

BELGRAVIA
COMMUNITY HALL
11604—74
AVENUE
EDMONTON

www.belgraviaedmonton.ca

The Belgravia news



SEPTEMBER 2009

Fall Membership Blitz

Please support our Community League by purchasing a membership.

Canvassers will be coming to your door during the months of September and October.



If you can help by volunteering to take a route please contact our Membership Coordinator, Therese Gaetz at 780-436-1918.

Community League
Meetings are held on the
first

Thursday of every month
at 7:30 PM.

If you have items to put
on the agenda please
e-mail the Secretary or
President.

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

Opportunities Available

Your Community League is operated by volunteers who generously donate their time to make Belgravia a better place to live, work and play. Committees are organized to address issues like traffic and crime concerns that have a direct impact on the quality of life in the community.

The Community League and its committees are responsible for the Child Care programs, adult programs and operation and maintenance of the Hall. **To accomplish any of this we need your help urgently.**

The following positions are open on our executive and if they are not filled then programs will not run; skating rinks will not operate and the hall will not be maintained. Please help us out by volunteering some of your time.

**Vice President
Maintenance
Programs Director
Hall Rental Coordinator**

Please contact Parker at 780-641-4770 if you can help.

Belgravia Art Park

The destination park we see today is the result of extensive community consultation. The process involved many hours of work by community volunteers and much support from the City of Edmonton.

The city land east of the Belgravia Community League Hall was home to the South West Cultural Center (which became the City Arts Center) for many years. When the building had to be demolished in 2000 community consultation was begun to determine what the community wanted the area to be used for. There was a gradual coming together of diverse ideas and concepts. The parking lot had recently been refinished and some residents wanted it to remain as a tarmac for games, etc. However, the majority of residents felt that a green space would be more beneficial. Community members ensured that good quality soil was laid down over the construction debris.

After the initial work was done some time was taken to get a feel for the space. Traffic patterns (walkers, bikers, dog walkers) were assessed, and nearby neighbours watched children, families and young people playing in the area.

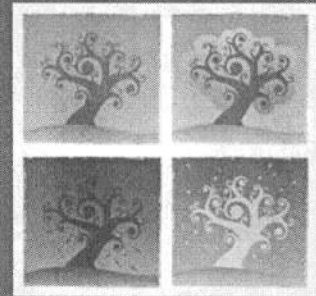
About three years ago we were ready to start on the next stage of development. Many residents were sad to see the old building go and they wanted to honor the arts theme. Edmonton sculptor Susan Owen Kagan donated a metal sculpture that was a wonderful spark to keep the project going. The Community League formed a committee to oversee the work and a draft design was submitted to the city. The first design included an open area in the center for free play, paths for walking, nodes where future art would be displayed and, most important, a path through the thick belt of mature trees so that the Arts Park would be connected with the Community League property. Susan Owen Kagan and Ken Macklin designed and created benches and trash receptacles embossed with native plant leaves following the theme of the park. An impressive entry feature was designed and built by local landscape designer Peter Duncan.

Added to the items that had been highlighted by the first community consultation were two large beds, one for fruiting shrubs and trees and another for native perennials, and a labyrinth, constructed under the volunteer guidance of Kathy Goble. The Park is already being used, as many people are observed walking in the area and stopping for contemplation in the labyrinth.

Community volunteers will maintain the unique features of the Arts Park under a Partners and Parks agreement with the city.

The official opening of the Park was Sunday, June 18. The ribbon was cut by Mayor Stephen Mandel, assisted by Bryon Anderson, Councilor, and Kevin Taft, MLA for the area.

Submitted by: Marie Walker



**Winter is an etching,
spring a watercolor,
summer an oil painting
and autumn a mosaic of
them all.**

- Stanley Horowitz

Need an Electrician?

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President's Message

Welcome back! I hope that everyone had a good summer. I have to start this message by emphasizing the fact that your community league needs help immediately. The remaining executive is getting overloaded and frustrations are starting to show. If we don't get some help soon I believe that the remaining executive will not be able to continue to function. One position that has an immediate effect is the hall rental manager. As of this newsletter the hall will no longer be rented except for the existing ongoing programs like the out of school programs, play school and karate.

