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Belgravia Community Hall

11540 73 Avenue
Edmonton AB T6G 0G1

Next Submission Deadline

February 19, 2016

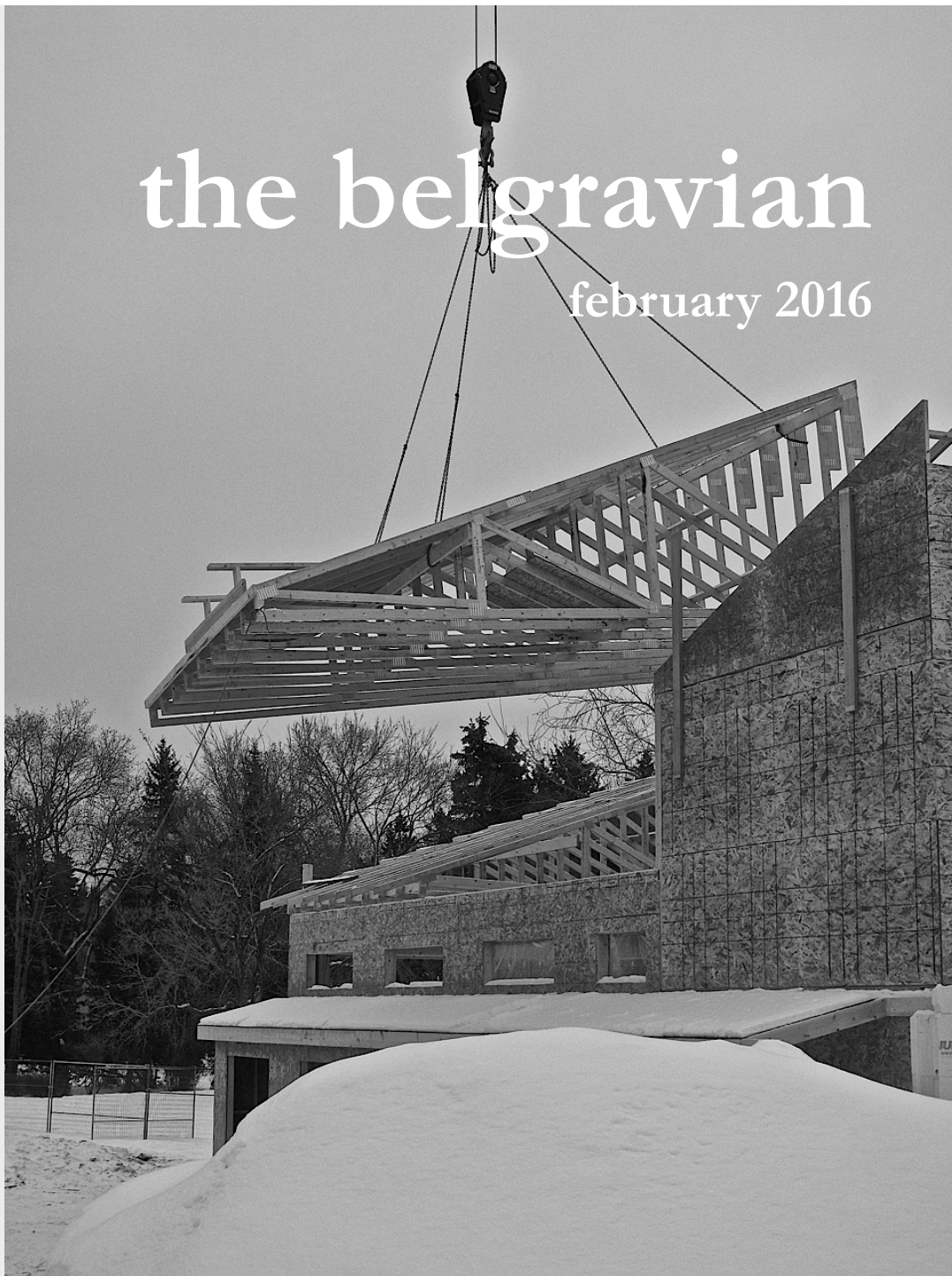
BCL is a member of the
Edmonton Federation of
Community Leagues
(www.efcl.org)

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Please remember to recycle
this newsletter.



