



Belgravia Community League
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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:
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[belgraviaedmonton](https://www.facebook.com/belgraviaedmonton) (facebook)
<https://www.belgraviaedmonton.ca> (website)

Next Submission Deadline:
November 17, 2021

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

Banner Photo: Fun times at the playground
by G. Beck

the belgravian

October 2021

Issue Highlights:

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U of A community consultation		director4@belgraviaedmonton.ca
Belmac Soccer Coordinator	Carley Haynes	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

Are you interested in volunteering with the BCL?

Participating in the BCL is a great way to meet people who are passionate about Belgravia.

The BCL is looking for a vice president and treasurer. We also welcome new initiatives you may bring to the community.

Please contact us for more information:
president@belgraviaedmonton.ca

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

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- *Intermission/reception space available*

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

Belgravia Community League Day and AGM

photos by G. Beck

The Belgravia Community League Day and annual general meeting were a huge success! The sun was out, kids enjoyed the playground, musicians Joe Nolan and Lindsey Walker serenaded the event, and Sosyal Scoops ice cream was a real hit. It was great to meet new neighbours and catch up with others.

Many thanks to all the volunteers involved in planning, organizing, set-up, cleaning, and hosting the event. We also extend a huge round of applause for the outgoing board members and thank them for their service to the community. Thank you to everyone for coming out to the event and for respecting social distancing protocols. Until next time!



the belgravian

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

Frequency

We publish 6-7 issues per year

Monthly Distribution

We deliver approximately 1000 copies to homes in Belgravia.

Online

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

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 newsletter@belgraviaedmonton.ca

Schedule

Issue	Content Deadline	Delivery
September 2021	Aug 18	Aug 28/29
October 2021	Sep 15	Sep 25/26
December 2021	Nov 17	Nov 27/28
February 2022	Jan 19	Jan 29/30
April 2022	Mar 16	Mar 26/27
June 2022	May 18	May 28/29
August 2022	July 14	July 24/25
October 2022	Sep 15	Sep 25/26
December 2022	Nov 17	Nov 27/28

Advertise with Us!

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

adsmanager@belgraviaedmonton.ca

Ad Sizes

Business Card Ad
~9.5 cm x 6.4 cm

¼ Page Ad
~9.5 cm x 12.7 cm

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

½ Page Ad
~19 cm x 12.7 cm

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Come Celebrate

Our Belgravia Community League's 39th Annual Pumpkin Party

- which will again be a come by:

“PUMPKIN PICKUP PARADE”



Sunday, October 24 2 - 3:30 pm

BELGRAVIA COMMUNITY HALL

All Belgravia Community League Members Welcome

*Free Pumpkins to carve at home for
Families in Costumes! & Treat Bags too!*



A Pumpkin-for-“Two-Toonies” for those not in costume or non-members

Programs at the Belgravia Community League

Contact PROGRAMS@BELGRAVIAEDMONTON.CA to sign up

NIA DANCE:

Nia is a dance-based fusion fitness practice suitable for all age and fitness levels. For more information about Kirsten Bartel and Nia, please email fleurishmovement@gmail.com or go to fleurishmovement.com.

Cost: \$120/8 weeks (drop in is also welcome at \$20/class)

Thursdays 7-8pm Sept 30/21– Nov 18/21 7-8 pm for a total of 8 weeks

SOAPSTONE CARVING:

This very popular class is returning with Pat Galbraith as the instructor to help you carve ART from soapstone! For more information about the class email Pat at patgal@shaw.ca

Mondays 7-9 pm OCT 4/21 - Dec 13/21 (\$150 for 10 weeks)

Walking Group:

Meets every Wednesday morning at 10 am. This isn't a class but neighbors getting together at no cost to enjoy the trails and enjoy nature. We have regulars that rarely miss a walk but all are welcome to join in. It's very good exercise at a pace dependent on the walkers and varies from 1 to 2 hours depending on the weather etc. Usually walkers will end at MOOD CAFE for a cappuccino.