The other positions that require filling are listed on the front page of this newsletter. If you need a description of the positions or have any questions please feel free to give me a call or email. If you are looking to help but feel that these positions are more than you can handle please contact us as we have lots of smaller jobs that would help reduce the load on the existing executive.

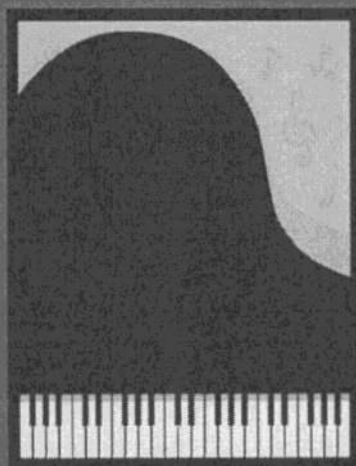
On a transportation note it seems that afternoon traffic is at least manageable as of late but I am expecting that more problems will appear once the construction is finished on the Quesnell Bridge and Fox Drive.

I close in saying that the LRT expansion to South Campus has proven to be well worth the wait for our family. We are looking forward to the completion of the LRT to Southgate and Century Park as we have recently become a single motor vehicle family. As indicated in previous messages we came to Belgravia to live a simpler life and one of major parts of that was to spend less time in a car and more outside walking, riding bicycle and using public transit and the LRT has helped us achieve that goal.

Thanks,

Parker Fjeldberg

Phone: (780)-641-4770 email: president@belgraviaedmonton.ca



Alberta Arts Days September 18-20th

**Come celebrate the Arts with free concerts and events.
Here is a sample of some of the events.**

Jazz in the City (free concert downtown)

Twin Peaks—film festival in Sir Winston Churchill Square

Math Team Queen -see some of Edmonton's finest alternative theatre!!

Varscona Theatre

The Royal Alberta Museum has three days filled with celebrations of culture, fine art and live music. From September 18-20, admission to the Museum is FREE!

Pipe Organ Concert—Robertson-Wesley United Church

Details on these and other events can be found at:

www.AlbertaArtsDays.ca

Design, Solar Panels and Footprints—Where to Begin?

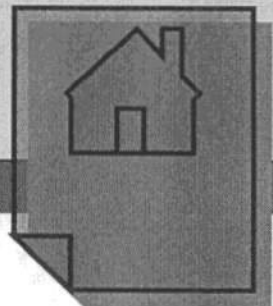
With fall, thoughts start to turn with some trepidation to another heating season. If you're tired of high utility costs you might be contemplating a renovation or even starting from scratch. It's not too late to plan for a construction start in the spring of next year. With the downturn in the economy, construction costs are decreasing, government grants + tax credits for home renovations are available and properties ripe for redevelopment are available at significantly lower prices. Media is filled with reports on green homes, slow homes, energy alternatives, green walls, green roofs....the choices are dizzying and you may be wondering where to begin and how to make the best choices for your project and family.

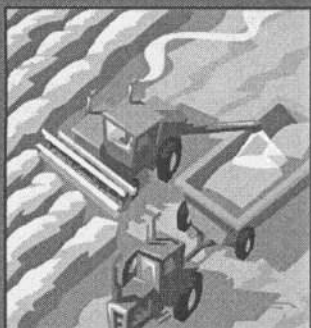
Your first step should be to clearly establish the project goals that will then be used to check every following decision. Aim to establish visionary goals that go beyond "I'd like a really nice walk-in-closet". Your guiding principle could be to spend less money on utilities, maximize efficient use of space, or allow for aging-in place. You may have more than one goal, but they should be compatible. It is difficult to reconcile an aspiration to have a sustainable home with a 5,000 square foot area requirement.

Once you have established your guiding principles seek out the advice of a professional - either an architect or a builder. Builders typically offer design services as part of the construction services in a design/build agreement. They will work with you to come up with a design which they will then build. A reputable builder will have a clear contract that you will review and sign prior to beginning any work. For renovation projects, Renomark™ is a good place to start to find a professional, reliable contractor. To select a custom home builder, start by approaching neighbours and friends for recommendations or talk to any of the builders currently working the neighbourhood. Word of mouth is invaluable and reputable builders will happily provide references. Review their portfolio and assess whether their style and approach is compatible with your dreams.

