



the belgravian

November 2020

Belgravia Community League
11540 73 Avenue NW
Edmonton, AB T6G 0G1

Mailing Address:
P.O. Box 52202
Edmonton, AB T6G2T5

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:
November 18, 2020

Advertise in *the belgravian*:
adsmanager@belgraviaedmonton.ca

Banner Photo: 38th Annual Pumpkin Party

Issue Highlights:

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Stay tuned for the next
Neighbour-to-Neighbour seminar
in December!

Belgravia continues to see a lot of development activity and the BCL is always looking for eager individuals to contribute to our Committee. If you have an interest in development and would like to contribute, please email Jerreck at planning@belgraviaedmonton.ca

2019/2020 BCL Board & Committee Contacts		
President	Cory Dawson	president@belgraviaedmonton.ca
Vice President	Eleanor Olszewski	vicepresident@belgraviaedmonton.ca
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Director at Large	Christina Lau Hoang	director2@belgraviaedmonton.ca
Director at Large	Barry Edgar	director3@belgraviaedmonton.ca
Planning & Place Director	Jerreck Connors	planning@belgraviaedmonton.ca
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Communications Co-Directors	Sharlene Stayberg & Mark Maxfield	
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Facebook administrator	Jonathan Chan	facebook@belgraviaedmonton.ca
Newsletter administrator	Lena Jones	newsletter@belgraviaedmonton.ca
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Abundant Community Committee	Barry Edgar	director3@belgraviaedmonton.ca
Pumpkin party, Casino	Reg & Jane Norby	norby@shaw.ca
Belgravia Playschool Chair	Miranda Dawson	playschool@belgraviaedmonton.ca
Belgravia Playschool Teacher	Monika Fouad	playschool@belgraviaedmonton.ca
Facilities Director	Ken Goble	facilities@belgraviaedmonton.ca
Hall rental coordinator	Jeanette Boman	mib@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	director4@belgraviaedmonton.ca
Belmac Soccer Coordinator	Carley Haynes	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

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

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

Wanted - Garage Space in Belgravia

Single garage, or a space in a double garage to keep a car and a few other items. Would only need limited access. Required for six to eight months if possible. \$100 to \$150 a month.

Please contact: Michael Stevenson
780-434-8119

Thank you!

Board Updates

2020/2021 BCL Membership

It's not too late to purchase your 2020/2021 BCL Membership. Please contact me at membership@belgraviaedmonton.ca and I am happy to bring your membership card to your home and collect cash or cheque. You can also purchase your membership online at Edmonton Federation of Community Leagues (EFCL). The website is www.efcl.org. Please note that the EFCL charges a \$5 administrative fee.

During times like this, community leagues play an important role, connecting neighbours, offering support and as always, working on behalf of the community on issues such as traffic, infill and development. Please purchase your membership today!

Susan Andrew
Membership Director

BCL Hall Internet Access

On behalf of the Belgravia Community League, I'd like to thank three companies contracted to Telus for the physical installation of the fibre link to the hall. AECON Technical Solutions, RECON Groundworks Ltd and 5 KEY Communications installed the fibre recently. They were on time, professional and very easy to work with. Also, since they were aware that the BCL is a volunteer organization with limited funds, they kept the cost to a minimum. Thank you very much AECON, RECON and 5 KEY.

Ken Goble
BCL Facilities Director

University & Community Early Learning (UCELC) is OPEN for registrations!

Hours of Operation: 7:30AM to 5:15PM
Located in the Windsor Park School Building
Children Ages: 2.5 minimum to 6 years old
Must be toilet trained

CONTACT US TODAY!

www.ucehc.ca ucehc@ualberta.com (780) 433 0077

Nurturing your child * Partnering with families * Building our community

Programs at the Hall

We have started to slowly move forward with programs at the BCL Hall. The Soapstone carving has started off very well with Covid precautions in effect. We hope to add more programs in January if all goes well. Please email programs@belgraviaedmonton.ca if you have a program to be considered so that we can make plans for everyone to stay safe with disinfecting and cleaning before and after every program. Each class will be limited to allow for social distancing as well. Dilini, from the U of A, recently hosted a Zoom webinar on Covid -19 with more to come as we go forward. Thanks to former Programs Director, Cam, for setting this up! Cam also is very consistent with the walking group that goes EVERY Wednesday morning at 10 am. This is a very well attended group and welcomes more to join in. Just come no appointment necessary. They meet beside the BCL Hall. Thank you Jane and Reg Norby for planning an amazing Pumpkin Party! We are lucky to have them planning this amazing event.

