

Peddalling with neighbours for 70 years.
April 2024



the belgravian

Belgravia Community League (BCL)

11540 73 Avenue NW
Edmonton, AB T6G 0G1

Mailing Address

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

Contact Us

Email: info@belgraviaedmonton.ca
Phone: 780-437-1866 (phone not monitored)

Visit us Online

Website: belgraviaedmonton.ca
Facebook: [belgraviaedmonton](https://www.facebook.com/belgraviaedmonton)
Twitter: [@belgraviaYEG](https://twitter.com/belgraviaYEG)

Next submission deadline: May 16, 2024

In this Issue

Page 2	About our Newsletter
Page 3	Board & Committee Contacts
Page 4	Get Involved
Page 5	Programs
Page 10	Upcoming Events
Page 12	Feature: Pedal to a Patio
Page 13	Feature: Green & Gold Garden
Page 14	Feature: Cycling Season
Page 15	Poet of the Blackmud Creek
Page 16	Brain Games

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

Read us online: belgraviaedmonton.ca/newsletter

SEND US YOUR STORIES

Article submissions are subject to editorial discretion and available space. To submit an article:

newsletter@belgraviaedmonton.ca

ADVERTISE WITH US

To submit an ad: newsletter@belgraviaedmonton.ca

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

Ad Payment Methods

Cheque:

Payable to: Belgravia Community League

Mail to: Belgravia Community League, P.O. Box 52202, Edmonton, AB, T6G 2T5

E-transfer: treasurer@belgraviaedmonton.ca – include message: ‘Newsletter Ad’

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

Issue	Submit by	Delivery
February 24	Jan 18	Jan 27/28
April '24	Mar 21	Mar 30/31
June '24	May 16	May 25/26
August '24	July 18	July 27/28
October '24	Sept 19	Sep 28/29
December '24	Nov 21	Nov 30/Dec 1

Card size

8.5 cm x 6 cm

All businesses

BCL Member: \$25

Non-Member: \$50

1/4 page

8.5 cm x 12 cm

Belgravia, McKernan, Windsor Park businesses only

BCL Member: \$50

Non-Member: \$75

1/2 page

18 cm x 12 cm

Belgravia, McKernan, Windsor Park businesses only

BCL Member: \$75

Non-Member: \$100

Board & Committee Contacts

BCL Board Members		
President	Michael Cohen	president@belgraviaedmonton.ca
Vice President	Jonathan Sharek	vicepresident@belgraviaedmonton.ca
Past President	Cory Dawson	pastpresident@belgraviaedmonton.ca
Secretary	Scott MacLean	secretary@belgraviaedmonton.ca
Treasurer	Shirley Perry	treasurer@belgraviaedmonton.ca
Membership Director	Jane Taylor	membership@belgraviaedmonton.ca
Planning & Place Director	Devon Beggs	planning@belgraviaedmonton.ca
Communications Director	Lou Morin	communications@belgraviaedmonton.ca
Programs Director	Jeanette Boman	programs@belgraviaedmonton.ca
Facilities Director	Felix Meir-Stephenson	facilities@belgraviaedmonton.ca
Director-at-Large	Irene Andersson	abundantbelgravia@belgraviaedmonton.ca
Director-at-Large	Christina Lau Hoang	director2@belgraviaedmonton.ca
Director-at-Large	Barry Edgar	director3@belgraviaedmonton.ca
Director-at-Large	Robert Bhatia	director1@belgraviaedmonton.ca
Communications Team		
Newsletter Editor	Lou Morin	newsletter@belgraviaedmonton.ca
Newsletter Distribution	Susanne Rowe	communications@belgraviaedmonton.ca
Website Administrator	Tim Janzen	webmaster@belgraviaedmonton.ca
Program Team		
Made in Belgravia Initiative	Jeanette Boman	mib@belgraviaedmonton.ca
Casino	Reg Norby	norby@shaw.ca
Facilities Team		
Hall Manager	Shauna Lengyel	hallrental@belgraviaedmonton.ca
Rink Manager	Simon Gosgnach	rinkmanager@belgraviaedmonton.ca
Arts Park Team Leader	Kathy Goble	kkgoble@telus.net
Sustainability Coordinator	vacant	sustainability@belgraviaedmonton.ca
Community Connections Team		
Neighbourhood Resource Coordinator	Chris Auton	chris.auton@edmonton.ca
Elementary Liaison	Irene Andersson	abundantbelgravia@belgraviaedmonton.ca
Traffic Committee Chair	Christine Taylor	traffic@belgraviaedmonton.ca
Belmac Soccer Coordinator	Mike Blennerhassett	belmac@belgraviaedmonton.ca
Belgravia Watch	Richard Law	belgraviawatch@gmail.com

