

BELGRAVIA
COMMUNITY HALL
11540—73
AVENUE
EDMONTON

The Belgravia News

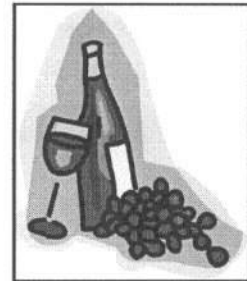


MARCH/APRIL 2011

www.belgraviaedmonton.ca

Save the dates!

- April ⁹~~14~~th—Strategic Board Meeting
1-4 pm Belgravia Community Hall
- June 10th—Wine and Cheese AGM
(Details in next newsletter)
- September 17th—Rink
Party and Membership
Drive



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!

**"How do we make Ward F work for families -
today, in 10 years, in 30 years?"**

A Ward F Community Gathering hosted by Edmonton Public
School Trustee Michael Janz

Continue to help us build strong schools and strong communities.
Attention: School Councils, Community Leagues,
parents, families, and all residents!

Please RSVP: michael@michaeljanz.ca

Free parking is available. Refreshments provided.

April 7th, 2011 at City Arts Centre 84th Ave 109th Street

Doors at 6:30 PM

Meeting 7-9:30 PM

How do we get more families back into the core of our city?

Eat Fresh, Eat Clean, Eat Local

This morning at breakfast my daughter was commenting on the price of the food she had purchased the evening before. "What's up with this", she exclaimed, "the price has gone up and the quantity has gone down! How am I ever supposed to be able to afford to eat?"

My answer to her was "Welcome to the world of Eating!" This is an issue that half of the world is facing right now. It comes as a result of loss of arable land to urban sprawl and land and water mismanagement, decreased access to cheap energy, and too many people. As one reads of farmer's walking away from salinized crop land, sink holes the size of a city appearing in previously stable locations, and dead honey bees linked to genetically modified crops, it is hard not to become disillusioned. Add to that the growing dead zone in the ocean caused by all the nitrates we dump there and it is hard not to throw your hands up in the air in despair.

But there is a simple way to make a valuable contribution to your health, your budget, and the health of the planet. Get involved in local food production! Beans picked this morning and eaten right away are more nutritious than one picked, packaged and shipped across the country. In small, diversified plots, pests and soil fertility can be managed completely without the use of chemicals. The carbon footprint of your food is reduced by growing simple crops like carrots, beets, beans, zucchini, and greens right here instead of importing them from California and Mexico. If you are without access to a garden plot, there are many options available to get your hands in the dirt.

Convert some of your resource sucking lawn into a food producing oasis. On Borrowed Ground and Wild Green Garden Consulting specialize in consultation and installation of food producing yards.

Join a CSA. "Community Supported Agriculture" is a form of direct marketing between farmers and member families. Members pay in advance for a weekly delivery of exceptionally fresh, local produce, and learn valuable food production techniques while they work with the farmer in growing vegetables. www.csaalberta.com gives you a complete list of all the CSAs in the province, including one right here in the city of Edmonton.

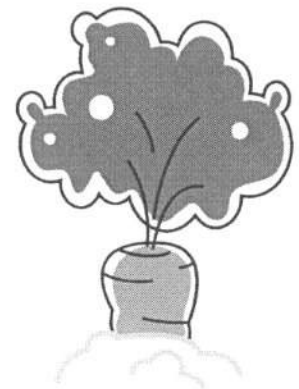
Community Farms like Goodnote Community Farm rent garden spaces to individuals. www.goodnote.ca

Join a community garden. The Community Garden Network of Edmonton can put you in touch with existing gardens, or help your community get one started. www.edmcommunitygardens.org

Borrow a garden from a neighbour. There are lots of people with garden space in their yard and no time or ability to develop it. Ask around, put an ad in your local newspaper, or go to www.sharingbackyards.com to find a garden near you.

Whatever you do now is the time to make your valuable contribution to the health of the planet by growing and eating Fresh, Local, and Clean.

