

the belgravian

Jan/Feb 2013



Photo by Joyce Spicer

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Belgravia Community Hall:

11540—73 Avenue

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(BCL).

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

Between issues, and for links to other
resources discussed herein, visit:

www.belgraviaedmonton.ca

BCL is a member of the Edmonton
Federation of Community Leagues -

Belgravia Community Hall Renewal Project Needs Neighbours' Input

*Michael Cohen - Community Hall Renewal
Guy*

The new year marks the beginning of an exciting project for Belgravia: the renovation or replacement of our community league hall. Our existing hall has provided 60 years of excellent service, but requires extensive repairs and no longer meets the needs of our neighbourhood.

Planning and implementing the renovation or replacement of the hall will be a challenging undertaking for Belgravia, but is a great opportunity for our community to work together on a project

that will provide long-lasting shared benefits.

Anticipated improvements in the new hall include much better accessibility for disabled residents, more space, greatly increased energy efficiency, and facilities to meet the

particular needs of two major users of the hall: Belgravia Out of School Care (BOSC) and Belgravia Cooperative Playschool. The hall renewal is also an

opportunity to address related community needs, such as washrooms with outside access and storage space for gardening supplies. *Continued on page 3...*



<http://belgraviaedmonton.ca/issues-ideas/hall-renewal/>

from the editor's desk...



Apologies for the late January/February issue! With the holidays and time off at the beginning of the month, things have only now begun to feel normal again.

With the rest of North America complaining about -5 degrees celsius as though it were the cold wrath of the apocalypse, I have confidence that you hearty Belgravians can at least withstand down to -15 C (without wind chill) before you cry mercy!

As illustrated by our cover photo, there is no shortage of winter fun to be had in our glorious neighbourhood atop the river valley. Whether you're skating at the rink, sledding on the mini hill, or just out walking your dog or ambling to school - remember a proper coat, hat, scarf, mitts, and boots will enhance your enjoyment of the season!

Speaking of staying active, you will be pleased to see a great lineup of activities hosted by our Ever Active committee! Details can be found on page 6.

In other community news, our hall renewal update can be found on the cover; a rundown on proper recycling is on page 4; and councillor Ben Henderson shares some thoughts on growth in mature neighbourhoods like ours, on page 8.

Otherwise, I encourage you all to embrace the cold, sunny, and brown months ahead, until such time it is appropriate to venture out of doors with glaringly bright bare arms and legs.

Until then, I will assume that every heavily-scarfed and hooded individual I pass on 76th avenue is a friend!

advertising in the belgravian

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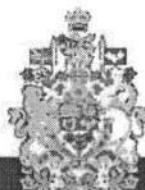
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Director-at-large	Dale Rowe	dale.rowe@belgraviaedmonton.ca

It's not too late!

Buy your BCL membership by contacting
membership@belgraviaedmonton.ca or call
Therese @ 780-436-1918.

Continued from page 1...

The Belgravia Community League has established a committee to lead the planning and implementation of the hall renewal project. The Belgravia Hall Renewal Committee (BHRC) is chaired by Kevin Taft, and consists of up to nine members with skills in fundraising, architecture, community outreach, and project management.

The hall renewal will take three to four years, from initial planning to completing construction. Most of the funding will come from municipal and provincial grants,

supplemented by casinos and other sources and events. The Belgravia Community League has already raised about \$200,000.

The first priority of the BHRC is to engage with the people of Belgravia, to help us all generate ideas for this project. Please complete a preliminary survey of the needs and interests of Belgravia residents (available at <http://belgraviaedmonton.ca/issues-ideas/hall-renewal/>).

There will be numerous additional opportunities for community input into the hall renewal project. Stay tuned!

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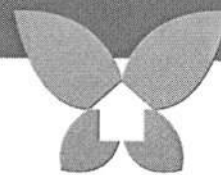


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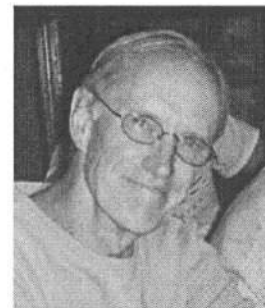
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Discards Discussed: Recycling Right in Edmonton

Julie Paquette, Environmental Program Specialist for the City of Edmonton's Waste Management Services

Edmontonians are great recyclers!

In 2011 they put more than 50,000 tonnes of recyclables out for collection in their blue bags and blue bins.

