



the belgravian

May 2020

Belgravia Community League

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Edmonton, AB T6G 0G1

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Edmonton, AB T6G 2T5

Contact us:

Email: info@belgraviaedmonton.ca
Phone: 780-437-1866 (phone currently not monitored as hall host hours cancelled)
COVID-19 Response Team: 780-802-3666 or pastpresident@belgraviaedmonton.ca

Hall host hours:

Cancelled

Visit us online:

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

Next Submission Deadline:

May 22, 2020

Advertise in the belgravian:

adsmanager@belgraviaedmonton.ca

Banner Photo: Eggs displayed outside for the Belgravia Easter Egg Hunt on April 12th

Neighbours Helping Neighbours During COVID-19

BCL has been busy over the past month adapting our usual operations to the 'new normal'. We are finding ways to offer some of our usual activities & events and creating a few new ones too! We have also been hearing from many of our neighbours about ways in which our community is coming together in this time to support one another.

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Belmac Soccer Coordinator	Carley Haynes	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

ST. GEORGE'S ANGLICAN CHURCH, 11733-87 AVE.

Has concert/recital space for music teachers and students

- *Yamaha C2 Grand Piano*
- *Beautiful, intimate setting with seating capacity of 150*
- *Good acoustics*
- *Proximity to U of A Campus*
- *Intermission/reception space available*

For more information, please contact David Cass

(d.cass@ualberta.ca)

President's Message

This month's issue of *the belgravian* is being published in a far different world than any of our past issues - that goes without saying. In the face of the current need for physical distancing and the significant impact I can only imagine this is having on all of our social, economic, physical, and mental well being, I write to you this month inviting all of you to embrace a simple acronym on which I am trying to rely: P.E.A.K.

Peak is a word we encounter often these days (more in reference to a point in time when we may find ourselves coming through the other side of this pandemic), but when you hear the word PEAK, I hope that you will think of Patience, Empathy, Awareness, and Kindness.

Be patient and kind with yourselves, with those whom you share a home, with those you encounter in your work lives, and with your family, friends, and neighbours. Try to be empathetic. A colleague of mine, one who is so much kinder and wiser than I could hope to be, told me that she is simply trying to give everyone the benefit of the doubt. When I remember her words I find a whisper of inner peace that is both refreshing and liberating.

Practice awareness. Not only of those around you, those who may be lonely, isolated, and in need of assistance, but also be aware of yourself. Take care of your own mental and physical health. Be aware of the directions being given by our medical professionals and be aware of how your actions can impact others.

Finally, know that your Community League, and your community in general, is here to support you as best as we are able. Reach out and connect with someone you haven't connected with over the past month, and if that someone is the Belgravia Community League, we would be happy to hear from you.

Wishing you and yours all the best in these difficult times. Be well.

BCL COVID-19 Neighborhood Response Team

Hello! Our COVID-19 Response Team has been active since mid-March. We have about 30 volunteers who would be pleased to safely help anyone in Belgravia who has a need for grocery or prescription delivery, dog walking, or other neighbourly assistance. Please don't hesitate to contact our group if we can be of assistance to you or someone you know.

**To reach the BCL COVID-19
Neighbourhood Response Team:**

780-802-3666 (9 am-4 pm)

pastpresident@belgraviaedmonton.ca

Alberta's Chief Medical Officer has encouraged citizens to "Develop a plan for what might need to change if you and your loved ones need to stay home for two weeks. Talk with your neighbours and friends to see how you can support each other if any of you are in this situation." The Response Team encourages Belgravians to check in with neighbours who might be in need of assistance, or to ask the Response Team to reach out to them.

edmonton.ca/COVID-19

Updates from the City of Edmonton including changes to transit and City Facilities

alberta.ca/COVID19

Updates from Alberta Government, general information on COVID-19, travel advice, Support for Albertans, data on reported cases

albertahealthservices.ca

Updates from Alberta Health Services, COVID-19 online screening, general advice including 'How to Prepare and Respond' and 'Help in Tough Times' (directory of Mental Health and community support services), social distancing guidelines

Health Link - call 811 (available 24/7)

Trusted source of health information from Alberta Health Services.

