thebelgravian

Connecting neighbours. | September 2023

1. 25/4

Belgravia Community League

11540 73 Avenue NW Edmonton, AB T6G 0G1

Mailing Address P.O. Box 52202 Edmonton, AB T6G 2T5

Contact Us Email: <u>info@belgraviaedmonton.ca</u> Phone: 780-437-1866 (phone not monitored)

Visit us Online Website: <u>belgraviaedmonton.ca</u> Facebook: <u>belgraviaedmonton</u> Twitter: <u>@belgraviaYEG</u>

Cover photo of kihcihkaw askî Sacred Land site by Julian Parkinson

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This bi-monthly newsletter is published within Treaty 6 Territory and within the Métis homelands and Métis Nation of Alberta Region 4. We acknowledge this land as the traditional territories of many First Nations such as the Nêhiyaw (Cree), Denesuliné (Dené), Nakota Sioux (Stoney), Anishinaabe (Saulteaux) and Niitsitapi (Blackfoot).

About our Newsletter

Published by the Belgravia Community League, *the belgravian* connects you with community news, programs, events and other developments in and around the Belgravia area.

Frequency: we publish 6 issues per year

Monthly Distribution

We deliver ~1,100 copies to homes in Belgravia.

Read us online (in colour!): belgraviaedmonton.ca/newsletter

Send us your stories

Issue Content Delivery Deadline February 2023 Jan 19 Feb 4/5 April 2023 Mar 16 Mar 25/26 June 2023 May 18 May 27/28 August 2023 July 13 July 22/23 October 2023 Sept 14 Sep 23/24 December 2023 Nov 16 Nov 25/26

Article submissions are subject to editorial discretion

and available space. To submit an article, contact newsletter@belgraviaedmonton.ca

ADVERTISE WITH US

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File Types & Resolution

We accept ads in PDF, JPG, PNG and TIF formats - 200 dpi at 100% (full-size).

Ad Payment Methods

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Rates per Issue: Get a 10% discount for multiple ads paid in advance.

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Belmac Soccer Coordinator Alykhan Sumar belmac@belgraviaedmonton.ca	Elementary Liaison	Cory Dawson	info@belgraviaedmonton.ca	
	Traffic Committee Chair	Christine Taylor	traffic@belgraviaedmonton.ca	
Belgravia Watch Richard Law belgraviawatch@gmail.com	Belmac Soccer Coordinator	Alykhan Sumar	belmac@belgraviaedmonton.ca	
	Belgravia Watch Richard Law		belgraviawatch@gmail.com	

Get Involved

Established in 1954, Belgravia Community League (BCL) owns and operates the Hall and rink, built the playgrounds by the school, and developed and maintains the Arts Park – all on land leased from the City. BCL offers many programs and activities and is crucial for representing our neighbourhood interests to City Council on transportation, development and other issues. Support your community by buying a membership and volunteering. We have fine facilities, solid finances and fun programs. You'll be delighted by the great people you'll meet while helping out your community.

BECOME A MEMBER

Belgravia Community League Membership benefits include:

- BCL Hall rental privileges, including Hall Wifi
- BCL member advertising rate in the belgravian
- Member rate for programs at the Hall
- Complimentary access to BCL events like Fall BBQ, Pumpkin Party, Family Day
- Optional signup for BCL Member email updates with important messages between publications of *the belgravian* newsletter
- Participation in kids' City soccer and hockey (S.W.A.T.) programs
- Discounts for passes and monthly memberships at City of Edmonton recreation facilities through the Community League Wellness Pass
- A number of offers at Orbis Sports
- University of Alberta technology training: <u>training@ualberta.ca</u>
- Posters, wall murals and other printing jobs at Campus Design & Print Solutions: print@ualberta.ca

The BCL is only as strong as its members.

Please join!

Buy a membership online at: belgraviaedmonton.ca/bcl-membership/

Or email: membership@belgraviaedmonton.ca

If you're new to Belgravia, memberships are complimentary for the first year.

CALL FOR HOLIDAY MARKET VENDORS

Save the date: Wed, December 6, 5–8 pm

Your very own 'buy local' Belgravia Holiday Market will be back in the BCL Hall this year. Mark December 6th on your calendar and watch for further details.

