



Belgravia Community League
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Edmonton, AB T6G 0G1

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Edmonton, AB T6G2T5

Contact us:
Email: info@belgraviaedmonton.ca
Phone: 780-437-1866 (phone currently not monitored as hall host hours cancelled)
COVID-19 Response Team: 780-802-3666 or
pastpresident@belgraviaedmonton.ca

Hall host hours:
Cancelled

Visit us online:
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[belgraviaedmonton](https://www.facebook.com/belgraviaedmonton) (facebook)
<https://www.belgraviaedmonton.ca> (website)

Next Submission Deadline:
July 14, 2022

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

Banner Photo: The Ladybugs are back!

the belgravian

June 2022

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Are you interested in volunteering with the BCL? Do you have an interesting article that might be of interest to our community? Navigate to Page 2 to find email addresses for our community league directors! Information about advertising in our newsletter and content deadlines can be found on Page 3.

2021/2022 BCL Board & Committee Contacts

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

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

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

Big Changes are Coming to Belgravia!

Zoning Bylaw Renewal & District Planning on their way!

What is Happening & Why is it Important?

The City of Edmonton is currently overhauling the Zoning Bylaw and Area Development Plans. Zoning Bylaw governs what can/can't be built or operated on a parcel of land, while the Development Plans provide an outline for how neighbourhoods are anticipated to develop over time. Changes to these can greatly impact neighbourhoods and the City as a whole.

Zoning Bylaw Renewal - What's Being Proposed?

All zones will be subject to some degree of change under the new Zoning Bylaw. A few key highlights for the zones that affect Belgravia the most are provided below.

Current low density housing zones (RF1 - RF5) will shrink into three zones (RS1, RS2, RS3). Designation depends on existing housing and if the property is in a mature neighbourhood or not. Belgravia is expected to fall into the RS2 Zone, which includes the following changes:

- Maximum building height will increase from 2.5 storeys to 3 storeys (8.9m to 10m)
- Loosening setback requirements allowing for more options of where housing sits on a lot
- Loosening various regulations to allow multi-unit housing (e.g. row housing, skinny walk-ups) to occur on more lots throughout the neighbourhood
- Loosening of restrictions around the types of at-home businesses allowed to operate (details to be released during broader City engagement in September)

Low and medium sized apartment buildings currently zoned RA7 & RA8 are expected to become part of the new proposed RM (Medium Scale Zone). While the RM zone provides for building 4 - 8 storeys in height, the city will be adding "context modifiers" to specifically limit the height on each site. Early indications are that these height limits will match what is currently present, or allowed (e.g. a 4 storey apartment (RA7) will receive a 4 storey height limit context modifier, while a 6 storey apartment (RA8) will receive a 6 storey height limit context modifier). While they will share the same RM zone regulations, a site currently zoned for 4 storeys will NOT automatically receive permissions to build up to 8 due to these context modifiers.

Neighbourhood commercial strips are expected to gain more permissions to build residential housing units above the commercial as-of-right. Site specific DC2 Zones will not have their zoning regulations changed, but may be renumbered under the new naming system.

