

the belgravian

March 2020



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 pm
Tuesdays 7 – 10:30 am
Wednesdays 10 am – 1 pm
Thursdays 10 am – 1 pm
Fridays 10 am – 1 pm

Visit us online:

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

Next Submission Deadline:

March 20, 2020

Advertise in the belgravian:

adsmanager@belgraviaedmonton.ca

Banner Photo: Sculpture in the Arts Park

Upcoming Events:

Made in Belgravia Session in March:

Kid's Lunch-kit Club

March 12th, 3-5 pm. See pg. 4

Belgravia Playschool Open House

March 12th, 5-6pm. See below



Belgravia Co-operative Playschool Open House

March 12th, 5-6pm

Please join us on March 12th, 2020 from 5-6 pm at Belgravia Community Hall. The Playschool teacher Ms. Monica will be there to meet and greet and answer questions that parents may have. There will also be parents there volunteering. Light snacks and refreshments provided!

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
Membership Director	Susan Andrew	membership@belgraviaedmonton.ca
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
Transportation Committee	Jordan Hoffart	transportation@belgraviaedmonton.ca
Communications Director	Imogen Sellman	communications@belgraviaedmonton.ca
Website administrator	Tim Janzen	webmaster@belgraviaedmonton.ca
Facebook administrator	Jonathan Chan	facebook@belgraviaedmonton.ca
Belgravian ads manager	Lena Jones	adsmanager@belgraviaedmonton.ca
Belgravian distribution team leader	Susanne Rowe	communications@belgraviaedmonton.ca
Programs Director	Cameron McGregor	programs@belgraviaedmonton.ca
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
Facilities Director	Brendan Hemens	facilities@belgraviaedmonton.ca
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	Cory Dawson	info@belgraviaedmonton.ca
U of A community consultation	Sean Gerke	info@belgraviaedmonton.ca
Belmac Soccer Coordinator	Carley Haynes	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

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(780) 802-8364  golbyfamilyfarm@gmail.com

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- Good acoustics
- Proximity to U of A Campus
- Intermission/reception space available

For more information, please contact David Cass
(d.cass@ualberta.ca)

FAQs about BCL Membership:

Why should I purchase a BCL membership?

Does your family use the ice rink? Do your kids play community soccer or sportball? Do you like to attend the BCL events or programs at the BCL Community Hall? Would you like to rent the hall for an event? Membership benefits include use of the Belgravia ice rink, BCL member rate for programs at the Hall, BCL Hall rental privileges, participation in children's City of Edmonton programs, and 10% discounts on annual and multi-admission passes and memberships at City of Edmonton recreation facilities.

Another important benefit of purchasing a membership: a large membership gives the BCL Board a stronger voice when representing our community's interests with the City of Edmonton about traffic, transit, parking, densification etc.

What is the membership cycle?

Memberships are good from August to August of the following year; approximately the same as the school calendar if that helps you remember.

How do I know if I have renewed my membership for this year?

If you have a membership card, the 2019/2020 memberships start with 19- followed by a 5-digit number. If you aren't sure if you renewed or not, or can't find the card, just email me at membership@belgraviaedmonton.ca and I will check the database and let you know.

How do I purchase or renew a membership?

Our door to door campaign is over but you can still renew:

1. Online at <https://efcl.org/membership/> (\$5 surcharge).
2. At the community hall during hall host hours
(see belgraviaedmonton.ca/about-belgravia-community-league/hall-host-team/ for hours)
3. When registering for a program offered at the hall (programs@belgraviaedmonton.ca)
4. When renting the hall (hallrental@belgraviaedmonton.ca)
5. Or contact me at membership@belgraviaedmonton.ca

We can arrange for you to leave cash/cheque in your mailbox and I'll drop off your membership card.

How many memberships have been sold?

To date, 390 memberships have been sold. Please help us reach our goal of 450!

Remind me of the membership fees again please.

\$35 for a family, \$20 for an individual, \$15 for a senior (individual or couple).

Memberships are complementary to individuals new to Belgravia this year.

I have a membership but I am not receiving the emails (a.k.a. e-blasts) of BCL news.

Why not?

Please contact me at membership@belgraviaedmonton.ca and I can check that we have your most up to date email address correct in the database.

Programs Update

Programs include the classes, events and one-off lectures and discussions at our community league. In this edition of the newsletter, you will see our spring programs for 2020 on pg. 5. Why not consider taking a few? It is great to take these classes with neighbours at a location that is central in our community. You won't miss driving outside our community 😊

In this article, I would like to provide a current status of the Program portfolio in Belgravia.