PROGRAMS in demand: Have an idea for a program? Are you an instructor? Let us know:

programs@belgraviaedmonton.ca

Seasonal Fall Yard Waste Collection

As of September 2021, the City of Edmonton is providing unlimited seasonal yard waste collection twice this fall. You can find your fall yard waste dates by downloading the WasteWise app or entering your address at:

https://www.edmonton.ca/programs_services/garbage_waste/fall-yard-waste-collection

For example, my yard waste collection dates (southern Belgravia) are Monday, October 4 and Monday, November 8.

Yard waste must be set out in double-ply paper bags or clear plastic bags by 7am on collection day. There is no limit on the number of bags you set out, but each bag should be under 20 kilograms (44 pounds). Sticks and branches over 0.3 meters (1 foot) in length must be tied into bundles no more than 1.2 meters (4ft) in length and 0.75 meters (2 ft) in diameter and set out beside the yard waste bags.

During weeks when there's no yard waste collection, you can top up your food scraps cart. Materials like grass clippings, leaves, mulch, plants, tree trimmings and branches less than 2.5 centimetres in diameter can be put in your food scraps cart if there is room and the lid can fully close.

Have excess yard waste you need to get rid of? Bring it to an Eco Station for free anytime during the year. The yard waste you bring is turned into free compost which you can take home with you.



<https://mailchi.mp/edmonton/keepneighbouring-sept2021?e=28b2800a95#YardWasteSept2021>

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An illustration of three diverse children sitting at a piano, playing. The background features colorful bunting flags.

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The logo for Flow Functional Health Care, featuring a stylized blue and white circular emblem with a wave-like shape inside, followed by the word "FLOW" in large blue letters and "FUNCTIONAL HEALTH CARE" in smaller orange letters below it.

FLOW
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We are a local multidisciplinary health care clinic focused on whole family health using natural and complementary therapies that support the body. We work on finding the root cause of health issues to help people live vibrantly.

WHAT WE OFFER:

Individualized patient centred care to provide solutions for common concerns: digestion, fatigue, fertility, hormones, lactation support, mental health, pain, postpartum support, as well as online women's health education programs and online prenatal breastfeeding programs.

NATUROPATHIC DOCTORS	LACTATION CONSULTANT
Dr. Briana Botsford, ND	Megan Schafers, RN, IBCLC
Dr. Briana Lutz, ND, RH	
Dr. Jules Passy, ND	
flowyeg.ca	LOCATION
@flowyeg	Unit 101 - 6915 109 St NW
	Edmonton, AB T6H 3B7
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Belgravia School News

By Amanda Debenham and Belgravia Parent Council

The 2021-2022 school year resumed on September 2. There was a lot of excitement in the air as students and families, new and returning, gathered outside the school.

Q&A with Madison Debenham, Grade 6 Student, Belgravia School

Q: How was your first week back at school?

A: My first week of school was very fun, because I got to try doing and learning lots of new things. It felt good to be going back to school and I loved being able to see my friends for seven hours a day.

Q: Did you miss your classmates and teachers over summer?

A: Yes, I did very much.

Q: Did anything change over the summer?

A: During the summer I figured out there would be lots of new people in my class [part of the grade 5 class] and I was very excited for them to join.

Q: How do you feel about being in grade 6?

A: Being in grade six is really exciting and fun. I like it, because we are the oldest class in the school which makes school feel more exciting.

Q: What is your new teacher like?

A: Mr. Irving is a really good teacher. I like him, because he tells lots of stories.

Q: What do you think this year will be like for you?

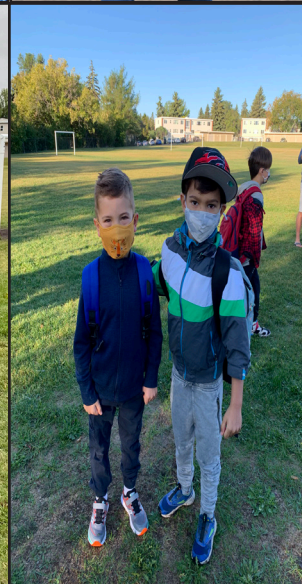
A: I think this year is going to be a very fun year and we will be spending lots of time outside, but I am most looking forward to Language Arts and Music class.

