



# thebelgravian

## Belgravia Community League (BCL)

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Twitter: [@belgraviaYEG](https://twitter.com/belgraviaYEG)

Next submission deadline: March 21, 2024

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*This bi-monthly newsletter is published within Treaty 6 Territory and 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 (Diné), Nakota Sioux (Stoney), Anishinaabe (Saulteaux) and Niitsitapi (Blackfoot).*

# About our Newsletter

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

## Monthly Distribution

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

Read us online: [belgraviaedmonton.ca/newsletter](http://belgraviaedmonton.ca/newsletter)

Send us your stories

Article submissions are subject to editorial discretion and available space. To submit an article, contact [newsletter@belgraviaedmonton.ca](mailto:newsletter@belgraviaedmonton.ca)

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E-transfer: [treasurer@belgraviaedmonton.ca](mailto:treasurer@belgraviaedmonton.ca) – include message: 'Newsletter Ad'.

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August '24	July 18	July 27/28
October '24	Sept 19	Sep 28/29
December '24	Nov 21	Nov 30/Dec 1

### Card size

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### 1/4 page

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### 1/2 page

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All businesses

BCL Member: \$25

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Belgravia, McKernan, Windsor Park businesses only

BCL Member: \$50

Non-Member: \$75

Belgravia, McKernan, Windsor Park businesses only

BCL Member: \$75

Non-Member: \$100

# Board & Committee Contacts

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Belgravia Watch	Richard Law	<a href="mailto:belgraviawatch@gmail.com">belgraviawatch@gmail.com</a>



# BCL at 70 Years and Beyond

This year marks 70 years since the Belgravia Community League was formed in January 1954. Located in ward Papastew, Belgravia is situated on Treaty 6 Territory and the Métis homelands and Métis Nation of Alberta Region 4. Over 2,400 residents live here today.

## Laying the foundation

The year it was established, the new league deftly jumped hurdles like building a community hall, navigating objections to a proposed rink location, and deciding whether to unite with McKernan Community League. The next 70 years saw small steps and major projects that together built the community that we enjoy today.

From *The Heart of Our Community* by Kevin Taft, Hall Renewal Chair ([the belgravian, March/April 2014](#))

"In 1954, Belgravia was a brand new subdivision on the south edge of Edmonton. Many of the lots were still undeveloped. But that didn't slow community spirit. The neighbourhood didn't have a community hall, and those first Belgravians were determined to build one. They knew they weren't just building a hall, they were building a community."

## Renewal highlights

As most well-used things eventually wear out or develop requirements beyond their initial purpose, after 60 years the community hall needed an update. So, in 2015-2016, a team of hard-working volunteers and many generous donors ensured the success of a hall fundraising and rebuilding campaign. This was followed in 2017-2019 by road and sidewalk reconstruction as part of the city's Neighbourhood Renewal Program – to which we also owe the popular gathering space in front of BelHub and Mood Café and our spiffy streetlights.

Today, a Rink Renewal Project is underway to replace the outdoor rink. Read the project team's update on page 6.

After the rink renewal wraps up, BCL facilities will be set up for their next lifecycle, allowing Belgravians to continue building community into the future. Happy anniversary, BCL!



*Edmonton Journal, Saturday,  
January 30, 1954*

## BELGRAVIA

Belgravia Community League was formed at an organizational meeting attended by 125 residents and held in the McKernan community hall at 113 St. and 78 ave., Thursday. It is the 45th community league formed in Edmonton.

Ald. Charles Simmonds, presi-



S. R. SINCLAIR

dent of the Federation of Community Leagues, presided.

At an executive meeting held Sunday in the home of Glyn Roberts of 11667 72 Ave., Sunday, officers were elected. They are president, Stewart R. Sinclair; vice-president, Mrs. B. C. Tanner; treasurer, Arthur Gregg; secretary, Edward Stack; executive committee, Mrs. E. E. Martin, Mrs. M. L. Watts, P. S. Greene, Frank Edwards, Robert Layton, Glynn Roberts and R. C. MacDonald.

Mr. Sinclair and Mr. MacDonald, arranged the organizational meeting. Mr. Sinclair is an assistant professor in civil engineering at the University of Alberta and is a member of the Engineering Institute, and the Association of Professional Engineers of Alberta. He is married, has three children and lives at 11810 73 Ave.

A planning committee, headed by Mrs. Tanner, was set up to study such problems as the building of a hall and whether to unite with McKernan Community League.

