



### **In this issue:**

Belgravia Playschool - p1  
President's Message - p3  
Construction Practices & Infill - p4  
Playschool Fundraising - p5  
Events in the Community - p7  
Made in Belgravia - p9  
Meet Your Neighbour - p10

### **Belgravia Community Hall**

11540 73 Avenue  
Edmonton AB T6G 0G1

BCL is a member of the Edmonton  
Federation of Community Leagues  
([www.efcl.org](http://www.efcl.org))

Visit us online at [belgraviaedmonton.ca](http://belgraviaedmonton.ca),  
follow us on Twitter @BelgraviaYEG, like us  
on Facebook at BelgraviaEdmonton

To advertise in the belgravian contact  
[adsmanager@belgraviaedmonton.ca](mailto:adsmanager@belgraviaedmonton.ca)

Please remember to recycle this newsletter.

### **Next Submission Deadline**

**April 21 , 2017**

Banner Picture: Strength and Stretch Class at  
the Belgravia Community Hall

## **Belgravia Playschool Spring Spots Available**

A couple of spots have opened in our Tuesday/  
Thursday playschool class for April to June.

It's a perfect way to

- try it out if you plan to register your 3-4 year old for the 2017/18 term
- for new families who have moved to the community since last fall's registration and might like to utilize the playschool program for the rest of the term.

Fee: \$125/month. Registration fee waived for these two spots.

For further information go to  
[www.belgraviaedmonton.ca](http://www.belgraviaedmonton.ca) (click on Playschool) or  
email [playschool@belgraviaedmonton.ca](mailto:playschool@belgraviaedmonton.ca)



**Belgravia School**

**Bottle Drive**

**Saturday May 13**

Please mark your calendar and place in front  
of your house by **9:00 AM**

*Thank-you for supporting our community school!*

## 2016/2017 BCL Board & Related Committee Chairs

Past President	Jeanette Boman	<a href="mailto:pastpresident@belgraviaedmonton.ca">pastpresident@belgraviaedmonton.ca</a>
President	Kevin Klein	<a href="mailto:president@belgraviaedmonton.ca">president@belgraviaedmonton.ca</a>
Vice President	Heather Scherer	<a href="mailto:vicepresident@belgraviaedmonton.ca">vicepresident@belgraviaedmonton.ca</a>
Secretary	Joanne Wynn	<a href="mailto:secretary@belgraviaedmonton.ca">secretary@belgraviaedmonton.ca</a>
Treasurer	Barry Edgar	<a href="mailto:treasurer@belgraviaedmonton.ca">treasurer@belgraviaedmonton.ca</a>
Memberships	Jennifer Lambert	<a href="mailto:membership@belgraviaedmonton.ca">membership@belgraviaedmonton.ca</a>
Facilities	Ken Goble	<a href="mailto:facilities@belgraviaedmonton.ca">facilities@belgraviaedmonton.ca</a>
1. Single Event Rental Coordinator	Looking	<a href="mailto:hallrental@belgraviaedmonton.ca">hallrental@belgraviaedmonton.ca</a>
2. Hall Renewal Committee Chair	Kevin Taft	<a href="mailto:kevin.taft@shaw.ca">kevin.taft@shaw.ca</a>
3. Rink Manager	Jim Sawada	<a href="mailto:rinkmanager@belgraviaedmonton.ca">rinkmanager@belgraviaedmonton.ca</a>
4. Arts Park Coordinator	Kathy Goble	<a href="mailto:facilities@belgraviaedmonton.ca">facilities@belgraviaedmonton.ca</a>
Programs	Annette Stupar-Cairns	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>
1. Belgravia Playschool Chairs/ Teacher	Irene Anderson & Ashley Lada/ Monika Fouad	<a href="mailto:playschool@belgraviaedmonton.ca">playschool@belgraviaedmonton.ca</a>
2. Made in Belgravia Coordinator	Jeanette Boman	<a href="mailto:pastpresident@belgraviaedmonton.ca">pastpresident@belgraviaedmonton.ca</a>
2. Belmac Soccer Coordinator	Linda Cameron	<a href="mailto:llcameron2002@yahoo.com">llcameron2002@yahoo.com</a>
Communications	Tonya Yonge	<a href="mailto:communications@belgraviaedmonton.ca">communications@belgraviaedmonton.ca</a>
1. Belgravian Editor	Gail Fraser-Steffler	<a href="mailto:editor@belgraviaedmonton.ca">editor@belgraviaedmonton.ca</a>
2. Ads Manager	Phyllis Schneider	<a href="mailto:adsmanager@belgraviaedmonton.ca">adsmanager@belgraviaedmonton.ca</a>
3. Distribution Team Leader	Susanne Rowe	<a href="mailto:editor@belgraviaedmonton.ca">editor@belgraviaedmonton.ca</a>
Planning & Place	Susan Kamp	<a href="mailto:planning@belgraviaedmonton.ca">planning@belgraviaedmonton.ca</a>
1. Transportation Committee	Steve Schroeter	<a href="mailto:transportation@belgraviaedmonton.ca">transportation@belgraviaedmonton.ca</a>
Community Safety		
1. End of the World Committee	Roger Laing	<a href="mailto:edmontoneotw@gmail.com">edmontoneotw@gmail.com</a>
2. Belgravia Watch	Richard Law	<a href="mailto:belgraviawatch@gmail.com">belgraviawatch@gmail.com</a>
Community Connections		
1. City Recreation Coordinator	Kate Russell	<a href="mailto:kate.russell@edmonton.ca">kate.russell@edmonton.ca</a>
2. Belgravia Elementary Sch. Liaison	Michael Cohen	
3. South Campus Neighbourhood Coalition BCL Rep	Bob Kamp	<a href="mailto:info@belgraviaedmonton.ca">info@belgraviaedmonton.ca</a>
UofA Comm Consultation	Cory Dawson	<a href="mailto:info@belgraviaedmonton.ca">info@belgraviaedmonton.ca</a>