By Anita Gregoire. Anita owns and operates On Borrowed Ground, an Urban CSA farm, is the director of the Heritage Community Garden, and hosts www.csaalberta.com, a website to help people find a Community Supported Agriculture project in Alberta.



In association with Slow Food Edmonton:

EAT ALBERTA 2011

A Celebration of Our Local Food Heroes

Local food heroes will teach and share their love of food at Eat Alberta, a new food conference.

Join us for a day of hands-on learning, tasty food, delicious drinks and lots of fun!

EAT ALBERTA

Saturday, April 30, 2011
Edmonton

Registration information available soon at:
www.eatalberta.ca

Slow Food
Edmonton**TOMATO**
good to share

transcend

raising coffee to a new level

Italian Centre**Slap Ltd.****The Localvore's Dilemma****Date:** April 28**Time:** 7:00 p.m. to 9:00 p.m.**Location:** Sunfresh Farms, 10471 176 Street**Cost:** \$15 (includes field trip transportation)

Do you want to purchase local produce but can't always make it to the farmer's markets? Support these same farmers at your grocery store! The Localvore's Dilemma will include a tour of Sunfresh Farms, a locally owned and operated produce distribution company, and a field trip to a grocery store to spot local produce. Kevin Kossowan, a local food writer will also join us to speak about how to maximize your use of local products without breaking the bank.



For more information, please call 780-492-1835 or e-mail angela.tom@ualberta.ca

city market downtown on 104th

EDMONTON'S ORIGINAL FARMERS' MARKET



Vendors from the popular City Market Downtown on 104th will be selling their wares in City Hall for 10 consecutive Saturdays beginning March 12.

Seniors Transportation Forum

Join us to learn how to maintain your independence and mobility, whether you are a driver or passenger—we will have presentations on transportation options and safe driving tips. Family and friends of seniors are welcome.

Saturday, March 19th

South East Edmonton Seniors Association (SEESA)
9350 - 82 Street

TIME: 10 am to 2:30 pm, Doors open at 9:30 am**COST:** \$7.00 in advance or \$10.00 at the door **LUNCH INCLUDED****EVENT TOPICS**

- Safe Driving Tips
- Medically at Risk Drivers
- From Driver to Passenger—coping with transition
- Transportation options

Dad needs to stop driving. Where do I start?

A session for family and friends

To register or for further information:
Call 780-468-1985 or in person at
the South East Edmonton Seniors
Association, 9350 - 82 Street

PURCHASE TICKETS TODAY - LIMITED SEATING

Sponsored by:



**Two 'Au Pair' girls
from Austria
interested in
working in the
University area.
Available August,
2011.**

**Contact Mary at
780-437-2979**



**Belgravia Cooperative Playschool
Open House
March 24th
5:30—7:30 pm**

**In the lower level of the Belgravia Community
League Building
11540—73 Avenue**

**Please join us and check out our
fabulous program for
3 and 4 year olds!**

Newsletter Advertising Rates

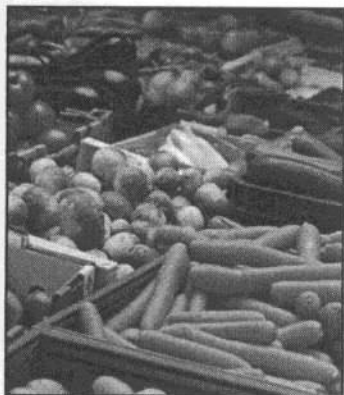
| Size | BCL Member | Non Member |
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| Business card | \$15.00 | \$25.00 |
| 1/4 page | \$25.00 | \$35.00 |
| 1/2 page | \$45.00 | \$60.00 |
| Full page | \$75.00 | \$100.00 |

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McKernan/ University area
780-424-3385 or email kochr97@gmail.com



