

BELGRAVIA
COMMUNITY HALL
11604—74
AVENUE
EDMONTON

The Belgravia News



MARCH 2009

www.belgraviaedmonton.ca

**Months and months of
traffic nightmares,
pedestrian obstacle courses,
construction noise,
and it is finally here.....**

April 25th

Mark it on your Calendars and join us for
the party we have all been waiting for!!!!

More details in next month's issue.

Community League Meetings are held on the first Thursday of every month at 7:30 PM.

Everyone is welcome to participate. Please come and help us to continue to make Belgravia a wonderful place to live!

Belgravia Community League Annual General Meeting

June 7, 2009

12-4pm

BBQ followed by meeting
Looking for local amateur bands to
provide entertainment during the BBQ.

Contact

Luciana_sachhi@hotmail.com



Transportation News

Community transportation study

The community league has decided it's time to update the community transportation plan.

(By transportation, we don't mean just vehicular traffic, but all the ways we get around – walking, cycling, by public transit, and in wheelchairs.) We've been waiting until the LRT was up and running – and that will be soon. As well, most of you are aware of the signal changes at University Avenue and 115th Street. And all the shortcutting traffic we've experienced for years when traffic slows on the periphery of our neighbourhood.

So you are invited to join your neighbours on

Monday, March 30

7:30 pm

Belgravia Community League Hall

to initiate a discussion of transportation issues.

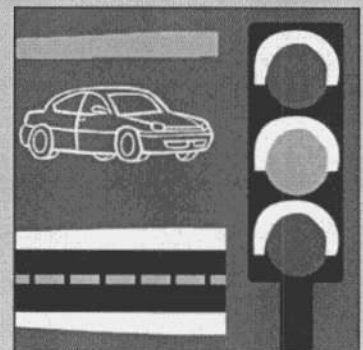
Such a study will take time. This meeting is just the start of what could be a fairly lengthy process. Because there are no easy answers – solving my problem often causes one (or a worse one) for someone else. And any inconvenience to a short cutter is also likely to inconvenience a resident.

On March 30 we will work on listing the transportation problems residents are experiencing. And we'll ask for volunteers to continue working on this issue on behalf of their neighbours. Whenever the committee feels there is something to be reported on or questions that need to be answered by the broader community, follow-up meetings will be called.

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President's Message

Hello again and hopefully by the time you get this there will be some glimmer of hope that spring is around the corner, maybe on the economy front as well, (that seems a bit of a stretch).

The main thing I want to make sure to remind you all of is the upcoming transportation discussion planned for March 30. Sandy Guilbert is working to get a group together that can sit down and plan for dealing with all the transportation issues in our area. This is important with all the changes taking place in and around us. The first and foremost issue to be on the agenda is reducing and slowing down shorting cutting traffic through our neighborhood. At present we seem to have the city's ear but we need to come across with a crisp and clear single voice or things could get stalled. The only way we can develop such a voice is to get together a group that represents all areas of our community. Not all solutions will please everyone in our community, so there will need to be some give and take.

On the north side of our community there are concerns related to notes being placed on the windshields of cars parked along the service roads and nearby streets. I have received several calls from people in this area who are not happy that these not so pleasant notes are being placed on cars parked in front of their homes. I would ask whoever is doing this to please stop. If you have concerns with people parking for over the assigned amount of time, please call the authorities. My experience has been that they will come by and assess penalties as required. These signs do not say No Parking; they indicate that parking is permitted for a certain period of time, generally 1 to 4 hours. Please don't speak on your neighbors' behalf without their permission.

Thanks again for your support,
Parker Fjeldberg
president@belgraviaedmonton.ca
780-641-4770

LRT Safety Sessions

McKernan School Gym at 11330-76 Ave
Thursday April 16, 2pm to 7 pm
Saturday April 18, 11am to 3 pm



Please join Edmonton Transit at an informal Open House information session. See a slide show on safety for transit customer, pedestrians and motorists in the LRT operating environment. Find out about major service changes affecting the area and meet with ETS staff who will be on hand to answer specific questions.

Please see Page 10 for LRT Safety Rules from ETS.