Get Involved

Belgravia Community League (BCL) owns and operates the community hall and rink, built the playgrounds by Belgravia School, and developed and maintains the Arts Park – all on land leased from the City of Edmonton. For over 70 years, BCL has provided engaging programs and activities, and represented 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/

BCL Membership benefits include:

- BCL Hall rental privileges, including wifi access
- BCL member advertising rates for *the belgravian* newsletter
- BCL member rates for programs at the Hall
- Complimentary access to select BCL events such as the fall AGM
- Skating tags for access to the BCL skating rink and all other community league rinks
- Optional signup for BCL member email updates with timely 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



Drop in Playtime ... in the Lower BCL Hall

Tuesdays (5:30 - 7:30 pm)

Wednesdays (9:30 - 11 am)

Thursdays (1:30 - 3:30 pm)

Kids play while parents stay & visit with other parents

Snacks and Refreshments planned by parents

A benefit of your Family BCL Membership



Programs

SPRING AT THE BCL HALL

All fees listed below are for residents with BCL memberships:

Activity	Date/Time & Location	Course Fee (BCL members)	Registration & Contact
Pilaga (Pilates/Yoga) Teacher: Susan Middleton	Mondays 8:30–9:30 am Upper Hall	10 classes (\$150) Drop-in \$18	pilatestoday@yahoo.ca
New: Soapstone Carving Club	Mondays 7–9 pm Upper Hall	Club member fee determined by group	lorne@wensel.ca
Girl Guides Leader: Salix Bell	Mondays 6:30–8:30 pm Lower Hall	Fee set by Girl Guides Canada	crzcampr@telus.net
Boot Camp Leader: Emma Klein	Tuesdays & Thursdays 7:30–8:30 am Meet outside by lower playground or in Lower Hall	Drop-in \$15	susan.andrew@shaw.ca or jennifer.klein@ualberta.ca
Mat Yoga Teacher: Elise Ure	Tuesdays & Thursdays 9:45–10:45 am Upper Hall	8 Tuesdays (\$96; Drop-in \$15) 8 x Thursdays (\$96; Drop-in \$15)	programs@belgraviaedmonton.ca
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)	programs@belgraviaedmonton.ca
New: Community Plant Based Cooking Classes	Tuesdays (Apr 23–May 8) 4–7 pm Upper Hall	Fee set by teacher	monika.fouad@gmail.com
Drop-in Playtime at the Hall Contact: Shauna Lengyel	Tuesdays 5:30–7:30 pm Wednesdays 9:30–11 am Thursdays 1:30–3:30 pm Lower Hall	Free to BCL/Associate Members	hallmanager@belgraviaedmonton.ca

Programs

SPRING AT THE BCL HALL (CONTINUED)

Activity	Date/Time & Location	Course Fee (BCL members)	Registration & Contact
BCL Knitters	Tuesdays 7–9 pm Upper Hall Living Room	Free to BCL/Associate Members	programs@belgraviaedmonton.ca
Music & Movement – Ocean Theme Teacher: Nancy Hunt	Wednesdays (Apr 10–June 5) 9:30–10:15 am Upper Hall	Fee set by teacher	nancysnotesmusic@gmail.com
Belgravia Walking Club Leader: Cam McGregor	Wednesday 10 am Upper Hall	Open to all who are interested in a neighborhood walking group	cam.mcgregor@shaw.ca
Zumba Teacher: Allison Moore	Wednesdays 7–8 pm Lower Hall	\$96; Drop-in \$15 Non-members: \$120; Drop-in \$20	moore4movement@gmail.com
New: Belgravia Pedal to Patio Initiator: Darlene Williams	Thursdays (Begins May 2) 6 pm Meet at BCL Hall	Open to all who are interested in a neighborhood cycling group	gworkun@telus.net
NIA Fitness Teacher: Kirsten Bartel	Thursdays (May 2–June 13) 7–8 pm Upper Hall	10 classes (\$120; Drop-in \$15)	fleurishmovement@gmail.com
Friday Nights at the Hall (board games & special activities)	Fridays (Apr–May) 7–8 pm Upper Hall	Free drop-in. Parents or guardians must stay with kids 12 and under	programs@belgraviaedmonton.ca
Edmonton Insight Meditation (EMI) Contact: Janet Smith	3 rd Saturday of every month 8:30 am–12:30 pm	Open to Belgravia residents; fee set by EMI	smithjanet166@gmail.com
Ukulele for Kids Teacher: Nancy Hunt	Sundays (April 21–May 26)	Fee set by teacher	nancysnotesmusic@gmail.com