**Tilman Reimnitz**  
Golden Tree Traditional Arborist Ltd  
professional tree work

[tilman.wr@gmail.com](mailto:tilman.wr@gmail.com)  
[goldentreearborist.com](http://goldentreearborist.com)  
**780 221-1712**



# Glass Monkey

GASTROPUB

**5 minutes from Belgravia!**

5842-111 Street 780.760.2228  
[www.theglassmonkey.ca](http://www.theglassmonkey.ca)

## KW Landscaping & Snow Removal



- Neighbourhood Landscaper
- Yard Work & Snow Removal
- Reasonably Priced
- No Job Too Small

**Phone: (780) 691-2011**  
Email: [kwittenberg@timberframes.ca](mailto:kwittenberg@timberframes.ca)

## You're Invited!

To a Town Hall with  
Honourable Lori Sigurdson  
MLA for Edmonton-Riverview



McKernan Community Hall 11341 78 Ave, NW  
Tuesday, March 28th, 7:30 PM

Email [edmonton.riverview@assembly.ab.ca](mailto:edmonton.riverview@assembly.ab.ca) for more details

## BCL Board Message

Happy spring everyone! On behalf of the Belgravia Community League Board we hope you enjoy this edition of the Belgravia Newsletter. It's our once-a-month way of keeping you up-to-date with happenings in the 'hood. If you are a member of the BCL, we also send out in-between newsletter updates through what we affectionately call an "E-Blast".

