unopened and in original packaging. For every item donated, volunteers will issue 1 ticket good for 1 swap item, subject to discretion for larger items donated.</i></p>	



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Speeding Versus Community Livability

Ben Henderson, Ward 8 City Councillor

I have heard much concern on the issue of speed limits, and photo radar over the past few months. While we all need to get from point A to point B quickly, efficiently and safely, it is important to remember that much of our travelling goes through peoples' neighbourhoods and communities.

From a high level, city transportation is the constant interplay and balancing of efficient and safe travel, while protecting the vibrancy of existing communities. When a main artery travels through a neighbourhood, it has significant effects on the livability, sense of place, walkability, and community orientation of that area. Essentially, the ability of residents to utilize the spaces and opportunities outside of their private property becomes restricted. Examples include, the community's ability to socially congregate in public spaces, pedestrian accessibility to local conveniences such as stores and parks, safe use of public spaces for children's play like road hockey or bike riding, and overall perception of safety within the area, among much more. Over time, neighbourhoods that absorb considerable cut through

traffic, increased volumes on arteries, and consistent speeding, become less desirable areas to reside, especially for families and seniors. This negative connection between speeding vehicular traffic and community livability is the reason why speed enforcement is so important.

Studies have shown that your chance of survival in a collision with a vehicle travelling at 50km/hr is 45%. Drop that speed down to 40km/hr and you are looking at survival rates of about 73%. Furthermore, a 1km/hr increase in travelling speed attributes to a 3% higher risk of a crash involving injury, with a 4-5% increase for crashes that result in fatalities.

While I have heard from many residents complaining about overuse of traffic enforcement, I have also heard from many others who are asking for further enforcement within their neighbourhood in an effort to maintain it's livability.

At the end of the day, the role of traffic enforcement is to ensure that those who are driving, are driving safely and are being considerate of others. It is not about a war on the car, and it is not a cash grab; it is about ensuring that all people, no matter what transportation mode, are able to move efficiently and safely through the city.

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Made in Belgravia Updates

Jeanette Boman, BCL President

April's Made in Belgravia: All Things Ginger led by Jane Zaiane was a culinary treat. Starting with samples of appetizer, soup and salad dressings and ending with dessert and refreshments, we learned how ginger can be used for every part of a full course meal. With spring as the best time to buy ginger, Jane and her family's love for ginger was clear and we now understand how they use up to 5 kilograms of ginger in a year. A power point presentation outlining botanical and some historical information about ginger as well as Jane's *All Things Ginger* recipes can be found on the BCL Webpage at belgraviadmonton.ca.

By the time this issue of the Belgravian is published, **May's Made in Belgravia: Batseekers** with John Bowman and his 10 year old son, Philip will have showed us how they make their *Batseeker 1* device to check out the ultrasonic bat calls in Belgravia along with the sounds they make when feasting on mosquitos. Contact info@belgraviadmonton.ca if you want to get in touch with John and Philip to learn more about their device.

Don't miss out on **June's Made in Belgravia: Brick Oven Baking** slated for **June 25, 2014 (7 – 9 pm)** where James and Beth Hendricksen will demonstrate how to make and bake Pretzels, Bagels and Lavash Crackers in their back yard brick oven. RSVP at info@belgraviadmonton.ca for the address and for preparation purposes. BCL members: \$5 cover charge; Non-BCL members, \$10.

While the Made In Belgravia are normally held on the last Wednesday of Monday, an extra session on **Yardening** is planned for **June 18, 2014 from 6 – 8 pm** at the hall initiaed by Bronwen LeGuerrier who wrote to say:

I have been gardening in Belgravia for the past few years and having just ripped up my front lawn to replace with veggie boxes and perennials I am now embarking on an adventure of front "yardening"! I have a ton of extra seeds and would love to connect with other people who are interested in sharing ideas, seeds, and extra food! I'm particularly interested in the idea of trades and barter for needed skills/objects (ex: seeds in exchange for raking a yard, compost in exchange for some new fresh potatoes).

