



# the belgravian

january/february 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](http://www.belgraviaedmonton.ca)**

Facebook:  
[facebook.com/belgraviaedmonton](https://facebook.com/belgraviaedmonton)

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

Printed on recycled paper. Please remember to recycle this newsletter.

## Made In Belgravia!

*Jeanette Boman, BCL President*

When we think of all the skills and talents of the people who live in Belgravia, our *Made in Belgravia* series is being organized so we can learn from each other. In the middle of the dry cold of winter, we're starting with a session on how to make your own moisturizing creams on **Wednesday, February 26, 7 to 8:30 pm.**

Jessica Jackson uses all-natural products to create creams and oils to nourish and hydrate our parched Alberta winter skin. Discover how to make a face and body cream from ingredients you may well have in your kitchen. Know what you're putting on your skin and learn the benefits of nourishing your skin with simple ingredients. Come share your curiosity and leave with your own little jar of something good & Made in Belgravia.

A small fee (\$5 for BCL members; \$10 for non-BCL members) will be charged to cover the costs of the ingredients. If you without a membership, they will be available for purchase at the session.

In order to plan the session, we need to know how many people will be attending. Please RSVP to Jessica at 780 436-3257 or email [jessicajackson.silva@icloud.com](mailto:jessicajackson.silva@icloud.com)

If you know someone who makes or can do something you or others would like to learn, e-mail Jeanette Boman at [president@belgraviaedmonton.ca](mailto:president@belgraviaedmonton.ca) and we'll get it organized!

## from the editor's desk...

Happy 2014 to you all, and I hope your holidays were equal parts fun and relaxing. *The Belgravian* has lots of goodies for you this month, including an opportunity to make your own moisturizer under the direction of Jessica Jackson! She is holding a session on February 26th, so RSVP (details on page 1) in order to save a spot for you and a few friends.



We also have many updates on our rink and the hard working people who get out there and make it accessible to all of us. To our snow angels, we give many thanks!

Speaking of winter, long-time resident Wendy Davis has written a review of the book, *40 Below* (page 4), which is an anthology about winter. Many of the contributions are from writers right here in Belgravia.

In addition to those contributions, you will also find an End of the World update on page 7, our Ever Active Update on page 8, and also outdoor soccer registration on page 8.

Our hall renewal update is on page 9 and a South Campus update can be found on page 10-11. As you can see from all our content, there is a lot going on in our little neighbourhood! Might I also draw your attention to the new adult broom ball on Tuesday nights, which I wholeheartedly encourage you to go try. Be merry, be active, and bring your game down to our rink.

It's also casino time: find out about shifts and how to give back on page 12. Our volunteers are highly revered and needed for our fundraising efforts - These newsletters don't print themselves.

Enjoy the issue, my dear neighbours!

### advertising in the belgravian

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BCL Member: \$75	BCL Member: \$45	BCL Member: \$25
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Submit inquiries to [newsletter@belgraviaedmonton.ca](mailto:newsletter@belgraviaedmonton.ca)

Discounts available for full-year commitment

Send ads in PDF format, saved in the specified dimensions

### Belgravia Adult Recreational Broom Ball



Tuesday night, 8:00-10:00 pm, Belgravia rink. This is a non-contact co-ed sport, everyone welcome. No charge for community league members, small drop in fee for non-members. Helmets required, shin pads recommended. Wear warm clothing, preferably layers, and either broomball shoes or running shoes. Brooms are provided. Every Tuesday we play a pick-up game and if you show up, you will play. It is good fun and a real good workout, lots of running involved. For more information phone Bob at (780)718-5869.