Upcoming Made in Belgravia Session: Pandemic into Poetry

Join us for a virtual poetry writing session with Belgravia resident, poet and author **Anna Mioduchowska**. Anna's poetry, poetry translations, stories, essays and book reviews have appeared in several anthologies, and literary journals. Her published poetry collections include *In-Between Season*, *Some Souls Do Well in Flowerpots* and in collaboration with four other poets, *Eyeing the Magpie*. As well, her work has aired on CBC and CKUA Radio. And ... on top of all that, she is a grandma and sings in a choir too!



As a first online MIB experience we'll be facilitating, Anna says her intention will be to help participants become aware of their senses and sense of rhythm and to organize as building blocks into poems, using poetry as a way of responding to what is happening around them, and to them, right now.

In her words; *"The practice of writing poetry is about paying attention, to our surroundings, and to what's going on within us. With the whole world in turmoil, with distressing statistics and changing directives coming our way around the clock, it is difficult to keep track of our own thoughts and emotions."*

Each one of us has a unique way of dealing with the challenge. Each one of us has access to a unique set of lucky charms, memories and lessons from the past to draw on. Each one of us has a unique way of using language. Add love of play and need to communicate, and you've got the necessary building blocks to turn the pandemic into poetry!"

When: May 13, 2020; 2 – 4 pm

Place: A Zoom invitation to participate upon registration for the session.

RSVP: to Jeanette at

mib@belgraviaedmonton.ca by May 11, 2020.

(Registration limit will be kept to 10 in order for ease of online facilitation.)

Greetings from Belgravia Co-operative Playschool!

Our thoughtful teacher, Ms. Monika has continued to reach out to her play school students and families during this challenging time... After much consultation with a local infectious disease specialist, Monika has been able to continue instruction and help families maintain a sense of routine and connection, remotely! Our tech savvy teacher, Monika is now posting a weekly read aloud on YouTube!!!

Ms. Monika prepares three lessons, each week, around a central theme. The lesson plans are e-mailed, and the read aloud is posted. A bag with materials is delivered once a week to each family's home and left on the doorstep.

Example for one lesson:

Theme- Kindness

1. Book read aloud on YouTube - "How to Heal a Broken Wing" by Bob Graham
2. Discussion- to reinforce the lesson of the book
3. Craft – props for a veterinary clinic (Instructions and materials)
4. Dramatic play



Although Chloe talks about when she can go back to school all the time, she really likes seeing Monika on YouTube and talks to the screen ☺

Abundant Belgravia

The world has changed since you heard about our Abundant Belgravia initiative. The pandemic and its potential impact on our community illustrates the importance of the Abundant Community philosophy.

Knowing your neighbours, asking for their resourcefulness when you need it and providing yours, when your neighbours need it, is at the heart of an abundant community.

The Support Team (Ruth Craig, Olive Yonge, Barry Edgar, David Ridley, Howard Lawrence and Cam McGregor) is planning to continue with this initiative during this pandemic. It will do so through:

- the use of Virtual Coffee Session tools and,
- the hiring of a Neighbourhood Connector using our recently procured CIP grant. The Neighbourhood Connector would provide logistic and technical support to the Support Team and Block Connectors.

The initiative is intended to include all Belgravians who wish to be involved.

We will be in touch soon!

edmonton.ca/AbundantCommunity

Abundant Belgravia Community Neighbour Connector

The Belgravia Community League (BCL) is looking for a person to act as the Abundant Belgravia Community Neighbourhood Connector. Abundant Communities Edmonton (ACE) is a City of Edmonton program that connects neighbours at the block level and in the neighbourhood. Together we form strong, caring and supportive blocks and neighbourhoods where we look out for one another, share our talents, skills and resources with one another, and collectively create the neighbourhoods we desire.

The Neighbourhood Connector will take on the lead role of identifying, mobilizing and supporting Block Connectors (with the help and guidance of the Support Team). Block Connectors are the people on each block who initiate conversations and connections between block neighbours.

