



THE Belgravian

BELGRAVIA COMMUNITY LEAGUE [BCL]

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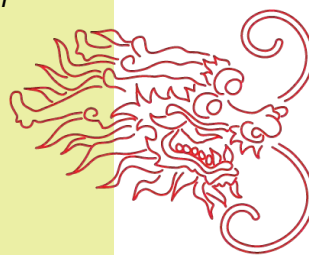
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Next submission deadline: September 12

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).

IN THIS ISSUE

- Page 2 About our Newsletter
- Page 3 Board & Committee Contacts
- Page 4 Get Involved
- Page 5 Programs
- Page 6 Recent Events
- Page 9 Featured artists
- Page 10 Feature: Meet Your Neighbour
- Page 11 Feature: Growing Season
- Page 13 Brain Games



Belgravia
Community League
Celebrating **70** years of a rich tapestry of cultures

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 our stories 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	Jan 18	Jan 27/28
April	Mar 21	Mar 30/31
June	May 16	May 25/26
August	July 18	July 27/28
October	Sept 12	Sep 21/22
December	Nov 21	Nov 30/Dec 1

Card size

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1/4 page

8.5 cm x 12 cm

1/2 page

18 cm x 12 cm

All businesses

BCL Member: \$25

Non-Member: \$50

Belgravia, McKernan, Windsor Park businesses only

BCL Member: \$50

Non-Member: \$75

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PIANO – THEORY – VOICE LESSONS

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

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
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Casino	Reg Norby	norby@shaw.ca
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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
- Member advertising rates for *the belgravian* newsletter
- 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
- Option to sign up for member email updates with timely BCL news between newsletter issues
- 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

JOIN THE TEAM

The BCL is looking for volunteers for the following positions:

Board President

Now that we have a board filled with enthusiastic and experienced directors, it's a great time to become president of the BCL! The Board President position is flexible, with many duties shared with the vice president and past president.

Special events organizers

We'd love to have more people join our special events team, helping to plan events such as the AGM and Community League Day event, Halloween and Family Day parties, Big Bin and Clean-Up, and Friday nights at the Hall. Ideas for new events are also welcome!

Sustainability Coordinator

The BCL has reduced our environmental footprint in various ways, including the solar panels and improved energy efficiency of our hall, and eliminating the use of disposable plates and cutlery at our events. We are looking for a volunteer to help us continue these efforts.

For more information on the above positions, contact Michael: president@belgraviaedmonton.ca

SAVE THE DATE

The upcoming BCL AGM/ 70th Anniversary Party/ Community League Day event has been moved from September 21 to Saturday, **September 28**.

Watch for details in your member email updates and on our website.



Programs

LATE SUMMER AT THE BCL HALL (fees listed are for BCL members)

Watch for member email updates or check the website in mid-September for our fall lineup:
belgraviaedmonton.ca/programs/

Activity	Date, Time, Location	Course Fee (members)	Registration & Contact
Summer Drama Camp (ages 6-12)	Mon–Fri (August 12–23) 12:30–3:30 pm Upper Hall Afternoon & eve. shows on Aug 23	Fee set by Marion Brenner, Director	moxybtheatre@gmail.com
Pilaga (Pilates/Yoga)	Summer break		
Girl Guides	Summer break		
Boot Camp Leader: Emma Klein	Tuesdays & Thursdays 7–8 am Meet by lower playground or Lower Hall	Drop-in \$15	susan.andrew@shaw.ca or jennifer.klein@ualberta.ca
Mat Yoga Teacher: Elise Ure	Thursdays (Aug 8–22) 9:45–10:45 am Upper Hall	3 classes (\$47.50; Drop-in \$20) No classes Aug 1	programs@belgraviaedmonton.ca
Fit for Life: Strength & Stretch	Summer break		
Plant Based Cooking Classes	Summer break		
BCL Knitters	Summer break		
Belgravia Walking Club Leader: Cam McGregor	Wednesdays 10 am Meet at Upper Hall	Open to all Belgravians	cam.mcgregor@shaw.ca
Zumba Teacher: Allison Moore	Wednesdays in July 7–8 pm Lower Hall	Free drop in	moore4movement@gmail.com
Belgravia Pedal to Patio Leader: Darlene Williams	May–Aug: Thursdays 7 pm Meet at BCL Hall	Open to all Belgravians	Please contact Darlene before each ride: gworkun@telus.net
NIA Fitness	Summer break		
Friday Nights at the Hall	Summer break		