I've spoken to thousands of residents at Edmonton community events, ranging from newcomers who need basic recycling information to long time residents who meticulously separate out paper, cardboard, plastic containers, and other recyclables for the City's blue bag/bin program.

Yet frequently, my chats with residents reveal some common recycling errors. Even the most avid recyclers need an occasional reminder about what material can and can't be recycled in blue bags and blue bins.

It is important to "Know Before You Throw" because some of the items that residents mistakenly put in their blue bag or blue bin can cause breakdowns to the machinery at the City's recycling facility.

A quick reminder about what material is "Good to Go" in your household's blue bag or bin:

- Plastic & paper bags
- Bottles & other drink containers (caps off)
- Milk jugs
- Other plastic containers
- Cardboard
- Newspaper & writing paper
- Magazines
- Glass jars & bottles
- Aluminum containers/cans
- Tin cans


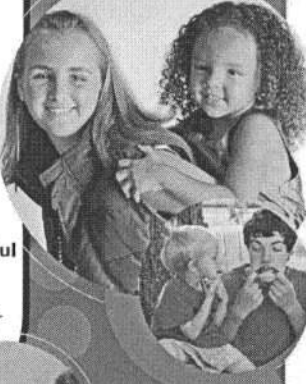
Continued on page 5...


EDMONTON


Babysitting Course
For ages 11 – 17 years
Learn what it takes to be a great babysitter! This well rounded course covers basic child care, first aid, safety, and introduces participants to the importance of play in a child's life.


Belgravia Community Hall
(11540-73 Avenue)
Sunday April 7, 2013
9:00 am – 5:00 pm
The course will be taught by a qualified instructor and will include role playing, brainstorming, and hands-on exercises. Certificates will be awarded upon **successful completion** of the program.
Participants are encouraged to provide their own lunches, pens & paper.

PROGRAM REGISTRATION INFORMATION:
Cost: \$65
Course Code: **490511**
Phone: 311 or
<https://ereg.edmonton.ca>
Space is limited – register now!





**Alberta Health Services**

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack
(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk
Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your 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 medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

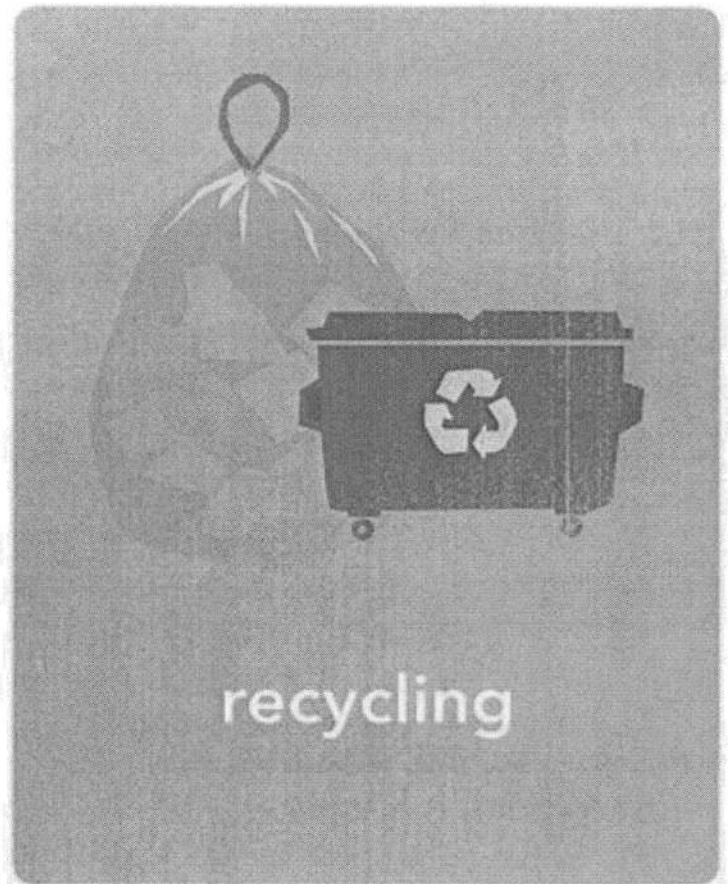
www.albertahealthservices.ca

Continued from page 4...