Q: What would you like to see happen in the school over the next year?

A: I am hoping that the school will not have to spend lots of time online and I am also hoping that the school will do more pencil and paper work instead of using the Chromebooks.

Q: How is the school managing with the Covid challenges so far?

A: I think that everybody is following all of the rules or trying really hard to follow the rules. I also think that lots of kids do not like wearing masks, but still wear them and follow the rules.



Abundant Belgravia Update: Awesome block award

By Irene A.

We recently got an awesome block award from Abundant community Edmonton! Our stretch of 72 Ave has become livelier and lovelier since we this summer started seeing groups of kids, age 4 to “tweens”, in the yards of their grown-up neighbours, engaged in various activities, or just casually and spontaneously visiting. Certain interests and skills seem to draw these clusters of kids and adults together, learning and having fun. Over the summer, Ruby taught them to knit. Many days parents saw their kids run off in the morning, to be found later on Ruby’s front lawn, knitting needles and yarn in hand, Ruby patiently correcting their dropped stitches. Pat carved soap stones into animals and hearts and helped kids polish them, sitting together on the green grass under the hot summer sun. Maryon found herself with many little hands helping plant, decorate and later on water a new garden in her front yard. Gatherings around cookies and rambunctious play in her yard is not uncommon these days. These are just some examples of the caring, fun-loving generational mixing we’ve got going here, there are many great neighbours keeping an eye out for the little one or having friendly chats, while the kids in turn keep us all active and young at heart. While it’s known that it takes a village to raise a child, it can take a while for this kind of community spirit to bloom. And when it does, it’s benefiting us all. We have an awesome block indeed!



Some basics to become an awesome block

- Get to know as many neighbours' names as possible! Introduce yourself and ask for their name (yes it can feel awkward when you realise that you don't know the name of your long-term neighbour - but better late than never!)
- Share contact info! Many blocks have contact list or map (if yours don't it's nothing wrong with that, but it helps)
- Hold or attend a block social! The simpler the better (yes, come as you are is totally acceptable)
- Spend more time outside, in your yard or the street. Even in the winter!



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Julie Kusiek for Ward F
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Meet the Multi-Generation Fraser-Steffler Family

By Jeanette Boman

Peter Steffler & Gail Fraser-Steffler have lived in Belgravia for 38 years and in those years, they have grounded themselves and their family firmly in the community. They initially moved here so Peter could walk to the U of A as he began his academic career in the Department of Civil and Environmental Engineering. Gail, also an engineer, had a long career with Northwestern Utilities (now ATCO).

When their sons, first Michael and then Kevin completed their family, they followed a classic pattern with the boys first attending the BCL playschool, then Belgravia Elementary followed by McKernan Junior High and finally Strathcona High School. During this time, Gail and Peter were super involved parents with Gail volunteering with Playschool Committee and various Belgravia School projects. Peter made his mark in community soccer coaching BelMac Soccer teams for 20 years and then the BelMac Women's Classic teams for another 10 years. Michael and Kevin played soccer up to U18 and then on the Belmac men's team. They both became referees along with their mom as Referee Manager for the BelMac teams. Kevin also coached Belmac soccer and is now coaching his own son, Joe. Gail also served as Belgravian Newsletter editor at one point and is currently heading up the Charles Simmonds Playground renewal committee.



