



# THE ALEXANDRAN

NEWSLETTER OF THE QUEEN ALEXANDRA COMMUNITY LEAGUE

FEBRUARY 2013

## THANK YOU VOLUNTEERS!

Many thanks to our wonderful casino volunteers who came through yet again! The casino is our biggest single fundraiser, and these funds enable us to operate the hall and the rink, upgrade our parks and playgrounds, support our programs, and take on various other initiatives.

- Ann Brown
- Bob Luth
- Brendan Kusiek
- Brian Laroque
- Catherine Mountain
- Diane Zinyk
- Don Brodie
- Doreen Aimontis
- Doug Bailie
- Evelyn Slipchuk
- Gerry Beauchamp
- Ian Sanderson
- Ione Challborn
- Janet Schwegel
- John Thompson
- Jolene Shannon
- Judy Troyer
- Karen Osatchuk
- Ken Bond
- Ken Brown
- Kim Sanderson
- Leonie Nadeau
- Lori-anne Bond
- Micheal Guirguis
- Myles Kitagawa
- Norm Shandro
- Pat Charlton
- Ron Quinn
- Russ Miyagawa
- Sharon Skwarchuk
- Shaun Holmstrom
- Shirley Lowe
- Steve Barnett
- Steven Li
- Tracy Kitagawa
- Vicky Beauchamp
- Vladimir Troitsky

## PUB AND VOLUNTEER NIGHT

Pub Night makes its 2013 debut on **Friday, March 1 at 7:00 pm** with a giant "Thank You!" to all League members who volunteered during the past year.

**Not a volunteer (yet)?** Come raise a glass & celebrate your neighbours, learn about your opportunities to get involved, & have some fun. There will be ping pong,

darts, & board games for all ages.

All League members will receive two free beverages (beer, wine, or non-alcoholic) and there will be plenty of munchies to go around!

Doors open at 7:00 pm & things will wrap up at 9:00 pm. **League members & invited guests only.**

Questions? Contact Ken Bond at [rink@qacl.ca](mailto:rink@qacl.ca).

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## LEAGUE EVENTS

**TUESDAYS, 9:30-11:30AM**

**QACL Playgroup**

*Queen Alexandra Hall*

**FEBRUARY 24, 2PM**

**Oral History Workshop**

*Queen Alexandra Hall*

**FEBRUARY 26, 7PM**

**Monthly General Meeting**

*Queen Alexandra Hall*

**MARCH 1, 7PM**

**Pub/Volunteer Appreciation Night**

*Queen Alexandra Hall*

## QUEEN ALEXANDRA COMMUNITY LEAGUE

### Mailing Address

PO Box 4546  
Edmonton AB T6E 5G4

### Hall Address

10425 University Avenue

URL [www.qacl.ca](http://www.qacl.ca)

Email [info@qacl.ca](mailto:info@qacl.ca)

Hall Rentals [hall@qacl.ca](mailto:hall@qacl.ca)

Membership [membership@qacl.ca](mailto:membership@qacl.ca)

Newsletter [news@qacl.ca](mailto:news@qacl.ca)

## BOARD OF DIRECTORS

### President

Myles Kitagawa

### 1st Vice President

Ken Bond

### 2nd Vice President

Micheal Guirguis

### Secretary

Helen McLean

### Treasurer

Russ Miyagawa

## COMMITTEE CHAIRS

### Neighbourhood Planning

John Thompsen

### Membership

vacant

### Building and Grounds

vacant

### Publicity

Julie Kusiek

### Programs

Gabrielle Raheem

### Sports

Shelia Campbell

# PLAYGROUP NEWS

## RECIPES FROM THE PLAYGROUP FILES

Here's a tried and true family favourite that playgroup members love to make... enjoy!

### SMOOTHIE WITH KALE

*From the kitchen of Julie Kusiek*

This is a really easy and really yummy way to get a bunch of great cruciferous greens into your diet. Kids like it too!