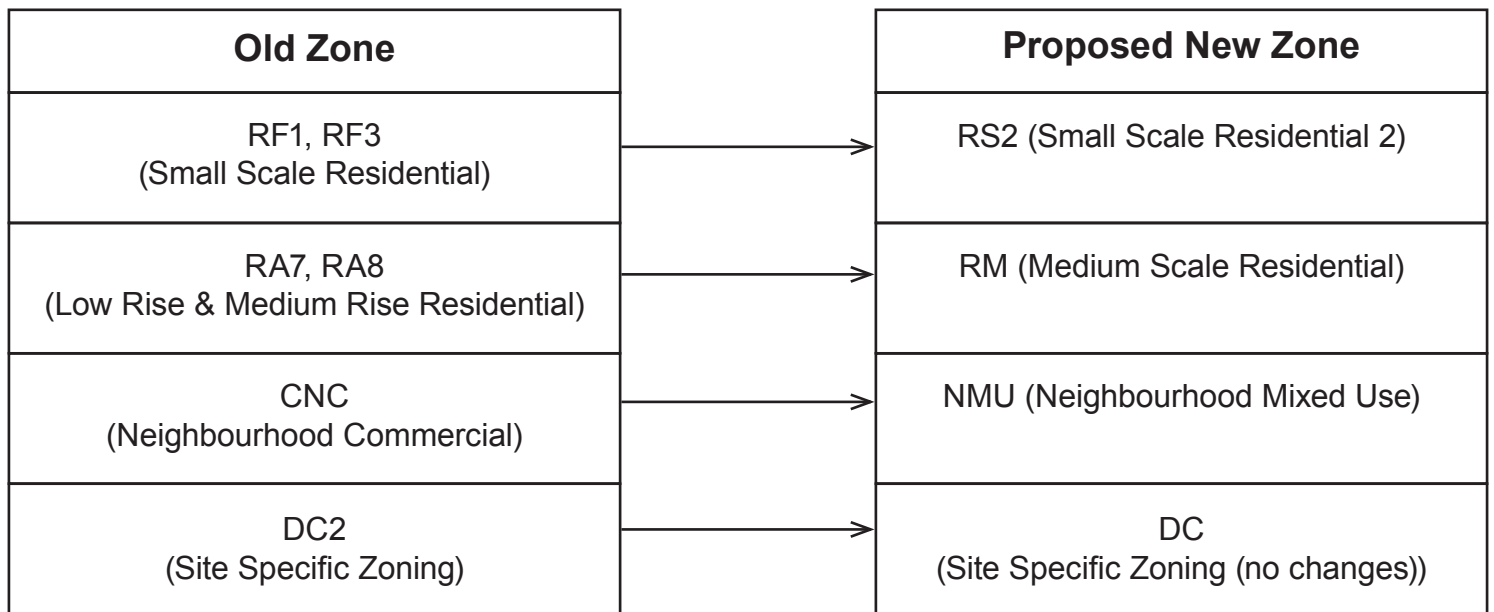
The proposed zoning bylaw changes will mean that as-of-right, an individual landowner will be able to build more on their property. It will still be up to individual landowners to redevelop their land if they so choose, so change will occur gradually as property owners deem fit.

These are a brief summary of some of the major changes planned. For more information, residents are encouraged to follow the City's Zoning Bylaw Renewal Initiative as it advances.

Looking for someone in the Belgravia area who would like to mow my lawn, as needed. This person would have to use his/her own lawn mower.

Contact: Gary Colwell
7407-118A Street NW
780-437-5744

New Zones Summary Chart



A copy of the high-level draft of proposed zones will be made available on <https://belgraviaedmonton.ca/> at a later date

District Planning - What's Being Proposed?

During the same time as Zoning Bylaw Renewal, the City will also be engaging in District Planning. The current McKernan/Belgravia Area Redevelopment Plan that provides a general guidance for how redevelopment ought occur will be retired/reincorporated into a new District Plan that will cover the general University and Old Strathcona area as a whole. The District Plan will outline preferred zones/development densities, heights, and land uses for future rezoning applications and set the long-term outline for how the district as a whole ought develop out.

Comments & Engagement

The City will be conducting city-wide engagement for both Zoning Bylaw Renewal and District Planning starting in August/September 2022, with a planned information campaign rolling out in the months leading up. The Belgravia Community League will be monitoring for updates and providing information to and from community residents as these initiatives advance.

Feedback into these initiatives can be provided via the following:
 Belgravia Community League: planning@belgraviaedmonton.ca
 City Councillor (Michael Janz): michael.janz@edmonton.ca
 Zoning Bylaw Renewal Team: zoningbylawrenewal@edmonton.ca
 District Planning Team: districtplanning@edmonton.ca
 Contacting the city by phone via 311



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
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- Edmonton Academy - 810 Saddleback Rd NW
- Sherwood Park - 201 Festival Way
- St. Albert Community Hall - 17 Perron St
- Callingwood Square - 6741 177 St NW
- Duggan Community League - 3728 106 St NW

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Green & Gold Community Garden

A local garden with global impact

It's the Year of the Garden and a perfect time to check out the Green and Gold Community Garden on the University of Alberta's South Campus. Join us for our 14th season and the opportunity to learn more about gardening, volunteer at a very special community garden, and become part of the larger Edmonton gardening community.

Our garden is totally volunteer run, and with over 50 varieties of vegetables, a large assortment of herbs, flowers, fruit orchard, and a hoop house—the opportunities to get involved, are numerous—and varied. Novice and experienced gardeners are welcome!

Don't want to get your hands dirty? Don't worry, we have other volunteer opportunities that contribute to the successful operation of our Garden with a Difference.

To find out more:
greengoldgarden.com
Or email gsgarden@ualberta.ca

Made in Belgravia - Drama for kids!