### Belgravia Community League Contacts

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President	Jeanette Boman	<a href="mailto:president@belgraviaedmonton.ca">president@belgraviaedmonton.ca</a>
Vice President	Kevin Klein	<a href="mailto:vicepresident@belgraviaedmonton.ca">vicepresident@belgraviaedmonton.ca</a>
Secretary	Sheila O'Brien	<a href="mailto:secretary@belgraviaedmonton.ca">secretary@belgraviaedmonton.ca</a>
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Planning & Dev.	Rob Tarulli	<a href="mailto:planning@belgraviaedmonton.ca">planning@belgraviaedmonton.ca</a>
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Director-at-large	Dale Rowe	<a href="mailto:dale.rowe@belgraviaedmonton.ca">dale.rowe@belgraviaedmonton.ca</a>
Hall Rental	Jennifer & Doug Klein	<a href="mailto:hallrental@belgraviaedmonton.ca">hallrental@belgraviaedmonton.ca</a>
Hall Maintenance	Kornel Kovats	<a href="mailto:hallmaintenance@belgraviaedmonton.ca">hallmaintenance@belgraviaedmonton.ca</a>
Rink Manager	Jim Sawada	<a href="mailto:rinkmanager@belgravia.edmonton.ca">rinkmanager@belgravia.edmonton.ca</a>
Transportation	Vacant	
Hall Renewal	Kevin Taft	<a href="mailto:kevin.taft@belgraviaedmonton.ca">kevin.taft@belgraviaedmonton.ca</a>
Belgravia Watch	Richard Law	<a href="mailto:belgraviawatch@gmail.com">belgraviawatch@gmail.com</a>
Newsletter	Jessica Jackson	<a href="mailto:newsletter@belgraviaedmonton.ca">newsletter@belgraviaedmonton.ca</a>



# EFCL Rink Policy

*Allan Bolstad, EFCL Executive Director*

The return of winter weather has brought a flurry of questions to our office about how community league membership applies to outdoor community league operated skating rinks throughout the city.

In short, anyone with a 2013-2014 membership with any community league in the city of Edmonton, has access and skating privileges at EVERY community league operated rink in the city, in accordance with that rink's capacity and programming. For example, leagues can set exclusive family skate and shinny times.

To make this identification easy for those maintaining community league run outdoor rinks, blue skate tags were offered with every 2013-14 membership. If a participant doesn't want to purchase a community league membership, leagues can set a reasonable individual admission or season rate.

Of note, this membership perk does not apply, when it comes to private rentals or separate programs offered by community leagues. For example, learn to skate programs that require payment and registration. Just like programming offered in community league halls, these arrangements are private and separate and made at the league's discretion.

The free use of league run outdoor rinks is offered as part of all EFCL memberships in the spirit of inclusion and creating community. This is documented under the EFCL code of ethics, and published in the 2009 community resource guide that was created by and then distributed to all leagues.

Operating and providing outdoor rinks is very expensive and time-consuming. Hats-off to all leagues who are offering this to your community and as a benefit to every community league member in our city.



*Rink workers hard at work: Jim Sawada with his sons Alex & Ethan, and Ross Wein*



# 40 Below Book Review

Wendy H. Davis, *Belgravian At-Large*

If you want a fun half an hour sit down, then read *40 Below*, an Edmonton Winter Anthology. Four Belgravian residents have contributed and you may find other friends' writings in the book. Jason Lee Norman advertised for anecdotes and he had an enthusiastic response.

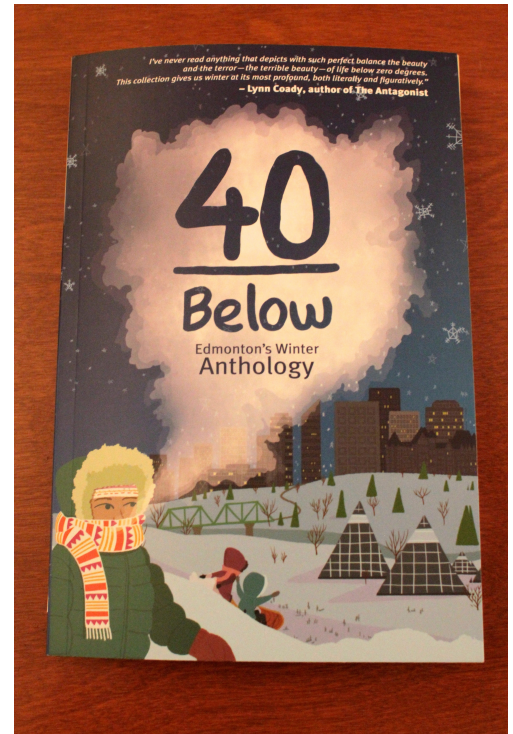
There is a delightful drawing of a Barn Owl in Snow by Arabelle Ward Kantor, age 9. At the other end of the spectrum, poems by Alice Major, our famous poet.

