

the belgravian

Jan/Feb



In this issue:

President's Message - p3
Parking Near Keillor Point - p5
BCL 2019 Winter Programs - p6
Belgravia School Page - p8
Meet Your Neighbours- p10

Belgravia Community Hall

11540 73 Ave
Edmonton, AB T6G 0G1
BCL is a member of the Edmonton Federation of
Community Leagues (www.efcl.org)

Visit us online:

<https://belgraviaedmonton.ca/>
@belgraviaYEG (Twitter)
belgraviaedmonton (Facebook)

Advertise in the belgravian!

Please contact:
adsmanager@belgraviaedmonton.ca

Next Submission Deadline:

Feb 19, 2018

Banner Photo: Grade 4 students, Tyler, Violet and Anna have fun on the snow-covered playground.

Save the Date: Friends & Family Day Sunday, February 17, 2019

Join us for a fun-filled afternoon starting at 2 pm for all ages including skating, hockey, sledding & a fire pit outside the hall and inside, games, a photo booth, line dancing, visiting & refreshments (tea, coffee, beer, mulled wine & popcorn)

With a 'Where in the World' theme of all the people who live in Belgravia, you are invited to bring a favourite family dish for a community Pot Luck dinner starting around 5 pm.

More details to follow via the BCL webpage (belgraviaedmonton.ca), BCL Face Book and BCL e-blasts. Stay tuned

Volunteer with the Communications Team!

Would you like to help BCL keep the community up-to-date with the many activities and events that make our community vibrant? Do you have an interest in writing, editing or social media? If so, have you considered volunteering with the BCL communications team?

We have three positions currently available:

- Newsletter editor - oversee production of the belgravian newsletter
- Facebook administrator - page management and post content
- Twitter administrator - help manage the page and post content

2017 - 2018 BCL Board & Related Committee Chairs		
Past president	Kevin Klein	pastpresident@belgraviaedmonton.ca
President	Michael Cohen	president@belgraviaedmonton.ca
Vice president	Cory Dawson	vicepresident@belgraviaedmonton.ca
Secretary	Joanne Wynn	secretary@belgraviaedmonton.ca
Treasurer	Barry Edgar	treasurer@belgraviaedmonton.ca
Memberships	Susan Andrew	membership@belgraviaedmonton.ca
Facilities	Marcel Huculak	facilities@belgraviaedmonton.ca
Hall rental coordinator	Jeanette Boman	hallrental@belgraviaedmonton.ca
Hall renewal chair	Kevin Taft	kevin.taft@shaw.ca
Rink manager	Jim Sawada	rinkmanager@belgraviaedmonton.ca
Arts park team leader	Kathy Goble	facilities@belgraviaedmonton.ca
Programs	Cameron McGregor	programs@belgraviaedmonton.ca
Belgravia playschool chair	Monika Fouad	playschool@belgraviaedmonton.ca
Made in belgravia	Jeanette Boman	mib@belgraviaedmonton.ca
Pumpkin party, BCL BBQ, Casino	Reg & Jane Norby	norby@shaw.ca
Belmac soccer coordinator	Linda Cameron	llcameron2002@yahoo.com
Communications	Imogen Sellman	communications@belgraviaedmonton.ca
Belgravian editor	Miles Parenteau	editor@belgraviaedmonton.ca
Ads manager	Lena Jones	adsmanager@belgraviaedmonton.ca
Distribution team leader	Susanne Rowe	editor@belgraviaedmonton.ca
BCL web page manager	Tim Janzen	webmaster@belgraviaedmonton.ca
Planning & place	Susan Kamp	planning@belgraviaedmonton.ca
transportation committee	Jordan Hoffart	transportation@belgraviaedmonton.ca
Belgravia watch	Richard Law	belgraviawatch@gmail.com
Neighbourhood Resource coordinator	Kate Russell	kate.russell@edmonton.ca
Belgravia Elementary school Liaison	Michael Cohen	president@belgraviaedmonton.ca
U of A community consultation		info@belgraviaedmonton.ca
Keillor Point inquiries	Roger Laing	keillor_point@belgraviaedmonton.ca

the belgravian

Published by the Belgravia Community League,

the belgravian is a greyscale newsletter that reports on community news, programs and events within the Belgravia area.

Frequency:

We publish 10 issues per year.

Monthly distribution

We deliver approximately 960 copies to homes in Belgravia.

Copies are also available at Gracious Goods and Belgravia Hub

Advertising:

Advertising for businesses located outside Belgravia, McKernan, and Windor Park are limited to business card size.