Belgravia resident Marion Brenner is the director of Moxy B Studio and a Drama Teacher with Edmonton Public Schools. This summer, she will run a short Young actors program, with children ages 6 -12 at our BCL Upper Hall. We are looking for 12 keen participants to act in a fun, sassy 20 minute play.

When: July 11th to 22nd, Monday to Friday, 12:30pm until 2 pm. The group will perform the play twice on Friday the 22nd.

Place: Upper BCL hall

Cost to participants: \$30 per child (to cover cost for scripts, costumes, set)

Space is limited! Please sign up early by emailing moxybstudio@gmail.com.

Why Drama?

There are many benefits to engaging in the performing arts!

- Increased confidence in trying new things
- Developing language and communication skills
- Learning to use the body as an instrument during acting
- Social skills and friendship
- Addressing social isolation
- Learning to co-operate and teamwork
- Increasing self expression and dealing with emotions
- A sense of achievement
- Fun and enjoyment!

PIANO - THEORY - VOICE LESSONS

All ages, all levels. Classical, pop. B. Mus. and ARCT in Piano Performance. Member of ARMTA. Piano examiner and music festival adjudicator. Accompanist for Chanteuses and Festival Singers. Instrumental and Vocal coaching for exams, auditions, recitals, recordings. Vocal/instrumental coach/performer for The Kings University College and Opera Theatre of Alberta. Music for weddings, funerals, private functions.

Linda Steinbring
lindasteinbring3@gmail.com
780-435-4657



Novel MRI biomarkers for monitoring disease progression in ALS

Sub-study: Nerve-muscle biomarkers

Principal Investigators: Dr. Kelvin Jones and Dr. Sanjay Kalra

Background

Motor neurons include the living wires that form the connections between our brain and muscles. With amyotrophic lateral sclerosis (ALS) there is a loss of these connections and the brain loses its ability to communicate with the muscles. We assess and monitor the health of these connections using electrodiagnostic testing by measuring the electrical activity of nerves and muscle.

Who?: Healthy adult participants needed.

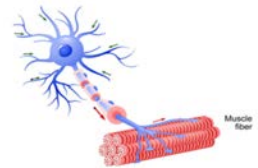
Purpose

The purpose is to use two tests to identify biomarkers of ALS to: improve diagnosis, monitor progression, and response to therapy.

One test measures how many nerve fibers are connected to a muscle. The second test measures the health of the nerves connected to the muscle.

Contact Information

Dr. Kelvin Jones
Clinical and Theoretical Neurophysiology Lab
kejones@ualberta.ca, (780) 492-0650



Why Participate?

Your involvement in this research will help researchers find new tests to detect and monitor ALS. Biomarkers are a fingerprint that helps identify conditions and response to treatment in clinical studies. Measurements taken from *healthy participants* are **crucial** for understanding the results from people diagnosed with ALS.

What's Involved?

One visit that will take **90-120 minutes** and involves placing sensors on the skin over nerves and muscles. Parking is covered and you will receive a gift of acknowledgement for your time (i.e. \$25).

Screening of current medications and medical conditions is required prior to participation.



Pro00061945 8 January, 2022



What we heard about visions

By Irene Andersson and Barry Edgar, Abundant Belgravia

When asked, some people say they live their best life in Belgravia and nothing could be better. Others have ideas about what could be improved in terms of how they want to live, move around, and age. Many people might say the word “vision” is too lofty and seems too far from our busy reality than we wish to deal with. Some even consider visions as a luxury for those with too much time to think. I ask you to think again. The first step towards the future we want, is to understand our visions for the very place we live. Here’s what we have heard so far from neighbours as part of the Abundant Belgravia initiative.

<p>People and relations</p> <ul style="list-style-type: none"> A safe community Connectedness That we care about each other Community league Community spirit Neighbourliness Diversity Elders cared for Elderly involved Family oriented Generational mixing Friendly people Inclusiveness That we know each other Kids playing and connecting That we help/support each other That we trust our neighbours Feeling of a village A safe place to grow up for children An active community A welcoming community 	<p>Housing, buildings, streetscape</p> <ul style="list-style-type: none"> Preservation of character and character houses Mature neighbourhood Responsible development A beautiful neighbourhood, the views An ageing-friendly community A bikeable community A walkable community A lively community <hr/> <p>Environment and nature</p> <ul style="list-style-type: none"> Proximity to River Valley Good healthy environment Green spaces Mature trees Peaceful and quiet Parks Low and slow traffic Dog spaces (off-leash) <hr/> <p>Work and economy</p> <ul style="list-style-type: none"> That we have local businesses Proximity to work and school Proximity to LRT station
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This list highlights many positive things about Belgravia – some fixed by the neighbourhood’s location and many more that depend upon the personal choices of Belgravians. If we want the neighbourhood to reflect these visions, we must recognize that we are the most important people to make sure we work towards maintaining or building on those values.