Belgravia Community League Board Meeting

Wednesday, February 10

7 p.m.

Everyone welcome!

For details, email
president@belgraviaedmonton.ca

BCL Board & Community Contacts		
Past President	Jeanette Boman	pastpresident@belgraviaedmonton.ca
President	Kevin Klein	president@belgraviaedmonton.ca
Vice President	Heather Scherer	vicepresident@belgraviaedmonton.ca
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2. Hall Rental Coordinator	Liz Yih	hallrental@belgraviaedmonton.ca
3. Rink Manager	Jim Sawada	rinkmanager@belgraviaedmonton.ca
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2. Belgravia Watch	Richard Law	belgraviawatch@gmail.com
Community Connections		
1. City Recreation Coordinator	Kate Russell	kate.russell@edmonton.ca
2. Belgravia Elementary Sch. Liaison	David Shanks	daveshanks@me.com
3. South Campus Neighbourhood Coalition BCL Rep	Bob Kamp	info@belgraviaedmonton.ca
UofA Comm Consultation	Cory Dawson	info@belgraviaedmonton.ca

Belgravia Transportation

The city's telephone survey of Belgravia residents in November confirmed wide-spread concern over heavy motor vehicle traffic volumes from non-resident short-cutting. As a result, the city has confirmed plans to begin their "Community Traffic Management Process", or CTMP, this winter. They will design, assess and implement trial measures to reduce short-cutting and speeding through our neighbourhood. Residents interested in actively participating in this endeavour should email Steve Schroeter at transportation@belgraviaedmonton.ca. The city particularly wishes to see more participation from representatives of local business, church, school, etc.

Engage 106-76 is a joint effort by a number of neighbourhoods and the city to transform 106 Street and 76 Avenue into walkable, bikeable, livable public spaces while recognizing needs of all transportation types. The city's Engage 106-76 project design team is currently working on the concept design for 76th Avenue from Saskatchewan Drive to 104th St. and 106th St., taking into consideration the feedback and input gathered through the various public engagement activities. A public event will be held in the near future to present a draft design plan. To stay informed, please visit the engage106-76.info website and sign up as a Community Partner today!

Responding to Belgravia requests over the past year, city Transportation Operations plans to implement new signal timing later this winter to reduce wait times for pedestrians crossing University Ave at 115th St.

We were able to arrange 2-weeks of increased Parking Enforcement patrols on the University Ave. service road and 80th Ave. in early December. During this period 28 tickets were issued and the city is starting another 2 week enforcement period to see if there is a decline in infractions. Residents also report that workers at the Cross Cancer Clinic continue to park on the service road from mid-afternoon through evening without being ticketed by moving their vehicles regularly. After results are in from the additional enforcement period, we will follow up with the city to see what could be done about those who move their vehicles regularly to avoid ticketing.

President's Message

Happy New Year Belgravia!!! 2016 is already shaping up to be an exciting year for our community as our new hall takes shape. With a goal to complete it by August, 2016 I can't wait to celebrate the grand opening with all of you later in the year!!!

I'd like to comment about our commitment to this being the 'Hall for All' first identified by the Belgravia Hall Renewal Committee (BHRC) at their inaugural November, 2012 meeting. Since then the BHRC staged three major community engagement workshops and met many times with specific hall users like the Belgravia Out of School Care (BOSC), Belgravia Cooperative Playschool, Brownies, exercise groups, sporting groups, teens, young families, empty nesters, seniors and people with universal access needs for the facility. You can imagine the amount of feedback they got about what a new hall could do for everyone who lives in Belgravia.

A competitive process to find the designer for our 'Hall for All' helped us find Newstudio Architecture to help us move to the next phase. After many more hours of community and user group consultation, Newstudio came up with a final design for the hall, which went for tender to potential builders in March, 2015. Funds raised, grants received and casino money saved over the years had to match the projected building costs. While PEMCO was the winning builder, changes had to be made to accommodate higher costs than expected; changes that still met as many needs of community and hall user groups as possible. And we believe we have come up with something pretty special with space for child care programs like out of school care and playschool on the ground floor, improved skating rink facility space, a public washroom

for use during daytime hours, accessible entryways to lower and upper floors, a beautiful community living room, main hall and great new kitchen on the upper floor for everyone to use during day and evening times.