Editorial submissions:

Submissions are subject to editorial discretion and available space. To submit an article please email editor@belgraviaedmonton.ca

Online archive:

belgraviaedmonton.ca/newsletters

President's Message

We need you!

Volunteering with good people for a good cause – right in your own neighbourhood! That's my pitch for volunteering with the Belgravia Community League. There are positions to fit diverse interests and skill sets, and any time budget. All positions offer the freedom to explore new ideas and initiatives if you choose. Board of directors positions require that you attend one monthly meeting and help in decision-making. Others are meeting-free!

In this issue of The Belgravian, we have articles and ads describing volunteer positions that are currently vacant or soon will be. Please take some time to read these features and contact

me (president@belgraviaedmonton.ca) for more information about any of them. I can put you in touch with Belgravians who have held the position and can tell you about it in detail.

A strong community league protects our interests as residents and/or property owners. It increases our influence with developers and City Council and staff. And it keeps us safe by monitoring security and traffic issues and working with the City to develop solutions. Our community league also fosters social bonds and provides services to residents by operating the community hall and rink, organizing social events, and communicating via our newsletter, emails, and social media. We would love to have you join in!

Available volunteer positions with the Belgravia Community League

BCL board of directors positions		
Director of Planning and Place	Monitor development permits and City policy changes for concerns, respond to inquiries from residents, represent Belgravia at City workshops	Now
Vice president	Assist the board of directors as needed, prepare to become president in June 2021	June 2019
Treasurer	Monitor revenue and expenditures, issue and deposit payments, develop annual budget, prepare financial statements	June 2019
Director of Programs	Recruit program instructors, publicize programs, register participants, monitor community interest in new and existing programs	June 2019
Other positions		
Communications team	Several – see front page article in this issue of The Belgravian	Now
Special events coordinator	Coordinate events such as Community League Day BBQ, volunteer appreciation, and Family Day	Now
Health and safety representative	Lead community league compliance with Alberta's Occupational Health and Safety Act	Now
Community hall hosts	Spend a few hours per week in the hall, welcoming visitors seeking to rent the hall, buy a membership, chat by the fireplace, etc.	Now
Your suggestion!	Please contact me about ideas for new BCL activities that you might like to be involved with	Now

Join "Belgravia Meets" and get social!

Are you a retired or semi-retired Belgravian who'd like to join neighbours for casual social activities? "Belgravia Meets" is an adult-oriented, community-based group for enjoying activities as diverse as:

- neighbourhood walks & coffee
- art walks
- foraging in the River Valley
- skating or snowshoeing
- cross-country skiing on nearby groomed trails
- cycling on paved paths
- attending city events and attractions
- craft workshops
- coffee shop visits, movies, beer & games nights – the possibilities are endless!



Most activities will be no-cost or low-cost, and you can take part in only what interests you. All ideas are welcome!

As a member, you'll hear about activities by email or through the Belgravia Meets Facebook

group (your choice). We'll meet at the Belgravia Community Hall before most activities, so if driving is required we can car pool and make sure everyone has a ride.

Weather permitting, the first two planned activities are:

- Wednesday, Jan. 23: Skating at Victoria Park Oval (meet at the BCL Hall at 1 p.m.)
- Thursday, Jan. 31: Flying Canoe Volant in Mill Creek Ravine (meet at the BCL Hall at 6:30 p.m.)

Get involved and help build the group from the ground up! It's easy to join or ask for more information. Email belgraviameets@gmail.com
Important note: "Belgravia Meets" is not a Belgravia Community League program and you don't need to be a member to join (although membership is always encouraged). It is simply a way to connect adult Belgravians with each other for casual social activities. Individual members are responsible for their own costs and accept any risks of participation.

BELMAC Outdoor Youth Soccer registrations

January 15 - March 1

Register online at <https://emsasouthwest.com>

In person registration:

January 27, 1-4pm @ BCL Upper Hall

Queries to Carley Haynes:

belmac@belgraviaedmonton.ca

BELMAC Adult Soccer

Mens and Womens Teams: 16+, 30+, 35+, 45+

Queries to Brad Odsen:

bodsen@live.com



A.L.L. STARS REALTY LTD.

312 Saddleback Road
Edmonton, AB T6J 4R7

Cell: 780-995-7556

kristingardner307@gmail.com

Office: 780-434-4700

Fax: 780-436-9902

Independently Owned and Operated. ®/™ Indemnity owned by Century 21 Real Estate LLC used under license or authorized sub-license. © 2017 Century 21 Canada Limited Partnership

Kristin Gardner
REALTOR®



SRES
Senior Real Estate Specialist

GRAND CENTURIONS
OFFICE
1999-2017

Volunteer Opportunity: Health and Safety Representative

In the June 2018 declaration of a new Occupational Health and Safety Act, the Province has included Community Leagues for the first time. We would like to ask an interested Belgravian to be our Health and Safety Representative. That will involve a review of the Health and Safety tools of our league, an inspection of our facility and operation every three months and an interest in making our community league hall and rink an enjoyable, healthy and safe environment.