We have strong community connections, including a healthy Community league, which puts us in an even better position to influence some of the other visions that we might not feel powerful enough to do something about as individuals.

So, think again. What’s your vision for the place you call home? Tell someone (ideally your block connector) about it. Do what you can to get the future you want, let’s join forces for the rest!

INTO THE GARDEN - DIRTY DEEDS THAT CAN BE DONE DIRT CHEAP!

submitted by Bonnie Walter

At the Green and Gold Garden we have been working hard to prepare the soil for planting using organic principles! It is good and fun for the body and soul to finally be outside getting dirty after a tediously long icy winter.

With the rising cost of food, it is more important than ever to “grow your own” in any way that works for you. If you are fortunate enough to have yard space with enough sun, it is possible to evict your lawn turf for at least a small plot of something edible. It is actually easy once the soil has been properly prepared, augmented with good compost. Dirt is the foundation of our food and deserves our help.

This year, rather than using the U of A general farm compost, we are helping our soil by making our own ‘custom’ compost created by scrupulous saving of weed corpses, dead leaves, donated coffee bean chaff from local roasters, and sundry organic plant ‘rubbish’. All this cast-off precious substance is FREE for the taking. You can make your own pile if you don’t want to give it all away to the city. We made nice Green & Gold compost - you can tell it’s good if it is dark and fine and smells like ...DIRT!

Our new no-till crop plan considers a long-term view of land health and what we need to get out of this dirty deal - we are asking the land to help us make food, so we have to plan at least one full season ahead. Permanent raised beds warm and dry out faster in the spring and are easiest to plant, weed and harvest, plus they have deeper topsoil to provide a bigger root zone for ALL crops! The first step is to plant a cover crop which you can knock down and smother, then plant things through the cover crop stubble chaff (carrots would drive one madly back to rototilling but transplanting curcubits like squash works a treat). The next step after harvest is to plant a cover crop that winter kills. For something pretty, try a mix of barley, oats, crimson clover. If you have any old seed that you think has expired, throw it in there too - nothing to lose. This requires serious long-term planning: I recommend reading Daniel Mays’ book “*The No-Till Organic Vegetable Farm*” for a clear, comprehensive explanation on this technique. Although the focus is on market garden production, the principles are useful for home gardeners too!

For some Green and Gold volunteers, a raised planting box is easier on the knees. We were fortunate to scavenge discarded wood pallets which were transformed by a creative volunteer into beautiful raised planting boxes. Free except for hardware and linseed oil! We are also grateful for the donation of old metal horse troughs which are a useful height for a raised bed! Some of our finest carrots and herbs are grown in these. A big planter box is a great place for your dirt if your body has trouble kneeling. Try it!

A hint about starter dirt: Seeds are increasingly expensive! When starting seedlings, invest in good *new* potting soil with some magic bacteria, or “myke” in it. This will pay dividends in rate of germination and vigour of those precious babies. “Myke” is Mycorrhizal Bacteria: Mycorrhizae - from Greek “*myco*” or fungus, and “*rhiza*” or root. These form symbiotic relationships with plant roots, a network of fungus filaments which act in the underground region in contact with plant roots and the most biologically active part of our dirt. Mycorrhizal connections improve drought tolerance, pest and disease resistance and speed/timing of development! If you’re planting purchased perennials, throw a fistful of myke down the prepared hole and mix in a bit before you put the new plant in... your rhizomes will thank you.

May your garden be blessed with healthy dirt and may your plants thrive!

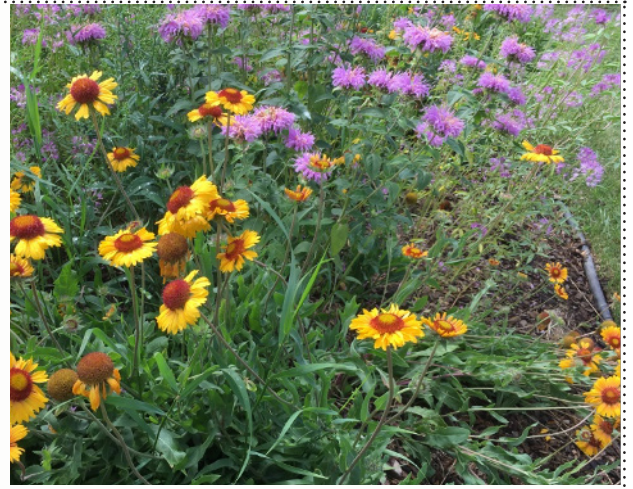
For more information about the Green Gold Garden see our website:
www.greengoldgarden.com

Belgravia Arts Park Native Plant Planting Bed

Interested in meeting some of your neighbours? Learning about Alberta native plants? You are welcome to join the team of volunteers at the Belgravia Arts Park.