Interested vendors can reserve a table (\$15 BCL members/\$25 non-members) by contacting Brenda Philp at <u>artdog@shaw.ca</u>



RINK RENEWAL PROJECT UPDATE

In 2022 the Belgravia Community League (BCL) Board initiated a community-based planning process for renewal of its outdoor rink – to take 2 to 3 years. This process is coordinated by a project team of community volunteers, which reports to the Board of the BCL. The Board reviews reports and recommendations, and decides how to proceed at the end of each phase. City planners review these decisions to ensure that the project meets City regulations and standards.

Open House in November 2023

An open house will be held for community members to review and comment on the proposed design for the replacement rink renewal. Details will be sent to BCL members by e-blast and posted on the website.

Fundraising Plan

The Project Team is looking for help in developing and executing a fundraising campaign. Please contact Larry Krushelnitzky at <u>rinkrenewal@belgraviaedmonton.ca</u> if you're interested in fundraising for this project.

CHARLES SIMMONDS PARK COMMUNITY GARDEN

The Charles Simmonds Park Garden Group has posted an online survey to determine the interest, viability and sustainability around developing a community garden in McKernan or Belgravia. They are also looking for people interested in joining a working group to help plan the community garden. Let us know by September 30, 2023, if you're interested in gardens/gardening by completing the online survey at:

belgraviaedmonton.ca/get-involved-charles simmonds-park-community-garden/

Or, scan the QR code below to open the survey on your mobile device:





PIANO – THEORY – VOICE LESSONS

All ages, all levels. Classical, pop. B. Mus. & ARCT in Piano Performance. Member of ARMTA. Piano examiner & music festival adjudicator.

Accompanist for Chanteuses and Festival Singers. Instrumental & Vocal coaching for exams, auditions, recitals, recordings. Works with The Kings University College & Opera Theatre of Alberta. Music for weddings, funerals and private functions.

Contact: Linda Steinbring, Email: lindasteingbring3@gmail.com, Phone: 780-435-4657

FALL 2023 PROGRAMS & ACTIVITIES AT THE HALL

•	For fee and instructor details, see: belgraviaedmonton.ca/programs/
	- · · ·

Activity	Day	Time	Hall	Registration Info & Contact
Soapstone Carving	Mondays: Sept 18–Nov 27	7–9 pm	Upper	programs@belgraviaedmonton.ca
Pilaga	Monday: Sept 25–Dec 4	8:30–9:30 am	Upper	programs@belgraviaedmonton.ca
Girl Guides	Mondays: Sept 18–May 27	6:30–8:30 pm	Lower	crzcampr@telus.net
Boot Camp	Tuesdays & Thursdays (ongoing)	7:30–8:30 am	Upper	susan.andrew@shaw.ca or jennifer.kl ein@ualberta.ca
Mat Yoga	Tuesdays & Thursdays Session 1: Sept 26/28–Oct 31/Nov 2 Session 2: Nov 7/9–Dec 12/14	9:45–10:45 am	Upper	programs@belgraviaedmonton.ca
Fit for Life: Strength & Stretch	Tuesdays and/or Thursdays: Session 1: Sept 26/28–Oct 31/Nov 2 Session 2: Nov 7/9–Dec 12/14	11 am-noon	Upper	programs@belgraviaedmonton.ca
Music with Baby (up to 24 mos)	Tuesdays: Sept 26–Dec 5	9:30–10 am	Lower	nancysnotesmusic@gmail.com
Music & Movement (up to 5 yrs)	Tuesdays: Sept 26–Dec 5	10:15–11:00 am	Lower	nancysnotesmusic@gmail.com
Drop-in Young Family Play Time	Tuesdays (ongoing)	5:30–7:30 pm	Lower	hallmanager@belgraviaedmonton.ca
Family Ukulele Class	Wednesdays: Nov 15–Dec 20	7–8 pm	Upper	nancysnotesmusic@gmail.com
French with Hems Jay	Wednesdays: French 1 (homework tutor): Sept 27–Dec 14 Thursdays: French 2 (adult French practice): Sept 28–Dec 15	6 pm	Lower	hems.jay5@gmail.com
BCL Knitters	Tuesdays (ongoing)	7–9 pm	Commun ity Living Room	programs@belgraviaedmonton.ca
Drop-in Baby/Toddler Time	Wednesdays (ongoing)	9:30–11 am	Lower	hallmanager@belgraviaedmonton.ca
Belgravia Walking Club	Wednesdays (ongoing)	10 am	Meet at Upper Doors	programs@belgraviaedmonton.ca
Fall Musical Theatre (6–12 yrs)	Sept 13: starting on Wednesdays (4–6 pm) & a smattering of Mondays, Thursdays & Fridays (12:30– 3:30 pm)		Upper & Lower Halls	moxybstudio@gmail.com
NIA Fitness	Thursdays	7–8 pm	Upper	fleurishmovement@gmail.com
Edmonton Insight Meditation	3 rd Saturday of each month, starting Oct 21	8:30 am–12:30 pm	TBD	smithjanet166@gmail.com