Recent Events

BELGRAVIA OPEN GARDENS BLOOMS AGAIN

by Barb Krahn

Warmth of gardeners matches heat of the day!

Sunshine and excitement heralded the return of the Belgravia Open Gardens Tour on Sunday, July 7. After several years' hiatus due to the upheavals of neighbourhood renewal and Covid-19, Open Gardens 2024 showcased six unique and beautiful gardens.

Neighbours enjoyed chatting with the gardeners amid bubbling streams, found art, colourful blooms, dramatic raised beds, and even a stone dragon! The flow of one garden across two properties also drew much admiration.

Many thanks to the gardeners who put so much effort into beautifying our neighbourhood and welcoming other Belgravians into their gardens: Ron and Mary Agnes Lamoureux, Darlene Williams and Garnett Workun, Jeanette Boman and Kevin Taft, Simon Gosgnach, Scott MacLean and Ariane Fielding, Stephen Chan and Sarah Chan, and Rennie and Hennie Woudstra.

CALLING ALL GARDENERS

Belgravia Open Gardens is already recruiting gardens for summer 2025!

Interested? Email barbkrahn@shaw.ca



Ron and Mary Agnes Lamoureux in their magical garden. Photo credit: Shirley Perry



More accomplished open gardeners who participated in the event.

Recent Events

BIG BIN & SWAP AND COMMUNITY CLEAN-UP

by Jeanette Boman

Thank-you to the committee and others who volunteered to make our annual Big Bin & Swap and Clean-Up event happen on June 15. And to all BCL members who dropped off items to recycle, swap or haul away. The City's Community Clean Up Grant Program generously provided \$1,000 to cover costs and contributed kits (bags, gloves and goggles) for those who cleaned up areas of Belgravia.

The day was a Big Bin-sized success from the start, when Christina went above and beyond the call of duty to rescue Barry's blue water bottle! The kids who helped out had fun, and the entire crew was delighted when one among us discovered a new treasure in someone else's throw-away item.



St. Paul's United Church sponsored refugees

SUMMARY IN NUMBERS

- 1 Packed SUV delivered leftover books to schools in need.
- 1 Box of leftover clean-up kits was donated to a high school enviro group.
- 2 Half-ton trucks hauled furniture & other items to furnish the apartment of Lydia, a recent refugee from Kenya. Connected to us through St. Paul's United Church, Lydia stayed all day to help.
- 3 20 cubic ft bins were filled, each weighing 1,500 pounds.
- 10 BCL memberships were renewed at the event.
- 22 Volunteers helped make the day a success (about 15 adults and 7 kids).
- 85 BCL members registered to swap items or use the Big Bin.
- 1,000 Dollars received through a City grant covered all but \$55 of the cost of the bins.
- 4,500 Pounds of waste were sorted for scrap metal, wood, etc., before going to the landfill.
- Many Bags of leftover items were donated to GoodWill, the Mustard Seed and Sport Central.