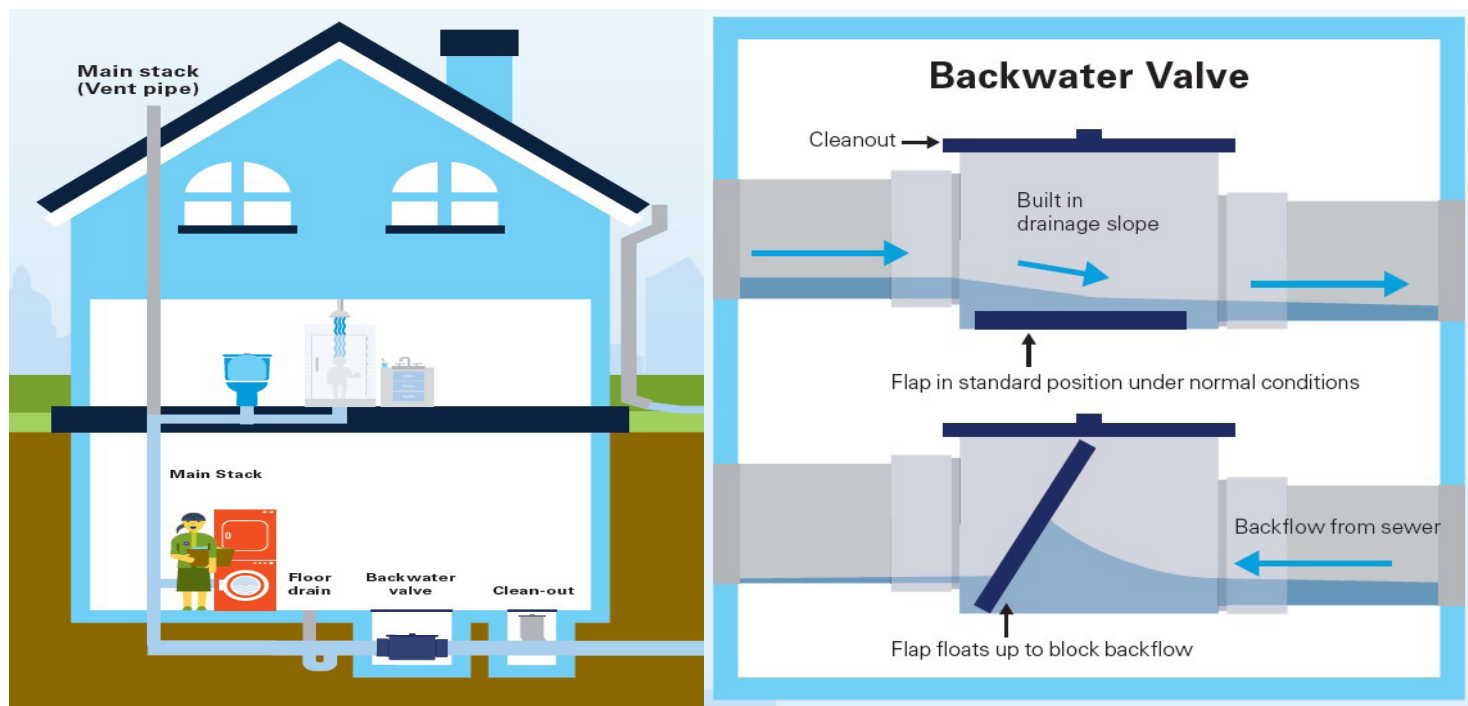
Michael attended the NAIT Culinary Program to become a chef with opportunities to work at local restaurants like Vintage Fork and Packrat Louie. During the pandemic, he co-owned Joe West Pizza and now would like to start his own in-home catering business.

Kevin completed degrees in Education and Computer Science and works for a computer consulting company. He's married to Anna who also grew up in Belgravia. Anna's mom Diana Nuttall is a well-known cello teacher who has taught many Belgravia children through the years. Anna got her nursing degree from Mac Ewan University and now works at the Kaye Clinic. Their children are, Joe (2015) and Erik (2018). With two sets of grandparents living in Belgravia, the Belgravia apartment Kevin and Anna were living in initially worked well for staying connected to family.

When their existing Belgravia home becoming too big for their own needs Gail and Peter began thinking about a change. However, leaving Belgravia was not an option and owning a large lot in Belgravia was an asset they didn't want to give up. They approached Anna and Kevin to see if they would like to build on half the lot while Gail and Peter built on the other half. The end result was a duplex with two basement suites. The installation of an elevator allowed Gail's mother Dorothy Fraser to move in with Peter and Gail and access her second level apartment bedroom. The end result is four separate units in the 2^{1/2} story, net-zero home that makes it possible not only for aging-in-place but for Michael, Kevin and Anna to be first-time home owners in Belgravia.