MADE IN BELGRAVIA SESSION: SHIFTING TOWARD A PLANT-BASED DIET

Presenter: Monika Fouad

When: Thursday, October 12, 2023 (7–9 pm) Where: Upper BCL Hall Fee: \$5 (covers plant-based refreshments and an afterdinner dessert)

Description

Monika Fouad who lives in Belgravia is an early childhood educator, a mother, and a certified whole food plant-based diet health coach. She is a passionate plant eater based on her belief that a healthy future begins with the food on our plate. In this session, she will share the background information and remarkable benefits of shifting from a mixed diet toward a plant-based diet:

- explore the fundamentals and advantages of a plant-based diet
- receive a practical "how-to-get-started" guide featuring family-friendly recipes
- learn about time and money-saving tips for adopting a plant-based diet lifestyle
- understand how to cultivate lifelong healthy eating habits for you and your family

Monika explains that "Our well-being and the health of our planet are intertwined. Don't miss this opportunity to learn how to make a positive change through your food choices."

Register by October 11: mib@belgraviaedmonton.ca

FIND EDMONTON DONATION & BIG BIN WASTE DISPOSAL EVENT

When: Saturday, October 14, 2023 (9 am – 4 pm)
Where: Belgravia Elementary School Parking Lot
Fee: BCL membership is needed if you plan to dispose of waste – consider buying one online beforehand

Bring donations to swap such as furniture, art, kitchenware, sporting goods, newer TVs. All remaining items will go to FIND Edmonton and other local organizations. We will NOT be accepting:

- household hazardous wastes: edmonton.ca/programs_services/ garbage_waste/eco-stations
- large appliances, mattresses or automobile tires, as these require additional disposal costs

Details will be posted on the BCL website and sent to members via e blast closer to the date. For questions or to volunteer, contact Christina: director2@belgraviaedmonton.ca



NATIONAL DAY OF TRUTH AND RECONCILIATION: SEPTEMBER 30

LEWIS CARDINAL WALK

Sept 24, 2023 at St Paul's United Church: 12 PM

Lewis Cardinal will lead a guided walk from St Paul's Church in Belgravia to the *kihcihkaw askî* Sacred Land. Located just off the Whitemud Ravine near the Fox Farms Land, *kihcihkaw askî* officially opens on September 23rd. If you miss Lewis Cardinal's walk, we encourage you to do this river valley walk at your leisure and view this important urban Indigenous ceremonial and cultural ground – the first of its kind in Canada.

For information on upcoming events, programming and operations at *kihcihkaw askî*, visit the Indigenous Knowledge & Wisdom Centre website: <u>ikwc.org/kihciy-askiy/</u>

CITY WALK/RUN & ROOT FOR TREES

Sept 30, 2023 at Kinsmen Park: 12-5 PM

The City of Edmonton's Walk/Run and Root for Trees events both take place at Kinsmen Park from 12–5 PM on Sept 30.

