



**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](mailto: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](mailto:pastpresident@belgraviaedmonton.ca)

**Hall host hours:**  
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**Banner Photo:** Big Bin Event by Johnathan Chan

# ***the belgravian***

**December 2021**

## **Contents:**

Page 3:	BCL Board Updates
Page 5:	Photos from Pumpkin Party
Page 6:	Programs at the BCL
Page 7:	Photos from Big Bin Event
Page 8:	BCL Holiday Market Invite
Page 9:	Belgravia School Update
Page 10:	Into the Garden
Page 11:	Playschool Update
Page 12:	Junior Belgravian!

## 2021/2022 BCL Board & Committee Contacts

President	Michael Cohen	president@belgraviaedmonton.ca
Vice President		vicepresident@belgraviaedmonton.ca
Past President	Cory Dawson	pastpresident@belgraviaedmonton.ca
Secretary	Samantha Graham	secretary@belgraviaedmonton.ca
Treasurer	Shirley Perry	treasurer@belgraviaedmonton.ca
Membership Director	Jane Taylor	membership@belgraviaedmonton.ca
Director at Large	Irene Andersson	director1@belgraviaedmonton.ca
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
Communications Co-Directors	Sharlene Stayberg & Mark Maxfield	communications@belgraviaedmonton.ca
Website administrator	Tim Janzen	webmaster@belgraviaedmonton.ca
Facebook administrator	Jonathan Chan	facebook@belgraviaedmonton.ca
Newsletter administrator	Lena Jones	newsletter@belgraviaedmonton.ca
Belgravian ads manager	Lena Jones	adsmanager@belgraviaedmonton.ca
Belgravian distribution team leader	Susanne Rowe	communications@belgraviaedmonton.ca
Programs Director	Debbie Smith	programs@belgraviaedmonton.ca
Made in Belgravia	Jeanette Boman	mib@belgraviaedmonton.ca
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	hallrental@belgraviaedmonton.ca
Rink manager	Simon Gosgnach	rinkmanager@belgraviaedmonton.ca
Arts park team leader	Kathy Goble	facilities@belgraviaedmonton.ca
Sustainability Coordinator	Imogen Sellman	sustainability@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		director4@belgraviaedmonton.ca
Belmac Soccer Coordinator	Carley Haynes	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

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## BCL Board Updates

Hello again! Due to a small disruption in our usual succession procedure, I became BCL president again in September. I was previously president from 2017 to 2019. I'm looking forward to working with our board and residents to deliver programs and special events, and address pressing challenges that face our neighbourhood.

My wife Susan and I have lived in Belgravia since 2004. We've been happy to volunteer with the BCL, Belgravia Cooperative Playschool, and Belgravia School. Our kids, Noah and Mary, now in high school and junior high, and will always think of Belgravia as the beautiful and friendly community in which they grew up. Our dog Hazel has hauled on the leash to confront every tree, post, squirrel, rabbit, and dog in the neighbourhood. So yes, this is a pretty special place for us.

The BCL board has a new strategic plan in place to guide our efforts over the next five to ten years. An outline of the plan appears elsewhere in this issue of The Belgravian. Clearly one of the biggest issues facing the board is the ongoing construction of large apartment buildings in Belgravia and the McKernan Hip. These buildings will have a significant impact on traffic, parking, and privacy. There will be lots more coverage of this issue in upcoming issues of this newsletter. The board will continue to work diligently to gather input from residents and to represent their interests to developers and to City Council. The overwhelming feedback we've received concerning recent projects is that residents want the buildings to stay within the height and density limits specified in the McKernan-Belgravia Station Area Redevelopment Plan, which was adopted by Council in 2013. We do not yet know to what extent Council will enforce those limits or instead decide there is justification to exceed them.

Finally, I would like to thank the outgoing directors and officers who finished their terms at our AGM in September. Cory Dawson, now our past president, provided inspiring and cheerful leadership. Greg Jones did a phenomenal job as treasurer and leaves a legacy of new digital tools for our bookkeeping and online sales.

Susan Andrew, memberships director, expanded our membership base and network of sales volunteers. Kevin Taft, as director-at-large, contributed his skills and wisdom in so many ways. Sean Gerke, director-at-large, assisted with our COVID-19 committee. And we welcome with gratitude new board members Jane Taylor (memberships) and Shirley Perry (treasurer).