Programs: School of Rocks

A NEW BELGRAVIA STONE CARVING CLUB IS BORN

by Bonnie Walter

On March 18th our Monday evening Belgravia Soapstone Carving Class was reborn into a brand-new community club. The carving class, taught expertly and faithfully since 2017 by local master sculptor Pat Galbraith is now the *Belgravia Stone Carvers Club*.

Pat has been our wise and talented teacher and mentor and will continue to offer her esteemed presence and guidance to the Carvers Club. Our official club sessions started on March 25th.

Want to work with stone? Our club is open to interested BCL members and associate members.

When: Mondays, March 25–June 10, 7–9 pm

Where: Upper Hall

Cost: \$75 for 10 sessions

Sessions: 10 Monday evenings, excluding statutory holiday Mondays

Materials: bring a rock (soapstone is a relatively easy rock for beginners), an old towel or board (or something else to carve on), a face mask to keep out dust, basic tools (we also have some club tools generously donated by Pat) and, most importantly, an idea. You may wish to start with a carving kit (you can choose to purchase a small template stone figure to start with if you are a newbie). Bedrock Supplies on Argyll Road has lots of soapstone chunks and templates to choose from. You don't have to start big!

Why work with stone? Many of Pat's students would insist that sculpture is a different way of thinking and seeing the world. It is also a good way for some of us to unwind from the cognitive load we are burdened with in our work lives, it involves different kinds of problem solving, and it is truly about creating something new and unique. And yes, the artist typically signs their work when it is complete and ready to show the world. Come and do it with us!



Wildlife carvings created by attendees of Pat Galbraith's course

Programs: Friday Nights at the Hall

by Jeanette Boman

Much fun was had this past February and March at our new *Friday Nights at the Hall* program – from nerf gun battles, to LEGO building, crokinole, chess, making podcasts, a book exchange, and a very well-attended feature movie, *Ratatouille*.

To keep a good thing going, we've lined up even more Friday night activities for April–May (see page 9). Parents and/or guardians are expected to stay with children under 12. Board games are always an option so bring your own to add to the games at hand (donations are welcome too). Most activities happen in the lower hall unless the feature event needs a special space in the upper hall.



Dedicated BCL board secretary Scott McLean and junior Belgravians take their turns at Friday night board games



Programs: Friday Nights at the Hall

Date & time	Activities	BCL Facilitators	Special Event Notes
April 5	Lower Hall: Nerf Battle Board & table games	Nathan Lau; Felix Meier-Stephenson	BYO nerf gun and eye protection
April 12	Lower Hall: Board & table games Upper hall: Hands-on cinnamon bun making, eating & taking home	Jeanette Boman; Felix Meier-Stephenson	BYO baking pan and a toonie donation to help cover costs
April 19	Lower Hall: All stages & ages Clothing swap Board & table games	Irene Andersson; Felix Meier-Stephenson	BYO clothing for swapping; un-swapped clothing to be taken back home
April 26	Lower Hall: Chess tournament Board & table games	Irene Andersson; Felix Meier-Stephenson	BYO chess board
May 3	Lower Hall: Face Painting Workshop Board & table games	Jeanette Boman	BYO toonie donation to help cover costs; supplies for making face paint will be provided
May 10	Lower Hall: Scavenger Hunt (start in lower hall and move to outdoors) Board & table games	Irene Andersson	BYO sleuthing skills!
May 17	Lower Hall: Board & table games Upper Hall: Nintendo Switch Tournament (probably Smash Bros)	Felix Meier-Stephenson Liam Meier-Stephenson	BYO Controller
May 24	Lower Hall: Board & table games Upper Hall: Movie (<i>The Incredibles</i>)	Olivia Hoetjen; Jeanette Boman	BYO pillows & blankets; we will supply POPCORN (and water)
May 31	Lower Hall: Craft Night Extravaganza Board & table games	Scott McLean; Jeanette Boman	BYO craft ideas & supplies. All old BCL Playschool program craft supplies will be up for grabs