Edmontonians are invited to participate in the **3**rd **Annual Orange Shirt Day Walk / Run**. Visit the City of Edmonton's National Day of Truth and Reconciliation webpage to register:

edmonton.ca/attractions_events/schedule_festivals_events/national-day-for-truth-and-reconciliation

The **Root for Trees** program holds special events throughout planting season that celebrate both Edmonton's urban forest and our communities. Held in conjunction with the Walk/Run event, Root for Trees will be gifting native species of trees, shrubs and wildflowers as a way to honour the victims, families, friends, and intergenerational survivors of Residential Schools. In addition to the tree and shrub giveaway, there will be various Indigenous organizations, vendors and activities. Read more:

edmonton.ca/city_government/initiatives_innovation/ root-for-trees-events



Show your support for National Day of Truth and Reconciliation by wearing an orange shirt on September 30.

Recent Events

Summer 2023 has been a hopping time in Belgravia – a series of well-received community events kicked off with our summer concert and wrapped up on Community League Day with a barbecue and AGM. An abundant THANK YOU to the volunteers who continue to help make Belgravia a great place to live.

MUSIC IN THE ARTS PARK, AUG 9

St Paul's United Church graciously hosted our summer concert when thunderstorms threatened to dampen the fun. Fun was had indoors despite the clouds. Belgravia is home to a number of keen children, who danced up their own storm to the tunes of Marty Pawlina and Stevon & Kayla with their Heavenly Band.

View the Music in the Arts Park photo album:

belgraviaedmonton.ca/music-arts-park-2023photo-album



Stevon Artis performing (indoors) at the concert

KIDS MARKET & RINK FUNDRAISER, AUG 29



Industrious young Belgravia creators set up a marketplace in the Belgravia Hall and school field on a sunny afternoon.

Some of the proceeds will support the Rink Renewal Project. Well done, next generation!

COMMUNITY LEAGUE DAY & AGM, SEPTEMBER 16

Our biggest event of the year was a happy success thanks to neighbours who attended in full force and the dedicated volunteers, sponsors and donors who gave it their all. After the Community League Day festivities and barbecue, Board President Michael Cohen welcomed celebrants to the BCL AGM. Has everyone renewed their memberships (and signed up for ukulele lessons)?















By Jeanette Boman

A multigenerational family with deep roots in Belgravia, Jean & Dave Harris live with their daughter Shauna Lengyel and her 2³/₄-year old daughter, Azariah. Their story began in 1955 with Dave attending the new Belgravia Elementary school for two years when his parents rented a home here. He fondly recalls the Wrestling Club in the original hall, learning to skate on the rink, and exploring Belgravia Road when it was just a trail through the woods.

This close connection left such a lasting impression that Jean & Dave were married at St. Paul's United in 1967. When it came to buying a house, they looked in Belgravia until they found one in 1971 and have lived there ever since. Dave had attained his MSW at the University of Calgary and, living so close to the UofA, Jean completed her BSc in Nursing. When their son Tim and daughter Shauna arrived, the community continued to prove its value to them. While Jean stayed at home and Dave pursued his career in family focussed social work, Tim and Shauna explored the woods and river valley, roaming free and happily as Dave had done twenty years earlier.

Playschool at the hall, followed by the natural move to Belgravia Elementary School, came with an added bonus for Tim and Shauna as their mom managed the school lunch program in the hall. Shauna remembers when the hill ('Mt. Belgravia') was built as a community league project and how the kids couldn't wait to get outside to run up and roll down again and again. 'We lived on that hill!" she said. She scrambled around the "dangerous" geometric metal structure in the old playground, learned to skate on the rink, and played soccer and softball, with Jean as the first coach of the Girls Softball Team. Shauna sang at the Calgary Olympic Games with the SW Children's Choir conducted by Anne (Kozak) McIntyre, accompanied by Ruth Mossop. With fond memories of librarian Valerie Warke and French teacher Mme Tulip, Shauna thought there wasn't a better place to live.

With her kids off to McKernan then Scona, Jean went back to nurse at the Cross then the U of A Hospital as a nurse/coordinator, while Dave's work took him from the Glenrose to Family & Community Social Services, CFB Edmonton and the Solicitor General's department.



They didn't miss a beat when they retired, as travelling in their RV became their new focus. With Jean as the driver and Dave the planner and navigator, Jean "more or less" did whatever Dave told her to do as they explored North America coast-to-coast, Alaska and Mexico.