Our goal has been for the new hall to 'build community' in the broadest and best way possible. As a volunteer organization with a mandate to the whole community, we realize it has not been possible to meet 100% of all the hopes identified during the assessment phase. For instance, we are dedicated to providing ground floor space for staff-managed out of school care program as well as reserve space for a different model of child care programming like our long standing parent-run cooperative playschool. Each of these programs are significant for they meet different family needs in Belgravia and are each ultimately foundational to the health of Belgravia Elementary School.

In short, the BCL is committed to building the best hall possible for the most people in the community. And now, with construction well underway, we look forward to EVERYONE using it ... as a place to meet your neighbours, have your meetings, learn new skills, exercise, cook up great food, celebrate special events in your life, play games and ultimately, help you feel that Belgravia is your community.

It will be our Hall for All ... and as I said earlier, I can't wait to meet you when we have the grand opening this fall. If you have any questions about our community consultation, fund raising, design and ultimate decisions made about the building process, please contact me at president@belgraviaedmonton.ca

What it really means when you clear your sidewalks

Message from City of Edmonton

Edmonton is truly a winter city that sees its fair share of snow. And with the snowfalls, come Bylaw Enforcement Officers who look for uncleared ice and snow on sidewalks enforcing Community Standards Bylaw 14600.

Why does the City enforce this bylaw? It's not why you might think. Every year, hospitals and doctor's offices are filled with those who have slipped and fallen on snow and ice left on sidewalks. People with limited mobility, the elderly, children, parents pushing strollers and everyday people, all have difficulties walking on snow and ice covered sidewalks. Uncleared walkways also make it difficult for people who deliver services in our city - mail carriers, meter readers, delivery drivers, firefighters and paramedics.

These hazards are why the Community Standards Bylaw requires you clean the public sidewalks around your property removing all ice and snow after a snowfall. In the interim, we encourage citizens to use sand or ice-melting products. Courtesy sand boxes can be found at many local community centres. Although these courtesy sand boxes are topped up regularly, often demand exceeds supply. When this occurs, we encourage citizens to buy sand or ice-melting products at their local department or hardware stores.

For a listing of courtesy sand box locations, please visit http://www.edmonton.ca/transportation/on_your_streets/community-sandboxes.aspx

This winter, if you know of a neighbour who might have difficulty removing snow and ice from their sidewalks, why not give them a helping hand and become their Snow Angel? If you've had a volunteer shovel your walkways, get them their wings by nominating them as a City of Edmonton Snow Angel! If nominated, your volunteer could receive vouchers to see the Edmonton Oil Kings! www.edmonton.ca/snowangels.

When you remove snow promptly after a snowfall, you play an important role in keeping our city moving safely in difficult weather. Be your neighbourhood's urban hero!

Dave Richards

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Belgravia Programs

Family Day - Monday, February 15 2-4 pm

Come join us for a small family day celebration on Monday February 15th from 2-4 at the Belgravia school park. There will be hot chocolate and marshmallows to roast over a fire. Please bring a sled for tobogganing. There will also be snowshoes available to use and some snow paint for some family winter fun.



Tobogganing on Mt. Belgravia circa 1990

Zumba Class Cancelled

BCL's Zumba class winter/spring session has been canceled due to insufficient enrolment.

Interested in Line Dancing?

Line dance is dancing that is done as a group. It is easy to start and there is no need to have a partner. Louise Hellyer is trying to get a Belgravia club/class together, either in the evenings or during the day. She has done line dancing for 4 years at senior centres with instructor Dwayne Tulik, who has been teaching for 35 years. If you are interested in being part of a line dancing group email programs@belgraviaedmonton.ca.

Made in Belgravia: No-Yeast Bread Making Session

Maria Krieg has a bread-making gene in her DNA coming from generations of bread-makers on both sides of her family. She has mastered making yeast-free, all natural bread and is happy to show us how it is done.

When: February 24 (7 - 9 pm)

Let Jeanette know

(pastpresident@belgraviaedmonton.ca) for details about the session. And ... you can count on taking home samples!