EDMONTON



**Belgravia
Community League**
11605-74 Ave

Saturday May 9
1:30 - 3:30pm

RIDE TO SURVIVE

Stay safe while having fun! Learn basic bicycle skills
and rules of the road.
(No training wheels please)

For children 6-12 years
COST: \$10.00

Registration Code: 322295

Helmets and bike bells are mandatory.

REGISTRATION INFORMATION:

By Phone: 311
In Person: Any City of Edmonton Leisure Centre
On Line: ereg.edmonton.ca

This Program is brought to you by Belgravia Community League &



EARTH HOUR
March 28, 2009
8:30 pm.

Please turn your
lights off for one hour to
help deliver a powerful
message about the need
for action on global warm-
ing.

For more information
please sign up at the Earth
Hour website

<http://www.earthhour.org>

Infants to Preschoolers with their caregivers are welcome to join

St. Paul's Playgroup

We are an informal, non-denominational, co-operative group that meets on Monday mornings
from 9:30 to 11:30am in the basement of

St. Paul's United Church, 11525-76 Ave.

Children have access to a toy filled playroom and a large open area that
provides space for

riding toys and room to run, chase, and make noise—
an outlet for winter energies!

For further information Call:

Lori-anne Bond lorianne.bond@gmail.com



School Yard Clean Up Program School Contest

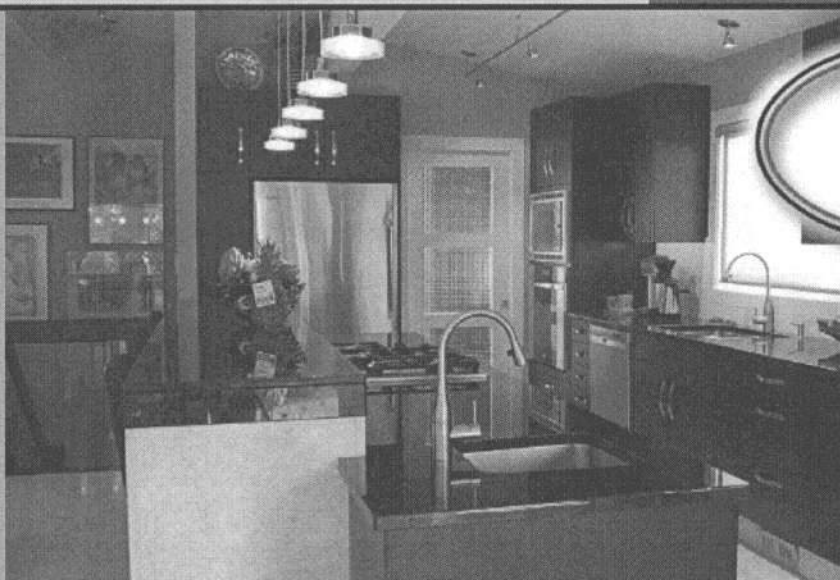
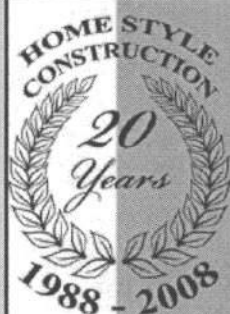
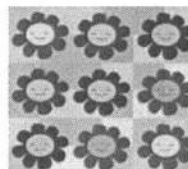
The City of Edmonton is sponsoring the school yard clean-up program. Garbage Bags will be delivered to and picked up from participating schools. In June, one school from each service area will be selected as the cleanest school. Each student at the winning school will win a free swim pass. To sign up and for more info contact: Bob Davies 780-944-5413



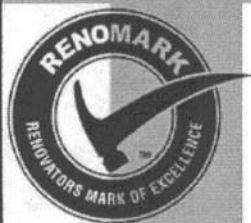
Front Yards in Bloom 2009

Belgravia is looking for people with vision to develop and direct this for the community.

Please attend the next BCL meeting April 2 at 7:30 and / or contact a board member at the numbers listed in this newsletter to discuss your ideas.