There's a lot going on with the upcoming neighbourhood renewal and transportation management plans. Stay tuned for whatever information we can pass along to you as we learn about it. One issue still be worked out is the plan for a Shared Use Path (SUP) along Saskatchewan Drive going south from 76 Avenue where a current SUP ends. While some residents are in favour of the extension, others are concerned about various aspects of the plan. City planners met with several of those opposed to the SUP on February 25 to hear those concerns and look for possible solutions. We are currently waiting for the City's detailed response to such questions as to whether trees will be removed or damaged, where and how much will the roadway along SK DR be narrowed to accommodate the SUP and what overall measures will be taken to accommodate walkers, runners, cyclists, people who use strollers, walkers and wheel chairs along this route as well as those who use the 'off leash' dog park and park along the road in this area Belgravia. Your responses and concerns can be taken to [buildinggreatneighbourhoods@edmonton.ca](mailto:buildinggreatneighbourhoods@edmonton.ca)

BCL membership numbers continue to climb ... now at 423 and counting! With this continuing success, we are working hard to expand our program offerings too. Our board is made up of volunteers. As we end this current membership year, we will be recruiting new board members. Let us know if you are interested in getting involved. Our goal is to connect people, build our community, keep people informed and to help people engage in wider city processes.

If you don't know your neighbours please take the time to introduce yourself. You never know when you may to borrow an egg or a cup of flour!

Heather Scherer  
Acting President

### Advertise in the Belgravian

1/2 page	1/4 page	card size
7.5"w x 5"h 19 cm w x 12.7 cm h	3.75"w x 5"h 9.5 cm w x 12.7 cm h	3.75"w x 2.5 9.5 cm w x 6.4 cm h
BCL Member \$75 Non-Member \$100	BCL Member \$50 Non-Member \$75	BCL Member \$25 Non-Member \$50

Email inquiries to Phyllis at:

[adsmanager@belgraviaedmonton.ca](mailto:adsmanager@belgraviaedmonton.ca)

10% discount from multiple ads paid in advance

Ads to be in PDF, JPG, TIF or EPS formats in specified dimensions



It's puddle time!

## Construction Practices & Infill Projects

Here are some of the initiatives going on in Edmonton with respect to infill and construction practices.

You are invited to an Edmonton Federation of Community Leagues

### Construction Issues Committee Meeting

7 pm, March 30 at the EFCL Office, 7103 105 Street

Purpose:

1. Share construction experiences in the last year.
2. Prepare feedback to City Council and Administration. In the last year the City has created an Infill Compliance Team, increased penalties for bad construction practices, required lot grading plans for all new housing construction sites, required Development Permit Signs on construction sites and more. What has worked well, and what still needs to be improved? What more needs to be done?

There are several upcoming opportunities to speak to a number of agenda items of the City [Council Urban Planning Committee](#):

- April 5- Status Report on the Infill Compliance Team
- May 3 - Status Report on Lot Grading
- May 24 - Construction Excavation and Compliance Report

If you are unavailable for the March 30 meeting, please feel free to forward your construction experiences and your comments to [Bev.Zubot@efcl.org](mailto:Bev.Zubot@efcl.org).

### C4RD: Citizens for Responsible Development:

In response to City Council's infill densification project a group of concerned citizens has come together to form C4RD (Citizens for Responsible Development). You may want to check into C4RD if you are interested in the issues arising from infill. This society wants to convey a citywide message to Council, that a large numbers of constituents desire to be heard and heeded and Edmonton's infill densification project needs to be revisited.

Here is the link to the C4RD website: <http://c4rd.ca/>



**Belgravia School students enjoying the playground.**



## **Treat Yourself to Some Meal Planning & Support the BCL Playschool at the Same Time ...**

Who hasn't wished for an organized freezer full of healthy, delicious, and economical meals to minimize the stress of meal preparation? Here's a chance to make that wish come true with the Belgravia Cooperative Playschool (BCP) fund raising initiative through Simply Supper, a local Edmonton meal making based business located at 2305 Rabbit Hill Road.

Simply Supper's meal preparation studio makes getting a healthy, home-cooked meal on your table easy. You can either put together bulk meals in advance or for a small charge, choose the already assembled meals option. With recipes that use all fresh ingredients (diced, chopped and shredded to save time during assembly sessions), the meals are bagged and ready to store in the freezer or be used for your dinner that evening.