Michael Cohen, President

Programs are back! We have some exciting programs for Belgravians to join and meet up with some friends. Navigate to page 6 to see what classes we will be offering in the new year. Sign up by contacting [programs@belgraviaedmonton.ca](mailto:programs@belgraviaedmonton.ca)

Interested in teaching a class at the BCL hall? Contact me at the email above and let us know about your class! We are looking for a CHAIR YOGA instructor. Students, let programs know about the class you are looking for and we'll do our best to offer the program.

Debbie Smith, Programs Director

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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](mailto: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](mailto: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

## BCL Strategic Planning

In 2021, the BCL completed a new strategic plan to guide the organization over the next five to ten years. Over a series of four sessions led by a facilitator, a committee of BCL board members conducted an environmental scan, considered our high-level directions, and set priorities. This is a summary of the plan.



## Strategic Plan 2021

belgravia community league edmonton

### Vision

Belgravia is a sustainable, diverse neighbourhood and a connected, engaged, inclusive community

### Mission

Belgravia Community League enhances quality of life for the whole community through engagement, advocacy, facilities, programs, and events.

### Strategic Priorities

- BCL builds and maintains a strong membership and volunteer base.
- BCL Board sustains a full and diverse team of Directors.
- BCL reviews and potentially modifies the playschool program to meet the needs of the community.
- BCL maintains and enhances its facilities and programs.
- BCL builds on neighbourhood character and improves public community space.
- BCL partners in strategic initiatives with other groups on common interests.



# BCL's 39th Annual Pumpkin Party

By the Norby Family





## Programs at the BCL

Email [programs@belgraviaedmonton.ca](mailto:programs@belgraviaedmonton.ca) to register for classes!

### **PILAGA** is a Combination of Yoga and Pilates.

Suitable for all fitness levels with variations to make poses easier or more challenging are offered in every class. The focus is on mindful movement.

Cost: \$150/10 weeks (or drop in for \$20/class)

Mondays 9:30 am - 10:30 am Jan 10 - Mar 14, 2022

### **ART/ACRYLIC PAINT CLASS:**

Learn new techniques, tips, and styles of acrylic painting while working toward an end goal. All art supplies and materials are provided, including tablecloth and aprons. Classes are usually divided by age (kids/adults). Vaccination restriction exemption protocols will be followed.

Cost: \$264/12 weeks or drop in for \$25/person/class

Saturdays 11 am - 12 pm Jan 8 - March 26, 2022

### **NIA DANCE:**

Nia is a holistic fusion of dance, martial arts, and the healing arts that creates a transformational workout for body, mind, and spirit. No previous experience necessary and all fitness levels welcome. Nia is a non-impact movement practice and, typically, done in bare feet but if participants need shoe support, please wear inside-only non-marking footwear that is easy to move in. Comfortable clothing, a yoga mat, and a water bottle is also suggested. For more information about Kirsten Bartel and Nia, please email [fleurishmovement@gmail.com](mailto:fleurishmovement@gmail.com) or visit to [fleurishmovement.com](http://fleurishmovement.com)

Cost: \$150/10 weeks (drop in is also welcome at \$20/class)

Thursdays 7-8pm from Jan 6– Mar 10, 2022 BCL Hall upper level

### **SOAPSTONE CARVING:**

This very popular class is returning with Pat Galbraith as the instructor to help you carve ART from soapstone! Pat will guide you through all the steps for 2 hours each Monday evening. For more information about the class email Pat at [patgal@shaw.ca](mailto:patgal@shaw.ca)

Cost is \$150/10 weeks

Mondays 7-9 pm from Jan 10 - Mar 14, 2022 BCL Hall upper level

### **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.

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# Photos from the BCL's Big Bin Event

submitted by Jeanette Boman & Johnathan Chan





## The 2021 BCL Holiday Market Is Back!

Support the creative energy in Belgravia  
Buy local this coming season  
When: December 11, 2021; 2 pm – 5 pm  
Where: BCL Upper and Lower Hall

To minimize risk of spreading Covid, all people will

- enter the Market through the Upper Hall
- show proof of being fully vaccinated
- wear a mask throughout their time in the hall
- follow the directional floor signs throughout the Market areas

Vendor tables will be spaced more widely than in past years and current AHS capacity guidelines for the hall space will be followed.