Classes

We have many types of fitness classes provided by the League to suit all fitness levels. The classes are great fun and enjoyed by many residents of our community.

We also have an exceptional soapstone carving class lead by Pat Galbraith. Last fall she also lead a successful Experimental Watercolour program. We are going to give that program a rest this term and maybe run this again in the fall.

As a not-for-profit, the aim is for BCL programs to run at a break-even level. Usually classes need about 7 participants signed up for them to break-even. After a slight deficit in the Fall, registration has increased over the Winter so we are on track for a successful year of programs!

Events

Christina Lau-Hoang, a director-at-large on the board, has taken the lion's share of this part of the program portfolio. We recently held a Friends and Family Day with a very popular Jiggs dinner suggested and cooked by Kaitlyn White-Keyes and her husband Tyler. See more about the event on pg. 9 & photos on pg. 10.

The next large community event will be our Annual General Meeting in June.

Talks and Initiatives

Dilini Vethanayagam has been active in developing our Neighbour to Neighbour program focused on health and community issues. At the end of January, she organized a session on fall prevention with Angela Juby and Gwen Berden (a summary article is on pg. 6). The session was well attended including neighbours from Windsor Park and Lendrum.

Abundant Belgravia, an initiative focused on growing our neighbourliness in Belgravia will be ramping up this spring. If you have an interest in being a block connector or in helping with this initiative, please give Cam McGregor a note at programs@belgraviaedmonton.ca

Summary

The focus of the Programs portfolio in our community is in the development of programs and initiatives that contribute to a neighbourly community. If you have comments or suggestions please send them to programs@belgraviaedmonton.ca

Made in Belgravia Session in March: Kid's Lunch-kit Club

Join Kaitlyn White-Keyes for our third lesson for developing culinary life skills in our *Lunch Kit Club* series. Kids will take home a balanced meal that includes homemade pizza pockets and a crumble & fruit salad for their Friday lunch.

When: Thursday, March 12, 3 – 5 pm

Where: Upper BCL Hall Kitchen

For: Elementary School aged children (Parents of K-Grade 2 children are encouraged to attend with their child) Any allergies or dietary restrictions will be accommodated.

Class fee: \$10 per child (pay at the door on March 12)

RSVP by March 9 to Made in Belgravia (mib@belgraviaedmonton.ca) with your child's name, age and any dietary concerns.

Spring 2020 BCL Programs at the Hall

Please let Cam know if you would like to register for a program by emailing
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 March 30 - May 25 (no class April 13, May 18)	\$84/\$104 Drop ins: \$15/20
Soapstone Carving Leader: Pat Galbraith Location: Upper Hall	Mondays 7 - 9 pm March 30-June 15 (no class April 13, May 18)	\$150/170 No drop ins
Morning Mat Yoga Leader: Elise Ure Location: Upper Hall	Tuesdays 10.20 – 11.20 am March 31-June 2	\$120/\$140 Drop ins: \$15/20
Morning Chair Yoga Leader: Elise Ure Location: Upper Hall	Tuesdays 11.30 am - 12.30 pm March 31-June 2	\$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 Entrance	Wednesdays 10 am About 1 hr walks	BCL or Associate Membership
Nia Aerobic Dance Class Leader: Kirsten Bartel Location: Lower Hall	Thursdays 7 - 8 pm April 2-June 4	\$120/140 Drop ins \$15/20
Morning Mat Yoga Leader: Elise Ure Location: Upper Hall	Fridays 10.30 – 11.30 am April 3 to June 12	\$120/\$140 Drop ins: \$15/20
Fit for Life Leader: Elise Ure Location: Upper Hall	Fridays 11.30 am – 12.30 pm April 3 to June 12	\$120/\$140 Drop ins: \$15/20

Strength & Stretch

Increase your cardiovascular stamina & muscular strength. A variety of low impact exercises & a range of movements are used to enhance daily living skills (chairs are used for support)

Mat Yoga

Improve your flexibility, balance and strength with this fun Hatha based class suitable for all levels!
Options provided for each posture to suit your level in a friendly & welcoming environment!

Chair Yoga

Improve your flexibility and balance with foundation yoga postures adapted to be seated or standing (using a chair support) in an environment with community relations and friendship!

Nia Dance

A great cardiovascular workout combining a mix of dance, martial arts, and healing arts such as yoga. Improve your flexibility, agility, mobility, strength, and stability. With three options of intensities offered in each class – you can pick the right level for you!

Fit for Life

This class is a great way to improve your overall fitness! Focuses on increasing strength and conditioning and uses small portable equipment (e.g. weights - provided. Chairs used for support).