Junior waiting impatiently in its nest (at John Janzen Nature Centre). Photo credit: Wei Yew

A Belgravia Bike Ride

by Garth Paul Ukrainetz
Poet of the Blackmud Creek

Sunshine and dragonfly light on our pathway
Not a care in the world with my sweet little girl

A Belgravia bike ride, a riverside glowing
Those were the days of the best of my life

Concrete and asphalt, hard ways of this city
Soft and toe deep, muddy banks of the heart

Meandering slowly a river forever
A flowing unknowing of ending or start

Berries in season, crab apples to sample
Some sweet and some sour, some juicy, some dry

Magpies on lookout for morsels to scavenge
Chickadees friendly in aspen tree sky

A father and daughter, a journey together
Though chalk on the sidewalk has long washed away
A Belgravia bike ride, I'll always remember
The best of my life in those wonderful days

Feature: Meet Your Neighbour

DR. CONNIE VARNHAGEN

by Olive Yonge



Dr. Varnhagen, more often referred to as Connie, was never a traditional academic. She came to Canada in 1983 to do a Postdoctoral Fellowship at the Developmental Disabilities Centre, University of Alberta, obtaining a tenure track position in the Department of Psychology.

Connie started her academic career with traditional psychology pursuits such as researching how children, adolescents and adults develop and use cognitive strategies, spelling development and use/abuse of the web. She soon began thinking about topics that affect the quality of life for university students like the value of having undergraduate students engaged in research. She translated this interest into the formation of the Undergraduate Research Initiative and became its founding Director. Through this organization, undergraduate students are mentored by experienced researchers, work on research projects, can get course credit, receive funding and, most importantly, learn the value of curiosity and research.

Another area of fascination and passion for Connie is the human-animal bond. She developed ANSC 496 Research on the Human Animal Bond, a credit course in the Faculty of Agriculture, Life and Environmental Sciences.

Connie, with her usual zeal, did more than just express an interest in this bond; she went back to school. Mostly online, she completed a three-year Veterinary Technology program from San Juan College based in Farmington, New Mexico. In 2012, she worked as a technician and researcher with the Edmonton Humane Society's "Prevent Another Litter" program, which is trying to combat pet overpopulation in Alberta by neutering and spaying household pets to stop them from breeding. As a veterinary technologist, she joined teams that travelled all over the world neutering cats and dogs – to name a few: Operation Potcake Bahamas, Soul Dog spaying/neutering in Farmington, New Mexico, and three trips to Ambato Ecuador, Rwanda. Most people will go to these places for a vacation, but not Connie. She goes there to work!

In 2015, she established the Alberta Helping Animals Society (AHAS) to provide invaluable support to low-income Edmontonians, ensuring they have access to no-cost, essential veterinary care and services for their beloved companion animals. Her tireless efforts have not only helped alleviate the financial burden on pet owners but have also strengthened the bond between humans and animals, fostering a healthier and more compassionate community. Several of Connie's former students, now practising veterinarians or technologists, generously volunteer with AHAS Home Veterinary Services. When Connie retired from the University of Alberta, my retirement gift to her was a gift of dog food, which she dubbed the "best present ever".

Dr. Connie Varnhagen was awarded an Honorary Doctor of Science Degree at the University of Alberta's 2024 Spring Convocation.

Feature: Growing Season

GREEN & GOLD GARDEN MARKET

Thanks to a dedicated crew of volunteer gardeners, the Green & Gold Community Garden summer market is in full swing. Pedal or walk over to your local market on the University of Alberta Farm on Tuesdays or Saturdays for a selection of locally-grown produce at reasonable prices. Visit the GGG website for hours and location, and to find out what's available each week: greengoldgarden.com/produce/

GGG volunteer harvesters (left to right):
Ashley, Isabelle and Christine



TRENDING BELGRAVIA WEEDS & PESTS

In recent weeks, have you noticed a sticky residue on vehicles and other items left under Belgravia trees? This summer, Edmontonians are seeing **exploding aphid populations** due to hot weather. As a result, residents are dealing with a high amount of aphid excrement (honeydew is the gentler term) on cars, especially on streets with older trees like elms. City experts recommend spraying plants with water to knock the aphids down or introducing ladybugs. Soap and water can be used to remove the honeydew from objects. And keep an eye on your strawberries!