A unique landscape within the Belgravia community, the Belgravia Arts Park (115th street and 74th Ave) is an eclectic mix of art and nature. Created by a great community effort, the park has been a multi-purpose space used for yoga, weddings, walking, games, and picnics, to name a few.

We are pleased to have re-created a bit of the “wild” here in the Belgravia Arts Park Native Plant Planting Bed.



Most of the species here are authentic Edmonton native species that were either saved or seed collected in the Edmonton area. With the assistance of the Edmonton Native Plant Group, Belgravia community members had created this planting in 2006 and have been caring for it since that time.

Some of the species that you will see here are: Prairie Crocus, Prairie Buttercup, Buffalo Bean, Blanket Flower, Showy Aster, Canada Anemone, Dotted Blazing Star, Giant Hyssop, Bearded Wheat Grass, Canada Wild Rye, and many, many more.

Three years ago, three bee hotels were added and were well used very quickly.

A dedicated community volunteer team meets every second Tuesday 6:30 -8:00 from May to September.

Our schedule for this year is: May 17, 31; June 14, 28; July 12, 26; August 9, 23; Sept 6.

All help is appreciated, whether it is once or every time. Each year presents new challenges and lovely surprises.

Charles Simmonds Park Renewal Fundraiser

The Charles Simmonds Park Renewal is a joint project between the Belgravia and McKernan Community Leagues. The park is located in the McKernan hip, bordering on Belgravia, off 115th St. between 78th and 80th Avenues.

The city has provided preliminary design options and we will be consulting with the community in the next month through an online survey and in person events.

A fundraiser for the project with TruEarth, a Canadian company that provides environmentally friendly cleaning products, has been set up by McKernan Community League. The link to order TruEarth products and support the Charles Simmonds Park Renewal is:

<https://fundraising.tru.earth/mckernancommunity>

Learn more about the Charles Simmonds Park Renewal Project:
<https://www.mckernancommunity.org/charles-simmonds-park>

Support our Fundraiser

OLD ME



Used liquid detergent in heavy plastic bottles that can contain up to 80% water

NEW ME



Uses Eco Strips that are lightweight, in compostable packaging, and contain only concentrated detergent

TRU EARTH

PS... Shop through our fundraising link and we earn 20% profit!

What's so Great about Native Plants? By Connie Boyce

I had heard of native plants but until recently, I had no idea why it's so important to include them in your garden. I learned to love gardening from my mother, whose gardens were filled with spectacular Asiatic lilies and other 'exotic' plants. While adding much beauty to the yard, these ornamentals do very little for our local birds and pollinators.

Native plants evolved over many years with the local wildlife and therefore they are the ones that best provide food for wildlife. By planting them, we can help stop the loss of biodiversity (variety of life). Globally, the number of insects has declined 45 per cent since the 1970s. And the number of birds in North America has been reduced by almost one third in the same time. Our protected areas aren't large enough to sustain nature, but as Doug Tallamy explains in *Nature's Best Hope**, if every person planted a few native plants, we would create a park larger than any existing National Park.

Native plants support a wide variety of pollinators (including birds, bats, butterflies, moths, flies, bees). Pollinators are essential to life as we know it on planet Earth. In addition to pollinating a third of our crops, pollinators (mostly native bee species) are responsible for pollinating 87 per cent of all plants. So if pollinators were to disappear, 87 per cent of the plants on Earth would also disappear.

Native plants also support insects that provide a source of protein for many other animals. These insects are especially necessary for birds when they're raising their young. Did you know that a chickadee feeds its young between 6,000 and 9,000 caterpillars in just 16 days? And 96 per cent of land-dwelling birds in North America raise their young on insects rather than seeds and berries. Bird feeders can supplement a bird's diet but if we really want to help birds we need to grow native plants.