Once you exit the lower hall, hot chocolate and a fire pit will be waiting outside so you can catch up and share a little holiday cheer with your neighbours. Anyone wishing to go back to the Market will enter again through the upper hall doors.

If you have items for the Holiday Market, please contact Phyllis Schneider to register and obtain a table (BCL Member/non-member table fee \$15/\$25) at: [ennilady@gmail.com](mailto:ennilady@gmail.com)

Market vendor digital connection information will be made available wherever possible for those unable to attend the Market. For that option, please contact Jeanette Boman at [mib@belgraviaedmonton.ca](mailto:mib@belgraviaedmonton.ca)



**City of Edmonton Winter Sidewalk Maintenance Reminder:** Shovelling or pushing snow from sidewalks into roads or alleys violates municipal bylaws and results in a fine of \$250, contributes to unsafe driving and walking conditions, increases the cost of providing winter road maintenance and can lead to blocked storm drains.



## Belgravia School Update

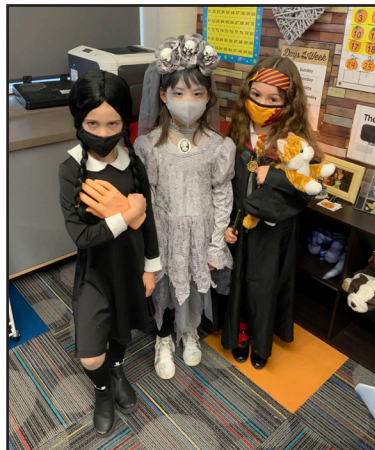
On Halloween night when it gets dark, the street lights begin to flicker, the sound of doorbells ringing, and children screaming Trick or Treat breaks the quiet stillness of the evening, you know the fun has begun in the community of Belgravia.

Halloween night is a great experience in our community, because so many Belgravians participate by decorating their homes and giving out candy. The energy on the streets is contagious as children run from home to home getting bags full of delicious treats. This year we got so much candy. Two pillow cases full to be exact. We got more than ten full sized chocolate bars each. Some homes even gave out pop, chips, popcorn, stickers, and glow sticks. It was so awesome when everyone tried to guess your costume, and when people dressed up to hand out candy. You come and ring the doorbell to get your treat and all of a sudden you are face to face with a wizard. Expelliarmus!!!

Belgravians do an incredible job of decorating for Halloween. Displays included fire breathing dragons with moving wings, spider webs covering shrubs, ghosts hanging from the eaves, bubbling cauldrons with smoke, skeletons standing on peoples' lawns, and jack-o-lanterns staring out into the night on steps. We could admire the great decorations all night, but our favourite homes were the house that had an inflatable spider sitting behind the tree and as you walked up the driveway there was a zombie hiding in the bark with caution tape strung all over the deck. A skeleton greeted you in a chair and the robotic werewolf beside him moved and howled as you walked past giving small children such a fright. Our second favourite home is nestled into a quiet cul-de-sac that decorates with a new theme every year. This year there were witches that were yelling "I'll get you next time my pretties". It was terrifying!!! We can't wait to see what they come up with next year.

Thank you so much to everyone in Belgravia who made our Halloween night a frightful delight.

Belgravia School Grade 5 class





# Into the Garden - the Dark Secrets of Occultation!

submitted by Bonnie Walter

Winter is here. We have planted our garlic and mulched it after first snowfall. Thanksgiving has passed, Christmas is coming - now the Green and Gold Garden hunkers down for the long dark days of winter.

This year, at the Green and Gold Garden, we began work for a biointensive no-till growing environment using organic principles. As with many local home gardens, much of our subsoil is heavy clay along with a few sections of naturally occurring rocks. We have low areas which have flooded and drowned valuable food plants in wet years. To deal with these challenges, we are trying to build UP the soil by adding MORE organic matter, rather than continuously tilling. Our goal is to have soil particles suspended in a matrix of roots and life!