## Get Involved

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. Visit our website to buy or renew a membership: [belgraviaedmonton.ca/bcl-membership/](http://belgraviaedmonton.ca/bcl-membership/)

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 select BCL events and programs
- Skating tags for free use of the BCL rink
- 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
- Several offers at Orbis Sports
- University of Alberta technology training: [training@ualberta.ca](mailto:training@ualberta.ca)
- Posters, wall murals and other printing jobs at Campus Design & Print Solutions: [print@ualberta.ca](mailto:print@ualberta.ca)

### *Sod Turned For Belgravia Community Centre*



Mayor Hawrelak this week turned the sod at the site of the new Belgravia Community Centre, at 118 St. and 74 Ave. Also present at the ceremony, from the left, were E. Stack, president of the community league, Rollin Prather, John Farina, city recreation commission superintendent, Mrs. C. Tanner, chairman of the building committee, and D. Ellis, treasurer.

### **BELGRAVIA**

A sod turning ceremony was performed Wednesday by Mayor Hawrelak for a \$20,000 Belgravia Community Centre and rink, situated between 115 and 118 Streets and 73 and 74 Avenues.

Mayor Hawrelak expressed delight in having the honor of turning the first sod. "The city is very mindful of the good community centres perform," he said adding that a grant of \$5,000 will be made toward the centre. "It is for the children that this centre is being built, and it is the city's duty to assist."

*Edmonton Journal*, Nov 20, 1954



# Get Involved

## UPDATE: BELGRAVIA RINK RENEWAL PROJECT

Thank you to all who attended the Open House on December 11<sup>th</sup> at the Community Hall featuring the proposed concept for rink renewal and delicious cookies donated by the Mood Café. At its core, the concept featured a traditional boarded rink with a polished concrete surface intended to serve as a sustainable year-round activity area for a vibrant and growing community. Professional renderings of the concept were presented along with posters highlighting aspects such as the project background, plans to address key concerns, funding and schedule. We received valuable feedback with key themes including: 1) support for 4-season use; 2) strong opinions both in support and opposition to pickleball; and, 3) positive views of the potential for the renewed rink to serve as a “community builder.”

The price tag for the project is substantial (\$700,000) and the Project Team and BCL Board remain keen to identify and mitigate any unintended negative impacts. A more detailed analysis of the results of the Open House will be published in the next newsletter. In the interim, we will be hosting some pop-up open houses to share the concept more broadly and to obtain further input from community residents. We’re also preparing a “project planning” grant application and will begin fundraising in March. Please contact Larry for further information contact or to volunteer on the fundraising committee: [rinkrenewal@belgraviaedmonton.ca](mailto:rinkrenewal@belgraviaedmonton.ca)

*Rink Renewal Project Team*



# Get Involved

## CHARLES SIMMONDS PARK COMMEMORATIVE BENCHES AVAILABLE

The [City of Edmonton Benchmark Program](#) offers individuals and groups the opportunity to honour loved ones or celebrate special occasions, through the placement of a commemorative plaque on a bench in City parks and open spaces.

You can purchase a commemorative plaque on one of the four new benches in Charles Simmonds Park. Your donation of \$2,500 covers the cost of the bench, an individualized bronze plaque, and related maintenance over a 10-year period. Tax receipts will be issued to all donors included in your application.

If you're interested in buying a bench, contact Gail Fraser-Steffler at:

[gfs@shaw.ca](mailto:gfs@shaw.ca)





# Programs

## AT THE BCL HALL

Activity	Date/Time & Location	Course Fee (BCL members)	Registration & Contact
Soapstone Carving Teacher: Pat Galbraith	Mondays 7–9 pm Upper Hall	10 classes (\$150) \$15 drop-in to sample class	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>
Pilaga (Pilates/Yoga) Teacher: Susan Middleton	Mondays 8:30–9:30 am Upper Hall	10 classes (\$150) Drop-in \$18	<a href="mailto:pilatestoday@yahoo.ca">pilatestoday@yahoo.ca</a>
Girl Guides Leader: Salix Bell	Mondays 6:30–8:30 pm Lower Hall	Fee set by Girl Guides Canada	<a href="mailto:crzcampr@telus.net">crzcampr@telus.net</a>
Boot Camp Leader: Emma Klein	Tuesdays & Thursdays 7:30–8:30 am Lower Hall	Drop-in \$15	<a href="mailto:susan.andrew@shaw.ca">susan.andrew@shaw.ca</a> or <a href="mailto:jennifer.klein@ualberta.ca">jennifer.klein@ualberta.ca</a>
Mat Yoga Teacher: Elise Ure	Tuesdays & Thursdays 9:45–10:45 am Upper Hall	8 x Tuesdays (\$96; Drop-in \$15) 8 x Thursdays (\$96; Drop-in \$15)	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>
Fit for Life: Strength & Stretch Teacher: Elise Ure	Tuesdays and/or Thursdays 11 am–12 noon Lower Hall	8 x Tuesdays (\$96; Drop-in \$15) 8 x Thursdays (\$96; Drop-in \$15)	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>
Music & Movement (0 to 5 yrs) Teacher: Nancy Hunt	Wednesdays 9:30–10:15 am Lower Hall	Fee set by teacher	<a href="mailto:nancysnotesmusic@gmail.com">nancysnotesmusic@gmail.com</a>
Young Family Drop-in Playtimes Contact: Shauna Lengyel	Tuesdays 5:30–7:30 pm	Free to BCL/Associate Members	<a href="mailto:hallmanager@belgraviaedmonton.ca">hallmanager@belgraviaedmonton.ca</a>
Ukulele for Kids Teacher: Nancy Hunt	Dates & Times TBA	Fee set by teacher	<a href="mailto:nancysnotesmusic@gmail.com">nancysnotesmusic@gmail.com</a>
BCL Knitters	Tuesdays 7–9 pm Upper Hall Living Room	Free to BCL/Associate Members	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>