NEW Southwest Edmonton Farmers' Market – Spring Grand Opening

We are very excited to announce the spring grand opening of your new Southwest Edmonton Farmers' Market and our partnership with Lillian Osborne High School. We are working closely with them and the Edmonton Public School Board to finalize the market location at Lillian Osborne High School parking lot just off 23rd Avenue and Terwillegar Drive (2010 Leger Road). The market is planned for Wednesday evenings which will be confirmed as soon as the lease agreement for the location is complete. The parking lot location provides a wonderful self-contained space allowing us to provide a safe market experience,

keeping people and parking separate. Consistent with our value of sustainability we are encouraging people to walk, ride their bikes or take public transportation when coming to the market. Parking will be available next door at the new Terwillegar Recreation Centre parking lot. We look forward to meeting you at the market.

It has been a busy and productive year of preparation and we are now working diligently to select and recruit the best mix of vendors to provide you with fresh fruits, vegetables, meats, dairy and other handmade foods and goods. There will be an interesting mix of value-added artisans; some of them will be available on alternative weeks to provide you with more variety. We welcome any suggestions that you might have to assist us in our selections and recruitment of vendors, buskers and other entertainment. Contact us with your requests or comments through Twitter, Facebook or email by visiting our website at www.swefm.ca. We look forward to hearing from you.

With a planned launch in May it is important to remember that most fresh, Alberta produce and vegetables will not be available till mid-June. The market will start small and continue to build throughout the season as more and more fresh produce becomes available. As a new market we will continue to grow over the years with our long term vision to become a year round market. We look forward to your support and patronage to help our market grow and develop into a diverse, unique and vibrant community gathering place where you can connect, play and shop.

We are currently recruiting a part time market manager to help us launch the market and manage market operations. If you are interested, please visit our website for more details. Interviews will be starting very soon.

We would like to thank the Riverbend Community League for designating the proceeds from their Winter Festival to our market. Thank you Janet Hancock and Gane Olsen at Lillian Osborne High School for partnering with our market and working to provide the use of their parking lot for our market. And, thank you to Mark DaFoe and Zanette Frost from the City of Edmonton for their ongoing effort and support, working closely with us to help us realize our vision. We would also like to thank the members of our market team as well all of you from our communities for all your hard work and support with our new market. And a special thank you to TRAC for being our sponsor and champion.

Donations are greatly appreciated to help cover the startup costs to launch the market. Donations can be made online through our website www.swefm.ca or contact us via email (address below).

Visit our website at www.swefm.ca for more detailed information about our market. You can read about our accomplishments to date and get up-to-date information as new developments happen.

Get Ready in the Park – emergency preparedness festival for the family Saturday, May 7, 2011 Come check it out with your family & friends

Date: Saturday May 7th, 2011

Time: 10 am – 4 pm

Venue: Hawrelak Park

Climb into the cockpit of a helicopter, steer the bomb squad remote control robot, sit in an ambulance, see search and rescue dogs in action, and learn how to use a fire extinguisher. It's all part of the fun of Get Ready in the Park. Join Edmonton's emergency response community as it helps kids and adults learn how to prepare for an emergency as part of Emergency Preparedness Week 2010.

ATCO Gas has partnered with the City of Edmonton to put on this year's "Get Ready in the Park" event. Come visit the ATCO Gas tent while you're down at Hawrelak Park between 10 a.m. and 4 p.m. on Saturday, May 7. We have a "Locate Challenge", furnace inspection advice for homeowners, door prize draws, food safety information if your power goes out, and much more.

Children at the event will be given a "Passport to Preparedness." After collecting 10 stamps (initials) by visiting participating organizations kids will be eligible to enter to win prizes. There's plenty to see, do, learn and take-away from at this free family-focused event.

More than 25 exhibitors from municipal, provincial, federal, corporate and non-profit organizations will be on site with demonstrations, interactive games and free giveaways for the whole family.