Most single family projects are completed without the assistance of an architect - due in part to the fact that architectural services are not required by Part 9 of the building code which deals with residential design. Architectural fees are typically calculated as a percentage of building cost and therefore increase as the budget does - reflective of the increasing work required for a larger project. An architect can offer a unique set of skills acquired in years of training both in university and in practice. Architects are not merely designers - an average house design involves building science, negotiations with city authorities, material selections, site analysis, solar studies, model building and marital counselling. Typically, a full service architectural agreement will result in a set of construction documents that are more comprehensive than a builder package. A good architect will provide an innovative and personalized solution that is unique to you, your family and your site. The design process is a long one (at least a year, two including construction) so it's vital to be comfortable with your architect, because you'll be spending a lot of time together! Make sure you review the architect's portfolio and that you like the firm's body of work - the relationship is doomed to fail if you dream of a Victorian mansion and your architect is a modernist. Similarly, if you are particularly interested in sustainable design, seek out a firm that specializes in it and can offer advice based on experience. Most architects have experience with contractors to complete the building portion of the work. Your architect can review pricing, perform regular site visits, address issues that arise during construction and advocate for your interests in the case of a conflict or discrepancy. As with selecting a builder it is important to ensure you interview potential architects and get references. Note that the term architect is often used loosely and incorrectly. A registered architect must be a member of the Alberta Association of Architects and is allowed to use the designation AAA.

continued on page 5





Celebrate the Harvest.

Fall Family Festival
Devonian Botanic
Garden—Sept 13th
11am—4pm

Marketplace at
Callingwood—11th
Annual Cornfest and
Family Fun Day—
Sept 12th

Design, Solar Panels and Footprints cont'd....

Grant options are available for sustainable homes or energy retrofits – your builder or architect should be able to provide direction if needed. Generally, if you are contemplating a renovation you should consider investing in an energy audit of your home prior to embarking on any planning to take full advantage of the available programs. Many alternative energy solutions are now becoming more attainable with the increase in energy costs. It is important to completely investigate the pros and cons of all systems to determine the real economic and environmental impact. The selection of heating systems should be made holistically with consideration given to the building envelope design, building orientation, maintenance requirements and project goals (Greenhouse gas reduction? Overall energy use reduction? Fuel security?).

Finally, always keep in mind that every additional square metre of area not only has an associated cost of construction but also the cost of its ecological footprint. Small, well designed spaces are made beautiful by the dinner parties, family gatherings and quiet reflections that occur within them, not by the area of exotic wood on the floors or the large sectionals they contain.

Further information:

Renomark™, www.renomark.ca

Alberta Association of Architects www.aaa.ab.ca, 780.432.0224

Energy Retrofits <http://oee.nrcan.gc.ca/residential/personal/grants.cfm?attr=4>
shelterbelt architecture www.shelterbelt.ca

Anneliese Fris is a Belgravia resident, registered architect and partner in shelterbelt architecture.

Year Round Classes in the Belgravia Community Hall:

Karate

Tuesday and Thursday evenings and Saturday mornings

Free karate uniform

Family classes, 2 for 1 family rates

6th degree Black Belt teacher with over 20 years
experience

Yoga

Tuesday evenings

Yoga Association of Alberta certified teacher

Drop-ins welcome

Kobudo (traditional Okinawan weapons)

Thursday evenings

OKINAWAN CERTIFIED BLACK BELT TEACHER

Meditation & Qi gong

Saturday mornings

For more information call 780 707 3693, or visit

www.ThreeBattles.com

These programs are presented by the Edmonton Northern River Karate School Association, a non-profit society dedicated to community service and to providing affordable family classes, with over 20 years teaching experience in Edmonton, the last ten years in Belgravia.

**ATTENTION
SENIORS**

YARD MAINTENANCE NETWORK CONTACT LIST 2009

CONTACT PERSON & AGENCY	SERVICES OFFERED	REQUIREMENTS TO ACCESS SERVICES	AREA COVERED	ADDRESS	PHONE # FAX #
Lifestyle Helping Hands Seniors Association:	Snow removal, lawn care, odd jobs, volunteer drivers, outreach services	Must be a member to access home help services & be matched with a worker. Membership is \$10.	South of river & west of 104 Street	4069 – 106 Street T6J 2S3	450-2113 Office Hours Weekdays 11a.m. – 3p.m.
SAGE (Seniors Association of Greater Edmonton):	Snow Removal, yard maintenance, other services as requested by seniors in their homes	Must be a member to access home help services & be matched with a worker. Membership is \$20.	No Boundaries	#15 Sir Winston Churchill Square T5J 2E5	Phone #780-701- 9011 Home Service #780-701- 9007
Seniors Caring About Seniors:	Yard work, house work, odd jobs and driving	Must be a member to access home help services & be matched with a worker. Membership is \$10.	South of the river only	7814 – 83 Street T6C 2Y8	Phone #465-0311