A short review by Lynn Coady, who this year won the Giller Prize.

My friends who have read *40 Below* all have their favourite stories. I have sent it to Edmontonians in Jasper, Scotland, England, New Zealand, for a Christmas present.

*40 Below* does not make you feel cold by all the snow stories, but exhilarated with the pleasures of tobogganing, skating, skiing, and the artistry of the snow on the trees.

It is \$20, available from Audrey's Books and Chapters.



## The Belgravia Community Plan Committee

Don Grimble, *Belgravia Resident*

In July, 2013 Edmonton City Council passed a new Area Redevelopment Plan (ARP) for Belgravia and McKernan communities. Although many people from the communities participated in the planning process, this plan was the City's Plan.

ARPs are statements of intent adopted by the City to guide future development and indicate the types of development that the City favours. ARPs are mostly applied to areas that for many reasons are going through significant changes where there is a need to better control that development to minimize negative impacts. ARPs are also applied to areas that going through stress and need assistance to reverse that trend. The Belgravia McKernan ARP does not fit either situation but was done to take advantage of the LRT Station and encourage "Transit Oriented Development".

The new ARP creates a new paradigm for the development of our community. The form and the way new development will be executed is anyone's guess since the implementation of ARP lies with the private landowners who have their own objectives and ideas about development. The community still has the ability to play a role in how development is implemented. However to do

so, the community needs to be prepared by developing the principles that it feels is important and making those principles well understood to both the City and to potential developers. As is often said, the devil is in the details.

A group has been formed after the BCL sponsored a community meeting about urban density this past fall. Informally named the Belgravia Community Planning Committee (BCPC), the group hopes to be a catalyst for discussions on what are the important attributes of the community and how those attributes can be incorporated in new development as proposals emerge over the coming years. The Committee's task will be to design effective ways to gather input from the community and to source the best expertise to articulate that input in a way that both the City and project proponents can accept and incorporate into their projects.

While a number of people have volunteered to support the work of the committee, further participation is welcomed. The Committee will soon be developing a task program and schedule that will be available through the usual Belgravia Community League communication vehicles. Contact Jeanette Boman ([president@belgraviaedmonton.ca](mailto:president@belgraviaedmonton.ca)) if you want to become a part of the BCPC. The more the community involvement, the better we can represent Belgravia.



*Jim Sawada, BCL Rink Manager*

The rink has been over a season in transition. By the end of last season, all of our veteran Rink Team members moved on after well over a decade of service and this year we have a whole new team. There were inevitable teething issues related a new crew sorting out how to bring the rink in which were compounded with recurring snowblower failures.

While the mechanical failures cost us some momentum and the incessant snowfall threatened to bury our efforts, due to the exemplary efforts of our volunteer crew we managed to get the rink in for the holidays. I can say, without hyperbole, that if it weren't for the efforts of our snow angel, Ross Wein, we would not have been able to do it. Ross came out numerous times with his little John Deere snowblower and muscled through the snowfall on the rink like a boss. Watching everyone enjoy themselves on the rink over the holidays made all of the efforts worthwhile.

The snowblower, sharing electronic genealogy with the photocopier and desktop printer, decided to completely fail just when it was needed most; just before the holiday break.