A list of items that "Don't Go" and can't be recycled in the City's blue bag and blue bin program:

- Computer cables, extension cords, Christmas lights
- Styrofoam and shredded paper (a bit of a "Doesn't Go" surprise for some residents)
- Large rigid plastic items like broken children's toys
- Disposable paper drink cups
- Scrap metal like small appliances and propane tanks (#1 unwanted item)

For complete details on recycling in Edmonton including a printable "What Goes Where" waste guide, go to the City of Edmonton's web site (www.edmonton.ca/recycling).



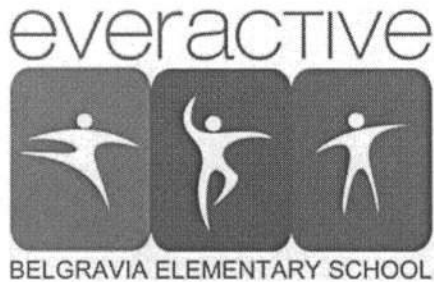
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Belgravia Elementary School's Ever Active Update

Kim Kelly, Ever Active Committee Chair



Well-wishes for 2013 and gratitude for your participation in our Ever Active activities! We now have more than 20 volunteers involved with implementing and operating over 30 initiatives. If you have skills that you'd like to share with our students and community, please contact me at rufkim@shaw.ca

Our GAMES afternoon, held in November, was fantastic fun. Children and adults participated in all kinds of games ranging from Mancala, an African board game, to chess, Chinese checkers, Gobblet, Busytown, Guess Who?, and several others. My highlight was watching the domino maze topple!

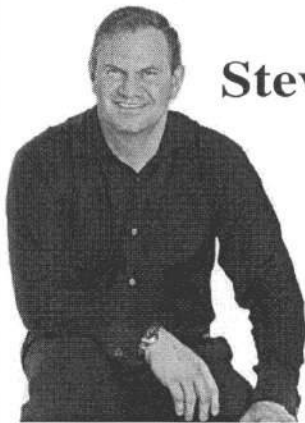
SKATING and TOBOGGANING, our December activity, was a great way to meet some new friends and

work off a few extra calories from Christmas goodies.

Upcoming events for January/February include:



- **10:10 BOOT CAMP:** Tuesday mornings at 10:10 to 10:40 a.m., starts Jan. 15th in the school gym (use front entrance). All adults welcome – community members, parents with tots, friends. Coffee follows at Gracious Goods Café for those interested.
- **RINK SKATING:** Public skate after school at 3:30 p.m.
- **ADULT WALKING GROUP:** 8:45 a.m. Monday and Thursdays, meet at SW doors of school, 1-1.5 hours, walk cancelled if colder than -20°C.
- **SCONA POOL SWIM:** Sunday, Jan. 27th from 2- 4 p.m., admission not covered



Steve Young, MLA

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Phone: 780-427-1879 Fax: 780-415-0968

edmonton.riverview@assembly.ab.ca

Kids' Dance Party!

**Sunday, March 17
1-3 p.m.**

Belgravia Community Hall

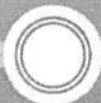
Featuring D.J. Jack from Grade 4

Come and learn a dance to Party Rock Anthem!





Winter at the sled hill, photographed by Joyce Spicer



Morning Movement

(Hatha with Flow)

M,W,F 9-10:15

Afternoon Lift

(Vinyasa flow)