Here are some ideas to try to adapt for your back (or front) yard if you are bored with your lawn and would like to add space to grow your own food. This year, we used a procedure called "*Occultation*" (this term derives from no-till organic farming: Occult (verb) means "to cut off from view"). The Green and Gold Garden allocated money from seed sales to purchase a large silage tarp to cover the target area. Our goal is to delete the weeds and weed seeds as much as possible without actually removing the grass sod. Remember Sod is Great, Sod is Good! It contains valuable organic matter that can improve the whole. In your small area home garden, you can use an old tarp, used trash bags, or well-weighted cardboard. Be sure to secure that cover with something heavy along the edge - the larger it is, the more likely the wind will remove it. Leave it alone for up to 6 months. Time and nature will kill the unwanted weeds, weed seeds and grass. I have tried this in my own yard to delete the dreaded Creeping Bellflower aka Zombie Weed. So far, I have defeated it in a small area without deep digging. Even a zombie contributes valuable organic matter once it is destroyed!

Cover Crops are another no-till procedure we did this year. In some of our vegetable crop borders we planted Buckwheat, an easy, good looking, fast growing annual that is beloved of bees. It was cut before it made seed heads and left in the field where it has broken down quickly as mulch (doesn't need to be removed to your compost heap). Buckwheat outcompeted the invading weeds and added to the soil health (and looked prettier than the tarp). Bottom line: You are building up, not tilling down and compacting. Raised beds don't get walked on. Ideally your growing matrix will be higher than your original ground level in order to warm the soil earlier in a short northern growing season. We found that raising soil level after occultation combined with planting closer together resulted in less weed growth as the target crop was able to outcompete many weeds. Result: one of our best years ever. No herbicide or pesticide required! Try a little Occultation or a cover crop in 2022, if you want to improve your yard garden long term.

I'd like to conclude with a tip for gardeners: Another occult creature/problem organism is the Vole (you know you've got them when you see tunnels all over your lawn). These pests love our orchard, and have killed some of our Saskatoon bushes and damaged fruit trees by tunnelling underground and stripping the roots. Here is a pet safe Vole-Rid Recipe we use (it won't kill them but makes the target area loathsome so they vacate). Put 1 kg *clean clay* cat litter in a large bowl. Add 60 ml Castor Oil and mix well (it is nice to mix with your hands). Place handfuls of this down the entrance of the vole holes. Store any leftovers in a sealed container. To rid your compost pile of nesting voles, generously add cat or dog hair to your compost. The varmints will be disgusted and vacate the premises.

Many blessings for a thriving varmint-free future garden in 2022 and many thanks to our Belgravia Green and Gold Garden volunteers and loyal customers who helped make this market garden year so successful! See you Next Year!

**For Information about the Green and Gold Garden see our website:**

[www.greengoldgarden.com](http://www.greengoldgarden.com)



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## Belgravia Playschool Update

Despite COVID challenges, we started a new school year with a small class of 6 students. We spend as much time outside as the weather allows, playing on the playground, exploring nature, and having adventures in the bushes surrounding the school ground. Children navigate and experiment in this stimulating environment with familiar as well as novel elements. We also enjoy stories, songs, fingerplays and discussions during circle time. Children are encouraged to share their ideas and experiences on that journey. We integrate a social-emotional intelligence program into these daily activities such as the 'Think Equal Early Years Curriculum' ([thinkequal.org](http://thinkequal.org)).

The Belgravia Playschool was chosen as a pilot school for this new curriculum in the 2017/2018 school year. Results from a study by the Yale Centre for Emotional Intelligence revealed that children exposed to Think Equal were more socially and emotionally skilled and less likely to be angry, aggressive, anxious, or withdrawn than their peers who did not have access to Think Equal. Social and Emotional Learning (SEL) is increasingly recognised as having a key influence both on the emotional, academic and economic outcomes of individual students, as well as on broader societal outcomes, both socially and economically (e.g., better grades, better health). The program is based on the experience, creation and expression of stories. The narrative process provides a feasible approach to the Belgravia teaching philosophy by combining personal, social and emotional experiential learning. We develop activities (e.g., crafts, games, role-plays etc.) around a story picture book and create favourable environments where learning through modelling, compassion, creativity, perspective consideration, critical thinking, and conflict-resolution can flourish. The abundance of our indoor and outdoor space in combination with our cutting edge curriculum promotes creative and cooperative play and provides ample opportunities to satisfy all the different needs of children.