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Electrical**

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Phone 780-886-6005**



**Scona Pool is now
open!**

**Swimming lessons offered
and new Public Swim Hours
Check their website for
more info:**

www.sconapool.com

Saturday, September 26, 2009

8:30 AM—2:30 PM

Central Lions Senior Citizens'
Recreation Centre

11113 113 Street Edmonton, Alberta



SENIORS' HOUSING FORUM



**Free Event
Register Today!**

Limited seating available, lunch provided

Pre-registration recommended

Contact 780 423 5510

or e-mail to khanula@mysage.ca

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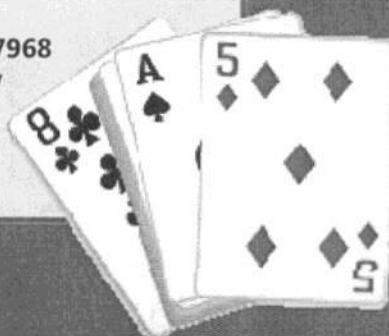
- ☒ Custom Packages
- ☒ Specialized Housekeeping
- ☒ Family Event Planning
- ☒ Meal Preparation
- ☒ Errands & Shopping
- ☒ Elder Care

New Members Needed Belgravia Bridge Club

Belgravia Community Hall
Monday and/or Friday
12:45 to 3:15 p.m.

If interested please contact:

(Mon) Nancy Bourassa 436-7968
(Fri) Bev Hoyles 436-2597



Ready TO sing?



Cantilon is what you've been looking for - an exciting, challenging and rewarding choral experience. We offer 5 levels of choirs for all ages - Kindersingers (ages 4-6), Primary Choir (ages 6-9), Children's Choir (ages 10-14), Chamber Choir (ages 9-19) and Belle Canto (adult female voices). For more information call 780-732-1262 or visit www.cantilonchoirs.ca.

CANTILON

1999 - 2009 • Ten Years of Excellence

Kindercare Spaces available!

Would your child like to have more fun with their new Kinder friends?

Would you like to have a little more time in the day to run some errands? If so, try Belgravia out of school care's (BOSC)

Kindercare program.

Low student-teacher ratios;

Your choice of **registered** day/s (part time), or full time available;

Kindercare is a safe, nurturing and enriching environment that can help children transition from half day to a full day of schooling.

Child lead Programming;

The program is kinder program is \$40/day or \$595/month and included in that fee is morning care from 7:30 to 8:30 am, and after kinder starting at 11:25 to 5:30, and the children are met by the Kindercare Supervisor at Belgravia Elementary School and are escorted to the hall for lunch and play.

Please contact Jennifer Tkachuk at the Belgravia Community hall 780-437-1866 or 780-660-2672 to ask for a registration package. Or email belgravia.osc@gmail.com



Do you like to Sing?

Our four choirs provide a musical home for singers ages 8 - 23.

- Junior Children's Choir - Gr. 3-6
- Girls' Choir - Gr. 7-9
- Boys' Choir - Gr. 7-9
- Youth Choir - High School and University age

For Information or to Register call 994-6539
or email join@EdmontonYouthChoir.ca



EDMONTON | Youth and Children's Choirs

News from Our School

BELGRAVIA SCHOOL BOTTLE DRIVE Saturday Sept 26th

Please set your cans and
bottles out on your front step
or curb by 9:00 am.
Volunteers will come and pick
them up.

All proceeds will go to school
equipment for Belgravia
School

BELGRAVIA SCHOOL FUN AUCTION 2009

Saturday, November 14,
8.00 pm

Snow Valley banquet room



Belgravia comprises a small but tight knit group of residents with a tradition of vigorously supporting community goals and values. The school plays a vital role by representing Belgravia values of family, learning, caring, and connection with neighbours. The annual auction raises funds that enrich not only the students' academic curriculum but also contribute to their cultural and physical well-roundedness.