If you are interested would you contact Cam McGregor, Programs at: programs@belgraviaedmonton.ca

Parking Plans Near Keillor Point.

With the official opening of Keillor Point in the spring of 2019, the Keillor Point subcommittee and City Parking Services have been working to manage visitor parking in this area for the adjacent residences. After discussion the following changes have been suggested:

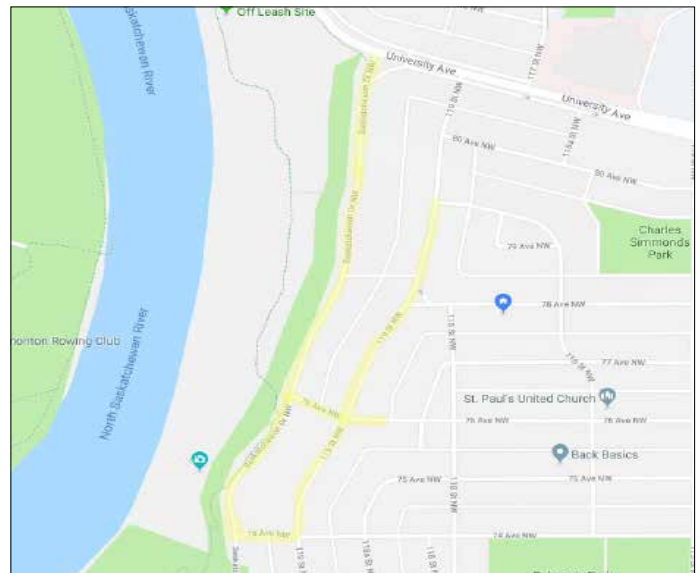
- West side of Saskatchewan Drive from University Avenue to 74 Avenue, NO PARKING signs will be installed. The signage is 24/7, (means always No Parking on the west side).
- East side of Saskatchewan Drive from University Avenue to north side of 74 Avenue, the current restrictions of 2 HRS, 08:00 - 18:00 hrs M-F (except residents with valid permits) will be changed to 2 Hour, 08:00 - 23:00 hrs, in both UA-3 & UA-5 programs. This will be 7 days a week to follow the operating hours of Keillor Point.

The boundary of the new restrictions (in yellow on map) are as follows:

- East side of Sask Drive from University Avenue to North side 74 Avenue
- East from Sask Drive on North side 74 Avenue to lane east of 119 Street
- East from Sask Drive on 76 Avenue both sides to lane east of 119 Street
- 119 Street from 74 Avenue to 79 Avenue both sides

It will be a slow roll out on the signage for the parking program change. The existing signage will be "tabbed over" to reflect the time changes. With the cold weather, this cannot be done until the spring. The No Parking along west side

of Sask Drive can be done prior to the spring, weather and scheduling permitting.



For 2019, All residents are eligible for two permanent parking permits per household, at no charge to residents. To obtain a permit, you will need to produce a valid vehicle registration documenting residency in the restricted area. There are no annual visitor passes.

To apply for an annual residential parking permit go to the following website and submit the online form by way of an in-person visit, mail or email. In-person visit is to the Employee Service Centre located at 2nd Floor, Edmonton Tower (1011-104 Avenue).

Residents can obtain temporary visitor parking permits for home repairs, an out of town guest, seniors or persons with disabilities who require additional home care, or a single social event. Contact: 311 or parksandroads@edmonton.ca