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Update from your Belgravia Community League Board

Jeanette Boman, BCL President

End of the World (EOTW) Committee: Roger Laing is the new Chair of the EOTW committee and can be reached at edmontoncotw@gmail.ca. Thanks to Therese Gaetz for her contributions to finding solutions to the the problems created by activities at this site in Belgravia. Several members of the EOTW Committee met with Ben Henderson for a site visit on May 20, 2014. At that time, we heard about the City's plan to complete a geological assessment of the area by the end of this summer to determine if it is safe to develop as a public viewing point. Stay tuned on that ... and in the meantime, report problems at the site by calling 780 423 4567 using the address, 7450 Saskatchewan Drive and referring to File #13455606.

Belgravia Community Plan Committee (BCPC): City Council will hold a Public Hearing on a proposed bylaw to change RF1 zoning in Belgravia to RF3 (Location: 11516 – 74 Avenue) on June 9, 2014 at 1:30 pm in the Council Chamber. The Belgravia Board of Directors in consultation with the Belgravia Community Plan Committee (BCPC) did not support this proposed Bylaw because in their opinion, it does not conform to the McKernan-Belgravia Area Redevelopment Plan even though the Sustainable Development Department sates otherwise. Anyone wishing to speak at the Public Hearing can register with the City Clerk at 780 496 8178.

Yoga in the Park: Carleen Ellis (Matters of the Heart Yoga) is leading free yoga practice sessions in the Belgravia Arts Park on Monday and Wednesday afternoons until July 11, 2014 as long as the mosquitoes stay away and the weather is nice. She will also offer a no-charge community class from 3 – 4:15 pm on Fridays for June 6, 20 and 27 and possibly the first two Fridays in July if the demand is still there. E-mail her at carleen.ellis@shaw.ca for more information about this wonderful way to use our park.

New Hall Rental Policy: The BCL reviewed hall rental patterns this past November and passed a new Hall Rental Policy that will take full effect July 1, 2014. The complete Hall Rental Policy can be viewed under Facilities on the BCL webpage (belgraviaedmonton.ca). Of note:

- hall rentals must be made through people who reside in Belgravia with a reduced rental rate for those who are members of the BCL.
- all hall rentals require completion of a contract that is either a single event or seasonal term activity. Seasonal term contracts are renewed from term to term.
- With the exception of the playschool and out of school care programs, the maximum hours the hall can be rented by any one user group during the week (M – F) is four hours ensuring as many user groups as possible can have access to the hall.

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Whitemud Equine Learning Centre Association

As a part of the extensive efforts of the Whitemud Equine Learning Centre Association (WELCA) to replace their aging facility with a new equestrian facility, WELCA is seeking City Council support for a phased approach to construction. Phase I includes:

- an integrated Phase I and II design;
- construction of a new building with 1800 square metre riding arena with spectator seating for equine programming, stalls to accommodate 37 horses, administration and classroom areas
- demolition of existing arena, stalls, classroom and administration area and associated land reclamation once the new structure is completed
- project construction schedule spring 2015 to spring 2016
- Phase I total cost of \$7.6 million with funding sources of \$4 million from the City and \$3.6 million from WELCA (\$2.5 million funding secured through Edmonton Social Enterprise Fund)
- Consulting firm hired by WELCA to project manage Phase I
- City of Edmonton to provide project oversight

Completing Phase I will ensure that the operations of Whitemud Equine Learning Centre can continue in a safe and efficient manner. Once this phase is completed, WELCA work on strategies for pursuing funding for Phase 2 to realize their complete vision.

On Sunday, May 11, 2014 from 1:00-4:00pm, WELCA will have a display showing the site and conceptual plan for Phase 1 of the proposed Redevelopment Plan. The display will be set up in the historic Keillor Log Cabin and offers an opportunity for the community to provide feedback on the plans. WELCA staff and volunteers will be on hand to answer your questions. Materials presented at the open house will also be posted on WELCA's website at www.welca.ca

Comments will be accepted until June 1, 2014. Please contact Diane David at [780.435.3597](tel:780.435.3597) or diane@welca.ca if you have any questions.



Steve Young, MLA

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Follow Up on 2014 Belgravia Jane's Walk

With snow flakes falling, a group of hardy Belgravians gathered for our second annual Jane's Walk through the neighbourhood.

Starting at the Arts Park, Jack Francis showed a map of the first homes located in this area, telling stories about what Belgravia was like 6 decades ago. The group then walked along 115 Street past Gracious Goods and Belgravia Hub where Susanne shared a history of the buildings and businesses located there over the years.