Simply Supper helps all kinds of community groups with their fundraising needs by contributing \$10 for every \$100 gift card it sells. It's a win for the BCP and a win for you by making those "What's for supper?" questions easy to answer.

### **Other Frequently Asked Questions**

1. *How much does it cost to assemble Simply Supper Meals?* You pay \$115 for 6 meals (2-3 servings each) and \$200 for 6 meals (4-6 servings each). That's as low as \$5.50 per serving. If you assemble 24 meals, the cost per serving comes down to as low as \$4.97.
2. *Do I have to assemble?* No, they can do it for you. The cost would be \$15 extra for 6 meals.
3. *Can I make the meal assembly a social outing?* Yes! The BCP has already booked the first Belgravia Private Party for 7 pm, April 28, 2017 for neighbours and friends who want to assemble their meals together. Contact Simply Supper directly (780 433 6958) to register for this assembly event. Although spots available fill up quickly, the BCP will book further private parties as needed.
4. *Do I have to make it a social outing?* No! Any individual can book an assembly spot online ([www.simplysupper.ca](http://www.simplysupper.ca)) or purchase Ready-to-go meals for the extra fee.
5. *OK I want to buy my Simply Supper gift card(s). Now what?* E-mail [playschool@belgraviaedmonton.ca](mailto:playschool@belgraviaedmonton.ca) to place your order. Gift cards will be available by March 31. Once payment arrangements (cash or cheque made out to the BCP) are made, your Simply Supper gift card(s) will be delivered to your door. You'll be one step closer to making some of the meal planning in your home just a little bit easier and ... you will have supported the playschool program in Belgravia too. Thank you in advance for doing that!



**Belgravia School students Alex  
Scrimger and Logan Rowe**

## Upper Hall Entryway Bench Installed

Cam McGregor rose to the challenge when he was asked if he could refurbish one of the benches salvaged from the old hall skate change room. His carpenter's eye saw hope for the wood ... especially when he identified it as mahogany.

Taking the boards and metal structural supports apart, Cam reworked, sanded, and stained the wood back to life. This past week Cam installed the bench in the entryway of the upper hall. It is incredibly satisfying to see this bench move on to its next chapter at the hall. If it only could tell stories of all the people it has supported over the years ... and now, years to come.



THANK YOU Cam for donating your time and resources and making this salvage project possible. It's people like you who help make Belgravia a great community!

### MASSAGE THERAPY: *Pain Relief is in sight...*

#### Individually Designed Treatment Plans

- Deep Tissue & Accupoint Massage
- Therapeutic Exercise • Myofascial Release
- Tension • Stress • Prevention • Relaxation • Back & Neck Pains
- Flexibility • Pain Relief • Whiplash Injuries • Frozen Shoulder
- Migraines • Headaches • Obesity Issues • Arthritis • Accident
- Poor Posture • Complex Regional Pain Syndrome • Exercises
- Strengthening • Fibromyalgia • Lewy Body Dementia
- Balance Nerve & Muscle Tension • Sciatica

### FOOT CARE: *Corns • Callus • Heel Cracks* *Thickened Deformed Discolored NAILS* **LASER for Fungus Free Feet**

Trained in Germany, **Maria Krieg** works wonders on aching backs as well as on needy feet.



People of ALL ages & lifestyles benefit from Massage Therapy.

## BACK MASSAGE THERAPY & BASICS FOOT CARE

**CARE FROM HEAD TO TOE SINCE 1981**

There is no substitute for experience.

### SPRING CLEAN-UP

OH, MY ACHING BACK...  
**HELP!**

Pain  
be gone...



**Restore your Joy of Life**  
**Call for Massage Therapy**

Challenges are Maria's passion.

**Maria Krieg, RMT • 11610 - 75<sup>th</sup> Ave, Edmonton • [www.backbasics.ca](http://www.backbasics.ca) • Phone: 780 - 436-8059**

## Events in the Community

### Strength & Stretch: Fit for Life

What: This is a great class to work on your strength, flexibility, core and balance training. All individual fitness needs will be accommodated. It is ideal for staying active in a supportive safe environment close to home. We need YOU to register this session to help us make it happen.