Personally, and on behalf of the Team, I wanted to express my gratitude to everyone who has helped clear snow from the rink over the holidays. We genuinely appreciate your support. The Rink Team also wants to extend their appreciation to the BCL Board who assigned us a special budget this year for capital purchases. We elected to purchase a new snow brush and repair the existing snow blower; giving us two snow clearing tools. The snow brush was a strategic acquisition because it provides a completely snow-free surface to the rink - that no amount of shovelling and scraping can do - with a lot less effort. We expect the blower back shortly which will get us back to full capacity and allow us to resurface the rink.

This season we have adopted a Broomball league that used to operate out of McKernan. With the McKernan Hall renovations taking place, their rink is not operating this year. Bob Dawe is the long-time organizer of the Broomball League. Games run Tuesday night at 8 pm and are open to everyone in the community. Please look for a separate description from Bob in this same issue of the Belgravian for details.

## THE LUNG ASSOCIATION™ Alberta & NWT

The Lung Association of Alberta & NWT  
invites you to a  
**Radon Education Session**

### ***"The Unseen Dangers of Radon"***

Presented by  
**Amy Elefson**  
Program Specialist, Environment & Health

#### **Learn:**

- About the health effects of radon
- How to test your home for radon
- How to reduce radon levels

**Date:** January 29<sup>th</sup>, 2014

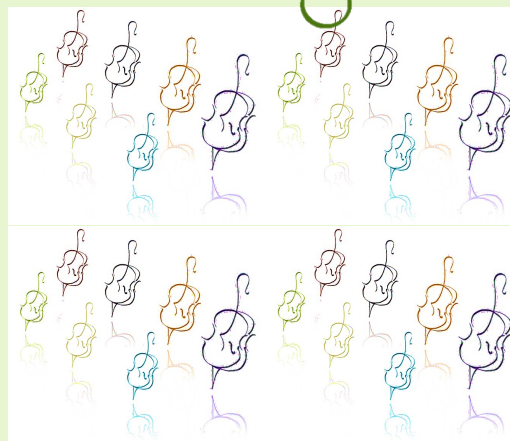
**Time:** 7:00 – 8:00 pm

**Location:** Belgravia Community League Hall  
11540 – 73 Ave NW, Edmonton

**TAKE  
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Over 80 Professional and Amateur Cellists  
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## Edmonton Cello Extravaganza



**Edmonton City Hall**

**Sunday, February 2<sup>nd</sup> 2014, 2:30 P.M.**

A Free Musical Performance of Cello Ensemble pieces from the Overture to William Tell, Villa-Lobos' Bachianis Brasilieras #1, and The Swan from Carnival of the Animals to Angry Birds and Boil Them Cabbage Down.

Donations gratefully received will go to the Edmonton String Players' Association, formerly the Edmonton Public School String Program

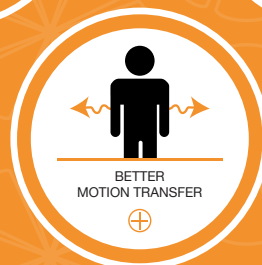
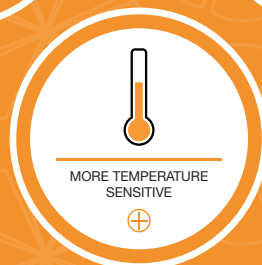
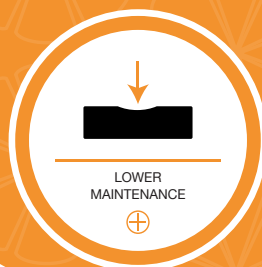
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# The End of the World

*Therese Gaetz, EOTW (End of the Word) Committee*

The End of the World Committee has only met once since the October community meeting, so have little to report. However, there is one extremely important development to report.

One of our goals was to discover how often there have been incidents in this area, for example, how many times have police, fire, EMS had to visit the site. This information has proven impossible to obtain. The problem actually arises, in part, from the use of the moniker “End of the World”. Whenever police dispatch answers our

complaints calls, the operator can interpret this nickname in a variety of ways.