You will use virtual meeting software and block meeting to develop the program. More information is available at edmonton.ca/AbundantCommunity

If you would like to apply for the role, please send in a brief letter identifying your interest to programs@belgraviaedmonton.ca

Going on a Belgravia Bear Hunt!

Lots of young kids are at home these days – they can't go to school or to play with their friends. We have started a community initiative in Belgravia to help brighten the day of the young (and the young at heart!) in our neighbourhood by putting a stuffed bear (or another animal) in our front windows/front yard. Kids can try to spot the bears, or make a game of counting them, when they go for a walk or drive with their parents!

Communities all over the world have been doing this to help kids during these times – let's join in and go on a bear hunt in Belgravia!

Hear more from our friends who are already participating on pg. 12.



Activity Suggestions

Music & Arts

The **Citadel Theatre** has launched the "Stuck-in-the-House Series." This series consists of videos presenting short performances by local musicians and actors whose work is impacted by venue closures/show cancellations.

<https://www.citadeltheatre.com/2019-2020/stuckinthehouse>

#yourAGAfromhome from the **Art Gallery Alberta**. Collection of stories, craft activities and more on their blog and social media. <https://www.youraga.ca/whats-happening/blog>

Edmonton musician Dave Von Bieker has launched **YEG Streams** a venue for artists to stream live shows online. The website is free and is not curated, but events must be arts-related, live-streamed, and feature Edmontonians. <https://www.yegstreams.ca/>

The **Edmonton Symphony Orchestra** are live-streaming concerts (past live-streams are posted on the Winspear website and Facebook page): <https://www.winspearcentre.com/>

Kids

Telus World of Science has DIY science experiments to do at home. Keep an eye on their social media for more activities: twose.ca/DIYscience

Alberta Active After School has hundreds of activities you can sort by age, skill, time duration, play area, and group size: <https://abactiveafterschool.ca/resources/>

Family Fun Edmonton have many at-home & online events & activities:

"With virtually all events cancelled, Family Fun Edmonton has switched our focus to at-home and online events and activities. Click COVID-19 on the menu for a list of AWESOME family-fun opportunities that your family can enjoy during this time of isolation."

<https://www.familyfuncanada.com/edmonton/>

Exercise

Paths for People have started a GPS Draw YEG Challenge. Draw as you walk, roll + cycle Edmonton—with the help of a GPS jogging/walking app. Every Monday they announce the theme for the week. See website for pictures of submissions and the weekly winner!

<http://pathsforpeople.org/initiatives/gps-draw-yeg/>

Social

Seniors' Centre Without Walls - This telephone-based social group for seniors offers social and health programming, free of charge, and provides seniors opportunities to socialize, learn new skills, and stay connected. Seniors' Centre Without Walls is open to seniors age 55+ living anywhere in Alberta. Learn more on their website and call 780-395-2626 to register.

<http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/>

Even more!

REACH Edmonton has developed a very thorough and easy to navigate COVID-19 Community Database. Visitors can add to the database and provide feedback about other resources they'd like to find. <https://reachedmonton.ca/covid-19-community-response/>

A Successful Belgravia Easter Egg Hunt!

While the BCL's Covid-19 Committee was created to help Belgravians during these times of physical distancing and staying at home, we also want to support connections between residents that in normal times we may take for granted. The BCL Easter Egg Hunt on April 12 did just that!

After a last minute request went out on our Facebook page and to BCL members via email, one hundred and thirty-five households responded to help the Easter Bunny create an Easter egg hunt for Belgravia kids that could be enjoyed whilst being physically distant. Creative eggs made from paper, cardboard, plastic, fabric, fiber, pipe cleaners, aluminum foil and chalk drawings were registered by their address and placed in front yards so they could easily be seen from the sidewalk.

With instructions to look for and record the addresses where they found an 'egg', many kids and their families didn't let the coldest Easter Sunday in recent memory hold them back. Their reward was as much a special focused walk with family as it was a Belgravia Hub Corn Fritter Gift card promised by the BCL for the top egg hunters. And for those on the Easter Bunny Team, it was a lot of fun watching the kids from their window wondering if their egg would be found.