When: April 21 - June 23; 1:00-2:00 p.m.

Where: Belgravia Community League lower hall

Cost: BCL members - \$80 session/\$15 drop in  
Non-members - \$110 session/\$20 drop

Payment can be made in cash or cheque (made out to the BCL)

Registration/Payment Deadline: April 13, 2017

Note: A minimum of 12 participants are needed to run the program.

### Family/Toddler Time

This is a time where the lower hall is open to let your children run around and explore different toys on Sunday afternoons (please bring some to share). The more families that attend the more fun we will have.

When: Sundays 3-5pm

Cost: \$5 per family

Contact: Heather Scherer for more info, no registration required.

### Belgravia School Science Fair

Come out and see the innovative science projects of Belgravia students. April 6 6:00 - 8:00 pm in the school gym.

### Belgravia School Scholastic Book Fair.

Stop by and select from a wide variety of children's books. April 4 & 5 11:30 - 12:30 & 3:30 - 4:30 and April 6 11:30 - 12:30 in the school gym.

## Come Sing with Us!

- Award winning organization
- Professional conductors
- Travel locally, nationally, internationally
- Variety of musical styles

Junior Choirs - Ages 6-12

Boys' & Girls' Choirs - Ages 12-15

Youth Choir - Ages 15-24

### AUDITIONS FOR NEXT SEASON BEGIN MAY 9

Contact us for more information about our choir programs  
[info@EdmontonYouthChoir.ca](mailto:info@EdmontonYouthChoir.ca)  
[www.EYCC.ab.ca](http://www.EYCC.ab.ca) | 780-994-6539

**EDMONTON**

Youth and Children's Choirs

"Your Home for Choral Excellence"



Belgravia Cooperative Playschool is now accepting registrations for three and four year olds for the 2017-18 school year.

Located in the newly renovated Belgravia Hall, the not-for-profit preschool program has been serving the area for more than 40 years.

Registration forms available at:

[www.belgraviaedmonton.ca](http://www.belgraviaedmonton.ca)

or by contacting:

[playschool@belgraviaedmonton.ca](mailto:playschool@belgraviaedmonton.ca).



**To our valued customers,  
we are now extending our store hours ...**

Monday – Wednesdays: 8:30am - 8:00pm  
 Thursdays: 8:30am - 8:30pm  
 Fridays: 8:30am - 10:00pm  
 Saturday: 9:00am - 10:00pm  
 Sunday: 9:00 am - 9:00pm

### SPRING MEN'S YOGA CLASSES

CLASSES ARE DESIGNED FOR ALL AGES AND LEVELS OF EXPERIENCE

STARTING SUNDAY MARCH 5 TO JUNE 25 (EXCEPT APRIL 23 & 30);  
 2:00 PM TO 3:30 PM

MCKERNAN COMMUNITY HALL

COST: \$150 FOR ALL 15 SESSIONS OR DROP IN \$15/SESSION

FOR FURTHER INFORMATION OR TO REGISTER CALL:

PETER RAUSCH AT 780 437 -5238

### MUSIC TEACHERS AND STUDENTS

Looking for a place for your recital or concert?  
 St. George's Anglican Church at 11733-87 Ave  
 may be your venue.

*The church's interior is lovely and intimate.*

*It has good acoustics, seats 150,  
 has close proximity to U of A, an organ and  
 a Yamaha C2 piano.*

*Intermission refreshments and/or receptions are possible.*

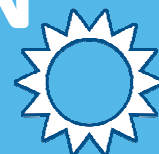
*St. George's is a designated historic resource.*

Booking inquiries: contact David Cass at  
 d.cass@ualberta.ca.