BCL Winter 2019 Programs at the Hall

Registration: programs@belgraviaedmonton.ca

Program/Location	Dates	BCL Member Fee
Strength & Stretch Leader: Tara Mayne Location: Lower Hall	Mondays 11 am - 12 noon Jan 14 – April 22 (no class Feb 18, Apr 22)	\$120 Drop ins: \$15
Soapstone Carving Leader: Pat Galbraith Location: Upper Hall	Mondays 7 - 9 pm Jan 7 – Mar 25 (no class Jan 21, Feb 18)	\$120 No drop ins
Morning Mat Yoga Leader: Elise Ure Location: Upper Hall	Tuesdays 10:20 - 11:20am Jan 15 – Apr 2	\$120 Drop ins: \$15
Morning Chair Yoga Leader: Elise Ure Location: Lower Hall	Tuesdays 11:30 -12:30pm Jan 15 – Apr 2	\$120 Drop ins: \$15
BCL Knitters Location: Upper Hall Community Living Room	Tuesdays 7 – 9 pm Ongoing	Free
Belgravia Walking Club Leader: Cam McGregor Location: Upper Entryway	Wednesdays 10 am Ongoing	Free
Zumba Leader: Genelle Routhier Location: Lower Hall	Thursdays 6 - 7 pm Jan 17 – Mar 14 (no class Feb 14)	\$80 Drop ins \$15
Sit & Be Fit Leader: Elise Ure Location: Lower Hall	Fridays 11 am - 12 noon Jan 18 – Apr 5	\$120 Drop ins: \$15

Other Programs at the Hall

Program/Location	Dates	Fee	Register with...
Guides Location: Lower Hall	Mondays 6:15 – 8:15 pm	Contact: tonya.wolfe@gmail.com	tonya.wolfe@gmail.com
Learn to Skate Leader: City of Edmonton Location: BCL Rink	Tuesdays 4 -7pm Jan 8 – Feb 12	Free	Drop in - no registration required
Sportball for Kids Location: Lower Hall	Sunday Mornings Jan 6 – Mar 17	See BCL website for pricing	https://belgraviaedmonton.ca/services-programs/
Bootcamp Location: Lower Hall	Tuesdays 8:30 – 9:30 pm Jan 15 – Mar 19	Contact: caitlinvbanks@gmail.com	caitlinvbanks@gmail.com

New Program: BCL Walking Club!

The Belgravia Walking Club started this fall. This free club is lead by its members and certified nordic walking instructor with standard Red Cross first aid and CPR training.

Walks are on Wednesdays at 10am, starting at the Community Hall and lasting for about 1 hour. The walks generally end at Gracious Goods for a coffee.

Typical routes include the University farm, through the Dog-Off-Leash area and down into the river valley to Whitemud Creek or Hawrelak.

On icy days, club members bring cleats. Nordic walking poles are optional and can be purchased through the instructor.

Volunteer as a Master Composter Recycler

Master Composter Recyclers are community advocates for less waste. They help friends and neighbours take small actions that make a big difference.

Volunteer as a Master Composter Recycler for the following personal (and ultimately environmental) benefits:

- Complete 40 hours of FREE training
- Learn about recycling, composting, Edmonton's waste system, and reducing waste
- Volunteer at least 35 hours
- Help teach friends, family, and neighbours how to reduce waste.
- Meet other green-minded Edmontonians

Apply today: Visit edmonton.ca/mcrp

City of Edmonton Arena Ice Time

Are you a community group interested in booking ice time at City of Edmonton indoor arenas for the 2019/2020 season? If so, please email Cam McGregor at: programs@belgraviaedmonton.ca

Keillor Point Viewing Area Open

The stairs and railings are completed at Keillor Point and the site is now open to enjoy the view!

Park hours are 5am-11pm. The orange snow fencing will stay until the landscaping is completed in the spring of 2019.

If you have any questions or concerns about the Keillor Point Project construction, please call 311 or visit edmonton.ca/KeillorPointProject Comments and concerns can also be sent to the BCL contact for this project, Roger at Keillor_point@belgraviaedmonton.ca



FREE DROP-IN

LEARN TO SKATE

Learn the skills to become active on the ice. Our program is designed around basic skills, movement, participation and fun! You can expect skills for speed, agility, and control. All of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend!

- Skates and a CSA approved helmet are required to participate.
- Programs will cancel at -15°C with wind chill, or if the ice is closed by the facility.

For more information, please visit www.edmonton.ca/dropincommunityprograms or call 311.