Neighbour to Neighbour Discussion – Fall Prevention

We had an excellent presentation on falls on January 31st from:

- **Dr. Angela Juby**, Geriatrician and Associate Professor at the University of Alberta
- **Ms. Gwen Berdan**, Occupational Therapist in Geriatric Mental Health, Covenant Health



There was quite an interest in the topic. Here are some of the highlights of the discussion:

- Walking on ice is difficult – keep flat-footed with your feet angled like a penguin
- There are a lot more falls and fractures in winter months. You should consider using grippers, walkers and canes
- There is a very good site by Osteoporosis Canada <https://osteoporosis.ca/> which includes a calcium calculator, exercise for healthy bones

Many of us fall in the bathroom from light-headedness or slipping on liquids.

- When going to the bathroom at night sit up on your bed and let your blood pressure adjust for a minute before getting up
- Sit down to use the toilet.

There are several fall prevention programs such as:

- Gentle fitness programs on the TV such as Sit & Be Fit on PBS
- Strength training at local places such as our community hall & other local centers

- One option if you have beautiful but slippery floors is to put puff paint- available at Health stores - on your sock bottoms to roughen the bottom of your socks to prevent slips.

Thanks to Dilini Vethanayagam for coordinating this series for our community.



City of Edmonton Public Engagement Opportunities

edmonton.ca/surveys

Public Washrooms Survey

Ongoing through Jul 11, 2020, 11:55pm
The City of Edmonton is currently making efforts to improve its public washrooms and is looking for feedback from those who have visited and used these facilities. This survey should take less than 5 minutes.

Assessment Customer Satisfaction Survey

Ongoing through Mar 17, 2020, 11:55pm
The City of Edmonton's property assessment team strives to deliver timely, accurate and understandable assessment services.
As part of this ongoing commitment, we ask property owners to take about five minutes of your time to provide your thoughts and opinions on the services and information you receive about property assessment.

311 Reduced Hours

The hours for 311 have been reduced from 24 to 12 hours a day. The new hours are from **7am to 7pm**, seven days a week (closed statutory holidays).

More information at edmonton.ca/311

BCL Solar Energy Generation

Belgravia is fortunate to have some wonderfully visible measures actively reducing our energy consumption - our Community Hall's solar panels being a prominent example!

In the two years since they came online, we've generated 30 megawatt hours of electricity, saving 22 tonnes of carbon dioxide equivalent emissions. That's equivalent to saving 1,111 trees or eliminating 91,579 lights.

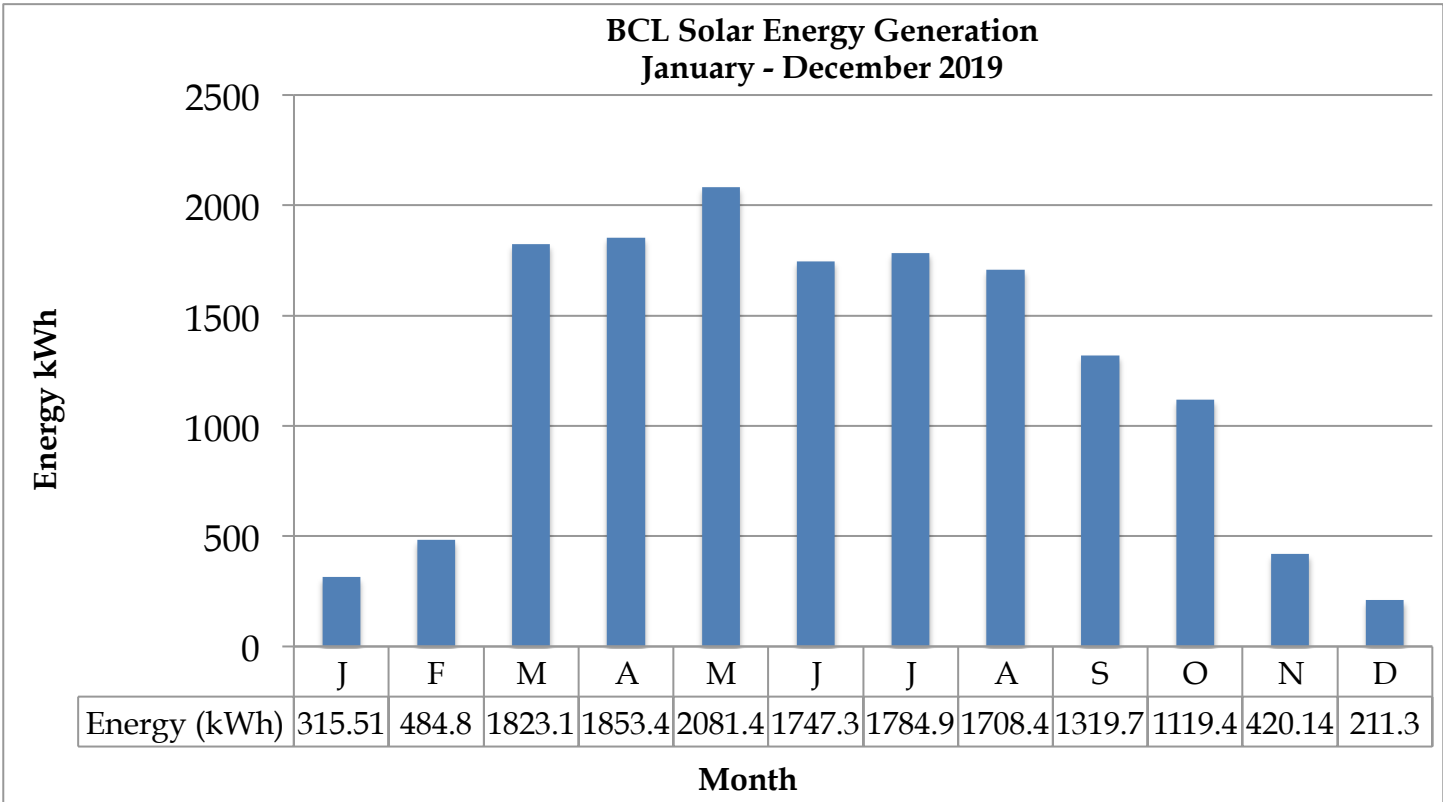
Don't take my word for it - check for yourself at <https://belgraviaedmonton.ca/solar/> ! We've made the solar panel dashboard available there. You can see how much electricity the panels are generating in live time, and how much energy we've saved to date.