## NEIGHBOURHOOD SUMMER DAYCAMP



# ONCE UPON A TIME



DATE	TIME	AGES	COURSE CODE	COST
Monday-Friday July 10-14, 2017	9:00am-11:30am	3-5 years	596564	\$82

### Belgravia Community League

11540—73 Avenue

Once upon a time there was a magical kingdom where fairy tales came true. In our kingdom we sing magical songs, dance with our friends, and re-enact classic stories. Let's all make believe together in this program fit for everyone. Participants are welcome to come dressed in their favorite fairy tale costume.

Registration opens March 15, 2017

To Register:

- Call 311
- Online at [ereg.edmonton.ca](http://ereg.edmonton.ca)
- In person at any City of Edmonton Recreation Leisure Centre

Thank you to the Belgravia Community League for access to their facility





## Made in Belgravia: Soapstone Carving

The first round of Soapstone Carving classes facilitated by Pat Galbraith in the upper BCL Hall is finishing up with some beautiful results . By the photographs below, you will agree we have some amazing sculptors in Belgravia. A second series of soapstone carving classes beginning on March 27 is now filled but plans are underway for a another class in September, 2017. Stay tuned ...



## Meet Your Neighbour - Audrey Inouye

Audrey came to Edmonton in January 2001 for a one-year nutrition internship after completing her degree in nutrition from the University of Guelph. That day her room mates took her skating to Hawrelak Park. As fate would have it, one of the people she met on the ice was Dave McMillan and a classic Canadian love story unfolded: shinny every Sunday for the rest of winter, potluck dinners with her new found friends and a wedding the following year!

Taro, their first son, was born in 2005. A year later, and more or less by chance they moved to Belgravia. At the time, Audrey was working as a First Nations dietician for Health Canada. While her work required some travel throughout Alberta, Audrey was mostly based in Edmonton. Their second son, Kiyoshi was born in 2007 and when Taro was 3, Audrey began a "six year volunteer career" with the Belgravia Cooperative Playschool (BCP).

In 2009, Audrey and Dave took leaves from their work, rented out their Belgravia home and along with Taro and Kiyoshi, spent 9 months travelling to Indonesia, Thailand, Columbia, Panama, Costa Rica & Nicaragua. They did it again from January - July 2015 when they went to Sri Lanka, India, Malvasia, Thailand, Morocco, Spain & France. By this time 3 year old Kaito (in the photo below with Audrey) was also part of the adventure. For a fascinating read, check out their travel blog at: [www.mcnouye.travellerspoint.com](http://www.mcnouye.travellerspoint.com)

Audrey returned to Belgravia in time to help relocate the BCP to St. Paul's United Church during Hall Renewal project. Along with her dedicated BCP team, she took on all the onerous tasks called for by such a move. With the BCP back in the new hall this past fall and Kaito in his final year, Audrey is the first to acknowledge how a community playschool can lead to life-long family friendships.

While on leave from Health Canada for the past 5 years, Audrey continued to develop her nutrition expertise around a diet shown to have a profound effect on Irritable Bowel Syndrome (IBS). The diet is extremely challenging and typically, people require assistance to stay with it. Audrey sought out the necessary training and became one of a handful of expert IBS diet advisors across Canada. You can read more about her phone and video based IBS nutrition business at: [www.IBSNutrition.com](http://www.IBSNutrition.com)

It is no surprise that Audrey is a fan of the BCP's Simply Supper fund raising drive. The meals are nutritious, family friendly, time-saving, economical and community oriented ... everything that Audrey values and appreciates. Given the way Dave and Audrey met, it is also not surprising to learn the family iced in their backyard this past winter for the boys and neighbourhood kids to skate to their heart's content.

What has been a surprise for them however, Audrey says is that: *"We moved to Belgravia thinking it would be for just a few years before we found a bigger house somewhere else. We had NO idea that Belgravia would be such a great community. Now, we can't imagine leaving."*

And, Belgravia is all the better because the Inouye/McMillan family want to remain here. They're still interested in finding that bigger house though. If you want to sell or hear of a two story ready for a family like theirs, let Audrey know! ([audrey.inouye@gmail.com](mailto:audrey.inouye@gmail.com))

