



Belgravia Community League

11540 73 Avenue NW
Edmonton, AB T6G 0G1

Mailing address:

P.O. Box 52202
Edmonton, AB T6G 2T5

Contact us:

Email: info@belgraviaedmonton.ca
Phone: 780-437-1866

Hall host hours:

Mondays 6 – 8:30 pm
Tuesdays 7 – 10:30 am
Wednesdays 10 am – 2 pm
Thursdays 10 am – 2 pm
Fridays 10 am – 1:30 pm

Visit us online:

@belgraviaYEG (twitter)
belgraviaedmonton (facebook)
<https://www.belgraviaedmonton.ca> (website)

Next Submission Deadline:

October 18, 2019

Advertise in the belgravian:

adsmanager@belgraviaedmonton.ca

Banner Photo: BBQ line up at Community League Day BBQ & Membership Drive, September 21. More BBQ pictures on pg. 10!

Upcoming Events...

37th Annual BCL Pumpkin Party...pg. 4
Sunday 27th October, 2-4 pm

Made in Belgravia: Lunch-Kit Club

Kaitlyn White, Belgravia's own award-winning & NAIT culinary trained food enthusiast is sharing her expertise for a Lunch-kit Club's kick off event: *Friday's Lunch* on Thursday, **October 24**, 2019 for students from kindergarten to grade six.

Come learn to plan, cook, portion and bake at the BCL upper hall from 3 pm – 5:00 pm. Parents of younger children (K-Grade 2) are encouraged to attend with their child.

Participants will go home with a lunch for Friday, their next school day, that is not only delicious & fun to make but one that is Canada Food Guide 'proofed' too.

If there is enough interest in this session, we'll look forward to future food festivities for kids at the hall.

Register by October 21, 2019 to Jeanette at mib@belgraviaedmonton.ca letting her know: 1) your age 2) if you have any allergies 3) your 'culinary curiosities' i.e., what you are interested in cooking?

Class fee: \$10 (pay at the door on October 24)

2019/2020 BCL Board & Committees Contacts		
President	Cory Dawson	president@belgraviaedmonton.ca
Vice President		vicepresident@belgraviaedmonton.ca
Past President	Michael Cohen	pastpresident@belgraviaedmonton.ca
Secretary	Samantha Graham	secretary@belgraviaedmonton.ca
Treasurer	Greg Jones	treasurer@belgraviaedmonton.ca
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Director at Large	Kevin Taft	director1@belgraviaedmonton.ca
Director at Large	Christina Lau Hoang	director2@belgraviaedmonton.ca
Director at Large	Barry Edgar	director3@belgraviaedmonton.ca
Planning & Place Director	Marcel Huculak	planning@belgraviaedmonton.ca
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Keillor Point Committee	Roger Laing	keillor_point@belgraviaedmonton.ca
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Made in Belgravia	Jeanette Boman	mib@belgraviaedmonton.ca
Abundant Community Committee	Cameron McGregor	programs@belgraviaedmonton.ca
Pumpkin party, Casino	Reg & Jane Norby	norby@shaw.ca
Belgravia Playschool Chair	Charise Sherwin	playschool@belgraviaedmonton.ca
Belgravia Playschool Teacher	Monika Fouad	playschool@belgraviaedmonton.ca
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Hall rental coordinator	Jeanette Boman	hallrental@belgraviaedmonton.ca
Rink manager	Simon Gosgnach	rinkmanager@belgraviaedmonton.ca
Arts park team leader	Kathy Goble	facilities@belgraviaedmonton.ca
Community Connections		
Neighbourhood Resource Coordinator	Kate Russell	kate.russell@edmonton.ca
Belgravia Elementary Liaison		info@belgraviaedmonton.ca
U of A community consultation		info@belgraviaedmonton.ca
Belmac Soccer Coordinator	Carley Haynes	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

Board Update

New & Returning Board Members:

At our August Board meeting, we voted in a new secretary – Samantha Graham – welcome to the board!

Barry Edgar has re-joined the board (previously the treasurer) to chair the Belgravia History Book Committee.

Membership:

I've been hard at work planning the 2019-20 membership drive. We are selling memberships as residents sign up for programs and sold approximately 120 memberships at the BBQ on September 21! Our dedicated crew of volunteer canvassers will begin our door-to-door campaign in late September. We would love to surpass the record 450 memberships sold last year! We are also excited about the BCL's new policy to provide a one year complimentary membership for new residents of Belgravia.

New BCL Project:

Over the summer, a new committee was created: The Belgravia History Book Committee...