Is it performing well? It's operating at about 83% of what was forecast when the panels were funded through the Alberta Municipal Solar Program. That's to be expected - forecast calculations have to make assumptions regarding numerous factors, and weather plays a role. A few more years will tell the tale.



For residential Belgravians, while the province has ended Energy Efficiency Alberta's solar incentive programs, the City is offering \$0.40 per watt for residential solar installs (about 15% of the cost). Check out the city's website, <https://change4climate.ca> for more information.

If you think the panels aren't generating electricity over the winter, guess again! You can see generation peaks on the website in the early afternoon this time of year. Edmonton is one of Canada's sunniest cities, and an ideal location for solar generation.



Call for Story Contributors - Edmonton's History or Cultural Heritage (to Mar 31)

Are you passionate about Edmonton's history or cultural heritage? Do you enjoy writing, researching, or storytelling? Is there a story from our city's past or your past in the city that you want to share with Edmontonians? Then contribute your history or heritage story to the Edmonton City as Museum Project (ECAMP).
citymuseumedmonton.ca

Our family are residents of Belgravia, we are renters. We love this community and we would like to build a skinny house in Belgravia. We are interested in purchasing a 55-60 ft lot and splitting it with another family. We are doing this to build our own family home. We are not realtors or speculators or developers. If you would be interested in splitting a lot with us please contact us. Tel: 780-249-0392
Email: dkawulich@gmail.com



Heather McPherson
Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
10045 81 Ave T6E1W7



heather.mcpherson@parl.gc.ca
Follow on

Visit my website at www.heathermcpherson.ndp.ca



2020 Wednesday Night Speaker Series at EPL – Strathcona Branch (Free)

Talking Archaeology: World Prehistory, Dismantling Civilizations
7:00 pm – 8:30 pm
Second Wednesday of Every Month

Come learn more about Alberta's history and rich archaeological heritage. This series is put on by the Edmonton Centre chapter of the Archaeological Society of Alberta -- the northernmost chapter in the region. This year's series is going on a tour of World Prehistory where we will be dismantling "Civilizations."

On the Edge: Emerging Scholars
7:00 pm – 8:30 pm
Third Wednesday of Every Month

On the Edge: Emerging Scholars features cutting edge research presented by scholars and researchers from Edmonton's academic community. Presented with the University of Alberta's Faculty of Graduate Studies and Research.

Energy Talks
7:00 pm – 8:30 pm
Fourth Wednesday of Every Month

Featuring ground breaking research presented by scholars and researchers from the University of Alberta's Future Energy Systems research initiative and Energy Systems Signature Area. Learn more about the energy technologies of the near future, the possible consequences, and possible solutions for challenges presented by current energy systems.