Shauna herself was a stay-at-home mom for eight years when her daughters, Diana and Annika were young, running a Mom & Tots program in Yellowbird. Her family moved to Leduc in 2008 where she went back to work in the hospitality industry, eventually becoming a general manager and opening brand name restaurants and hotels. While Covid had shut that work down, Azariah was born in 2020. Shauna and Azariah moved back to Belgravia in 2022 to live with Jean & Dave, all of them recognizing the value of intergenerational support going both ways.

In a full-circle way, Shauna recently became the BCL Hall Manager. She loved growing up in Belgravia and is now back to help the hall continue to be an important resource for families, children... all of us – as we celebrate special life events, drop in to play, knit or do some yoga, learn to act, sing and dance. What more could a community want than "one of our own" coming home to make the community even better than it already is?

By Wendy Davis (7414 118A St)

My favourite Belgravia tree is my very own weeping birch that I inherited when I bought my house in 1992. My then neighbours Bob and Kay Twiss, who had the first house in the crescent, said my tree was there when they moved to Belgravia in 1955. I have had it recognized as a heritage tree, and it has been photographed and is in the Alberta Book of Trees.

Although my tree is in my front yard, it is a community tree and my other neighbours' children loved to climb it when they were young. Squirrel Nutkin thinks he owns it and even chased an owl away that innocently was resting and surveying the landscape for mice. In the winter I give Squirrel Nutkin peanuts which he hides in a hollow in the weeping birch tree. He magically climbs to the top of the tree and drops the peanuts down the hollow trunk.

Alas there was a turbulent storm one winter and great branches of the tree were broken off and fell across the road. Squirrel Nutkin was hysterical as his hoard of peanuts was exposed for the bluejays and magpies to help themselves. The arborist assured me the roots of the tree were secure. Cameron McGregor made the wonderful benches from two of the tree's large broken bows and they now adorn my lawn.

Fortunately, a friend, Caroline Fehre, made a painting of my weeping birch before its accident and I donated it to the Belgravia Community League. It hangs in the upper hall.

The secret of the long life of my weeping birch is that I water it, but I'm not sure of my long life. 94 years!

Wendy's recommended good reading: *Tree: A Life Story* by Wayne Grady and David Suzuki



Visit Wendy Davis' heritage birch and benches

Send us your tree stories

In the words of former City Councillor Lila Fahlman, let's celebrate the "kindliness of trees" (Edmonton Journal, 11 Oct 1966) and stimulate our curiosity about our tree neighbours.

What is YOUR favourite Belgravia tree?

Email your tree stories to newsletter@belgraviaedmonton.ca

By Jeanette Buckingham (7318 115 St)

My favourite tree in Belgravia is the magnificent elm growing in my front lawn.

It has a huge expanse – a giant sunshade sheltering our lot and our neighbours on hot summer days. Generations of children have played under this tree and gathered its huge crop of golden leaves in the fall to build leaf forts. Generations of cats have climbed it, some of them my own. When we endured two summers of neighbourhood renewal a few years ago, the workers would gather on my lawn under the elm to enjoy their lunch in its shade.

It was well established when we bought our house in 1977. Our house was built in 1947, so I imagine the tree was planted at least then. But if may have been on the site before, because our property was on high ground and likely a farmstead beside McKernan Lake. The old trolley lines ran across the street from this property – and this tree, subsequently giving way to a regular ETS bus. I love it when its tender new leaves appear in the springtime. I love its graceful long draping branches and great sheltering leaves in the summer. I feel a little sad when I see the first golden leaves appear in the fall, though when it puts on its great gold party dress, it is truly glorious. Then through our long winter, it is a mass of the loveliest black lace as its bare branches prepare for another springtime rebirth. All of this canopy is held up by the most wonderful gnarly great trunk.

I take care of my tree. I root-feed it when the weather is dry. I make sure it has a proper haircut at least every two or three years. It deserves to be cared for – it gives so much joy to so many people, and always to me.