Cover charge for costs of ingredients will be \$5 for BCL members; \$10 for non-members. (BCL memberships will be available at the session)



Neighbourhood Renewal

Thanks to all those who responded to the Neighbourhood Renewal suggestions in the last newsletter and provided additional suggestions. We had over 60 responses through the questionnaire and the December 14 meeting. Those additional suggestions provided in the responses to the questionnaire were included in the material provided for review at the meeting. The raw results were provided to the city staff along with all the comments that went with the responses. They can be reviewed on the community website belgraviaedmonton.ca.

The next step in the process will be a meeting organized by the City on March 22, 2016 to provide their preliminary plan for our renewal and receive our feedback.

Many comments were also received about traffic issues impacting the neighbourhood, such as the 115 St./University Ave. intersection. All these comments were also provided to the city and will be used in the Community Traffic Management Process.

A champion(s) is required from those of you who would like to pursue decorative streetlights. This would involve coordinating the selection of the lights and working to obtain the required 51% agreement in the community. The City's website describes what is involved:

http://www.edmonton.ca/transportation/PDF/Decorative_Street_Light_Brochure.pdf

Email belgraviarenewal@belgraviaedmonton.ca if you are interested in taking this on.

Gokhale Method of Body Posture and Good Health Free Workshop February 12 @ St. Paul's Church Weekend Intensive Workshop February 13-14 @ St. Paul's Church

ADVERTISEMENT

Just for fun, today when you walk around, visualize that you have a helium balloon gently straightening you from the crown of your head, up. The chin goes down a bit, the lower belly tightens, the spine straightens and you breathe a little deeper...

Body posture effects our overall health: back pain, shoulder and neck pain, the hunching of the upper back that can become more pronounced with loss of calcium in the bones. Proper breathing is also effected by our stance – we can be upright with full deep breaths or a slouched body and the resultant shallow breaths when the lungs are scrunched up and can't fully expand. Of course where there's pain there's always the tendency to exaggerate the move that ironically makes the pain worse and the unhealthy body posture more ingrained into the muscle memory.

When I was in Africa I loved to see how straight those peoples backs are and the strength in the shoulders and neck. Carrying a 40 lb suitcase was not a concern for the woman that helped me to move from one lodge to another – funnily even the backpacks and handbags go on the head to be transported! We used to learn 'proper posture' by carrying a book on your head - that didn't last passed the novelty of it and if you grew up without exercising a growing body, maybe watching a lot of TV or using computer and video games, the hunch of the back and inward rotation of the shoulders was reinforced.

Mati Messenger is now teaching the Gokhale Method of posture. This method was designed by Esther Gokhale and some of her ideas stem from other cultures, such as the African countries, rural Portugal and fishing villages in Brazil, where she had visited and noticed, as I had, the strong, straight bodies. Ms. Gokhale has brought these ancient ways of moving in the body to paper, in her concise and straight forward techniques of learning to stand, sit and lie in ways that help to diminish back pain and discomfort by stretching the spine and strengthening a new muscle memory. When the foundation blocks of the skeleton are 'stacked' properly, the muscles follow suit and the body learns a healthier way to be upright.

The book is called "8 Steps to a Pain Free Back" and discusses and illustrates natural posture solutions for pain in the back, neck, shoulder, hip, knee and feet. The chapters include how to stretchlie on your back and side, stretchsit and stacksit, tallstand, glidewalk and some exercises on how to use and build your deep abdominal muscles. I found a drawing from an early 20th century anatomy book interesting in how straight the spine was in the drawing compared to a recent anatomy book – quite a difference our sedentary life has created!

The Gokhale Method website has plenty of free hints to start rethinking your stance.

Written by Kathleen Taylor R.P.N, DCH For more information Mati's webpage is gokhalemethod.com/biography/mati_messenger

Belgravia Community League Membership Drive 2015/16

Membership sales have been going well, with over 300 members. Thank you to our canvassers and all who have purchased a membership. You can still get your new BCL membership by:

- coming to the any community league event
- completing the form below, putting it in an envelope along with a **cheque made payable to Belgravia Community League**, and leaving it in the mailbox at 11691-72st Ave. (We'll drop off your new membership card in your mailbox.)
- paying online with your credit card through the Edmonton Federation of Community Leagues <http://www.efcl.org/>. (Please note, there is a \$5 surcharge for credit card payments.)