### About Think Equal:

Think Equal is a global, not-for-profit charity founded by filmmaker turned human rights advocate, Leslee Udwin. This initiative was the result of the insights she gleaned during the making of her critically acclaimed, multi-award-winning documentary, 'India's Daughter'. Leslee began a journey in exploring what 'education' is, and discovering what it should be. She concluded that there is a missing third dimension to education: Social and Emotional Learning, which must be taught alongside numeracy and literacy.

Think Equal is a concrete, evidence-based, replicable, and scalable program that delivers a powerful foundation in SEL, co-constructing prosocial neuronal connections in the developing brain of young children, to ensure positive life-long outcomes. Neuroscience has clearly shown that the optimal time to wire the brain and to build mindsets, attitudes and behaviour, is before the age of six. Thus, playschool offers the ideal opportunity for the establishment of these critical social-emotional skills.

Together with world experts Think Equal has designed this program to teach SEL to early years (3-6-year-olds). Since founded in 2016, Think Equal has reached children in 15 countries across 6 continents, thanks to major global partnerships with leading institutions in the field, including UNICEF, UNESCO, the Yale Center for Emotional Intelligence, Columbia University's Earth Institute, Pope Francis' Global Compact for Education, and endorsements among others from the Dalai Lama.

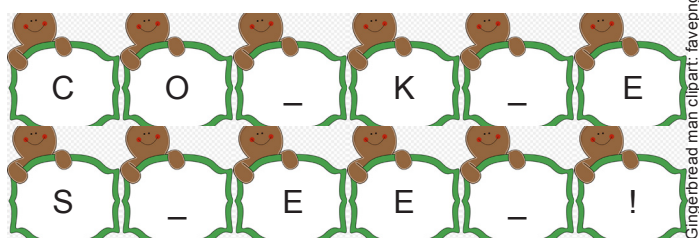




# Happy Holidays Junior Belgravians!

**What does the gingerbread man put on his bed?**

Fill in the missing letters:



## Sharlene's Favourite Gingerbread for House-building

### Ingredients

- 2/3 c. molasses
- 2/3 c. brown sugar, lightly packed
- 2 tsp. ground ginger
- 2 tsp. cinnamon
- 2 tsp. baking soda
- 1 large egg, beaten
- 1.5 tsp. vanilla extract
- 1 c. salted butter, room temperature or cut into small cubes
- 1/4 tsp. salt, optional
- 4 c. flour

### Directions

- Preheat oven to 325 degrees F; line baking sheet with parchment
- Combine molasses, sugar, ginger and cinnamon in a large saucepan. Stirring frequently, heat over low to medium heat until the mixture comes to a boil.
- Remove from heat and add soda (note: mixture will expand dramatically)
- Stir and mix in butter
- Add egg and vanilla
- Transfer mixture into a large mixing bowl and begin gradually incorporating in flour
- Roll dough out in between sheets of wax or other non-stick paper to the desired thickness (~1/8" inch)
- Cut the dough into shapes
- Bake until edges are slightly brown, approximately 10 minutes
- Ensure cookie pieces are completely cooked prior to assembly/decorating



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### Ms. Julia's visit from a Chickadee in Belgravia!

You might think that living in a condo puts you out of reach of wildlife and gardening. Not so! I am entertained by squirrels skittering up the stucco walls and along the edges of my flower boxes, where occasionally they dig holes and bury nuts. Magpies and crows check me out as I sit on my chaise longue enjoying a summer afternoon, songbirds flit in and out of the spruce that towers over my third floor balcony, and twice a hummingbird has thrilled me with a visit to bright pink flowers. No mosquitoes venture this high, but wasps and bees hum about me, the wasps crawling over me and my afternoon tea in search of nutrients. Tiny spiders also visit. However, the greatest and strangest thrill was a recent visit from a chickadee. He first explored the far end of the balcony, then approached hesitantly and perched on the edge of my chair. Provoking no reaction from me, he then hopped onto the end of my rubber sandal and proceeded to peck at my bare toe. I froze in fascination wondering what could possibly attract him to my foot. After a few pecks, he decided my toe was not appetizing and flew away.