The first egg counts came in at 4 pm and continued over the next two days. We are pleased to report that 20 Corn Fritter gift cards have been distributed to some very happy egg counters!

Thank you to all for helping make Easter Sunday just a little more special all the while respecting physical distancing and AHS guidelines and expectations. We've already been asked if we'll do another one next year. Note to the Easter Bunny Team ... stay tuned! And many thanks to those who sent in photos of their decorations, and also to Cam McGregor for photographing over 70 eggs and making the Belgravia-shaped collage featured on the next page to give you a sense of how Belgravia was decorated for Easter.

Now that there's time... tips for sorting through thousands of photos

By Jean Lawson *

1. Gather all photos, both loose & those in albums and remove photos from albums
2. Write categories on empty envelopes e.g. names of immediate & extended family members, work friends, visitors, pets, trips etc. Use a pencil so a topic can be changed as your sorting process evolves!
3. Set goal to consolidate all large photos that will not fit in the envelopes into one album/box
4. Spread photos on a large surface; designate an area of the surface as a DISCARD pile.
5. Start with 50 photos at one time. Sort them into piles that match the topics you've written on the envelopes.
6. With a pen, write on back of each photo name, approximate date & location.
7. Allow yourself a break to reminisce!
8. Put each of the 50 photos into their designated envelope or in the discard pile. Discard all poor e.g. badly developed, fuzzy, unflattering photos
9. Take a break when needed!
10. Take out another 50 photos and repeat
11. When finished, give each family member the envelope with their name and put the remaining envelopes in a box, drawer or album(s) for you to look at in the future when you want to reminisce again.

Author's Note: These tips took me one week to complete. By keeping only ONE photo of all the others regardless of age (except for immediate and extended family), I discarded over two thousand photos and feel two thousand photos lighter!

p.s. And now, maybe someone else will give some tips about sorting hundreds of thousands of smart phone photographs!

Do you have another activity idea to share with your neighbours? Email Imogen at communications@belgraviaedmonton.ca

[illegible]

Support Local Businesses During COVID-19

With so many changes to day-to-day life, it can be hard to keep up with which businesses are open. Here messages from some of our local (and locally owned) businesses:

Belgravia Hub

A big thank you to all our friends and neighbours who have given their support during these difficult times. It's definitely been a challenge! A special thanks to all our customers who participated in our Edmonton Food Bank fundraiser and those who donated to the Meals On Wheels toilet paper drive. We salute your generosity! It's hard to believe that our 7th anniversary is quickly approaching. We are undertaking a facelift to celebrate and if the weather permits, we will be readying our patio for summer! I hope to see you all soon and raise a glass, we've missed you all!

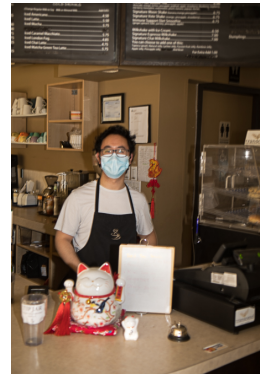
We are offering take out from 4:30 - 8 pm Tuesday to Saturday. Curbside pick up or Free Delivery. Orders over \$50 include our famous corn fritters. Call 780 7563344 to order food.

See menu: <https://www.belhub.com/>

Gracious Goods Café

GGs have been a favourite coffee shop in our neighbourhood for a decade. Times are tough for the current proprietors, Catherine and Elliot. Elliot is pictured in the photo with his signature cat ☺. The café is open for take-out for breakfast (great waffles), coffee-time (coffee, bubble tea, great latte) & lunches. Great sandwiches include: Signature Chicken Wrap & Guacamole Club Grilled Cheese and Asian dishes such as: Curried or BBQ Chicken Rice Bowl & Hot and Chilly Chicken Rice Bowl. You can phone Elliot at 780-758-8686 to order or use SkiptheDishes.