Last year's proceeds funded in part:

2 artists in residence - author Marty Chan and visual artist

Larissa Sembaliuk-Cheladyn

3 smart boards and LCD projectors

supplies for the outdoor learning centre

math and science supplies

library books

school wide gymnastics, swimming and rock climbing field trip to the U of A

This year we are hoping to fund:

2 artists in residence - drama, and dance and poetry

phys ed equipment

computer peripherals

more library books

Traditionally, parents of current students are the people most actively involved in the auction, but we would love to see other Belgravians join us to support the school and acknowledge its importance to the community. The live auction portion of the evening is fast, furious and fun, with fabulous items up for bid.

Past years' items have included:

A week at a beautiful new beach front Kelowna condo

A Thai dinner for 6 catered in your own home

An Edmonton City Police ride along

An authentic "al forno" pizza party for 4 families

A pool and pizza party for 40 at the Scona pool

A vegetarian dinner for 6 catered in your own home

A weekend at a private Canmore house

An evening with 2 well known Edmonton authors

A VIP Oilers skybox

Do your Christmas shopping at the silent auction tables, or consider getting together with friends to bid on a live auction group item like some of those listed above.

Watch for more information in the October and November newsletters or phone Judith at 780-451-5210, email jfris@shaw.ca



The Acupuncture Turning Point Integrative Health Centre

#202 10518 - Whyte (82nd) Ave, Edmonton, AB

Gord Grant, Ph.D., R.Ac. and Associates

We work together in a patient-centered, comprehensive collaboration, offering health services complementary to western medicine.

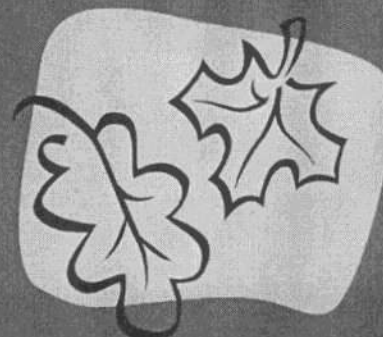
With your permission, our practitioners meet regularly to discuss your progress, and provide insights, support, suggestions and referrals in your best interest.

- ♦ *Acupuncture & Acupressure*
- ♦ *Thai and Therapeutic Massage*
- ♦ *Rolfing Therapy - connective tissue release*
- ♦ *Reiki and Reflexology*
- ♦ *Stress Reduction Techniques*
- ♦ *Nutritional Counseling and Herbology*
- ♦ *Yoga and Customized Exercise Therapies*

Contact us to decide which therapy or combination treatment would best help you

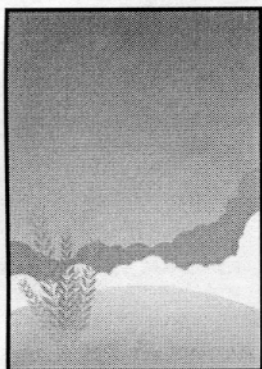
780-437-7723

www.AcupunctureTurningPoint.ca



Your Community Contacts

President	Parker Fjeldberg	president@belgraviaedmonton.ca
VP/Civics	VACANT	vicepresident@belgraviaedmonton.ca
Treasurer	Jim Yih	treasurer@belgraviaedmonton.ca
Secretary	Gwen Berdan	secretary@belgraviaedmonton.ca
Membership	Therese Gaetz	membership@belgraviaedmonton.ca
Newsletter	Barb Fjeldberg	newsletter@belgraviaedmonton.ca
Hall Rental	VACANT	hallrental@belgraviaedmonton.ca
Maintenance	VACANT	maintenance@belgraviaedmonton.ca
Transportation	Sandy Guilbert	transportation@belgraviaedmonton.ca
Programs	VACANT	programs@belgraviaedmonton.ca
Crime Watch	Richard Law	belgravia_watch@yahoo.ca
Past President	Rob Hutchinson	pastpresident@belgraviaedmonton.ca



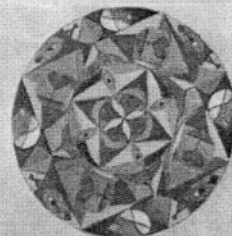
Please continue to submit any articles and items that you think are of interest to the community. All submissions need to be e-mailed to the newsletter by the first Friday of each month.