Growing native plants doesn't mean you need to redesign your entire yard. In fact, the Alberta Native Plant Council is currently running a Pollinator Challenge, inviting people to plant just one square metre of native plants. In the Edmonton area, there are three keystone species of flowers that support the greatest number of pollinators (mostly bees). They are native Goldenrods, Asters, and Sunflowers, all beautiful, especially when planted in drifts, or large groups. Visit anpc.ab.ca for more information on the Challenge.

The top five things we can all do to support birds and other wildlife are:

- grow native plants
- stop spraying pesticides in our yards
- add a birdbath or even just a plate of water
- keep cats indoors or on a leash
- ask local nurseries and big box stores to supply more native plants

There are many excellent resources for learning about native plants and where to buy them. These include the Edmonton Native Plant Society, the Alberta Native Plant Council, the Canadian Wildlife Federation and the Alberta Native Bee Council.

Adding one group of native plants in a corner of your yard will make a difference. And since they're better adapted to our environment, they'll require less care once they're established. It's an easy way to support biodiversity, and fun for the whole family to see which birds, bees and butterflies you can attract to your yard.

**Nature's Best Hope, A New Approach to Conservation that Starts in your Yard*
by Douglas W. Tallamy

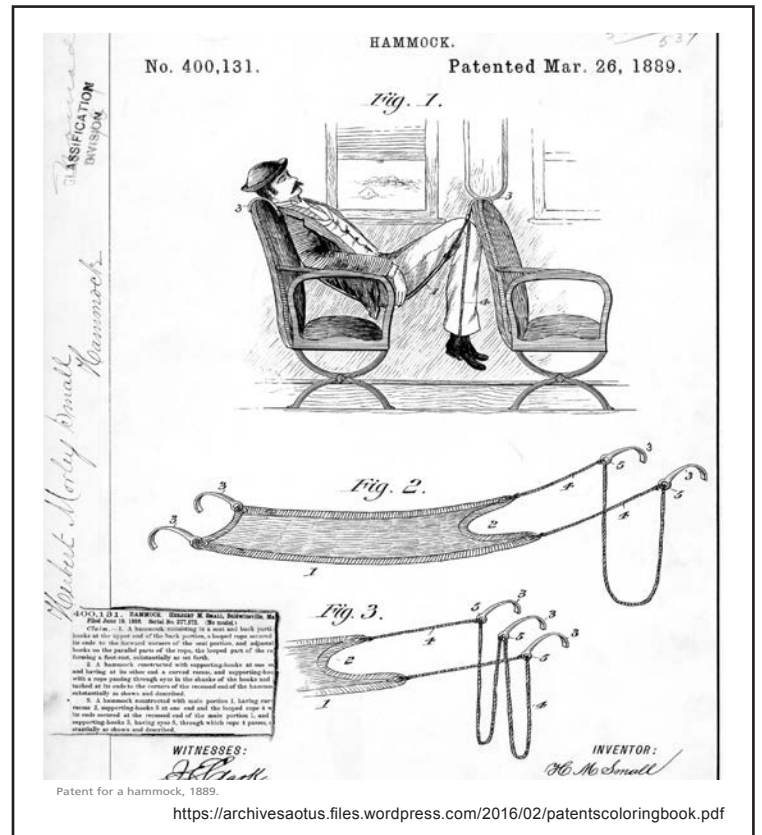
Junior Belgravians!

Summer break is just around the corner. What are some of your favourite things to do over the summer? We enjoy camping, biking, hiking, and exploring nature. Spring and summer are the seasons of new plant growth and Alberta has a lot of beautiful wild flowers to look out for. Check out our wordsearch below for some examples of wild flowers you can find in our province.



Can you identify this flower that is commonly found in Alberta?

When you complete our wordsearch, try to find some of these flowers in our community!



Alberta Wildflowers

R F D S N D A I S Y A N D
 W I L D R O S E M A R Y C
 O R O O T G S A R N I C A
 A E G R B W A J E B G S T
 L W I N U O R K T U A U T
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 C D M L E H A R E B E L L
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 I M E G C Y B U D A T W F
 L D Y S U N O Z W N I E A
 Y D U L P E A D E F A R E
 X S O R R E L U P I N E M

Search for these native Alberta wildflowers.

Some words will share a letter in the wordsearch.

- ARNICA
- ASTER
- BEARGRASS
- BUCKBEAN
- BUTTERCUP
- CATTAIL
- DAISY
- DOGWOOD
- FIREWEED
- FORGETMENOT
- GENTIAN
- GOLDENROD
- HAREBELL
- LILY
- LUPINE
- MARIGOLD
- ROSEMARY
- SORREL
- SUNFLOWER
- WILDROSE