Emergency Preparedness Week is an annual, national event held this year from May 2 – 8. Here in Edmonton, the main objectives are showcasing Edmonton's emergency community capabilities in responding to major emergencies, increasing awareness about individual emergency preparedness and encourage residents to be prepared in the event of major emergency so that we can all reduce the risks and lessen the consequences of disasters. Primary goals of emergency preparedness are taking care of yourself and your family for a minimum of three days (72 hours.) If a disaster happens in your community, it may take emergency workers some time to get to you as they help those in desperate need.

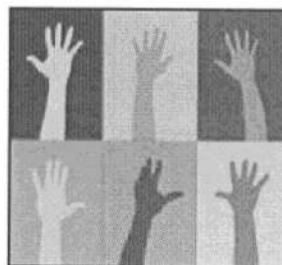
National Volunteer Week

April 10-16, 2011

National Volunteer Week (NVW), Canada's largest celebration of volunteers, volunteerism and civic participation, pays tribute to the millions of Canadian volunteers who graciously donate their time and energy. This year's 68th annual NVW takes place the week of April 10-16.

For more details on this annual celebration and to get some great ideas to recognize volunteers in your neighbourhood, check out the Volunteer Canada website at <http://volunteer.ca/nvw>.

On behalf of the City of Edmonton Community Services South, we would like to say thank you to the many volunteers who are making a difference in our communities and making Edmonton the best place to live!



BOSC
BELGRAVIA OUT OF SCHOOL CARE



Summer Camp Program 2011

Belgravia Out of School Care is exploring the possibility of running a summer camp for July and August 2011. The camps will run weekly starting the first week of July. The camps will be run by certified child care staff, all with child first aid and previous experience working with elementary school aged children. The camp, staff and children will be supervised by the Director of the Out of School Care Program.

We are conveniently located in the Belgravia Community League Hall, have access to a wonderful playground, within walking distance to a wading pool and several other great playgrounds. Field trips will be planned weekly, daily activities, sports, cooking and art, and science projects.

If you require care for the summer months and would like to explore the summer camps at BOSC, please contact Jennifer Tkachuk - 780-660-2672 for more information. info@ebosc.ca - www.ebosc.ca

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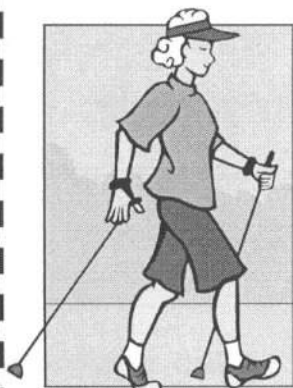
No Job Too Small-References
Phone 780-886-6005



2011 EARTH
HOUR
March 26, 2011
8:30 pm

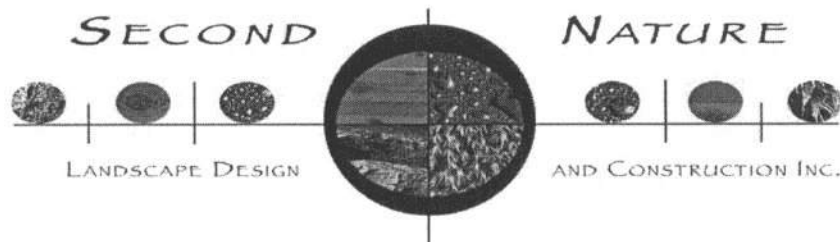
Please participate
and turn off your
lights for this hour!

Belgravia Walking Group



I recently retired from full time employment and would like to start (or join) a small walking group. I would like to walk twice a week for about an hour at a firm pace followed possibly by coffee at Gracious Goods. I would also be interested in other activities such as running or biking.