Newsletter Advertising Rates

Size	BCL Member	Non Member
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

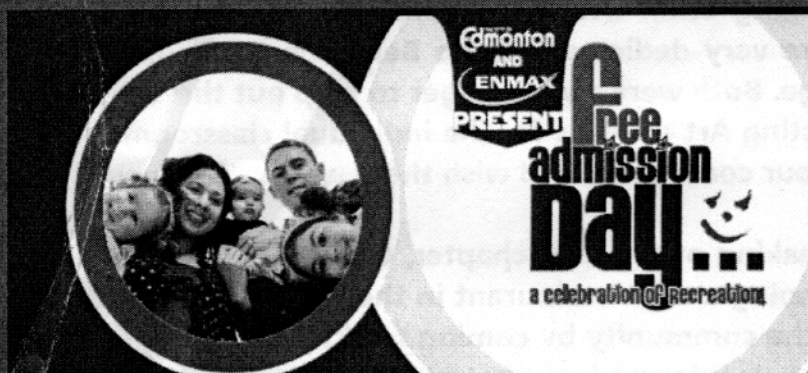


Mady Mooney, (RMT) is a Wholistic Counsellor who practices in the Belgravia area.



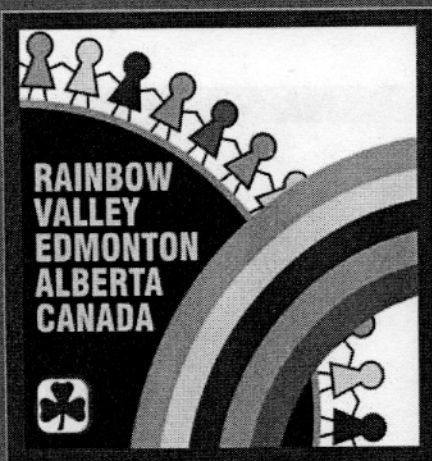
Massage Therapy, Cranio-Sacral Therapy, Foot Reflexology and Reiki are offered to improve your physical health, while Art for Healing sessions are available to enhance mental, emotional or spiritual well-being.

Call Mady at 780-242-6065 or e-mail madymooney@shaw.ca for your next appointment.



**Get ready to celebrate recreation
with a full day of family fun September 27, 2009!**

Throughout the day, various City attractions, leisure, sport, and fitness facilities will be offering a free admission day. Visit www.edmonton.ca after September 1 for a full list of activities and participating facilities.



Girl Guide Registration
 Sparks (5-6), Brownies (7-8), Guides (9-11), Pathfinders (12-14),
 Rangers (15-18), Leaders (18+)
Tuesday, September 15
 630-830pm

Parkallen Community League Hall
 Contact: Tonya @ 780 435 5068 or
 rainbowvalleyguides@hotmail.com

Come join the fun! No previous enrollment necessary! Start anytime!

Local Yoga Classes

Unitarian Church (11134-65 Ave)
 Wed 6:30-8:30 pm, Thurs 9:30-11:00 am

The Fall Series—Sept 14th,
 12 classes \$133 (\$11) or \$13 drop in

Pre-register with Sandra at 453-6037



For the past three years the back page has been dedicated to the latest happenings at Hulbert's, our neighborhood restaurant. As most of you know July not only brought the departure of several of our old trees in Belgravia, it also saw Hulbert's close it's doors. Hulbert's was always a great place to head for a hot chocolate after an afternoon of skating or a relaxing drink with neighbors after meetings. Owners Chris Martyniuk and Cameron Gertz were very dedicated to the Belgravia community. Chris designed and maintained our Web page. Both were always eager to help out the school from catering the annual Fun Auction to hosting Art displays for the individual classrooms. We thank them for all that they brought to our community and wish them well in this "next chapter of their lives".

Speaking of the next chapter, Chef Nate Box, formerly of the Sugar Bowl, is rumoured to be opening a new restaurant in the old Hulbert's location. Nate has already shown his interest in the community by coming to the September Community League meeting. He promises to keep us informed of what his plans for the space and in turn we will keep you posted! Keep watching this space for more information. In the meantime I will leave the last word to Cam and Chris...

THANK YOU EVERYONE!
 We owe you all ton of gratitude for your support and encouragement. Thank you!
 Chris Martyniuk & Cameron Gertz