# Programs

## AT THE BCL HALL (CONTINUED)

Activity	Date/Time & Location	Course Fee (BCL members)	Registration & Contact
Belgravia Walking Club	Wednesday 10 am Upper Hall	Open to all walkers	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>
Spring Musical Theatre (6–12 yrs) Teacher: Marion Brenner	Wednesdays 3:45–5:45 pm Upper Hall	Fee set by teacher	<a href="mailto:moxybstudio@gmail.com">moxybstudio@gmail.com</a>
Zumba Teacher: Allison Moore	Wednesdays 7–8 pm Lower Hall	8 classes Members: \$96; Drop-in \$15 Non-members: \$120; Drop-in \$20	<a href="mailto:moore4movement@gmail.com">moore4movement@gmail.com</a>
NIA Fitness Teacher: Kirsten Bartel	Thursdays 7–8 pm Upper Hall	10 classes (\$120; Drop-in \$15)	<a href="mailto:fleurishmovement@gmail.com">fleurishmovement@gmail.com</a>
Friday Nights at the Hall Details on page 9	Fridays Feb 3–Mar 15 6:30–9:30 pm	Free to all. Parents or guardians must stay with kids 12 and under	<a href="mailto:programs@belgraviaedmonton.ca">programs@belgraviaedmonton.ca</a>
Edmonton Insight Meditation Contact: Janet Smith	3 <sup>rd</sup> Saturday of every month 8:30 am–12:30 pm	Open to Belgravia residents; fee set by EMI	<a href="mailto:smithjanet166@gmail.com">smithjanet166@gmail.com</a>

### BELGRAVIA

Adults interested in forming an art class in the community are asked to notify Bob Layton, phone 35141. If a minimum of 12 persons wish to join, a class will be formed under an instructor.

The children's art class has been divided into two groups to give more individual instruction. Groups are meeting Mondays and Thursdays. A children's copper craft class has been started, with a registration of 12, meeting Wednesday evenings. No more registrations for this term can be accepted.

Owing to difficulties that have arisen, there will be no further Friday evening movies for the children.

*Edmonton Journal, January 28, 1956*

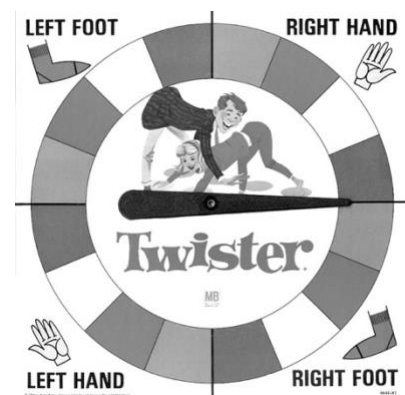
*Editor's note: the BCL has a 70-year record of offering engaging programming to the community. On another note, the unstated details at the end of this story beg the imagination. Was this the same group of children who weren't allowed to visit the Sherwin Construction show home? See page 11.*

# Programs

## FRIDAY NIGHTS AT THE HALL

Why leave Belgravia for Friday evening fun at the end of a busy week? Starting February 2<sup>nd</sup>, the BCL Hall will be open from 6:30–9:30 pm on Fridays. Drop in for board and table games and a feature activity facilitated by BCL volunteers keen on making *Friday Nights at the Hall* happen.