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**Silent Auction
Fundraiser
For Green Circle
Preschool (located in
Parkallen Elementary
School)**

**April 4th
5:30-8:00 pm
Westwood Unitarian
Church
11135—65 Ave**

**Children Welcome
\$5.00 per person
\$10.00 per family**

Newsletter Advertising Rates

<u>Size</u>	<u>BCL Member</u>	<u>Non Member</u>
Business card	\$15.00	\$25.00
1/4 page	\$25.00	\$35.00
1/2 page	\$45.00	\$60.00
Full page	\$75.00	\$100.00



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Dance'n More! for Kids Instructor: Vanessa Harris
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Ladies, are you in need of relaxation?
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Mady Mooney is a Registered Massage Therapist and
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Massage Therapy, Cranio-Sacral Therapy, Foot
Reflexology and Reiki are offered.

Clients with extended health coverage are able to use their
health plan.

Art Therapy sessions are also available as part of a
supervised practicum.

Call Mady at 242-6065 (Edmonton) or e-mail
mamooney@telusplanet.net for your appointment

News from Our School

March began with students participating in World Math Day by students taking part in online math games that challenged their speed and skill. In 2008 more than one million students registered to correctly answer 188,452, 169 questions!

Thanks to parents Neil Adames and Dawn Macdonald for volunteering their time to organize the Annual Science Fair, March 5th.

Author Marty Chan is spending a week at the school writing with the students. (Editors note: judging by the excitement of my daughter to get to school to see Marty each day of that week I would say that it was a huge success!)

St. Patrick's Day brings the popular Hot Potato Lunch. Staff and students alike love this lunch and thanks to all parents who bake the potatoes.

Morgan Roth, Grade 3 teacher, is one of 7 finalists from Edmonton Public Schools for the 2009 Edwin Parr Excellence in First-Year Teaching Award. Congratulations Ms. Roth!

The Celebration of Learning will take place on Thursday, March 19 with children sharing their work with parents in student-led conferences.

Report Cards go home Monday, March 23.

Home and School Council meeting is Monday, March 9 at 6:30 in the school library.



May 1-7

Belgravia is looking for people with vision to develop and direct this for the community.

Please attend the next BCL meeting April 2 at 7:30 and / or contact a board member at the numbers listed in this newsletter to discuss your ideas.



Community in Bloom winner for the Outdoor Learning Centre.

Open House & Registration Night

Thursday
April 16, 2009
5:30 - 7:00 p.m.

For more information please contact:

Belgravia School
11605-74 Avenue
T: (780) 435-5560
E: belgravia@epsb.ca

www.belgravia.epsb.ca



Growing Together

Belgravia Elementary School

- Belgravia is a community school with a tradition of outstanding academic excellence - statistics available upon request
- Low student teacher ratios
- Excellent music program
- New playground
- Located in the university area

Belgravia also offers:

- French as a second language (Grades 4-6)
- Strong parental involvement and family friendly activities
- Running club, Caring club, Choir, Math club, Artist in Residence and a Study Buddy program
- Out of School Program - space available and nowait list www.ebosc.ca

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- Private and Semi-Private (small group) Classes
- Reasonable Rates
- Also Audition and/or Performance Preparation
- Also Speech, Monologue/Scenework



Instructor: Vanessa Harris

Location: University Area 780-436-1590 vandot2@telus.net

BUSES



After the LRT starts service south to South Campus on April 26, we will experience a number of changes in bus service.

As reported earlier, the number 7 bus route will become the 327. This route will operate along the existing Route 7 route between the Belgravia turnaround and Whyte Avenue. The route will then operate east on Whyte Avenue, south on 104 Street and west on 76 Avenue to 109 Street and the existing routing of Route 7. The route will operate every 30 minutes in all time periods. This provides increased frequency during the weekday late nights and weekend early mornings and nights.

Only two bus routes will continue to run along 114th Street north of Belgravia Road – the number 4 and the number 106 routes that run to the west end. Instead of turning west onto Belgravia Road, though, these buses will go to the transit centre and exit from there, using the busway to reach Fox Drive. This means that those who now catch those buses on Belgravia Road at 116th will have to walk over the pedestrian bridge and catch the bus near the Balmoral. The present stop on the south side of Belgravia Road will remain.

The 50 and 43 buses will start their route at the transit centre. They can still be boarded at Belgravia Road and 116th if you wish to go south.

For Ainley High School students, the 74 bus will leave from the transit centre at half hour intervals.

If you have other questions, please email or call me and I'll try to get the information for you.