One of our goals was to have a consistent site address, and we have been successful in that. The City has given the site the address of **7450 Saskatchewan Drive**. In order for the City to be able to gather data for us about this site, we all need to start using this address when we call in a complaint or a concern. It will also ease the frustration of the caller because police dispatch can actually place that location on the map. If you use this address, there should be no question on the part of dispatch as to where the problem is located.

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## Let's End Poverty in Edmonton

*Ben Henderson, Ward 8 City Councillor*



Around this time of year, we often reflect on how fortunate we are -- to maintain our health and to live in a prosperous city with opportunity. However, throughout Edmonton there is a large population of those who are not as fortunate and are struggling to get by.

Poverty runs deeper within Edmonton's identity than most think. 2013 statistics show that 100,810 Edmontonians are living in poverty; 27,970 of which are children.

Poverty in our current day has taken on a complex set of characteristics.

- 12.7% of Edmontonians lived in low income in 2011
- Lone parent's median income in 2011 was \$47,200 less than the median income for two-parent families in 2011; the income gap between lone- and two-parent families increased by \$10,500 between 2001 and 2011 (constant 2011\$).
- Women in Edmonton working full-time earn on average just 75.1% of what their male counterparts do
- Almost 2/3 of new immigrants to Canada experience low income for 3+ years

- The vast majority of poor people in Edmonton are working full-time, full-year and often more than one job

- Poverty costs Albertans \$7.1 billion dollars per year

- Furthermore, research shows us that a poverty reduction strategy costs approximately 50% of continuing to address the symptoms of poverty.

It is for these reasons that in May 2012, City Council chose to proactively address poverty issues through the Edmonton Poverty Elimination Initiative.

The initiative's vision is that poverty ends in Edmonton within a generation, and this is guided by four goals. These goals are that all Edmontonians have the necessary income and resources to meet their needs, every child develops to their full potential, there is equitable access to opportunities, and there is growth of incomes and assets.

Through a collaborative approach with partners, those living in poverty, and affected communities, and through investing time, resources, and funds **now**, the initiatives intends to achieve long-term, progressive change, and reduce the overall cost of poverty to taxpayers.

To learn more, I invite you to visit [www.edmonton.ca/city\\_government/initiatives\\_innovation/eliminating-poverty-in-edmonton.aspx](http://www.edmonton.ca/city_government/initiatives_innovation/eliminating-poverty-in-edmonton.aspx)

You can also reach me at [ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) or at 780 496 8146.

# Belgravia Elementary School's Ever Active Update

*Kim Kelly, Ever Active Parent Chair*



## Dance Party/60 Minute Kids' Club

To celebrate Belgravia Elementary's participation and completion of our first challenge in the 60 Minute Kids' Club, designed "to empower families with the knowledge and skills to live a healthy and active lifestyle, a sock hop was held on January 10th. Old mixed with new when DJ Jack, a Grade 5 student, served up some lush tunes while the staff and students went wild!! It's, it's a ballroom blitz...

## Winter Walk Day - Wednesday, Feb. 5

Our staff and students will be participating for a second year in SHAPE's (safe, happy, active people everywhere) Winter Walk Day. We also encourage all parents and community members to join thousands of

Albertans to participate and help celebrate winter. "Walking is great for our health, the environment, reducing traffic and building community!"

## Adventure Club

A second session of this popular club, with its goal of getting kids active outdoors, will be held in early March. Thank you to the BCL for allowing us to use the rink for skating and broomball in the upcoming weeks. The first session had our Division 2 students participating in capture the flag in the river valley, learning orienteering skills and exploring our community in snowshoes.

## Skating Party

Over 40 people attended this collaborative event with Belgravia Community League on December 29th. Thank you to Lori-anne Bond for leading this initiative. Hockey was played. Hot chocolate was sipped. Good fun was had by all!