For more information, visit us at www.epl.ca.
EPL – Strathcona Branch
8331 104 ST NW | 780-496-1828

Friends and Family Day at the BCL Hall

February 17 turned out to be a little colder than we had hoped but we still had a brave family or two try out the multi-person skis provided by Cam McGregor. While the weather was too cold for some pick up shiny, Simon Gosgnach cleared the ice of the previous night's snowfall and had it ready to go just in case!

Inside the upper hall, an array of boxes and building materials acquired and set up by Christina Lau Hoang were turned into houses, stores, tunnels and a railroad crossing. And downstairs, members from *Hit That Jive* Swing Dance club taught a few dance steps and ended with a demonstration of what they could really do!

In the meantime, Kaitlyn White-Keyes, our resident NAIT prepared chef and her sous chef (and husband), Tyler White-Keyes were busy in the upper kitchen preparing the Jiggs Dinner feast. Close to 70 people came out to sample the traditional Newfoundland food, prepared to perfection! Nobody went home hungry either; and, as in many a family dinner, there were leftovers for people to take home.

Cory Dawson, BCL President acknowledged all the volunteers who make the BCL possible. Whether addressing development and civic matters for the community, planning programs for residents of all ages, helping neighbors get to know each other, staging special community-wide events, managing the hall for family occasions, putting in the skating rink, keeping the Arts Park in shape, raising money to cover the cost of all its operations through to communicating it all via *the belgravian* Newsletter, BCL webpage and social media, the BCL depends on close to 120 volunteers to make this all happen. Those volunteers, along with its ~400 members, make the BCL one of the best community leagues in the City!

And for those who asked for Kaitlyn's Jiggs Dinner recipe, here it is ...

JIGGS DINNER RECIPE

INGREDIENTS:

Salt Beef
Yellow split peas
Potatoes, peeled whole
Rutabaga, peeled and quartered
Carrots, peeled whole
Cabbage, halved & wedged
Ready Gravy Mix

DIRECTIONS:

1. Replace the water in salt beef bucket & soak overnight to remove heavy salt taste.
2. The following day: place salt beef in a large stockpot with fresh water.
3. Bring salt beef to a boil; slow boil for 5 hours, adding water as needed.
4. Place yellow split peas in a double layer of cheesecloth, tie shut and attach to the handle of the stockpot after the salt beef has boiled for 3 hours.
5. For the fifth and final hour, add rutabaga, cabbage and carrots to the stockpot.
6. With half an hour left, add potatoes to the stock pot.
7. Remove rutabaga from the pot and mash with brown sugar and black pepper to your own taste.
8. Remove Pease Pudding from bag and mash with a good amount of butter.
9. Remove cabbage wedges, potatoes, carrots and potatoes so each can be served as a separate element on a plate.

Additional proteins like chicken, ham or ribs are often served with a Jiggs dinner as well. The vegetables used in the meal are all grown in Newfoundland making it truly a provincial dish.

This recipe is meant to be a One Pot Job but if you don't have one big enough, simply take water from the salt beef pot to boil vegetables in another. This will ensure all vegetables are seasoned with proper flavor.

A tip: Keep all elements in hot water until Pease Pudding and Rutabaga are mashed to avoid having to reheat.

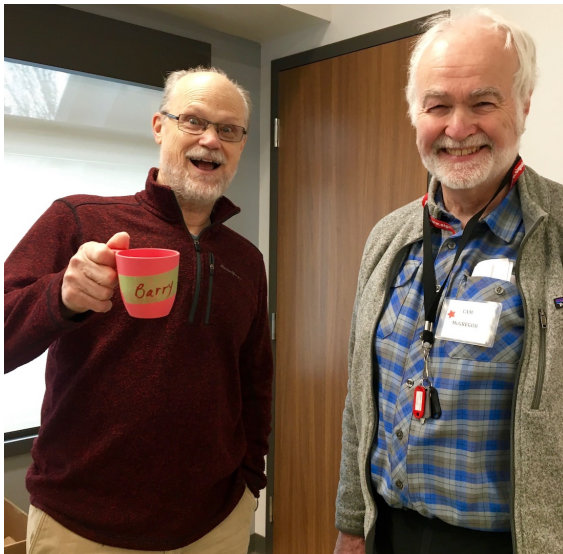
BCL Friends & Family Day 2020



Enjoying the Jiggs Dinner



Our Jiggs dinner chefs - Tyler & Kaitlyn



BCL directors Barry & Cam



Box city magic for kids



Enjoying the giant skiis!



Our swing dance teachers
Chelsea & Michael from Hit
That Jive Productions



BCL President, Cory, helps
with clean up