For a detailed look at their home that was a part of the June 2021 Eco-Solar Home Tour go to: <https://ecosolar.ca/edmonton.html> (Site 6). Or better yet, next time you're walking by the corner of 78 Avenue & 116 Street, you might be lucky enough to catch Gail & Peter to tell you all about this amazing project.

Protect Your Home From Flooding



Weather in Edmonton is unpredictable and summer storms can creep up on us very quickly. If you live in a neighbourhood that has experienced flooding or you have had your basement back up, then you know how quickly it can happen.

One way to protect your home from a sewer back up is to have a backwater valve installed. This valve is installed on the private sewer pipe and can be done from inside or outside of your home. The valve is designed to close if water moves back up the sewer pipe from the public sewer line preventing the water from entering your basement. It's a small investment that can make a big impact in your home.

Homes built in Edmonton before 1989 may not have a backwater valve on their private sewer line. At the time, it was not required by the building code to put one in. However, EPCOR has a subsidy program for homeowners who want to install a backwater valve and protect their basement.

The program offers \$800 to Edmonton homeowners and there are three things you need to do in order to access the subsidy.

1. Call the EPCOR Flood Prevention Team at 780-944-7777 to arrange for a backwater valve pre- approval consultation. After the consultation, the advisor will let you know if you are approved for the program. If you are, the installation of the backwater valve can proceed.
2. Contact a professional plumber to arrange for the installation of the backwater valve.
3. Submit the backwater valve subsidy application to EPCOR within six months of the consultation. You will be required to show proof of the installation and payment for the backwater valve. We will also require a copy/photo of the City of Edmonton Acceptable green sticker that includes the permit number for the installation.

Take action today to protect your basement and belongings. Call us at 780-944-7777 to book an appointment. You can access more information about the backwater valve subsidy on our website at epcor.com/floodprevention.

Into the Garden!

by Bonnie Walter at
the Green and Gold Garden

We are harvesting Black Elderberries this year, a perennial shrub that can be grown in Belgravia. This is the edible black European Elderberry (*Sambucus nigra*), NOT the common North American red berried variety familiar to Belgravia and area. Our elderberries originate from the old “Johns” cultivar, planted in the orchard at the university farm many years ago. This plant is self-fruitful (you don’t require two different cultivars). Now we have a thriving hedgerow of black elderberries that produced heavily this year. When



they were first planted near the crops building at the U of A farm, it was observed that the little birds did not recognize them, so left the berries alone for years until a risk-taking bird discovered the tasty reality and told their friends.

Here are some things we learned. A nasty cold winter is hard on elderberries standing alone in the wind, and we had a disappointing die-back one year, so we made some changes. In spring (May 24th weekend) we carefully dug out suckers from the edges of our winter-damaged ‘mother’ plant with a sharp spade. We transplanted these promptly into a less-exposed, well prepared sunny area with rich soil. Our volunteers watered them in well and ensured they did not dry out over the summer. We mulched thickly with leaves after freeze-up. The following spring, the green shoots bravely came forth, demonstrating their colonization skills. In a couple of years, beautiful, sweet-scented, white blossom heads developed followed by valuable black fruit in the late summer.

What do you do with black elderberries? If you harvest them early at the flower stage, you sacrifice berry for blossom. The blossom can be made into cordial or used in a floral arrangement. If you wait until September, you can enjoy the fruit which is high in flavonoids and when processed or cooked, can be used in traditional medicine as a remedy for colds and flu (believed to stimulate the immune system).

When harvesting elderberries, be aware that all of the GREEN bits (stems, green unripe berries, leaves, roots and bark) contain cyanide-inducing glycosides and are toxic to varying degrees. The Old Europeans used to call the elderberry “Queen of the Underworld” as only the prized ripe dark berries were not toxic! We are careful to separate the berries from the stems...this is a meditative fine motor skill and enjoyable if you like to sit and visit and work. The berries are collected in pails and frozen until they can be made into Elderberry Elixir (a personal favorite), wine, or European-style jam.

Try black elderberries if you have a sunny spot in your yard, or would like to create a small hedgerow. Our elderberries reach a height of approximately 3 metres, in a sheltered sunny spot. They have a handsome leaf form, are thornless, attract many pollinators, and smell wonderful when flowering! They are a great plant for a low shelterbelt in large gardens and an elegant large shrub for a city yard.