Then it was on to the clinker brick trimmed four square architectural style home built by Dr. J. McPherson in 1913 along University Avenue. Listed as a historic resource by the City of Edmonton, Penny Lightfoot was

able to tell the group about her home as a descendant of Dr. McPherson.

Ending along Saskatchewan Drive with hot chocolate (compliments of the BCL) and Girl Guide cookies (thanks to BCL Brownie leader, Helen Chimirri-Russell) David Ridley talked about the first people who inhabited the area, the Papa Chase First Nation.

If you are interested in more details about these historical aspects of Belgravia, contact Susanne Rowe at info@belgraviaedmonton.ca ... and think about joining us in 2015 when even more historical elements of Belgravia are explored.



An art exhibition in Belgravia

People are waiting for more sun and more tokens of the warm season! In the meanwhile, *Gracious Goods Cafe* hopes to brighten people's mood by images of flowers and other colourful things. Owners of the *Cafe* invited me to exhibit my paintings of lilies, irises, orchids, and others in April and May. It is an exciting time for me, when my new and kept-at-home work is exposed to public. Welcome!



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Bought bike for \$1500.

Sale price: \$950.

This includes a Sigma bike computer.

Please contact me at

margriet.vl@gmail.com if interested.

Play Ball Hockey to Support Edmonton's Food Bank on Five Hole for Food Day

Where: Centennial Plaza
101 A Ave & 100 Street NW
(south side of Stanley Milner Library)

When: July 16, 2014,

4:00 p.m. - 8:00 p.m.



In our annual coast to coast tour, Five Hole for Food travels from the East Coast to the West Coast playing ball hockey for local food banks. Mayor Iveson will officially proclaim July 16th, 2014 "Five Hole for Food Day Edmonton".

All you need is a hockey stick and a can of food. Pre-register a team in advance at <http://www.fiveholeforfood.com/register/>, come on down individually to join a drop-in game, or simply come by to join in the fun and cheer players on.

All Ages – All Skill Levels – Anyone Can Play!

You can also support the Food Bank by hosting a food drive prior to the games and bringing collected items to Centennial Plaza on July 16th. Call the Food Bank Special Events (780-425-2133) to arrange delivery and pick-up of collection boxes.

Free BBQ & Prize Draws for Players

Let's play hockey for food and make 2014 our most successful tour yet!



Each month, Edmonton Food Bank distributes more than 15,000 hampers, in addition to supplying 350,000 meals and snacks through over 200 agencies.

About 40% of all clients served are children.

Backyard Play Safety



With summer approaching, Alberta Health Services EMS would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often, and repair any worn or broken parts. Set up play equipment on a shock-absorbing surface such as sand, wood chips, or pea gravel. Grass may not adequately cushion a fall.

Water hazards

- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate;
- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water, if it covers their mouth and nose.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying, or re-locating hives and nests situated near your home;
- To avoid a bite in case of accidentally stepping on a stinging insect ensure your child wears shoes, or sandals;
- If your child has received an 'EpiPen Jr' prescription from your physician (for serious anaphylactic emergencies only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, seek medical attention, or call 9-1-1.

Lawn and garden tools

- Keep young children away from outdoor power equipment. Serious burns may result from touching hot engine surfaces;
- Ensure that all tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

**May 14th: Opening Day
for the Southwest Edmonton
Farmers' Market**



Mark your calendars for May 14th, the Southwest Edmonton Farmers' Market's opening date this spring! Happening every Wednesday from 4:30 to 7:30 pm in the Terwilliger Community Recreation Centre's south parking lot, it is a great place to come, meet your neighbours, family and friends and spend some time supporting the local economy.

Booths brim with fresh, seasonal, locally grown fruits & vegetables, ethically raised meats, delicious prepared foods (with gluten free, vegetarian, vegan and nut free options available), and artfully crafted artisanal goods. There is scrumptious baking, wonderful take-away ethnic meals and artisans who design jewellery, lightly scented soaps, and artful home decor. Each week there are also food trucks, buskers, and so many things to keep your wee ones (we like to call them sprouts) busy: a gigantic bouncy slide to play on; popcorn, cotton candy, mini cupcakes and slushies to eat; a face painter to create a fun tableau of vibrantly colored little faces; a balloon man to design festive bursts of colour;



music to entertain, and farm-themed kids crafts by momstown to keep wee hands occupied.