Did you know that University Avenue runs parallel to the river? That a creek used to flow down what is now Belgravia road? That the Belgravia Community League was founded in 1954 and the first Community League hall was built at the same time as Belgravia School? I learned all this and more now that the Belgravia History Book Committee has begun work. It's fascinating stuff! We will be looking for Belgravians to interview for their stories. Maybe it's you? Maybe you want to join the committee? If so, contact Barry Edgar at: director3@belgraviaedmonton.ca

Communications:

We've been looking for new articles to include in the newsletter - this month we have

organized a new feature: an update from Belgravia Playschool (see pg. 4)! Do you have any ideas for articles you would like to see in the belgravian newsletter?

Do you know a neighbour who would be interested in being featured in our popular 'Meet Your Neighbour' article? Or are you a keen writer interested in interviewing & writing an occasional 'Meet Your Neighbour' article? Do you have photos taken in-and-around the neighbourhood you would like to share?

Please email Imogen at communications@belgraviaedmonton.ca

Past President:

Now that I've passed into the past, I'm enjoying helping out here and there. One project I've been looking into is the BCL's next strategic planning process. Our last strategic planning, completed in 2011, was very successful. Important goals were set and then achieved.

Programs:

Current programs - Our fall programs started the week of September 16 to 20 with four fitness (Strength and Stretch, Mat Yoga, Chair Yoga and Fit for Life), two arts (Soapstone Carving, Experimental Watercolour) courses and two clubs (Knitting and Walking). The hall also hosts Sport Ball, Bootcamp and Guides. See pg. 6 for more details! If you are interested, there is still time to register! Please email Cam at programs@belgraviaedmonton.ca

New programs –

- Anita Nawrocki is starting an Arts and Crafts drop-in in the Community living room. See pg. 7 for more details.
 - Hit That Jive Productions are back this Fall with four swing dance sessions on Friday evenings (Oct 18, Nov 15, Dec 6 & Dec 13)
 - Swing Out Edmonton will be teaching a series of swing dance lessons in the upper hall on Thursday evenings starting September 26 through to November 21
- More details about these sessions on pg. 6


Belgravia Playschool Update

At playschool, we picked apples and learned how to eat a whole apple: all around and around till only the core is left! We also baked yummy apple/cinnamon buns!!



Come Celebrate Our Belgravia Community League's **37th Annual** **PUMPKIN PARTY**

 **Sunday, October 27 2 - 4 pm**
 **BELGRAVIA COMMUNITY HALL** 

 ***All Belgravia Community League Members Welcome***

Free Pumpkins for Families in Costumes!

*****Please bring your own carving utensils!!*****

Pumpkin-for-"Two-Toonies" for those not in costume or non-members

*** Community League Memberships Available at the Party ***

Costume Parade/Carvin' Fun-for-All/"Apple-Bobbin"/Games

Sustainability Updates

At the BBQ:

Our sustainability initiative at the BBQ went really well! Our aim was to stop using single-use disposable plastic dinnerware (such as utensils, plates & cups). Thank you to everyone who helped support this initiative! With a mix of bring your own plate & the plates at the hall – the waste from the event was drastically reduced! This whole concept wouldn't have been possible without the donations to the hall – so thank you again!



Bus boxes at the clean up station ready to receive BCL dishes

To make sure the event ran smoothly (and in case of shortages), we had a few disposable backup items (compostable products e.g. cutlery made from corn, paper cups from sustainable forests with compostable lining). The napkins used were made from recycled paper.

In the future we are also hoping to phase out using water in plastic bottles. As an alternative, we tried using two drinks dispensers (one with water & one with juice) – these were very popular! The bottles used at the BBQ were donated to the Belgravia School & Playschool Bottle Drive.

We also wanted to hear your thoughts about where you would like to see BCL take sustainability in the future and are really excited that there is so much enthusiasm in the community to try and lower our impact on the environment.

If you have any suggestions please email Imogen at communications@belgraviaedmonton.ca

New Sustainability Initiative: Used Pen Recycling

BCL is now participating in a pen recycling program through Staples. This program diverts pens from landfill and instead pens are recycled into new products! Accepted items are:

1. Pens and pen caps
2. Mechanical pencils
3. Markers and marker caps
4. Highlighters and highlighter caps
5. Permanent markers and permanent marker caps
6. Dry erase markers and marker caps

These items can be dropped off at the hall during hall host hours!

Bee Hotel Update:

Bee hotels were installed in the Arts Park this Spring – we are excited to see that bees have found these hotels – and have laid eggs in many of the tunnels! Bees cap the tunnels with grass, wax, resin, straw or mud.