Stroll past Jeanette Buckingham's expansive elm



Belgravia Tree Stories

By Elisabeth Beaubien, naturalist (with thanks to Anna Mioduchowska and Katherine Koller for edits)

Our Belgravia roads are lined with two main tree species planted by the city. First, the stately, vase-shaped American Elms (*Ulmus americana*). Secondly, Green Ash (*Fraxinus pennsylvanica*) which naturally occurs in central and eastern North America. This tree is the first in autumn to turn yellow and shed leaves and one of the latest to leaf out in the spring. It can be recognized by the thin vertical ridges on the tree trunks.

At this time it is fun to see the Ohio buckeye trees (*Aesculus glabra*), which have gorgeous leaves (yellow or reddish) and beautiful shiny nuts inside prickly seed coats. The tree is called buckeye because of the resemblance of its smooth brown seeds to the eyes of deer. Note that these seeds are poisonous! Historic range for the Ohio buckeye is the eastern USA.

Would you like to recognize more trees? Do visit our neighbours to the north. Windsor Park has labelled many of the interesting species in the park area north of the school, where trees were planted back in the 1950's. Check out the four types of pine: Ponderosa, Austrian, Scots, and Mugo. In Belgravia, we have some very exciting large trees: along 73 Avenue east of the community league building is a very tall Ponderosa pine, and across the avenue and a bit west – a massive Douglas Fir (on private property). You will enjoy this great Indigenous story explaining the Douglas Fir's cone structures: blog.livingwilderness.com/2015/05/the-legend-of-mice-and-douglas-fir.html.

To keep your trees healthy, avoid using any weed killing pesticides. Both weed killing chemicals and chemical fertilizer are bad for turf as well, as they kill many of the soil microorganisms that the grass needs. At the Stratford on 118 Street, we stopped all use of fertilizer and herbicides two years ago. Edmontonians have no protective regulations (unlike most of Canada) to prevent our neighbours from hiring a spray company to kill weeds or insects. These chemicals have many dangerous health effects, for wildlife as well as humans. They are associated with cancers, reproductive harm, Parkinson's disease, Alzheimer's disease, etc. The city's use of pesticides increased in recent years: a 2017 audit found that the city's pesticide use had increased from 1800 kg to 4000 kg from 2010 to 2016.

At least many Belgravia yards plus our art park are free of these chemicals!

Here in Belgravia, we lost many trees over the last year to drought, including many Eastern white cedars (*Thuja occidentalis*). They are native to the southern part of eastern Canada. Also, several Scots pine (*Pinus sylvestris*) have died in the south end of the dog off-leash area. With El Niño conditions this fall and winter, we can expect warm dry weather. Many mature trees require a huge amount of water. For instance, a large oak tree can consume about 100 gallons (380 litres) of water per day! Let's encourage the city to water the park trees, so we don't lose more trees next year! And if you have trees on your property, (especially conifers), do give them a gentle watering for several hours, a few times before freeze up. The root zone for spruces is very shallow, and the roots extend out for the same distance as the tree is high!

Luckily, to counteract the tree losses due to recent drought, we have an avid tree planter in the neighbourhood. Over the decades, Dr. Beste Edguer has gradually added several interesting trees (Siberian larch, blue spruce, and mugo pine) to the 'pocket park' on 118th Street south of 74th avenue. I suggest we call that park "Beste's Arboretum"!

Now what is YOUR favourite tree? Mine is the magnificent American Elm.

Editor's note: if you wish to get a free tree to plant, attend the City of Edmonton's Root for Trees event on Sept 30 at Kinsmen Park. See page 8 for details.

The Belgravian | September 2023

Brain Games

SEASIDE WORD SEARCH

Salty

Crest

Buoy

Octopus Tidepool Urchin Sea glass Ferry Harbour

Sand castle Seaweed Tugboat





Did you know there's a traditional Métis Octopus Bag at the Royal Alberta Museum? Find out more: royalalbertamuseum.ca/blog/artistry -of-octopus-bag



From Earth to Sky

By Christi Belcourt



Christi Belcourt (*apihtâwikosisâniskwêw / mânitow sâkahikanihk*) is a renowned Métis visual artist with a deep respect for the traditions and knowledge of her people. Like generations of Indigenous artists before her, she celebrates the beauty of natural world while exploring nature's symbolic properties. Christi has posted this beautiful woodland-themed drawing online, inviting people to download and colour it.

Find out more about Christi Belcourt's art: https://christibelcourt.ca