On opening day, the **Edmonton Food Bank** will be on hand to launch the market's 2014 participation in Plant A Row, Grow A Row. This is your opportunity to help get healthy, fresh, locally grown, nutrient-dense food into the large cooler rooms at the food bank. Real food.

The Food Bank truck will be on site collecting non-perishable canned, bagged and boxed food at this kick off event, and will return the last Wednesday of August and of September to collect your fresh food donations. As always, you can purchase food from our vendors to donate, and cash donations, egg cartons and empty shopping bags are also welcomed.



Bring the kids up to the SWEFM tent and have them plant a vegetable for the Food Bank. This **free craft, sponsored by momstown**, will see the kids make a compostable newspaper pot, and fill it with soil and a carefully planted vegetable seed. This is a real way to teach your kids about growing and giving in their community. By planting their craft in a deck pot or garden plot at home, they participate personally in Plant A Row, Grow A Row, and become stewards of urban agriculture in the



process. After tending it for the summer season, they can return their produce in the fall and help feed Edmonton's most vulnerable populations.

This year will see a few good changes happening up at the market: we plan to add some more picnic tables so you can find a greater number of comfortable places to stop and share a meal and create memories with your family, friends & neighbours. And we plan to launch our SWEFM **Sprouts Kids' Club**, an initiative to help support your efforts as parents to encourage your children to eat healthily.

Bring your children, ages 4 to 12, up to the SWEFM tent to enroll them as Sprouts. There, they will receive a free passport and a special reusable shopping bag (filled with fun goodies) that they will bring back with them each time they visit the market. Each week on market day, kids can come to market and have their "passport to health" stamped and receive a \$2 token to spend at the market. The catch is that it can only be spent at market booths that sell **fruit, vegetables or food plants**. And it is theirs to spend. A very special thank-you goes out to **Dr. Darcy Dietz of Towne Square Orthodontics** for financially sponsoring this program and to the nutritional grant of **Communities Choose Well** for investing in the nutritional health of our children and our community.



Now in its 4th season, the market is run by a dedicated volunteer board and backed by a host of volunteer supporters and sponsors. Without their help, generosity and expertise, the market would not be the successful, vibrant and fun community gathering spot that it is today. Should you like to be involved, we could always use more hands, brains, muscle, financial support & enthusiasm behind the scenes. Check out the opportunities under the "Get Involved" tab of the market website at www.swefm.ca or contact us by email at swefm.manager@gmail.com.

Opening Day will be a perfect opportunity to grab dinner with your friends, family and neighbours at a food truck and spend a lovely evening together. Servus Credit Union will be on hand hosting a special draw. The huge, inflatable bouncy slide will be there (weather permitting) for the kids, along with face painters, balloon buskers, sprouts registration, a food bank momstown craft and puppets on a string performers. Complete with four food trucks, many concession stands, musical buskers, and lots of high quality food and artisanal vendors, it will be a terrific way to spend *one* of what are sure to be *many* warm spring & summer evenings up at the market this year.

See you at the market!

A BIG THANK YOU TO VOLUNTEERS!

To all the volunteers who make Belgravia a wonderful neighbourhood to call home, the Belgravia Community League thanks you. In fact, thank you to the BCL board and committee members too!

We truly value the time you invest in to our community.

We love our volunteers, you are priceless!



Automatic External Defibrillator at BCL Hall

Monica Gorassini, BCL Resident

If you had a device that has a success rate of 95% in saving a person having a Sudden Cardiac Arrest, compared to 5% using CPR alone, would you like to have one? Well, the Belgravia Community League is now the proud owner of such a device, called an Automatic External Defibrillator (AED). Thanks to the heads up of Kimberly Shank from Northern River Karate and Yoga School and due to the application writing abilities of our president, Jeanette Boman, the BCL has been granted a new Philips FRx defibrillator from First Edition First Aid Training Inc.. Sudden cardiac arrest kills 40,000 Canadians each year and is the leading cause of death in schools. Because the chance of survival decreases by 7-10% every minute after an arrest, it is imperative that an AED is located close by and accessible in public spaces such as community leagues.

The BCL will install the AED on the wall in the main floor of the Belgravia Hall where it can be accessed during hall program hours (7 am – 6 pm) and for outside recreational activities when access to the hall is arranged. When the hall is renewed, it will be located in an area that is most accessible to all inside and outside facility users from 7 am to 10 pm.