## Learn to Skate – City of Edmonton Program

Unfortunately, due to insufficient enrolment, the learn to skate program has been cancelled

## **BELMAC SOCCER REGISTRATION**

Payment and registration for 2014 outdoor Belmac Soccer will be taking place on these two dates: **Thursday February 13th, 6:30-8 pm** at McKernan Community Hall and **Wednesday February 19th, 6:30-8 pm** at Belgravia Community Hall

Outdoor Soccer registration is a two-part process. The first is completing an online registration form at [www.swemsa.com](http://www.swemsa.com) (click on "outdoor" tab for more information) The second part is bringing a hard copy of the registration form along with the fee payment, and uniform & volunteer deposits to one of the in-person registration payment sessions.

Community memberships are required to play community soccer. Memberships will be available for purchase from both community leagues at the payment sessions. Residents from Belgravia and McKernan are permitted to do their registration and payment at either payment session.



# Next Step for Hall Renewal: Application Goes to City

*Kevin Taft, Hall Renewal Chairman*

Another big step has been taken to re-develop the community hall into "A Hall for All": the League has formally applied to the City for project approval. The City must provide this approval before the League can seek major grants. We hope approval will be given by March 1, 2014.

The application was prepared by the Belgravia Hall Renewal Committee, drawing on extensive input from the community, hall users, and the project architects.

The current hall was built sixty years ago, and renovated and expanded twenty years ago. It has served Belgravia well but falls far short of current needs.

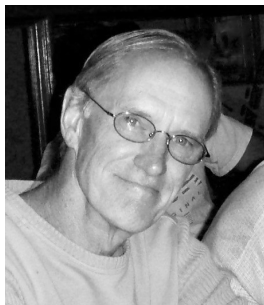
The League's proposal is to save the current foundation, lower walls, and main floor, which are structurally sound. The building will be extended to the north toward the rink, and a completely new roof will be

installed. There will be many improvements, including these: Out-of-school-care and playschool facilities will be concentrated on the lower level, which will be extended and renovated; The upper level will offer space for day and evening use by seniors groups, exercise and yoga classes, or anyone else from the neighborhood. (Right now, the hall is not available to any groups except childcare during daytime Monday to Friday); There will be washrooms on both levels, and a large kitchen on the second level; The hall will be fully accessible for people with mobility limitations; Energy efficiency and comfort will be much improved.

Full renderings of the proposed hall are coming soon and we welcome all comments.

The Belgravia Hall Renewal Committee includes Kevin Taft, Kathy Brodeur-Robb, Michael Cohen, Kevin Klein, Dale Rowe, Kim Sanderson, and Jonathan Sharek.

## DAVE RICHARDS



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**Complete Residential Renos  
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References**

**780-886-6005**

### **Looking for part-time child care**

We are a professional family living in Belgravia.

We are looking for an experienced, trustworthy caregiver for our daughter (20 months old), who has food allergies (wheat and eggs).

Will consider nanny, nanny share, day home or stay-at-home mom.

**Start Date**  
March 2014

**Hours**  
3 weekdays (8am-5pm) per week OR  
4 weekday afternoons (12pm-5pm)  
Flexible on which days, but once set would be regular days each week.

Contact Karen with resume, references and required salary.

Phone: (780) 423-7769

Email: karenmah@hotmail.com

# South Campus Update

*Robert Kamp*

## Michener Park

At an August meeting of the Michener Park focus group, the University suddenly announced the likelihood of leasing two major chunks of the site to private developers. This resulted in the SCNC withdrawing from participation. The withdrawal was based on four reasons:

a) The prospect of having to deal with multiple, unconnected planning processes, instead of a single lead process represented by the University's Sector Plan.

b) Greater uncertainty about the type of developments, and connectivity of these developments.

c) Far greater uncertainty concerning the level of densification i.e. the intensity of development required to offset land lease rates, and the cumulative impacts of these independent developments. Just as Westcorp is insisting upon a particular density on the Golflands to make their leasing "economically viable", private developers leasing parcels of the Michener Park site are likely to make comparable demands. (I do not feel that this represents a "NIMBY" attitude since it has always been clear that the development of this site would result in a doubling of student numbers, but the potential existed of far greater numbers of people.)

d) A broader concern about the patchwork approach to developing South Campus that results from one-off removal of parcels of land from University planning processes so that they can be leased to private developers as a means to offset development costs.