Blessed Harvest!

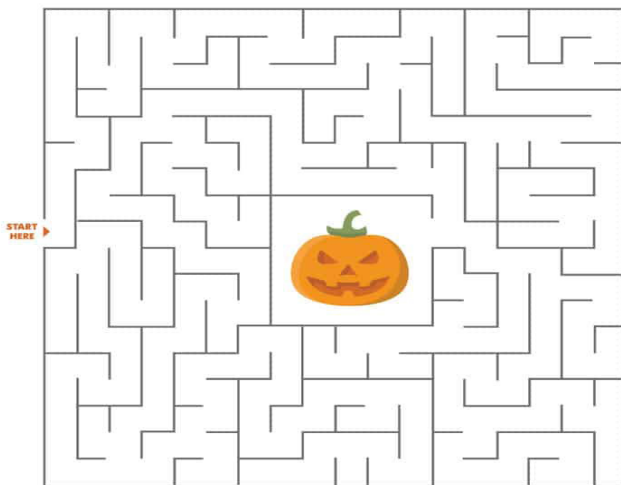
For Information about the Green and Gold Garden see our website: www.greengoldgarden.com

Happy Halloween Junior Belgravians!

HALLOWEEN MAZE

Find your way through the maze to reach the pumpkin in the center.

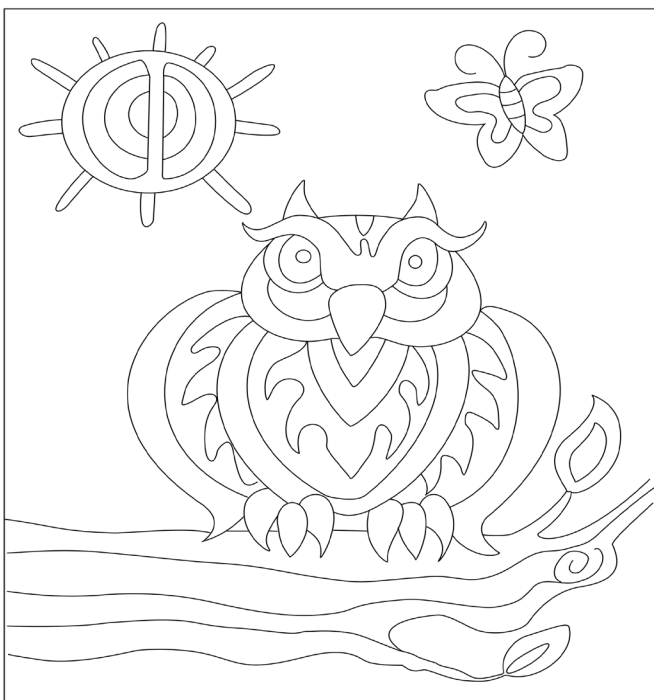
Happy Halloween!



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NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada in our stage. Le Canada en scène.

by/par Donna Langhorne

INDIGENOUS THÉÂTRE
THÉÂTRE AUTOCHTONE

Cree translation/traduction by/par Solomon Ratt

Meet Your Animal Neighbour

by Wendy Davis



Squirrel Nutkin is another of my pets. He/she loves peanuts!

Do you have any favourite plants or pets around the neighbourhood that you'd like to feature in the newsletter? Send a picture and a short description to newsletter@belgraviaedmonton.ca

Use the clues to solve the last question

$$\text{Red House} + \text{Red House} + \text{Red House} = 15$$

$$\text{Red House} + \text{Yellow Character} + \text{Yellow Character} = 9$$

$$\text{Yellow Character} + \text{Pencil} + \text{Pencil} = 10$$

$$\text{Yellow Character} + \text{Pencil} + \text{Red House} = ?$$

What animal dresses up and howls? *A wear-wolf*

Why do vampires always seem sick? *They're always coffin.*

Why are ghosts such bad liars? *You can see right through them.*

clipart obtained from: <http://clipart-library.com>