A Belgravia Community League membership helps the community league to represent all Belgravians on community development, transportation, and other issues. As well as being a requirement for kids' soccer & hockey registration, your membership also gets you:

- a discount on passes and monthly memberships at all city of Edmonton recreation centres, including the Kinsmen centre
- free skating at the community rink & at all other community rinks throughout Edmonton
- reduced advertising rates in our acclaimed *The Belgravian* newsletter
- free community league events (including the annual summer bar-b-que, garden tour & the fall pumpkin party)

Memberships are good to Aug 31, 2016

Belgravia Community League membership

Adult #1: _____ Adult #2: _____

Address: _____ Postal code: _____

Telephone: _____ # of children: _____

E-mail Adult #1: _____ BCL e-mail news updates? Yes/No

E-mail Adult #2: _____ BCL e-mail news updates? Yes/No

Type of membership: Family (\$30)* All others (Couple, senior, single) (\$15)*

* Sliding scale rate available upon request

Please make cheques payable to the Belgravia Community League



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Audrey Inouye and her son Kaito on their winter scooter ride home from the BCL Playschool.

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TOWN HALL

with **LINDA DUNCAN**

MEMBER OF PARLIAMENT EDMONTON-STRAATHCONA

Wednesday, February 10, 7 pm
Fulton Place Community Hall
6115 Fulton Road (104 Ave/60 St)

Come with your questions & concerns about federal government issues. All welcome — hope to see you!

For more info email: linda.duncan.c1@parl.gc.ca
780-495-8404 | Web: www.LindaDuncanMP.ca

EDMONTON

Learn to Skate

@ McKernan Community League
11341 - 78 Ave

FREE drop-in program for ages 4 and up!

Join in the fun at your community rink to learn basic skating skills. Learn and practice your skills through activity stations and games with City of Edmonton program leaders. Lessons will be adapted to the age and skill level of participants. Learn to skate at your own pace!

Mondays, Jan 11th - Feb 22nd

NO PROGRAM ON FAMILY DAY WEEKEND
Monday February 25th

Time: 3:30- 6:30

Beginner 3:30- 4:30
Intermediate 4:30- 5:30
All ages & abilities 5:30- 6:30

- Program will be cancelled if the temperature with windchill is -20°C or colder. Call 311 to confirm program status.

- For all Learn To Skate programs visit Edmonton.ca/dropincommunityprograms

Thank you to the McKernan community league for use of their facility

*Participants must have their own skates.

*A CSA approved helmet is mandatory for participation



CITY OF EDMONTON

What A Difference a Morning Can Make.

At 9:00 a.m. on January 14th the Belgravia Community Hall was roofless. By noon, with the help of a crane, all the trusses for the new roof were in place. Finishing the roof and closing in the structure of the renewed hall are big steps forward.

On the inside, the wiring, plumbing, and insulation will be installed. The interior walls will be framed and before the snow melts the drywall will be up.

On the outside, all of us can begin to really see what our neighborhood has achieved. You can imagine where new stairs and a sloping sidewalk will lead to an upper entrance on the north end of the east wall. You can see how the south-facing roof is built at an optimal angle for solar panels. The new windows on the lower level will let in more natural light and the extension to the north creates a big new activity room. The perilous wintertime walk from the old skate change room to the rink will be history.

Pemco is doing a fine job as builder and NewStudio continues to be a terrific architect and project coordinator. Construction remains on time and on budget.

The real champions of this project, though, are the people of Belgravia, who have supported this project with ideas, time, energy... and money. In November, we asked people to help us match a grant from the federal Canada 150 Program, which will allow the interior of the second floor to be completed and, in 2017, help us mark the 150th anniversary of Confederation by installing solar panels to provide the hall's electricity. More than \$36,000 came in from fifty-five contributors, some who were first-time supporters and some who were making a second contribution.

A big neighborhood hug goes to all contributors from the hall renewal team.

It's not too late to help us match this grant, so if you feel the urge please send a cheque made out to the Belgravia Community League to Box 52202, Edmonton, NW, T6G 2T5.

Now... take a walk to the park and watch the hall take shape.

A Hall for All--- brought to you by the people of Belgravia.