On November 15th the University stated that it will now provide development guidelines for the entire Michener Park sector. Therefore, the whole area will have to align with the current Long Range Development Plan. The University retains its options to amend the LRDP and to determine how development will take place (e.g through a P3 etc.). However, focus group meetings are due to resume. For current information on this please see: [www.southcampus.ca](http://www.southcampus.ca)

The SCNC also hopes that a new atmosphere of consultation will be the outcome of this choppy episode in our relationship with the University, and we will continue to press for a Community Plan approach that takes "the big picture" and gives voice to all stakeholders, which would include having City representatives at the table.

## On-going topics

- As part of the process of obtaining a Wetlands Disturbance Permit, the University will shortly be

issuing a public notice regarding Sector 12 wetlands disruption compensation proposal. Alternatives to relocate the wetlands are in planning.

- LRDP Amendments are still waiting for ministerial approval.

• Additional security measures have been taken in the hope of reducing the need for fencing around the Cyclotron facility.

• Tree removal for the 63 Avenue Access is nearly complete; with construction slated to begin in the spring.

• An urban agriculture workshop on November 1st included how the U could be involved with food security, economic impacts of food procurement policies (e.g. a 25% local policy), and making links to schools' Science curriculum.

• Due to a delay in the planned move of the Vehicle Pool to a different part of Sector 12, a division of Campus Protective Services will share the existing Vehicle Pool site.

• Within the next two years the Metabolic building will be moved from Sector 12 to Sector 13.

• A white "seasonal dome" has been proposed for Foote Field for use between November and April. The Phys Ed faculty has been asked to fundraise for half of the \$2 million cost.

• Dogs on University Farm: One dog owner has become very unhappy with leash expectation for those using University Farm for walking their dogs. The University would like to maintain open access for the enjoyment of all, but seeks continued support and cooperation with the farm manager. Local communities support the university's position concerning on-leash policies; this is particularly vital between sowing and harvest.

• Ice arenas: Representatives of the University, City, and SCNC met in early November to discuss a proposal to go before Council in January regarding a possible partnership between the UA and the City over construction of twin ice arenas. The SCNC supports this proposal.

## South Campus Survey Results

The SCNC exists in order to give voice to community concerns and common interests. Conducting this survey was a worthwhile exercise with responses elicited from all eight neighbourhoods that provide extremely useful ideas and strengthen our ability to represent the views of local residents.



49% of the respondents felt adequately informed about South Campus developments (through Open Houses, etc.); but only 31% felt adequately consulted on planning developments.

Any survey can expose a diverse range of responses that do not serve to give a mandate to any particular course of action. However, the following four themes received wide reinforcement.

1) Almost all respondents expressed disappointment over insufficient emphasis given to the LRDP's environmental principles. Many answers echoed the belief that liveable communities have to be based upon sustainable, environmental-friendly infrastructure. There was repeated insistence that a healthier lifestyle should be the key component of all future South Campus development.

2) While the LRDP vision received praise, the developments so far are criticized as piecemeal. Foote Field and the Saville Centre are seen as useful additions to the City's sports facilities.

3) Volume of traffic and the amount of space currently given to parking received the widest criticism. Sensitive areas include positioning of the access from 122nd Street, traffic volume through Lendrum, and complaints that the Go Centre was sited on South Campus because it offered more extensive parking capacity.

4) The South Campus LRT station receives a wide welcomed, but the lack of a Southgate Park and Ride is seen to have resulted in significant parking implications for our neighbourhoods.

More results will be included in the next newsletter. Please write to the following email address with any questions or comments: [civics@lendrumliving.com](mailto:civics@lendrumliving.com)

## Eyecare when YOU need it!



Evening and weekend appointments are now available so that you can get your eyes examined on your schedule!