See menu: <https://www.gracious-goods-cafe.com/>



Coriander Cuisine

We are open during this time from Tuesday to Sunday 11.30 am till 8.30 pm for PICK UPS. We also do limited evening delivery to community around us depending on driver availability. We are taking extra care with hygiene and sanitization protocols. Ph: 780-430-7667, 11214 76 Ave NW, www.corianderedmonton.com

Pho Boy

We want to thank everyone for the outpouring of support and encouragement for our family business during these difficult times - operating for 3 years on Whyte Avenue, and servicing Edmonton's Pho needs has been an honour and a privilege! We will do our best to keep the doors open, our customers and delivery drivers safe, our staff employed, and to make our food available for takeout or delivery. Look for us on UberEats, SkiptheDishes, DoorDash, or Foodora. You can also call us to order pickup at (587) 521-2444. Follow us on Instagram @phoboyvk for updates. Introducing our Grab & Go Family Packs with meal portions for 2, 4 and 6 - for a limited time until June 1st. These are great for sharing comfort food at home on your social distancing vacation! Available for pickup orders only.

Chianti Café

During this time of COVID-19, a family run restaurant, Chianti Cafe and Restaurant located on Whyte Ave (10501 82 Ave NW, Edmonton AB T6E 2A3) is offering 20% off all "TO GO" orders when placed through them (780-439-9829) and 25% off all bottles of wine and beer on "TO GO" orders through them as well. You can find their menu on the Chiantis website: <http://www.chianticafe.ca/chianti-old-strathcona---home.html>

Find other businesses in Edmonton that are open:

The City has sponsored **Things That Are Open in Edmonton** to help Edmontonians easily find local businesses that are still open and what services they are providing. We encourage Edmontonians to support Edmonton businesses and buy local when they are able. Businesses are adapting to help all of us stay safe while continuing to provide great products and services.

<https://edmonton.thingsthatareopen.com/>

COVID-19 & Mental Health

To manage our mental wellness at this time of uncertainty, adopt the following:

Gather information at regular intervals and from a trusted sources

- Government of Alberta <https://www.alberta.ca/>
- Alberta Health Services <https://www.albertahealthservices.ca/>
- Government of Canada <https://www.canada.ca/>

Adopt personal hygiene protocols

- Wash your hands frequently
- Practice physical distancing
- Avoid touching your eyes, nose or mouth



Make self-care a priority

- Read a book
- Practice mindfulness or meditation
- Schedule a period of exercise

Follow us on social media and be inspired.
@CMHAEdmonton

For 24/7 Mental Health Support REACH OUT

If you, or someone you know, is in crisis or
distress phone the Distress Line:

780.482.4357

For information and referral to community,
social health and government services:

Phone **211** or Text **211** and type INFO or
Chat **www.ab.211.ca**



**Canadian Mental
Health Association**
Edmonton
Mental health for all

Establish a routine

Our regular schedules may have changed,
but it is important to establish a routine.
Set specific times for the following:

- Waking up
- Breakfast
- Lunch
- Dinner
- Going to sleep



Keep in contact with others

Let's practice physical distancing and maintain
social connections:

- video calling/ phoning
- Texting/emailing
- other creative ways

Check in with one another!

Acknowledge your anxiety

Accept that you are feeling anxious. Ask yourself: Why
am I feeling this way? Try to keep things in perspective
by acknowledging the facts:

- We have a test to detect the virus
- 80% of cases are mild
- Information is being shared on a global level
- The scientific community is working on next steps

Meet Bag-Half-Full, a **free** grocery delivery service designed to bridge the gap of accessibility during the COVID-19 pandemic.

Founded and operated by medical students from the UofA, their mission is to help promote community health and protect vulnerable populations during these uncertain times. This initiative was initially designed to serve the sick, elderly, and immunocompromised, but they are **serving anyone not comfortable going out for groceries**.

Bag-Half-Full volunteers (with police and background checks) are available to pickup and drop off groceries and prescriptions to those in need. Delivery and payment are contactless to help protect all parties and mitigate the spread of COVID-19.

How does it work?