Upcoming Events

by Jeanette Boman

EVENT: WILDFIRE PREPAREDNESS (EDMONTON FIRE DEPARTMENT)

When: Wednesday, April 10, 2024, 7–8:30 pm

Where: Upper Hall

Wildfire season officially runs from March 1st to October 31st each year. Wildfires can happen in urban settings more than we might realize. Learn from the experts how to prepare and protect your front, side and back yards, as well as a recreation property (cabin). And what to do in the event of a fire in your area.

Everyone welcome. No registration necessary.

EVENT: PLANT POWERED HEALTH DOCUMENTARY

Earth On the Line: Food Choices Can Change the World

When: Wednesday, April 17, 2024, 6:30–9 pm

Where: Upper Hall

Join Monika Fouad for another documentary from the 2023 Food Revolutions Summit about the relationship between individual diets and planetary health. Experts like George Monbiot (British journalist, author, environmental & political activist) and Haile Tomas (youth health activist and founder of nonprofit Healthy Active Positive Purposeful Youth) share their views about how we can all contribute to a more sustainable and thriving Earth.

Anyone who is interested can attend. Planet-healthy snacks prepared by Monika will be offered for you to enjoy while watching the film. Contributions of \$2–\$5 for the snacks are welcome.

To help us prepare for the number attending, email mib@belgraviaedmonton.ca

EVENT: SAMOSA MAKING DEMONSTRATION & VEGETARIAN POTLUCK DINNER

When: Sunday, April 21, 2024, 3:30–7 pm

Where: Upper Hall

Join Belgravia residents, Kinjal and Raj Manek as they share their famous samosa and chai recipes prior to our first ever potluck vegetarian dinner. Kinjal will bring a batch of her veggie filling from home and demonstrate the fine art of folding a samosa. With volunteers to help fold them all, Kinjal will bake them at the hall for the vegetarian potluck dinner. Combined with Monika Fouad's Plant Powered Diet for a Healthy Planet documentary films and Earth Day on April 22, a vegetarian potluck dinner completes an important dietary theme we've presented in sessions at the hall.

Bring your favourite vegetable/vegetarian dish with a list of ingredients or recipe to share with others. Complimentary herbal tea and coffee will be on offer, but feel free to bring something to drink if you wish.

To help us prepare for the number attending, email mib@belgraviaedmonton.ca

EVENT: SPRING MUSICAL THEATRE – MATILDA THE MUSICAL

Where: Lower Hall

When:

Friday, April 26, 2024:

- 2 pm Matinee
- 7 pm Evening Show

Saturday, April 27, 2024: 7 pm Evening Show

Come out to see our young Belgravia musical theatre artists perform *Matilda the Musical* with Belgravia resident Marion Brenner directing this family performance. Tickets will be available at the door, but we recommend buying advance tickets by emailing Marion at moxybstudio@gmail.com

EVENT: PLANT POWERED HEALTH DOCUMENTARY

Eating To Beat Cancer and Type 2 Diabetes

When: Wednesday, May 15, 2024, 6:30–9 pm

Where: Upper Hall

The last of the 4 documentaries from the 2023 Food Revolutions Summit selected by Monika Fouad shows how cancer (still the world’s second leading cause of death) and type 2 diabetes (quickly catching up to cancer) are more connected than you think. Learn from healthcare experts like Kristi Funk, MD, Cyrus Khambatta, PhD, and Neal Barnard, MD, how specific foods can balance blood sugar and increase vitality in every cell of your body to dramatically reduce the risk of both diseases.

Anyone who is interested can attend. Planet-healthy snacks prepared by Monika will be offered for you to enjoy while watching the film. Contributions of \$2–\$5 for the snacks are welcome.