Debbie Smith
Programs Director



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BCL's 38th Annual Pumpkin Party

This year's Pumpkin Party was a Pumpkin Pickup Parade to keep the community safe. Belgravia families in costumes picked up free pumpkins to carve at home and treat bags. A huge thanks to Reg and Jane Norby for organizing!



Jane and Reg Norby are prepared for Halloween!



Belgravians lining up for pumpkins



Maeve dressed as a German resistance spy

Alberta Health Services has published guidelines for safe Halloween practices. More information: <https://www.alberta.ca/halloween-during-covid19.aspx>

Zoning Bylaw Renewal

The City is conducting a complete review of Edmonton's Zoning Bylaw. The Zoning Bylaw is the rulebook for how development can occur on private property. The City is engaging discussion between October 19 to November 13, 2020 with a focus on Open Space & Civic Services Zones, Residential Zones, Notification & Variances, and Signs. More details and engagement opportunities can be found at:

<https://engaged.edmonton.ca/zoningbylawrenewalinitiative>

Neighbour to Neighbour (N2N) Talks – Finances and COVID

We are just delighted to say that we have been able to start up once again our N2N talks, albeit in a new forum - zoom!

On January 31st we had Dr. Angela Juby (a Geriatrician and Associate Professor from Windsor Park) and **Ms. Gwen Berdan** (Occupational Therapist in Geriatric Mental Health) give an excellent talk on **Falls in the Elderly**. A few tidbits from the talk:

- Sit and be Fit classes on PBS Mondays to Fridays - you don't have to leave your home
- Getting enough protein is important - if you aren't getting this in your diet, you can use 20g protein powder a day (vegan versions available)

More details available in March 2020 newsletter
<https://belgraviaedmonton.ca/newsletters/>

On February 28th we had Mr. Jonathan Sinnatamby (CLU, HIAA, RHU) talk on **Living (Financially) Independently** with a focus on seniors. A few tidbits from then:

- 48% of Canadians have credit card debt
- Recent annual surveys note 94% of Canadians say their household has too much debt
- Spending incomes are trending negatively amongst seniors - 38% note that spending is increasing faster than their income, and 31% feel they will never get out of debt
- Albertan seniors have the second highest consumer debt load of any province in Canada
- After age 65, many banks offer a waiver on their banking fees (if you ask for this)
- Wills that are outdated, without appropriate beneficiaries and executors listed can be problematic

Given all the questions arising around **COVID** as kids and young adults (and some older adults) returned to school, and everyone (somewhat) re-emerging from their homes in early September, **Dr. Dilini Vethanayagam** spoke on the topic on **October 21st**. Apart from wearing masks, handwashing, and listening to the updates, a few further tidbits:

- All of us have specialized airway lining cells with fine projections called cilia. The viscous liquid released by cells in the airways creates a lovely "mucociliary elevator" which catches bacteria, fungi and viruses, amongst other things, and propels them up to your throat where you can cough out the bad stuff. There are a couple great short videos on YouTube if you are interested

- Smoking paralyzes these specialized cilia and therefore can increase your risk of getting an infection. Studies have shown that even a single puff of a cigarette can paralyze these
- Activities - some activities and sports are less of a risk for COVID than others (i.e. less contact, lower risk environment, etc). A nice simple website outlining these activities can be found through the Texas Medical Association – COVID Risks with different activities (see graph and website below).

Campus Food Bank - as good neighbours to the University of Alberta, the N2N sessions have arranged voluntary donations to the Campus Food Bank (CFB). The CFB has an enormous stress in usual times in the month of October – but even more this year.

Since the in-person sessions have converted to a virtual forum, the best way to donate to the CFB is through its website -

<https://campusfoodbank.com/donate>

Next N2N Session - stay tuned for the next session one wintery evening in December on **Dementia** - by zoom.