Grocery order

Families or individuals unable to leave their house for groceries or prescriptions have two options for preparing their grocery order:

Place an online order with one of the major grocery stores, OR

Provide Bag-Half-Full with a detailed grocery list and one of their volunteers will do the shopping. Contact Bag-Half-Full to arrange delivery.

Complete the form on their website

<https://www.baghalffull.com/place-an-order-edmonton>
Phone 780-952-7101

Payment

For orders placed online, no payment is necessary – the Bag-Half-Full delivery service is **free**

For grocery shopping done by Bag-Half-Full, the volunteer will send you a receipt. Payment is required before groceries are dropped off. Only the grocery and/or prescription bill must be paid – again, delivery and shopping service are **free**. E-transfer is recommended

In cases where e-transfer is not possible, cash (exact change) in a ziplock bag or envelope can be left in a secure place for volunteers to collect

Delivery

A Bag-Half-Full volunteer will call you to arrange drop off. For shopping done by volunteers, e-transfer or cash payment for groceries must be confirmed

Groceries are left outside – volunteers will wait to ensure they are collected.

COVID-19 Scams

Edmonton Police Service is warning citizens of scammers who are using the fear, stress, and urgency of COVID-19 to get citizens to buy-in to their scams. From organization and police officer impersonations, to identity theft to steal government financial aid, these scammers will try anything, and a handful have succeeded. Please see our web page for details on these scams

<https://www.edmontonpolice.ca/News/COVID19publicupdates>

BELMAC SOCCER

The City of Edmonton has decided to keep Facilities closed until May 31. EMSA 2020 Outdoor Season will be postponed accordingly. The 2020 Outdoor Season is NOT cancelled at this time.

Refunds are available to those families who cannot make a postponed season work for them or do not wish to play this year at all. Part refunds may apply depending on the season length, if it goes ahead.

Please contact belmac@belgraviaedmonton.ca for further information or clarification.

Updates will be provided as they become available. Thank you for your amazing patience



Heather McPherson

Member of Parliament
Edmonton Strathcona

My team and I are here to help you through the COVID-19 crisis.

Also contact my office for assistance with:

- Old Age Pensions
- Income Tax
- Citizenship & Immigration
- Canada Summer Jobs

780-495-8404



heather.mcpherson@parl.gc.ca

Follow on



Visit my website at www.heathermcpherson.ndp.ca

Meet Your Neighbour: Belgravia Stuffed Animals

By Eleanor Olszewski and neighbours (both human and animal)

We asked some of our Belgravia neighbours to tell us how they are dealing with the challenges that we all face during these uneasy times. Here's what they said:



White Bear the Great: "I think that before, our lives were quite routine. I have come to realize that most of us actually enjoy routine – but what we're missing is the breaks from routine that we had. Let's take pleasure from our small, daily tasks and events, for life would be incredibly stressful without them."

Charlotte and Eddie: "In England and other countries, people have been putting stuffed animals in their front windows as a way of cheering up the neighbourhood, young and old alike, during these unusual times. Our humans thought it would be great if we joined in, too. We hope that all our Belgravia neighbours are doing well and finding ways to keep entertained. And we hope that we are bringing people a bit of sunshine."



Sir Lamb Chop: "It's sometimes hard to see how asking people to stay apart could actually bring them together – but it has. All across the country, neighbours are looking for ways to help others. It makes me particularly happy to see other members of the stuffed animal kingdom doing what they can to lift the spirits of those around them. "

Douglas: "Hey fellow Belgravians! Hope you are all getting through these tough times alright. I know this situation seems to be never-ending, but as long as we stay strong together, things will get better. I know too that the small humans are missing their friends and relatives. We hope that they will come by and visit us, so that we can brighten their day."



Fifi the Cat: "I hope that my bright presence can cheer someone up. In these difficult days, our family has had a lot more time to spend with the small human in the house. We are also focusing on ideas to rebuild our community and lives together. Every warm day is a reminder to be patient and remember that this, too, shall pass."

So, there you have it! I'm sure you will agree that Belgravia is a wonderful community, filled with caring neighbours who remind us of our great capacity to be generous and kind.