Sandy Guilbert



**Book
Launch**

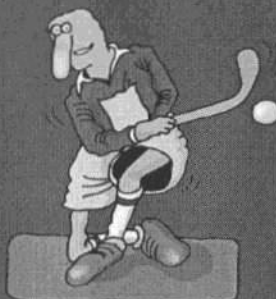
**March
29th, 2009**

**Winspear
Theatre**

**3rd Balcony
RSVP to
Wendy Davis
780-434-7338**

**Try it Free Days!
Saturday March 21st
Saturday April 4th**

Register NOW!



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and the
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Summer programs

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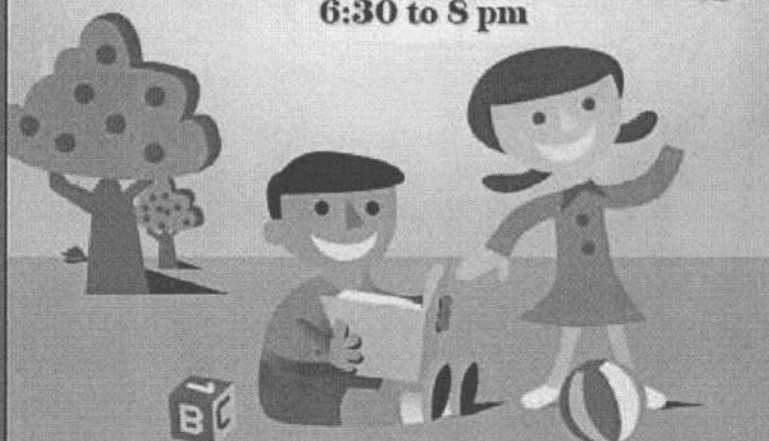
780-760-2180

Belgravia Co-operative Playschool OPEN HOUSE

11605 . 74 Avenue
Main Floor. Community Hall

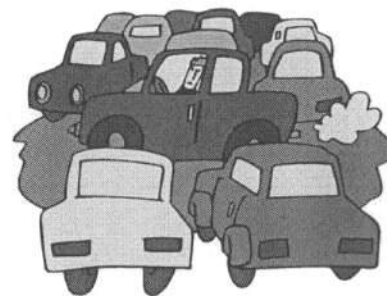
Thursday . April 16th

6:30 to 8 pm



Parking Restriction

If you live south of 76th Avenue, you may want to have parking on your street restricted because of the likelihood of increased demand for parking near LRTs stations. And if you have not yet signed a petition to that effect – maybe no one volunteered to collect those signatures where you live. To check for sure, call Sandy Guilbert at 437-5807 or email transportation@belgraviaedmonton.ca.



Need To Care for Yourself?

I offer therapy for individuals, couples, and families. Therapy is an active process, like a journey of self exploration.

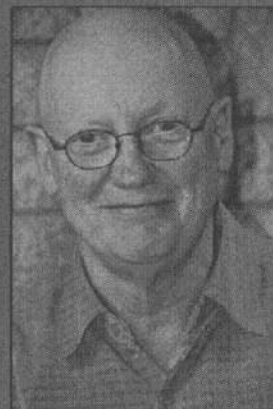
There are many reasons people try therapy: stress management, help for anxiety attacks and depression, addictions, personal and spiritual growth.

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Location: Belgravia

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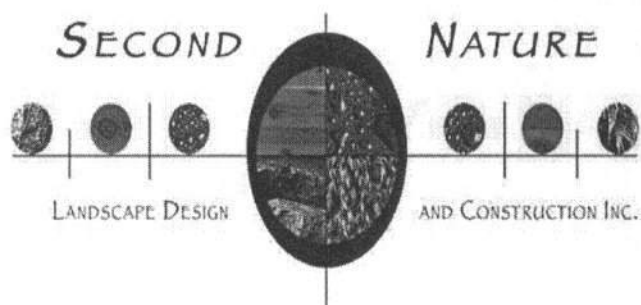


In 2009, **David Barnett** was awarded a 3M National Teaching Fellowship - the most prestigious recognition of excellence and leadership in Canadian university teaching. He previously was

honoured in 2007 with a University of Alberta Rutherford Award for Excellence in Undergraduate Teaching. Founding Artistic Director of Catalyst theatre, David Barnett is an award-winning radio and television writer, director and dramaturge.