If interested, please email me at: margriet.vl@gmail.com



www.snaturedesign.com

PETER DUNCAN, LAT
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Your Community Contacts

| | | |
|----------------|-------------------|-------------------------------------|
| President | Parker Fjeldberg | president@belgraviaedmonton.ca |
| VP/Civics | Dave Ridley | vicepresident@belgraviaedmonton.ca |
| Treasurer | Jim Yih | treasurer@belgraviaedmonton.ca |
| Secretary | Jennie Lambert | secretary@belgraviaedmonton.ca |
| Membership | Therese Gaetz | membership@belgraviaedmonton.ca |
| Newsletter | Barb Fjeldberg | newsletter@belgraviaedmonton.ca |
| Hall Rental | Sherry Connors | hallrental@belgraviaedmonton.ca |
| Maintenance | VACANT | |
| Transportation | Gil Reschenthaler | transportation@belgraviaedmonton.ca |
| Programs | VACANT | |
| Crime Watch | Richard Law | belgraviawatch@gmail.com |
| Past President | Rob Hutchinson | pastpresident@belgraviaedmonton.ca |

Webinar targets youth living with arthritis

Arthritis is not your Grandma's disease.

Juvenile arthritis (JA) is one of the most common chronic diseases among children, affecting about one in 1,000 Canadians under the age of 16. That's even more children than those with cystic fibrosis.

Many children with JA, especially as they transition into the teen years, go into denial about their arthritis. Many are discouraged that they can't participate in the activities that all their friends enjoy. Some are embarrassed by their inability to do things such as running or simple things like doing up buttons. Some are teased, or if they do have compassionate friends, they may not know how to respond. A child with JA can feel lonely and isolated.

March is Juvenile Arthritis Awareness Month, and The Arthritis Society is reaching out to kids via an environment that's very comfortable and friendly to today's youth – the Internet.

Every Saturday in March, at 1:00 p.m. ET, The Arthritis Society will host a two-hour webinar on a variety of topics to help youth and their families manage arthritis. This interactive experience will be led by leading pediatric rheumatologists, health care professionals and families who will share their personal experiences and stories about how they have adapted to living with juvenile arthritis.

Topics of discussion include what to expect from your health-care team, managing changes in treatment as teens become young adults, emotional and behavioural issues and a French-language webinar which will address issues at school.

Trish Weatherup, director of development and communications at The Arthritis Society, Alberta and Northwest Territories Division, says the webinars are the perfect way to help youth get information without putting them on the spot.

"Having personal experience relative to a major health issue in my youth, I can tell you that when I was young, I didn't want to remotely have anything to do with medical education. I wanted to enjoy life and enjoy being a kid" she says. I didn't want to be identified by my limitations, nor do these kids want to be identified by their disease."

The Internet is the ideal platform for children and teens with JA to ask questions and learn that it is possible to navigate your way through life to achieve positive outcomes and a good quality of life.

The webinars are provided free of charge thanks to a generous grant provided to The Arthritis Society from Telus Corporation. To participate, register in advance at www.JuvenileArthritis.ca or call 1-800-321-1433.



EDMONTON | Youth and Children's Choirs



Like to Sing? Join our Family.

We are a choral home for young people ages 8 - 23, providing an opportunity where singers can:

- Experience excellence in choral music as part of an award-winning organization with performances in Edmonton, across Canada and around the world.
- Develop music and vocal skills under the leadership of professional conductors through a variety of choral music from a variety of cultures.
- Join a community of supportive, friendly and fun singers, where respect and personal growth are as important as the music we learn.

Primary Choir - ages 8 - 12

Boys' Choir - Girls' Choir - ages 12 - 15

Youth Choir - ages 15 - 23

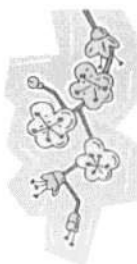
Auditions for next season begin May 16.
Contact us for more information or to
book an audition time.
Join@EdmontonYouthChoir.ca
www.EYCC.ab.ca
780 994 6539

Blossoms

Jeff Allen Art Gallery
Strathcona Place Senior Centre
10831 University Ave.

April 1 to April 27, 2011

Reception April 13, 2011 6:30 - 8:30
PM



"People, plants and animals all blossom in different ways, at different times and in different circumstances."