To help us prepare for the number attending, email mib@belgraviaedmonton.ca

REGISTRATIONS NOW OPEN

BelMac Soccer (fall indoor season)

Community soccer programs provide kids with a chance to get active, meet new friends and learn soccer skills. The program takes place on mini fields on local green spaces within our communities and focuses on introducing young players to the game. SWEMSA’s outdoor Mini soccer program for kids (U4–U7) is filled at this point but our new BelMac Soccer Coordinator, Mike Blennerhassett can be contacted about fall indoor season:

belmac@belgraviaedmonton.ca

Mike will share a schedule of the upcoming outdoor games in an BCL Update e-blast so people can come out and cheer the kids on.

Pedalheads in Belgravia (July)

Pedalheads ‘Learn to Bike’ camps are back in Belgravia this July. This is the 4th year that Pedalheads staff will be helping Belgravia kids to learn and hone their biking skills in the rink, up and down Mt. Belgravia, and on the road and sidewalks around the park. All registrations are done through Pedalheads.

If your child is keen to learn to bike at a bike camp close to home, register now to reserve a spot: <https://www.pedalheads.com>

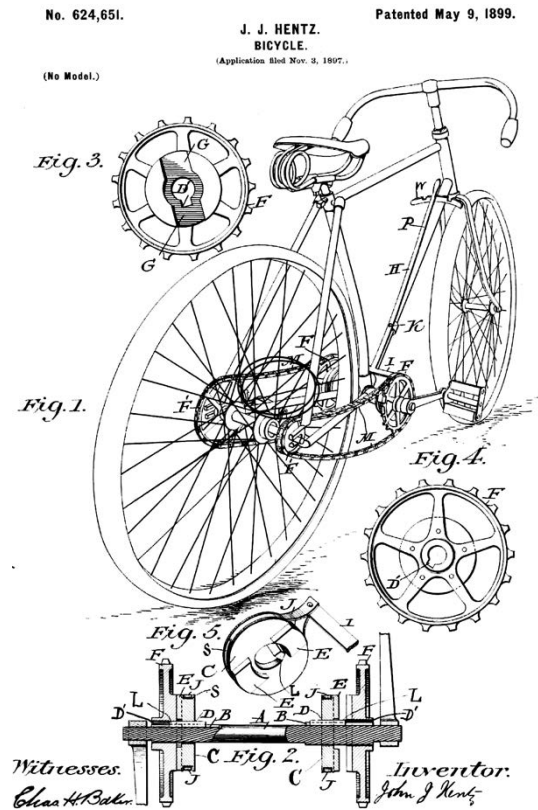
Feature: Pedal to a Patio

by Darlene Williams

Love our summer evenings! Want to enjoy the company of other Belgravians! Can't get enough cycling during the day! Pedal to a Patio is a Belgravia summer evening cycling group for adults. Enjoying an evening bike ride with friends and neighbours is our goal. The ride will end on a patio where we will enjoy a refreshing beverage and scintillating conversation. Rides begin and end in Belgravia. We will gather at our BCL Hall on Thursdays at 6 pm, and head out. The evening ride will be about 1 hour in duration and will be at an intermediate level, some hills and mixed terrain. We will take turns hosting; hosting means you lead the ride and provide the patio and beverages. If you don't have a patio or route, we can help you plan the ride and find a patio. Maybe we can even do the occasional field trip to a nearby patio, such as Victoria Golf Course, La Bosco, Café Bloom, Hub, Mood Café, Glass Monkey, Café Bicycleette...

Not recommended for road bikes as we will do multi-surfaced trails in the river valley. Hybrid, gravel bikes or e-bikes are best.

If we have enough interest, it's a go and I will create a WhatsApp group. Cycling will start as soon as the weather and roads are ready. Aiming for the beginning of May or hopefully earlier! If you're interested or have questions, contact: gworkun@telus.net



Peugeot 203 Tour de France Fahrzeug 1954
(photo by Stahlkocher)

Feature: Green & Gold Community Garden

CALL FOR VOLUNTEERS

by Margaret Milner, GGG Volunteer

Want to get your hands dirty? The Green & Gold Community Garden group is always looking for new volunteers interested in being part of a vibrant, land-based, learning community that is passionate about growing food. The garden is situated on the University of Alberta farm on the University south campus. We welcome folks of all ages and abilities – no gardening experience is necessary! Our garden market garden raises funds for Tubahumurize, an organization that supports socioeconomically marginalized women and children in Rwanda. We also have connections with many local organizations that support our efforts to grow food using sustainable and regenerative, organic gardening methods.