LOCATION	DATE	TIME
BELGRAVIA 11540 73 Ave NW	TUESDAYS JANUARY 8—FEBRUARY 12	4:00 PM—7:00 PM

wintercity
Edmonton

Belgravia School Page

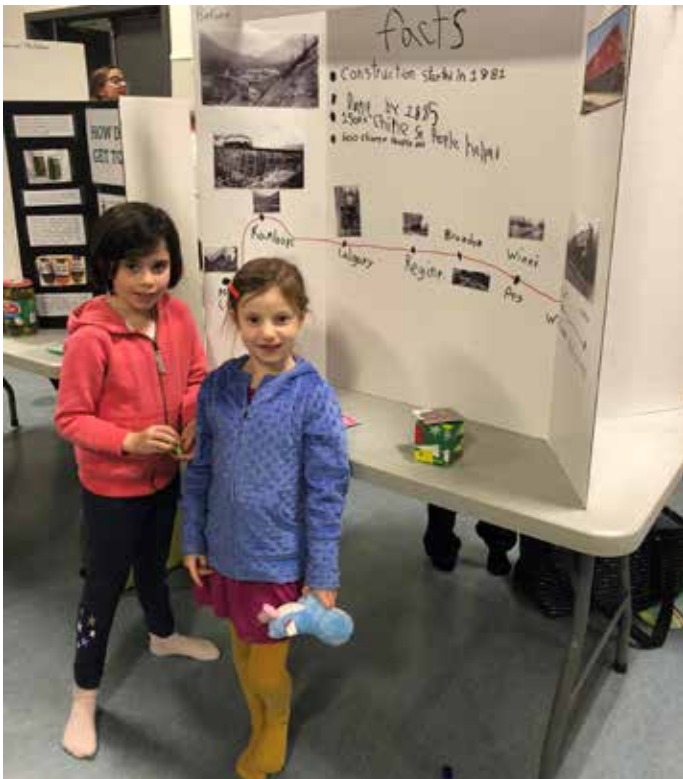
Welcome to the Belgravia School! Catch up with our school news for the month of Dec/Jan.



SkiDay - Grade 4 students Matt, Adam, Aiden and Violet at a field trip to Snow Valley Ski Hill



WinHouse - Belgravia students collected clothing and toy donations to support children at WIN House Edmonton.



HeritageFair - Grade 2 students Lily and Ella at the school's Heritage Fair.



BookFair - December 4-6, the school gym was home to Audrey's Book Fair.





Nathan's Piano Studio



Dynamic Piano Lessons – For the Rest of Us

Engaging Tangible Activities
 Refreshing **Personalized** Direction
 Valuable **Skill Development**

Come Join the Music-Making Today!

7-Year Professional, B.Mus. (Classical Piano), B.Sc. (Civil Engineering)

780.999.9691
 nathan.eisentraut@gmail.com
Located in Belgravia

February is Heart month

(Information provided by Alberta Health Services - www.albertahealthservices.ca)

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

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

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or simply a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw; May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men and women, and the elderly.

Heart attack Risk Factors

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

Speak with your doctor about how to treat our 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 medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Meet Your Neighbours: Laurie & Pat de Grace

Laurie and Pat grew up in Edmonton but moved to Vancouver in 1976 for university and a place where Laurie, already committed to physical fitness began doing triathelons. Ten years later they were off to Toronto for work. They missed the mountains though and by 2006 they found themselves back in Edmonton, living in Queen Alexandra. Even there however, they were drawn further west to the river valley to walk their dogs and ride their bikes. It wasn't long before they began thinking Belgravia was really the place where they belonged for all the activities they loved to do. When Laurie saw a renovated bungalow for sale one day in 2011, Pat just had to drive by it to know it was the right home for them.

It didn't take them long to get involved in community league activities like the Belgravia Hustle (Laurie was crowned "Queen of the 10K" when she won it in 2014); attending and organizing Made in Belgravia sessions; delivering the Belgravian Newsletter and getting involved in neighbourhood renewal matters.

Along with their two daughters, son-in-law and three grandchildren who all live in Edmonton, they have a four legged family member: Nika, a 2 year-old black Russian Terrier that might well become one of the largest dogs in Belgravia and also be one of the friendliest!

Pat and Laurie have become passionate all season cyclists riding with the Balcony League Bicycle Club (BLBC) in the summer on any trails they can find in the river valley and in the winter, on fat bikes to get through the snow. Laurie has cycled from Victoria to Edmonton a couple of times. Both did the 900 kms Cycle Greater Yellowstone in 2013 and 2015 Pat's quadruple bypass surgery kept him out of the 2014 Yellowstone ride ... but he bicycled himself back into shape for the following year.

With their life experience and deep concern for children, adolescents and their families with mental health and addiction concerns, Laurie & Pat are committed to doing the Minds Over Mountains Cycle Tour for CASA'S Kids (June 15 – 22, 2019) from Jasper to Haida Gwaii; a way for them to merge their love of cycling and raising money for an important cause. To help raise these funds, Laurie & Pat are hosting an event exploring the connection between diet, activity & mental health called Moods & Food on March 6, 2019 at the CASA Centre (10645 63 Avenue).

To learn more about the topic and support Laurie & Pat in their Minds Over Mountains cycle tour you can go to: <http://weblink.donorperfect.com/FoodMood>

You can be sure they will appreciate any support that comes their way. Best of luck Laurie & Pat ... and we'll look forward to your Minds Over Mountains cycling stories when you're back!