Do you have a bee hotel in your garden? Share a picture with us – email communications@belgraviaedmonton.ca

Fall 2019 BCL Programs at the Hall
Register with programs@belgraviaedmonton.ca

Program/ Location	Day/Dates	BCL Member/ Non-member Fee
Strength & Stretch Leader: Tara Mayne Location: Lower Hall	Mondays 11 am - 12 pm Sept 16 – Dec 16 (No class Oct 14, Nov 11)	\$120/140 Drop ins: \$15/20
Soapstone Carving Leader: Pat Galbraith Location: Upper Hall	Mondays 7 - 9 pm Sept 16 – Dec 16 (No class Oct 14, Nov 11)	\$120/140 No drop ins
Arts & Crafts Drop in Location: Community Living Room	Mondays 12.30 - 2.30 pm Oct 21 – Dec 16	BCL or Associate Membership
Morning Mat Yoga Leader: Elise Ure Location: Upper Hall	Tuesdays 10.20 – 11.20 am Sept 17 - Dec 3	\$120/\$140 Drop ins: \$15/20
Morning Chair Yoga Leader: Elise Ure Location: Lower Hall	Tuesdays 11.30 - 12.30 pm Sept 17 - Dec 3	\$120/\$140 Drop ins: \$15/20
BCL Knitters Location: Community Living Room	Tuesdays 7 – 9 pm Ongoing	BCL or Associate Membership
Belgravia Walking Club Location: Upper Hall reception	Wednesdays 10 am About 1 hr walks	BCL or Associate Membership
Exploring Experimental Techniques With Watercolour Leader: Pat Galbraith Location: Upper Hall	Wednesdays 1 - 3 pm Sept 18 - Dec 4	\$120/\$140 No drop ins
Morning Mat Yoga Leader: Elise Ure Location: Upper Hall	Fridays 10.20 – 11.20 am Sept 20 - Dec 6	\$120/\$140 Drop ins: \$15/20
Fit for Life Leader: Elise Ure Location: Lower Hall	Fridays 11.30am – 12.30 pm Sept 20 - Dec 6	\$120/\$140 Drop ins: \$15/20
Neighbour to Neighbour: Leader: Dr. Dilini Vethanayagam Location: Upper Hall	Next session Friday November 22, 7pm – Heart Disease	BCL or Associate Membership

Fall 2019 Other Programs at the Hall

Program/ Location	Day/Dates	Fee	Register With/More information...
Guides Leader: Tonya Wolfe Location: Lower Hall	Mondays 6.15 – 8.15 pm Starting September	Contact Tonya Wolfe	tonya.wolfe@gmail.com
Bootcamp Leader: Caitlyn Banks Location: Lower Hall	Tuesdays 8.30 – 9.30 am Sept 10 – Oct 15	\$90	caitlinbanks@gmail.com
Swing Dance Leader: Hit that Jive Productions Location: Upper Hall	Fridays 7.30 – 11.30 pm Oct 18, Nov 15, Dec 6, Dec 13	\$15 (lesson & dance); \$10 (dance) \$2 d/c for seniors & BCL members	www.hitthatjive.ca
Swing Dance Lessons Leader: Swing Out Edmonton Location: Upper Hall	Thursdays 6 – 9 pm Sept 26 - Nov 21	See website	www.swingoutedmonton.com

Abundant Belgravia

Abundant Belgravia is focused on developing neighbourly connections in our community. The initiative is promoted by the City and is currently promoted in about half the community leagues in Edmonton.

There are two main parts to the initiative:

1. A support team that shapes the initiative to our community and who help recruit block connectors for each block (we have 49 blocks).
2. The block connectors who connect with neighbours and have three key roles: point person, party person and listener

BCL approved the initiative in May, this year. So far we have developed a support team including Ruth Craig, Barry Edgar, Olive Yonge, Cam McGregor and David Ridley. We have recruited block connectors, discussed the initiative with key people in the City and in our community. We held a meeting in July to inform people about the initiative and will be providing more meeting links in the next month or so.

12 block connectors have been recruited so far. They will be going to the doors of their neighbours on the block to introduce themselves, to discuss the block and our community with them using a brief questionnaire and to arrange some time so that all the neighbours on a block can get together.

If you would like to be involved please email Cam at programs@belgraviaedmonton.ca.

Green Shack in Belgravia this Fall!

October 12 – November 8*
Tue & Thu: 3:30-6pm
Sat: 1-5pm

*may be cancelled on October 12 & 26 if temperature is below -23

Belgravia Arts and Crafts Drop-in Sessions

Join us to chat, visit and laugh while working on your creative art/craft project of choice!

Every Monday, from October 21st until Monday, December 16th (Will continue if enough interest.)

Location: Community Living Room in BCL Upper Hall

Time: 12:30 pm – 2:30 pm

Cost: Free with BCL or Associate Membership

Restriction: No oil paints (due to odour)

Come and sort photos for a scrapbook, finish your painted masterpiece or try your hand at pencil crayons.

This will be a welcoming, encouraging and accepting environment to create in.

FREE DROP-IN FALL GREEN SHACK



LOCATION	DATES	DAYS & TIMES
Belgravia 11540—73Ave	October 12—November 8	Tues & Thurs: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the fall months. Join us three days a week and you will get active and experience crafts, games, outdoor cooking and more!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:
edmonton.ca/Greenshacks or call 311.