The Belgravia Hall Renewal Committee is Kathy Brodeur-Robb; Michael Cohen; Kathy Goble; Dale Rowe; Eugene Silva; Kevin Taft, chair. If you have questions please chat with us.



CALLING ON BELGRAVIA COMMUNITY
LEAGUE ADULT MEMBERS (18+)

BCL CASINO

VOLUNTEERS NEEDED!

40+ VOLUNTEERS NEEDED

FOR OUR UPCOMING
2016 CASINO
TUESDAY, MARCH 1 AND
WEDNESDAY, MARCH 2

AT THE BACCARAT CASINO (10128 - 104 AVENUE)

IN SUPPORT OF BCL PROGRAMS AND NEW HALL PROJECT

NO EXPERIENCE NECESSARY / "ON THE JOB" TRAINING

VARIOUS DAY & NIGHT SHIFTS / ONLY ONE SHIFT EXPECTED

POSITIONS INCLUDE: BANKER / CASHIER / CHIP RUNNER / COUNT ROOM ("E" & "K")

MEET YOUR NEIGHBORS / BRING-A-NEIGHBOR / MEAL - TRANSPORTATION PROVIDED

IT'S A FUN, FASCINATING, FACILITATING, AND FUNDING EXPERIENCE

Please "Sign-up" ASAP by contacting Reg Norby, Casino Coordinator by email:
norby@shaw.ca or by phone: 780-436-0590 and indicate your contact phone number
and email and the shift or shifts you are able to volunteer for:

Tuesday, March 1: Shift "A": 9am - 7pm / Shift "B": 11:30am - 7:15pm

Shift "C": 6:15pm - 3:15am / Shift "D": 6:15pm - 4am / Shift "E": 10:30pm - 3:30am

Wednesday, March 2: Shift "F": 9am - 7pm / Shift "G": 11:30am - 7:15pm

Shift "H": 6:15pm - 3:15am / Shift "J": 6:15pm - 4am / Shift "K": 10:30pm - 3:30am

The Casino Shift Schedule will be set up in late February and you will be contacted as to your (day or night) shift(s), assigned position/duties/details, & transportation arrangements. For more information, contact Reg Norby, BCL Casino Coordinator (780-436-0590 / norby@shaw.ca).

Thanks for Volunteering & Your Support is Appreciated!

From BCL Planning: Summary of Development Applications for Subdivision and Variances in Belgravia since Sept 01, 2015

1. Subdivision Applications -

splitting lots for the purpose of building 2 skinny houses where there was previously only one house:

- a. 11530 71 Ave
- b. 11611 72 Ave
- c. 11655 73 Ave
- d. 11430 75 Ave

2. Rezoning Applications:

- a. 11440 and 11436 - 71 Ave: Application to rezone from Zone RF1 (single detached residential) to Zone RA7 (low rise apartment). The public hearing on Nov. 2, 2015, was postponed until a later date as yet unannounced.
- b. 11583 and 11585 - University Ave: Application to rezone lands from (RF1) single detached residential zone to (DC2) Site Specific Development Control Provision. The proposed principal use is Lodging House use for patients being treated in local medical facilities and/or their families or care givers. The proposed development regulations include a maximum building height of 8.6M, maximum building site coverage of 30%, a minimum front setback of 7.5M and minimum rear setback of 6M.

3. Subdivision Development Appeal Board (SDAB) Cases:

- a. 11542 75 Ave: Application to leave as built a single detached house. This structure is deficient in the basement elevation and deficient in the right side set back. The permit was denied by the city and the applicant is appealing. The SDAB hearing is scheduled for Jan. 15, 2016.
- b. 11682 72 Ave: Application to construct a single detached house with a rear attached garage, a front veranda, fireplace basement

development (not an additional dwelling) and demolishing existing single detached house and rear detached garage and shed at. Variances requested are for a Reduced Rear Setback (22% instead of the required 40%) and to allow an attached garage on a site that is not a corner site. This permit was refused by the city. The applicant is appealing and the hearing before the SDAB is Jan. 14, 2016.