Call now to book your appointment!  
New Patients are Welcome!

Ask us about our 40% off sale! \*

\* please see store for details

**Dr. Kelsey Ford**



**Dr. Bob Champion**



# LENDRUM EYECARE

[LendrumEyecare.com](http://LendrumEyecare.com)

5822 111 St  
Edmonton

780-437-1409

# BCL CASINO

## VOLUNTEERS NEEDED!

CALLING ON BELGRAVIA COMMUNITY  
LEAGUE ADULT MEMBERS (18+)

### 40+ VOLUNTEERS NEEDED

FOR OUR UPCOMING

## 2014 CASINO

TUESDAY, FEBRUARY 4 AND

WEDNESDAY, FEBRUARY 5

AT THE BACCARAT CASINO (10128 - 104 AVENUE)

IN SUPPORT OF BCL PROGRAMS AND CAPITAL IMPROVEMENTS

NO EXPERIENCE NECESSARY / "ON THE JOB" TRAINING  
DAY SHIFT 11- 7 OR NIGHT SHIFT 7- 3 / ONLY ONE SHIFT EXPECTED  
POSITIONS INCLUDE: BANKER / CASHIER / CHIP RUNNER / COUNT ROOM  
MEET YOUR NEIGHBORS / BRING - A - NEIGHBOR / MEAL 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](mailto: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:

Shift "A": 11am-7pm, Tuesday, Feb. 4 / Shift "B": 7pm-3am, Tuesday, Feb. 4

Shift "C": 11am-7pm, Wednesday, Feb. 5 / Shift "D": 7pm-3am, Wednesday, Feb. 5

The Casino Shift Schedule will be set up in late January and you will be contacted as to your  
assigned job and (day or night) shift(s). For more information, contact Reg Norby, BCL  
Casino Coordinator (780-436-0590 / [norby@shaw.ca](mailto:norby@shaw.ca)).

Thanks for Volunteering & Your Support is Appreciated!



Steve Young, MLA

Edmonton  
Riverview

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neighbourhoods through  
public safety and  
community engagement.*



[www.steveyoungmla.com](http://www.steveyoungmla.com)

### Constituency Office:

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[edmonton.riverview@assembly.ab.ca](mailto:edmonton.riverview@assembly.ab.ca)

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MARCH 16, 2014 | BUTTERDOME

MOMMY CONNECTIONS IS HOSTING  
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THIS SPRING!

For full details about the show, visit [MomToMomShow.com](http://MomToMomShow.com)

Swap tables are available for moms wanting to clean out their  
children's outgrown items. Swap tables are \$50 and that fee goes  
to supports Basically Babies. Tables are open 10-2 so vendors can  
check out the rest of the show, too!

DOWNLOAD THE APPLICATION AT  
[MOMTOMOMSHOW.COM](http://MOMTOMOMSHOW.COM)

Stay and Play at the Belgravia Co-operative  
Playschool (11540-73 Avenue) with Miss  
Monika every Tuesday from 1:30 to 3:30  
p.m. Bring your babies, toddlers,  
preschoolers, Kindergarteners and everyone  
else to have a great time playing together  
and connecting with your community at this  
free drop-in program.

Call [780-710-4983](tel:780-710-4983) for more info.



Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions, such as: dressing appropriately and anticipating sudden weather changes, may help keep you warm and safe this season.

## Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes;
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch;
- When treated promptly, frost-nipped skin will heal without complication;
- Gently re-warming the affected area in a warm environment, is advised.

## Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze, completely;
- It may look white and waxy and will feel hard to the touch;
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C), until re-warmed;
- Seek further medical attention as required.

## Hypothermia

- Hypothermia is an abnormally low body temperature - less than 34°C (as compared to normal body temperature of about 37°C);
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower;
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death;
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Gentle re-warming should start as quickly as possible, including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).



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