GET IN TOUCH WITH US
@GreenShacks
Greenshacks@edmonton.ca

Community League Spirit
efcl.org



Volunteer Opportunity: Occupational Health and Safety Officer

The BCL is looking for an Occupational Health and Safety (OHS) volunteer to lead our compliance program. Organizations like the BCL need an OHS program to protect the safety of volunteers, program instructors, and program and event participants.

In consultation with the board of directors, the OHS volunteer will design and implement the BCL's compliance program. There may be a greater time commitment at first, then a reduced commitment to maintain the program. Extensive resources to guide the volunteer are available from the Government of Alberta and the Edmonton Federation of Community Leagues.

For further information, please contact Cam McGregor at programs@belgraviaedmonton.ca

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Neighbour to Neighbour

One of our neighbours, Dr. Vethanayagam (Dilini), introduced the neighbour to neighbour series with the first of five health talks at the Belgravia Hall on September 20th – this talk was about self-advocacy. About 25% of Belgravians are seniors and 12% are over the age of 75, so the topic was particularly important to many of us. Dilini is a physician, an Associate Professor in Medicine and Dentistry and a member of the U of A Senate. The Senate's purpose is reaching out into communities close and far. She and her family live in Belgravia.

We spoke about four key elements for self-advocacy in today's Canadian health system (vastly different than the US system):

1. Primary Care – this is key to having proper access to the health system. A good relationship with a primary care practitioner (i.e. a family physician or sometimes a nurse practitioner) whom you can see regularly helps in *maintaining wellness*, and as they get to know you in effect you have a health care worker who is an advocate for you - someone that knows you and that you trust.
2. Summary page – this one page outline of your different health care providers and medical issues. It can help for instance if you go to emergency and cannot speak for yourself.
3. If you have chronic conditions, consider wearing a medic-alert bracelet or equivalent.
4. Goals of Care (in a “green sleeve”) is useful and anyone within AHS can help you find out. Keep it in a place that is easy to find like on the fridge door.

We appreciated her taking the time and interest to inform us of these necessary parts to our self-advocacy within our local health system.

Our next topic will focus on common heart conditions in the elderly like coronary arterial disease/angina, hypertension and chronic

heart failure. Dr. Ross Tsuyuki (PharmD) and Dr. Michael Chan (Cardiologist), both from Belgravia, will be speakers. Please mark **Friday, November 22nd** at 7pm on your calendars! (Rides are an option – let us know a week ahead of time if you need one)

We hope to pair these talks with the Campus Food Bank (located in SUB) as the number of undergraduate and graduate students along with their families needing to use the food bank is rising. Drop offs to the SUB location are an option, as is having food ready for their canvassing day when they will come to our neighbourhood on October 26th.

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Has concert/recital space for music teachers and students

- Yamaha C2 Grand Piano
- Beautiful, intimate setting with seating capacity of 150
- Good acoustics
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- Intermission/reception space available

For more information, please contact David Cass

(d.cass@ualberta.ca)

The Proctor Team's

4TH 
Annual
**PUMPKIN
GIVEAWAY**



You're invited!
SUNDAY, OCTOBER 6TH
9 AM to 1 PM
Parkallen Community League
6510-111 Street

**EDMONTON
FOOD BANK EVENT**
Please bring a food or
cash donation



Join the **Proctor Team** Sunday, October 6th
from 9am to 1pm for an Edmonton Food
Bank Event!

In support of the **Edmonton Food Bank**,
we will be collecting any food or monetary
donations you wish to give.

Pick a pumpkin, be sure to take a free
family photo, enjoy a pancake breakfast
and face painting for the kids!

**Help us make this our best
Food Bank Drive ever!**

**Proctor
team.**



**DEVONSHIRE
REALTY**



BCL Community League Day BBQ

What a successful BBQ and membership drive on Saturday 21st September! The warm & sunny weather was a perfect setting for over 250 neighbours of all ages to gather together in the spirit of community! Lots of fun was to be had with all the outdoor activities including soccer, slacklining, ladder ball, sidewalk chalk & bubbles. Delicious burgers and hotdogs were served at the BBQ & the potluck dessert table was laden with a variety of desserts including brownies, cookies, pies, fruit & cupcakes. So many desserts were brought that we had to expand to two and a half tables & not a crumb was left by the end of the evening! The evening was rounded off with some great door prizes whilst geese flew overhead! A huge thank you to all the volunteers who made this event such a success, from the event planners (who started in July), the BBQ team (who organized the BBQ supplies, setup & cooked on the day), the sustainability team (who worked out how to run an event without single use plastics & ensured there was a constant supply of dishes & mugs on the day), to the volunteers who worked on the activities, the potluck table and set up & clean up. And thank you to everyone who came and spent time catching up with old friends and making new ones!