Stay well – and stay warm,

Cam McGregor, Debbie Smith and Dilini Vethanayagam



Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680
www.texmed.org | [@texmed](https://www.facebook.com/texmed) | [@wearatma](https://www.instagram.com/texmed)

<https://www.texmed.org/TexasMedicineDetail.aspx?id=54216>

the belgravian

Published by Belgravia Community League, the belgravian newsletter reports on community news, programs and events in and around the Belgravia area.

Frequency

We publish 10 issues per year

Monthly Distribution

We deliver approximately 960 copies to homes in Belgravia. Copies are also available at Gracious Goods and Belgravia Hub

Online

<https://belgraviaedmonton.ca/newsletters/>

Advertising

Advertisements should be submitted to adsmanager@belgraviaedmonton.ca
Advertising for businesses located outside of Belgravia, McKernan, and Windsor Park are limited to business card size.

Editorial Submission

Submission are subject to editorial discretion and available space. To submit an article email editor@belgraviaedmonton.ca

Schedule

Issue	Content Deadline	Delivery
September 2020	Aug 19	Aug 29/30
October 2020	Sep 16	Sept 26/27
November 2020	Oct 21	Oct 31/Nov 1
December 2020	Nov 18	Nov 28/29
Jan/Feb 2021	Jan 20	Jan 30/31
March 2021	Feb 17	Feb 27/28
April 2021	Mar 17	Mar 27/28
May 2021	Apr 14	Apr 24/25
June 2021	May 19	May 29/30
July/Aug 2021	June 16	June 26/27

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File types

We accept ads in PDF, JPG and TIF file formats

Image resolution

Images must be 200 dpi at 100% (full size)

Payment methods

We accept payment by cheque payable to the Belgravia Community League

Rates per issue

We offer a 10% discount for multiple ads paid in advance

Pricing

Ad Size	BCL member	Non-member
Business card	\$25	\$50
¼ page	\$50	\$75
½ page	\$75	\$100

Contact

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Ad Sizes

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(Not available to businesses outside of Belgravia, McKernan and Windsor Park)

½ Page Ad
19 cm x 12.7 cm

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**Meet Your Neighbor:
Greg, Lena, Akira & Raiku Jones**

Since a Meet Your Neighbor article wasn't submitted this month, I have shamelessly written one about our family, The Jones. We (Greg, Lena, and Akira) moved to Edmonton in 2012 from North Carolina, US, and have lived in Belgravia most of time since then. Akira was three years old at the time and loved the sea lion show at West Edmonton Mall. We moved to Edmonton in pursuit of better job opportunities and a better public school system for Akira. We don't love the winters but we love living in Edmonton (the festivals and culture is amazing).

Since moving here, we've picked up summer biking and winter skiing in an attempt to embrace the Edmonton climate. While we're not avid or skillful at either sport, we continue to gain confidence every season. It helps that our friends and neighbors are always willing to give us tips and show us all the local trails!

Greg enjoys smoking meats, especially beef briskets, pork shoulders, and pork belly. While no competitions have been entered, we (his family and friends) are never shy to make requests. Akira and Greg recently picked up Airsoft as a hobby. Like a lot of boys his age, Akira is also an avid video gamer. Akira and I practice taekwondo together. In this sport, Akira gets to teach his mom since he is a higher belt rank than mom!

In 2017, Raiku, a bouncy yet lazy golden retriever, joined our family. Today, he is the type of dog that runs past other dogs to get to the humans for affection and food. If you stop petting him, he will nudge you for more attention. If you happen to run into Raiku at the Belgravia off-leash park, watch out!... he will surely be keen to greet you at eye-level. He is also quick to steal food from picnickers (so hide your food around him)! We're workin' on it..

We absolutely love the Belgravia neighborhood and community. When we moved from North Carolina, we had to make new friends and build up our go-to network. Akira starting elementary school at Belgravia School helped. In an attempt to meet more Belgravians and be more connected with the community, Greg and I volunteered with the BCL. I've been helping as the ads manager for a couple of years and recently started helping typeset the newsletter. Greg is the BCL treasurer. We look forward to continuing to serve the community! If you see us around the neighborhood, don't hesitate to say hi!



**Heather
McPherson**
Member of Parliament
Edmonton Strathcona

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assistance with:**

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