David is a Professor of Drama at the University of Alberta and.....

is a **Belgravia Resident**.



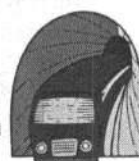
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Staying safe around LRT - TraXSafe



ETS is offering the **TraXSafe** LRT safety orientation program to local area schools, organizations and community residents this spring. **TraXSafe** promotes pedestrian and traffic safety around LRT rail crossings and LRT in general and will also address pedestrian, traffic and LRT line interaction sites that are unique to the new McKernan/Belgravia to South Campus portion of the LRT line. **TraXSafe** presentations are appropriate for a range of audiences including students, adults and motorists.

TraXSafe Tips for pedestrians and transit users:

1. Always obey signs and signals
2. Always cross at designated safe crossings
3. Always look both ways before crossing
4. Never stop on the tracks
5. Don't play on or near the tracks
6. Don't put anything on the tracks
7. Be careful when crossing the tracks
8. Never try to race a train
9. Stand back from the edge of the platform
10. Listen for station or train announcements

Presentations and materials can be obtained by through email requests at traxsafe@edmonton.ca, or by calling 780-496-5788. **TraXSafe** information is also available on the ETS website www.takeETS.com.

Your Community Contacts

President	Parker Fjeldberg)	president@belgraviaedmonton.ca
VP/Civics	Martyn Unsworth	2	vicepresident@belgraviaedmonton.ca
Treasurer	Grant Hutcheon)	treasurer@belgraviaedmonton.ca
Secretary	Gwen Berdan	2	secretary@belgraviaedmonton.ca
Membership	Therese Gaetz	3	membership@belgraviaedmonton.ca
Newsletter	Barb Fjeldberg)	newsletter@belgraviaedmonton.ca
Hall Rental	Ron Maskell	1	hallrental@belgraviaedmonton.ca
Maintenance	Terry Kuzsyk		maintenance@belgraviaedmonton.ca
Transportation	Sandy Guilbert	7	transportation@belgraviaedmonton.ca
Programs	Yvette Maskell	1	programs@belgraviaedmonton.ca
Belfree	Will Bauer)	belfree@belgraviaedmonton.ca
Past President	Rob Hutchinson)	pastpresident@belgraviaedmonton.ca

The International Year of Astronomy What's the Big Deal?

For those of us fascinated by planetary wanderings, the cyclical transformations of the moon, and the mysteries of the Milky Way, this is a big anniversary year. It was 400 years ago that Galileo Galilei, an innovative scientist and philosopher of the Renaissance, first made use of the newly invented telescope to study the heavens. There were others doing interesting things with this new invention at that time, even a few observing a celestial object or two. But it was Galileo who, starting in 1609, advanced the design of the telescope, drew the face of the moon in detail, and discovered four dazzling moons of Jupiter and tabulated their motion. It was Galileo who, often at his own peril, sought to share his discoveries and theories. Galileo promoted a scientific view of the universe, that is a view developed with the key ingredients of detailed observation and an open mind. His efforts, building on the findings of predecessors such as Copernicus, and working in tandem with colleagues such as Kepler (also a very active astronomer in 1609), brought astronomy into the modern age.

If you want an excuse for a party, look no further. With blessings from the United Nations and UNESCO, the world is celebrating the 400th birthyear of modern astronomy. We call it IYA for short: the International Year of Astronomy.

The Great Equalizer

Spring officially arrives on March 20, with the Equinox. While we might brag about the beautiful slant of our Northern light in winter, and brag again in summer of our long, high-sun days, the Equinox puts a little stop to such competitive differentiation. Just twice a year, the turnings and tiltings of our planet give us something to share with everyone else on earth: a fairly even split between day and night. Take a moment to consider it, when the sun rises on the 20th, that people from Florence to the Falklands, from Beijing to Borneo, in Sydney and San Francisco, and even the penguins in Antarctica, will measure just about the same length of time from sunrise to sunset. -- D.L. Darnell



Donald L. Darnell is the treasurer of Aspen Gardens Community League and has kindly offered to share his series of articles he is writing for the Year of Astronomy.

Classes in the Belgravia Community Hall: (11540-73 Ave.)