M,W 3-4:15

Relax & Renew

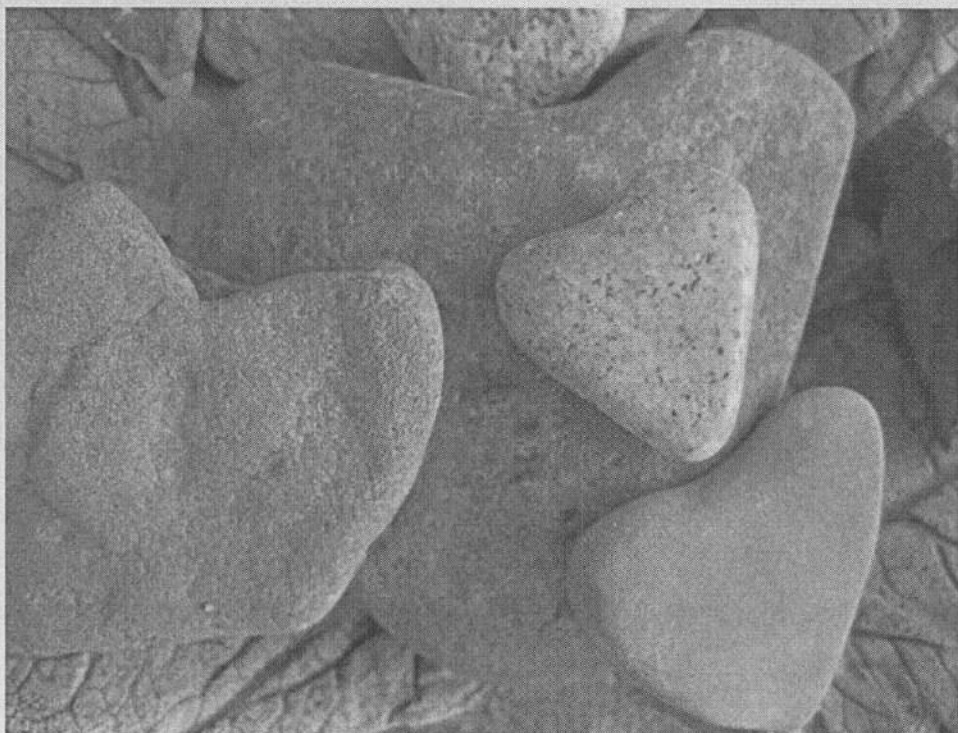
Th 5-6:15

Saturday Rejure

9:15-1030

*Classes are ongoing @15\$ ea; you
can mix and match classes &
join at any time with a
commitment of 10 classes*

*Unite
mind, body, breath
Be*



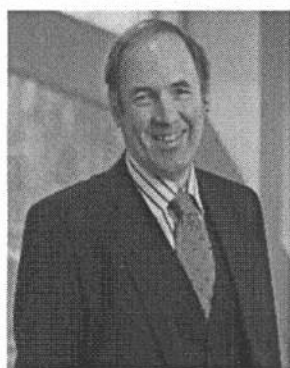
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Managing Growth in Mature Neighbourhoods



Ben Henderson, Ward 8 Councillor

How do we enable residential growth while keeping the traditional character of our mature neighbourhoods?

There has been much discussion of late about the desire to encourage residential growth within Edmonton's existing neighbourhoods rather than continue the pressure to expand into undeveloped farmland on our periphery. To do this we need to find ways to encourage infill growth that is in keeping with the mature neighbourhoods of our city.

Although many people support the idea of increasing the density within our existing city, when change happens next door it can still be alarming. The Mature Neighbourhood Overlay (MNO) was created to ensure that resident development in mature neighbourhoods follow the traditional character and design of the surrounding area.

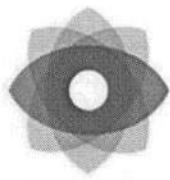
The Residential Infill Guidelines (the "Guidelines") provide direction to developers, communities, City administration and City Council about new residential development in established neighbourhoods. The

Guidelines do 2 things, they set out where increases in density will be allowed, and they create design criteria to make sure that when, say, semi-detached houses and townhouses are allowed, they follow a set of architectural rules that will ensure that they fit in well with their existing neighbours. Both of these documents were built on substantial consultation with communities.

Although the City has been following the MNO and Guidelines for the past few years, they have never been built into the zoning bylaws. Proposed changes to our zoning bylaw will mean that many of the provisions of the Guidelines will now be enshrined in the bylaw.

The proposed changes also offer another new option: Instead of having to build a duplex or semi-detached home on a single lot, you can take that same 50 foot lot and subdivide it and build two single detached houses. This option will allow residential growth in existing neighbourhoods (particularly friendly to young families) while maintaining the single detached character of mature neighbourhoods. There also are a number of other changes designed to encourage sensitive infill without jeopardizing what makes the neighbourhoods special to begin with.

As always you can contact me at 780-496-8146 or ben.henderson@edmonton.ca.



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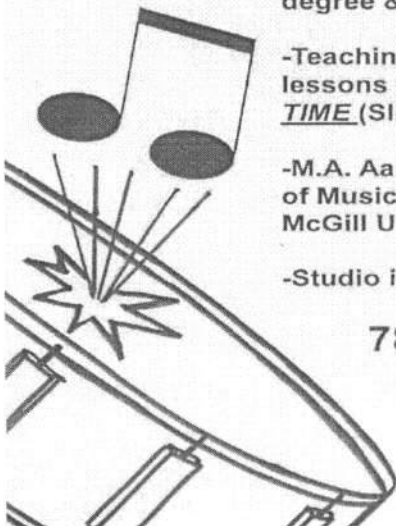
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