As many people as possible who are in charge of Belgravia programs will be trained on the device. Surprisingly, Manitoba is the only province in Canada where AEDs are mandatory for public facilities, including schools! The more people who know how to use an AED, the better. You can buy a CPR kit online for \$38.50 to learn how to use an AED, which is so simple to use they

sell them at COSTCO! – go to <http://www.laerdal.com/ca/doc/1078/Family-Friends-CPR-Anytime#> to purchase a kit. You can also take a 4 hour CPR/AED course from the Heart and Stroke Foundation or even get training online – go to <https://resuscitation.heartandstroke.ca/courses/bls/description>.

Because Sudden Cardiac Arrests are typically caused by problems with the electrical wiring of the heart, they can happen at any age. Most often, they are triggered during strenuous exercise. So if you or your child are into high performance sports like soccer, cross country skiing, etc., it is a good idea to get screened with an electrocardiogram (ECG). Although the risk is very low, one study from Italy which mandates by law that all young athletes be screened, demonstrated that ECG testing reduced the number of deaths from 1 death/year per 27,777 athletes to 1 death/year per 250,000 athletes, a 89% reduction! Both of my daughters have had ECG tests. I simply got an ECG requisition from my GP, had the test done at DynaLife (College Plaza) <http://www.dynalifedx.com/> - the test took 10 minutes! Maybe this is overkill but I don't want to be a parent whose child dies of a sudden cardiac arrest while an AED lies unused beside them, something that Kim and Wayne Ruether from Fairview Alberta have gone through (<http://projectbrock.com/>).

Once the AED is installed at the hall familiarize yourself on how to use one. The device “talks” you through on how to use it and will not shock a person unless it is needed. If you have children at school, ask your principle if the school has an AED. Who knows, someday you could save a neighbours life.



Jane Zaiane at the April Made in Belgravia: All Things Ginger session

Belgravia Story - Don McNicoll

Barb Krahn, BCL Director-At-Large

Don McNicoll's house is crammed with memories, from the collectible dolls and porcelain figurines filling corner cabinets to artwork lining the walls and precious family photos pulled from drawers and cabinets.

Don built this pretty bungalow on the northeast edge of Belgravia with his own hands, and finishing help from a prominent local builder. It was 1951, and Don's first view of his property would be unrecognizable today.

To the north were market gardens, stretching all the way to University Avenue and west to Saskatchewan Drive. To the east, the western shore of McKernan Lake, the waters lapping gently at the edge of today's busy 114th Street thoroughfare. 76th Avenue was a dirt road with cow pasture beyond, the stillness broken by the occasional passing of the Toonerville Trolley, a streetcar connecting this area to bustling Strathcona and, through transfers, to downtown Edmonton.

A former navy man, Don brought his beautiful wife Dorothy here in 1951. Ready to settle down, he took a job with Western Supplies Limited (WSL), a plumbing distributor. By 1952, the house was built and daughter Laura had completed their family.

There were big changes all around too. While Don's house was only the second on 77th Avenue, a building boom was in full swing. Within a year, the couple had neighbours on all sides, including Betty

Dunn who still lives three doors down today. Schools were also under construction, a welcome sight to the many young families populating this new neighbourhood, with McKernan School opening in 1952 and Belgravia School a year later. The gracious elms that line the boulevards today were planted a few years later, little more than saplings in front of newly manicured lawns.



In the tradition of the times, Don was the breadwinner of the family, was employed with WSL for about 35 years. Dorothy was the more social of the two, getting to know the neighbours over the back fence as gardens were planted and children raised. Like many Belgravians, the McNicolls had a large garden, taking advantage of the rich soil to grow carrots, beans, peas and more, freezers stuffed with enough produce to last the winter.

One of Belgravia's best qualities then as now was its close proximity to Edmonton's River Valley. On hot days, the family would hike down Keillor Road to Whitemud Creek

for a picnic and a swim. It's all still there today, with the addition of a foot bridge linking quiet banks shaded by aspen and dogwood.

While much has changed, there's nowhere Don would rather be. Now 25 years retired and a widower, with daughter Laura and her husband in Saskatoon and grandchildren and great-grandchildren in Ottawa and Stockholm, Sweden, Don is still home in Belgravia.

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