4. Other Permit Applications with Variances granted since Sept 01, 2015:

- a. 7147 Saskatchewan Drive: To construct a single detached House with a front veranda, fireplace, side and rear attached garage and basement development not to be used as an additional dwelling. Variances for a rear set back of 25.16% instead of the required 40% and for a rear and side attached garage not on a corner site.
- b. 11627 73 Ave: To construct a new single detached house with front veranda and fireplace with a variance to decrease the minimum front setback from 6.71M to 5.64M
- c. 11647 72 Ave: To construct a front addition and rear deck extension with a variance to increase the site coverage of the principal dwelling from 28% (allowed) to 28.79%.
- d. 11520 74 Ave: To construct a two storey accessory building (garage suite on second storey, garage on main floor. There is no variance but a garage suite is a discretionary use in an RF1 Zone.
- e. 7418 119 St: To construct exterior and interior alterations to an existing single detached house remove kitchen nook and main floor renovations and construct a rear uncovered deck with a variance for a reduced rear setback of 35% instead of 40%.

- f. 11418 72 Ave: To construct a rear addition and exterior alterations to an existing single detached house and to construct a rear detached garage and to demolish an existing rear detached garage. Variances are a reduced rear setback, 30.5% instead of 40% and a reduced rear setback of the garage from the alley, .83M instead of 1.2M.


5. Alberta Court of Appeal Case

- a. A proposed garage suite at 11503 77 Ave was appealed in relation to unclear guidelines regarding garage suite area calculation. The appeal denied by the SDAB. The SDAB decision has been taken forward to the Alberta Court of Appeal and will appear before the Court on February 2, 2016.

**Alberta Health
Services**

**Emergency
Medical
Services**

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Meet Your Neighbour

The "Make Dinner - Make Money" ad in the previous issues of the Belgravian caught our attention for all kinds of reasons and probably made many of us smile. What a clever idea ... home cooked meals someone was willing to pay for! After several discussions with people about the ad and wondering who was behind it, we've caught up with Kian Parseyan, the young man behind it all.

Kian's journey to Belgravia began as a seven year old when he left Iran for Toronto with his parents and two brothers. A year later, the family moved to Edmonton, 1st to Clairview for 7 years, and then Lendrum for 9. Kian moved to McKernan for 1 year, and has been in Belgravia for the past 6 months (if you've done the math, you'll know he is 25). He absolutely loves the charm and mature character of Belgravia ("definitely my favourite so far") and being so close to the LRT and the river valley. Furthermore, he says "Belgravians are my kind of people: kind, polite, respectful, and always willing to lend a hand".

As well as calling himself a 'yuppie' (young urban professional) and part of the millennial generation, Kian says he is a multipotentialite; a person who loves to be busy with lots of active projects, usually with the theme of helping humanity. While his degree from the U of A was in Neurosciences, Kian's projects include mechanical inventions, research and writing, and a couple of active businesses. With so much going on in his life and living on his own, having a proper home cooked meal became a challenge, something he values very much.

And so came the idea to advertise in the Belgravian; maybe people already making proper home-cooked meals wouldn't mind making enough for one more person who was also willing to pay for that effort. His thinking was that it could be a mutually worthwhile exchange and the ad became a way to test this hypothesis. When the responses came in, his mind was blown away. In his words:

I had several wonderful (and brave) individuals respond to the ad and they were all AMAZING. Just through text messaging, it was incredibly simple for me to say "Would it be possible for me to grab food from you this evening?" A typical response was "Sure, we're having X tonight", with X being things like chorizo sausage and rice, black-bean sauce ribs, lasagna, butter chicken, eggplant and chickpea curry, braised squash, spicy Italian sausage and linguine, garden carrot soup, the list goes on and on.

The arrangements with my "Belgravian Cooks" connected me to the community in a way I never thought possible. This connection was completely tangible; tied to the energy and nutrients that sustain me. I would come home after a long day, get recharged with amazing wholesome meals a 5 minute walk from home, and get right back into my projects. In every way, it was a total win-win.

This experience was so good that my main project is now building a digital platform for buying and selling home-cooked meals called "Scarf". From this ad, I've learned that people are willing to cook meals from home and I know that my generation will buy those healthy wholesome meals. Every meal from neighbours that nourishes me contributes to a deep emotional connection I now feel for Belgravia. It has become a big part of why I love being here. Thanks for responding to my ad and for the feelings of mutual trust and connection those meals generated.

Your friendly neighbourhood multipotentialite,

Kian