If you're interested in volunteering with us, we have two upcoming orientation sessions for new and returning volunteers:

Saturday April 13

12:30 to 2 pm

Saturday April 20

12:30 to 2 pm

These orientation sessions will be held at the Green & Gold Community Garden (118 St, just south of 60 Ave). All are welcome to attend, and pre-registration is not needed. To attend, email gggarden@ualberta.ca and indicate which day you would prefer to attend.

For more information about the garden or to join our produce email list, visit:

<https://www.greengoldgarden.com/volunteer/>

Or email us at gggarden@ualberta.ca



Feature: Cycling Season is Coming Fast



by June MacGregor

Belgravia Resident and President, Edmonton Bicycle and Touring Club (EBTC)

If you cycle on urban trails or head out alone on your bike, consider joining EBTC to explore the rural routes in the Edmonton region and beyond with other keen adult cyclists. Our not-for-profit club, run entirely by volunteers, has been around for over 45 years. Every year, EBTC offers a great program that is consistent with our mission: to provide safe and fun recreational cycling and social activities for adult members in the Edmonton area.

2024 is shaping up to be even better than 2023, when the Club's 360 members enjoyed some 190 rides, despite cancellations due to smoke and other inclement weather. Most rides are on roads or paved trails and are suitable for road bikes; trail (mountain bike) and winter rides are also offered. 'Pedal-assist' e-bikes are generally welcomed on EBTC rides, but 'throttle' e-bikes are not allowed because their acceleration speed does not mix well with people-powered bicycles.

Peruse the [EBTC website](#), including the Calendar, to learn more about the Club. You'll find rides for cyclists of all levels of experience, skills and interests. This includes social rides with regular meet-up points/breaks and fitness rides where riders self-navigate; both types have rides categorized as easy, intermediate or challenging. The majority of EBTC's rides are 'series' or regularly recurring so that members can plan their time. We also have unique, once-a-season rides, out-of-town trips, and pop-ups planned close to the ride date based on weather.

The EBTC website also has excellent resources for cyclists. For example, if you are thinking about a new bike, see [Need a New Bike](#). Or go to the Resources tab > Gear > Need a New Bike?, and find useful articles on Driveline, Brakes and Finish.

You can join EBTC through the website – the membership fee is a modest \$40 for 2024. If you have any questions, use the contact form on the website or email me directly at President@bikeclub.ca



EBTC members on the road

There's Poetry in Snow Valley

by Garth Paul Ukrainetz
Poet of the Blackmud Creek

There's poetry in Snow Valley
The sun and moon sway in her hair
Soft whispers, sweetest nothings
Well spoken word is everywhere

There's poetry in Snow Valley
The hills so green, her eyes so blue
We gaze so full of summer
A warm embrace that ends too soon

There's poetry in Snow Valley
A wisdom only nature knows
As child runs to a mother
A little creek to river flows

There's poetry in Snow Valley
A chairlift paused for higher ride
To heights of inspiration
Back down by verse we poets glide

Professional Piano & Voice Instruction

*B.Mus., registered music teacher w/ years of classical piano
and vocal training, and professional singing experience*



Welcoming students ages 4 - 94

- study singing or piano for relaxation & personal growth, preparation for singing in choir
- Vocal coaching for audition/exam preparation
- revive dormant musical skills by exploring chords to fave pop tunes; intro to jazz/blues at the piano
- Revisit that Classical technique and learn to enjoy playing piano in ensemble!!

Early Childhood:

- young ones can enjoy a semi-private class on 2 grand pianos!!! Including singing, movement and games
- All Beginners All Ages are Welcome!!

Text or phone: 587-983-0292

www.edmontonpianoteacher.com

Brain Games

Colour your own Mother's Day bookmarks.
For more museum colouring books, go to:
<https://library.nyam.org/colorourcollections/>



BIBLIOTHÈQUE
ET ARCHIVES
NATIONALES
DU QUÉBEC