Everyone is welcome! No fee or membership is required to participate. Parents and guardians are expected to stay throughout the evening with children under 12. Bring your favourite board games to add to the mix in the lower hall and check out the feature event in the upper hall. Until further notice, bring your own snacks and drinks.



Date & time	Lower Hall	Feature Event in the Upper Hall	Feature Event Volunteer
February 2	Board & table games	Nerf Guns (bring your own Nerf gun & eye protection)	Nathan Lau
February 9	Board & table games	Speed Chess (bring a chess board & a clock if you have them)	Irene Andersson & Arthur Tilgmann
February 16	Board & table games	How to Make a Pod Cast (bring laptop/ tablet)	Scott & Alex MacLean
February 23	Board & table games	LEGO building (bring your own to add to the BCL LEGO collection or take home again at end of evening)	Felix Meier-Stephenson
March 1	Board & table games	Crokinole (a traditional Canadian dexterity game). Please bring a crokinole board if you have one.	Jeanette Boman & Kevin Taft
March 8	Board & table games	Feature Movie	Irene Anderssen & Olivia Hoentjen
March 15	Board & table games	Book exchange (trade old books for ones you have not yet read)	Scott MacLean
March 22 & 29	Spring Break	Spring Break	Spring Break



Do you have ideas for future Friday Nights at the Hall? Fill out our survey (until February 29): <https://www.surveymonkey.com/r/YQDNZYQ>

< or via this QR Code

For more information, contact [programs@belgraviaedmonton.ca](mailto:programs@belgraviaedmonton.ca)

# Upcoming Events

## MADE IN BELGRAVIA SESSIONS

**Event:** Potluck Dinner at the BCL Hall

**When:** Sunday, March 3, 4–7 pm

**Where:** Upper BCL Hall

In lieu of a Family Day event on February 19<sup>th</sup>, we're planning an inaugural BCL potluck dinner. Bring a favourite dish you remember from Sunday dinners past or present. No need to worry about plates, utensils, cups or glasses, as the upper hall kitchen is well supplied. We'll have cards to identify ingredients for those with food sensitivities. Stay tuned for more details on the BCL website, or through BCL email updates (for members who opt in).

For more information: [mib@belgraviaedmonton.ca](mailto:mib@belgraviaedmonton.ca)

**Event:** How to Build a Journal Habit

**When:** Wednesday, March 20, 7–9 pm

**Where:** Upper BCL Hall

Join our very own Christine Taylor, storytelling consultant, diversity expert and writer. She describes herself as a “serial immigrant who grew up in the US, Germany, Saudi Arabia and Switzerland”, and carries a Dutch passport. An expert on story structure, Christine has partnered with academics, entrepreneurs and international women to help them tell stories that communicate complex ideas, many of which arise from good journaling strategies. During this session, you will learn how to develop journaling habits to serve as a basis to write your own life story.

To register: [mib@belgraviaedmonton.ca](mailto:mib@belgraviaedmonton.ca)

## Sherwin Construction

### FALL DISPLAY HOME

*A \$45,000 Luxury Home  
Incorporating Many New Features*

76 Ave. and 119 St.

### IN BELGRAVIA

Designed and built by Sherwin Construction, completely landscaped and ready for modern living, this is a show home that you won't want to miss seeing. In other years, as many hundred Edmontonians may recall, Sherwin Construction have shown the latest trends in housing design . . . of prime witness was the Trend House of 1953 built by Sherwin.

This latest home features a great variety of built-ins, exotic woods, new materials and the utmost in planning. Everyone's invited, so come soon, won't you?

Members of McKernan Community League  
will host on

**FREE CONDUCTED TOURS**

**2 - 5 AND 6:30 - 9:30**  
**DAILY EXCEPT SUNDAY**  
**Commencing Wed., Oct. 13th,**  
**(No Children Under 18, Please)**

*Ad for Belgravia show home with mod cons,  
Edmonton Journal, October 12, 1954*



# Upcoming Events

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## MADE IN BELGRAVIA SESSIONS

### 2023 Plant Powered Health Series

**Where:** Upper BCL Hall

**Times for each session:** 6:30–8 pm: documentary, 8–9 pm: discussion & healthy snacks

**Register:** [mib@belgraviaedmonton.ca](mailto:mib@belgraviaedmonton.ca)

#### Food Revolutions Summit Documentary Screenings

Embark on an enlightening journey about health, wellness and our planet with Monika Fouad and a captivating series of documentary screenings from the 2023 Food Revolution Summit. Four films from the series have been selected to stimulate our thinking about pressing health and environmental issues facing the world today.