This exquisite, high quality exhibit by the Edmonton Needle Craft Guild will dazzle viewers. The talent of these experienced artisans and instructors is evident in the wide variety of sewing skills on display in this show, including many styles of traditional and contemporary embroidery. Come and view excellence in fibre as an art form. Everyone is welcome.

open Monday through Friday 9:00 AM - 4:00 PM

Event Information

Register:

Online: at www.runningroom.com

In person: at any Running Room now or at our package pick-up days (see below for dates)

Race Package Pick-Up:

Friday, April 1st 2011: 4pm - 8pm

Saturday, April 2nd 2011: 10am - 4pm

At 109th street Running Room Store

(First 250 to pick-up will receive a race bag)

Race Day:

Sunday, April 3rd 2011

Race starts at 11am at William Hawrelak Park

(Please note that pets are not allowed in the park)

Course:

Run is 5km (2 loops of park)

Walk is 2.5km (1 loop of park)

There will be post event refreshments, awards and prizes.

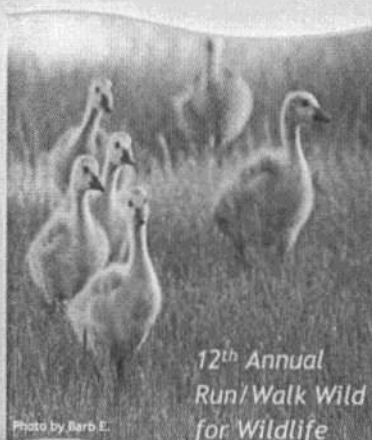
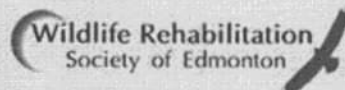


Prizes, Prizes, Prizes!

Top male, female, and youth runners will receive fabulous prizes as well as the top 4 pledge earners.

Contact:

If you have questions about our event please contact Holly at 780-433-0854 or holly@wildlife-edm.ca



5 km run or 2.5 km walk
Sunday, April 3rd 2011
11am at William Hawrelak Park

Sponsored by:



Scona Pool Programs

A) Spring Break, March 28th to 31st, 2011! KID'S SEAL TEAM SCUBA CERTIFICATION PROGRAM (8 years and up). Scona Pool is pleased to announce we are running a 4 day PADI certified scuba program for kids called the SEAL TEAM during spring break, March 28th to 31st, 2011. This is an afternoon only course running 12pm-4pm on March 28th, 29th, and 30th, and 12-5pm on March 31st. (Fee \$395)

B) Aquatic Emergency Care (AEC) & the National Lifeguarding Service (NLS) Award Courses. This Spring 2011 consecutive course is running SATURDAYS FROM 10:00AM to 3:00PM, MARCH 19TH TO JUNE 18TH. * Please note there are no NLS/AEC classes on April 23rd & May 21st, 2011. (Fee: \$385)

C) BRONZE MEDALLION & BRONZE CROSS.

This Spring 2011 consecutive course is running WEDNESDAYS FROM 4:30-8:30PM, APRIL 6TH TO MAY 25T.

*Prerequisites:

-Candidates for Bronze Medallion must be 13 years of age (within 30 days of completion of the course). Please note: Candidates do not have to have completed Red Cross Level 10 to participate in Bronze Medallion.

-Candidates for Bronze Cross must have successfully completed Bronze Medallion.

Cost for Bronze Medallion & Bronze Cross: \$185 + GST

This price includes ALL fees.

For your information: The City of Edmonton charges \$92.90 per course (\$185.80 for both). However you will also pay \$49 + taxes (per course) for a manual fee and an exam fee.

Overall Cost Comparison: City of Edmonton Total Cost - \$283.80

Scona Pool Total Cost - \$185 + GST (\$194.25)

For more information or to register for any of these programs, please call: (780) 496-8756.