Unlike aphids, **invasive plants like creeping bellflower and Canada thistle** are provincially regulated. Designated as “noxious weeds” under the Weed Control Act, they must be controlled by property owners to prevent their spread. On the City of Edmonton website, you can find information on identifying and controlling regulated weeds like bellflower, and a list of Edmonton’s top 10 weeds: edmonton.ca/programs_services/pests/weed-identification



Photo credit: Gardenia.net



Photo credit: Nicole Kimmel, Alberta
Environment and Parks



CELEBRATING WENDY'S 96TH

Long-time Belgravian Wendy Davis invites you to celebrate with her for her 96th birthday, The Caribbean Way!

I love life and friendships. Everybody is welcome. There will be activities, food, and Caribbean music and dancing.

Belgravia Community League Hall

2:30 to 5:30 pm, Saturday, Sept 7, 2024

RSVP: If you plan to come for the fun, please let us know by September 1st.

Contact Wendy at 780-434-7338
or Lorene at loreneturner1@gmail.com



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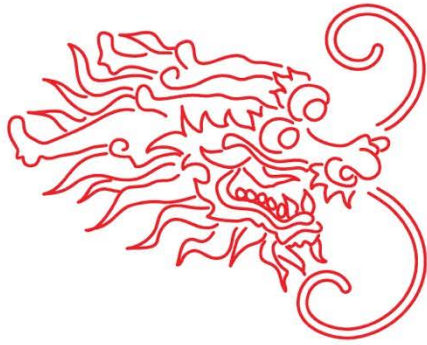
FIERY WORD SEARCH

It's the Lunar Year of the Wood Dragon. From folklore to art and architecture, dragons have appeared in many cultures as far back as ancient Egypt. Some of us even remember one rearing its fiery head at West Edmonton Mall!

- | | | |
|--------------|-----------|----------|
| Zodiac | Chinese | Lore |
| Charismatic | Iranian | Dragon |
| Mesopotamian | Confident | Mythical |
| Lucky | Lunar | Wood |
| British | Strength | Egyptian |
| Grecian | Flame | Athenian |
| Power | Russian | |

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

SAVE THE DATE



Belgravia Community League

Celebrating **70** years of a rich tapestry of cultures

The Belgravia Community League is thrilled to celebrate its 70th anniversary in this Lunar Year of the Wood Dragon – the most dynamic creature in the Chinese zodiac.

Dragons appear in many cultures as far back as ancient Egypt. As we look back on the past 70 years, we honour the contributions of the people who have made our community vibrant and welcoming. We celebrate the friendships forged, the milestones achieved, and the rich tapestry of cultures and experiences that define us.

Over the past seven decades, Belgravians have built more than just a neighborhood. We have cultivated a family rooted in unity, compassion, and shared dreams. We have grown together, supporting each other through challenges and triumphs and creating countless memories that have shaped who we are today. Our league stands as a tribute to the power of collaboration and the strength of community spirit.

Here's to the next chapter of our journey, and to many more years of friendship, collaboration, and shared success!

Anniversary Party & AGM on September 28, 2024

BCL members of all ages are invited to help celebrate this happy milestone. We're throwing a dragon-sized 70th party on Saturday, September 28, at the BCL Hall and Arts Park.

Community league members will enjoy complimentary:

- food and beverages
- activities for big and little dragons
- "The Obstacle Course"
- dragon storytelling corner

If your membership is expired or you don't have one, a membership sales table will be set up at the event. Or renew or purchase now by contacting: membership@belgraviaedmonton.ca

Volunteers are needed to help us make this the best celebration ever. If you'd like to join our party crew, please contact: email@belgraviaedmonton.ca

Watch for updates via the BCL e-newsletter and website.



Dragons Diversity

Egyptian
Mesopotamian
British
Grecian
St. George killing last Dragon

Dragons Diversity

Chinese
Iranian
Athenian
Russian
Swedish