After each screening, Monika will lead an informal discussion with plant-based snacks and tea. If you're up for supporting snack costs with anything between \$2–\$5, that'd be great, but no worries if not.

Register for one or more of the following:

#### SESSION 1: The End of Heart Disease

When: Wednesday, February 14, 6:30 pm

With nearly 18 million lives claimed each year by heart-related conditions, this documentary unveils the power of nutrition in preventing and possibly reversing heart disease. Learn from leading experts pioneering innovative approaches to heart health through the food we eat.

#### SESSION 2: The Truth About Your Brain

When: Wednesday, March 13, 6:30 pm

As Alzheimer's rates are projected to triple and mental health challenges surge, this documentary delves into the crucial link between lifestyle and brain health. Discover ground-breaking research that connects our dietary habits to the clarity of our minds and overall mental well-being. Learn how to fortify your brain health & reduce cognitive decline.

#### SESSION 3: Earth on the Line

When: Wednesday, April 17, 6:30 pm

In preparation for Earth Day on April 22, this film shows the environmental impact of individual dietary choices. Experts discuss how we can all contribute to a more sustainable and thriving planet through dietary choices.

#### SESSION 4: Eating to Beat Cancer and Type 2 Diabetes

When: Wednesday, May 15, 6:30 pm

Explore the intricate connection between diet and the prevention of cancer and type 2 diabetes, two of the world's leading health threats. Gain insight into the latest scientific breakthroughs and learn which foods promote cellular vitality and reduce disease risk.

# Feature: Green & Gold Garden

## DIRTY HANDS DIARY: CLOSING TIME, NOVEMBER 2023

By Margaret Milner, GGG Volunteer

Where has the time gone? It is hard to believe that we are at the end of another successful season at the Green & Gold Community Garden. A few weeks ago, I was harvesting the last of the leeks with a small but mighty team in one of our newest plots on high ground in the southwest corner of the garden. Interestingly, our team includes four different generations (Baby Boomer, Gen X, Millennials, Gen Y) and this is what I love about volunteering in this community.

While pulling leeks (ever so carefully digging around the roots to minimize soil disruption), I mentioned that I had grown leeks in my own raised bed at home this year for the first time. As the four of us chatted about gardening and the deliciousness of cooking with leeks, I casually mentioned that I consider myself a “passive” gardener. One of the women was curious about this – what did I mean by that? I said it was simple – I plant seeds (and seedlings) and just add water and sunshine – letting nature do the rest.

Upon reflection, I realize that this characterization isn’t entirely accurate. Everything we do is grounded in intention – most of the effort comes at the start with bed preparation and early weed management, and then we simply sit back and watch the plants grow! This realization came to me as I listened to our field manager (Dion Bews) talk about how we garden at the GGG at an event hosted by the Edmonton Social Planning Council.

One important principle I have been practicing now for a couple of seasons is leaving the root systems of plants in the soil once they are at the end of their productive life. Typically, I have pulled my plants up by the roots at the end of the season. Now I simply cut off the plant just above or at soil level, leaving the roots intact to continue their microscopic magic below the surface. Dion likened pulling up plants by the roots to building a house in the spring and then burning it to the ground in the fall. That really hit home for me. The root systems of all plants are a complex mix of organic material that can be left to decompose, replenish the

soil, support the mycorrhizal network underground where nutrients are shared among plants, and to preserve homes for worms, beetles, and other microbial life forms. The air pockets in the soil surrounding the root systems support communication and the transport of water and nutrients both up and down and across the soil foundation. In larger scale gardens like the GGG, we flail and leave the plant tops on the land, replenishing the soil that supported the growth of these plants above ground all season.

The garden swarms with life above ground too. Just as there is a mycorrhizal network supporting plants at the root level, the connections we have with one another as we work the land are building blocks of the community we have built that supports its infrastructure. As we prepare the garden for the winter months, we take down trellises and other structures supporting our vegetables and flowers, prepare the beds and plant garlic for the next season, and continue to harvest beets, carrots and potatoes for bulk sales well into the fall and winter.

My senses are full as I walk through the garden in the setting sun on this last day of evening sales. I see deep purple bottles of elderberry syrup reflecting in the sun on our market stand, hear the birds feed on sunflowers bowing over with the weight of seed, the smell of apples in the orchard, the taste of a dripping slice of watermelon grown by the hoophouse volunteers, and the feel of the cool fall air that surrounds me as the sun dips in the horizon.

To all the volunteers, customers, garden visitors, University farm staff, and our gardening partners who donate so much of themselves to the garden, thank you for another year of growth. Your support of Tubahumarize and the women and children in Rwanda is so appreciated.

# Brain Games

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