Karate

Tuesday and Thursday evenings and
Saturday mornings

Yoga

Tuesday evenings, drop-ins welcome

Kobudo (traditional Okinawan weapons)

Thursday evenings

Meditation & Qi gong

Saturday mornings

For more information call (780) 707 3693, or visit
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Where? Regularly at Community Halls throughout Edmonton and Area. Private parties can also be arranged per request.

How Much? \$245 for 12 or \$175 for 8. Have us assemble the meals for an additional \$25.

And? Our menu changes every month so come back and see us!

Contact: Melissa @ 780-298-9921

Email: edmonton@dashingdishes.com

Website: www.dashingdishes.com

What's happening at hulbert's?

wednesdays

open 5 to 11 pm

Visit us on a Wednesday for a quiet night out in your neighborhood. With no traffic and no hassles. Our full dinner menu is available, and we feature special selections of fine wines from around the world.

thursday, friday & saturday **open 5 to 11 pm** **live music features** **8 pm showtimes**

We are proud to feature the finest in local and touring musicians in the jazz, soul, blues, roots, R&B, folk, and singer-songwriter genres. Dinner is ready at 5 pm, and cover charges apply only for showtime so you can come early for dinner, or come later and enjoy the show. Full event listings and artist biographies are available on our website.

sundays **open 10 am-10 pm** **champagne brunch** **10 am-2 pm**

Fancy brunch? Gourmet made-to-order omeletes & crepes, and your favourite brunch and breakfast features. Champagne mimosas, too! **songwriter's stage** **7 pm-10 pm**

Edmonton's best veteran artists perform alongside aspiring up-and-coming talent in this unique fast-paced show of all-original music, with a guest feature artist opening each week's show. \$5/person min. charge

hulbert's is proud to support local artists, like U22 Productions.

U22 is a collection of Canada's most exceptionally talented and promising young musicians under the age of 22. Their mission is to mentor exceptionally gifted young musicians, to inspire them to know and believe in the music within themselves; and to motivate and empower these talented young Canadians to establish credible, sustainable, and rewarding careers in the arts. Visit u22.ca for details!



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Big changes ahead?

While Albertans seem to have been insulated from the worst of the economic woes so far, the thought that "the worst is yet to come" is stressful at best and, at worst, downright depressing. The one thing, however, we can control is how we react to change and how we manage our stress.

Nature will soon be turning the page on a brand new season. In our region, spring is the time of year when the most dramatic changes occur. What better opportunity for us all to start with some new habits for coping with the changes around us!

Here are some suggestions:

Walk more! Walking is convenient, it needs no special equipment, is self-regulating and inherently safe. Walking is as natural as breathing!

Physical activity has the ability to calm jangled nerves and improve bad moods. It can have a calming effect, enhance self-esteem and even combat depression. Some research shows that a brisk 20 to 30 minute walk can have the same calming effect of a mild tranquilizer. Overall, walking as exercise will just make you feel good.

Tonight, why not give up your TV-time and take a walk around your community instead! You may be surprised by how you feel.

Listen to live music. Did you know that live music has been scientifically shown to lower blood pressure, reduce stress, relieve pain, and increase brain function?

Live music performed in the waiting area of the Antenatal High Risk Clinic (Chelsea and Westminster Hospital, UK) was effective in lowering the blood pressure of patients waiting for their appointments. Patients in the Day Surgery Unit who were exposed to visual arts and live music during the preoperative period required significantly less induction agents to induce anaesthesia. Studies done in the early 1990s at two American hospitals concluded music "significantly" lowered the heart rates and calmed and regulated the blood pressures and respiration rates of patients who had undergone surgery.

If you haven't seen a live music show in a while, why not see what it's all about? Psst.. **hulbert's** hosts great live music four nights a week!

Have a date night. Often, the first things that goes in an established relationship is the quality time spent with each other to build, repair, and renew the relationship. A "date night" is a time-out to recommit to a healthy bond, and is a way to say, "I'm making time for us."

Walking or taking transit to nearby establishments means more of your date time is spent with your partner rather than struggling with traffic or racing to make a showtime or reservation.

Challenge yourself to live with less stress and a more positive outlook! Now is an ideal time to start some new habits to improve your well-being.

We hope to see you soon!