1. Remove the leaf of the kale from the stem. Rip up and put into blender, until about  $\frac{3}{4}$  full. This will amount to about one bundle of kale. (Note: You can use just about any kind or combo of leafy greens for this recipe. Romaine lettuce tends to have the mildest flavour and texture, whereas dandelion green are stronger.)
2. Add water or juice, until the liquid comes  $\frac{1}{3}$  of the way up the blender.
3. Pulse the blender a few times to process the kale a bit and make room for the other ingredients.
4. Add a banana plus one other fruit, cut up into quarters. You can use apples, mangoes, blueberries, watermelon, etc. Stay away from fruits with a strong peel (like grapes, plums, orange, etc.) unless you have a very strong blender.
5. Pulse a few times, adding more water or juice if required.
6. Add  $\frac{1}{2}$  to one full avocado. This will give the smoothie a good texture and help to ensure that the leafy green kale doesn't separate from the fruit and water mixture.
7. Pulse a few more times, adding more kale/leafy greens and water/juice until the desired consistency is reached. You can make it thicker or thinner, depending on your preference.
8. Blend until smooth. High power works best.
9. Enjoy! Have this as a snack or to accompany your breakfast or dinner meal. It is refreshing and gives a good energy to your day.

*The QACL Playgroup meets Tuesday mornings from 9:30-11:30am at the Queen Alex Hall. This is a registered program open to community league members and is intended to be a fun, active, and social gathering place for children and their caregivers within a local setting. For more info, drop by during playgroup hours, email [playgroup@qacl.ca](mailto:playgroup@qacl.ca), or phone Jody at 780-566-0609.*

**Other variations:** To make it less sweet, use water instead of juice. To make it more sweet, use more juice than water or add more fruit. If you have a really good blender, you can also add a small handful of almonds to get some protein and calcium into your day. Be careful though, because if your blender isn't very powerful, adding almonds can make for a grainy texture.

# ON-STREET BIKE ROUTES

*Submitted by Brenda Pullen, Blue Quill Community League*

**Y**ou have an opportunity to voice your opinions to the City! An online survey will be available to collect your feedback from February 12-27 at <http://qacl.ca/bike-routes>.

The City of Edmonton plans to install a total of almost 500 km of on-street bike routes. To date, about 76 km have been completed. In 2013, the City is planning to install another 23 km. If improvements are to be made, the time to make them is now.

Your feedback is critical to ensuring that bike routes are safe and effective and that our tax dollars are well spent.

The community of Blue Quill has had on-street bike routes since 2011. From this experience, the Blue Quill Transportation/Development Committee has generally concluded that bike routes should not be placed first on quieter residential streets,

rather that the priority should be to establish bike routes on busier roads, where safety of bikers is more of a concern. This requires changes to current planning.

A summary of comments from Blue Quill can be found in a letter written to Councillor Don Iveson in November, 2012. This letter contains recommendations, results of a survey of approximately 400 residents and bike counts before and after the installation of bike lanes. (Bike counts decreased after the installation.) This letter may be found at: <http://qacl.ca/blue-quill-letter>.

*Brenda Pullen is the Chair of the Sustainable Corridors Subcommittee of the Blue Quill Community League Transportation & Development Committee. You can contact Brenda at [bpullen56@gmail.com](mailto:bpullen56@gmail.com).*

## SPORTS NEWS

### MINOR SOFTBALL

**REGISTRATION ENDS IN MARCH**

**S**outh Edmonton Minor Softball Association offers a community-based softball program for kids ages 5 to 19. The season runs from April to June. For more information, visit [www.southedmontonminorsoftball.ca](http://www.southedmontonminorsoftball.ca).

### MINOR BALL HOCKEY

**REGISTRATION ENDS APRIL 1**

**T**he Sports Dome Minor Ball Hockey League plays out of the Edmonton Sports Dome at 10104 32 Avenue. The season runs 14 weeks from April to July for youth 3 to 17. For more info, visit [www.sdbmhl.ca](http://www.sdbmhl.ca).

# CAPTURE THE HISTORY

## ORAL HISTORY WORKSHOP

**H**ave you ever wondered about your grandparents' childhood, or perhaps wanted to know a bit more about your street from the old timer on the corner? Ever tried to ask but didn't really know how to put all those stories together? Queen Alexandra Community League is here to help!

As part of the lead-up to our 50<sup>th</sup> Anniversary celebrations, we are helping community league members get the know-how to capture their history. On Sunday, February 24<sup>th</sup> Shirley Lowe, Edmonton's Historian Laureate and League member, will be giving a workshop on how to take oral histories. Believe it or not, there are some tips and tricks that will make making sense of the stories of days gone-by as told by those who lived them easier.

## WORKSHOP DETAILS

- **When:** February 24, 2:00pm
- **Where:** Queen Alexandra Hall (10425 University Avenue)
- **Cost:** Free for Community League members.
- **RSVP required:** Contact Shirley at 780-452-1247 or [history@qacl.ca](mailto:history@qacl.ca).

**GET THE LATEST LEAGUE NEWS & UPDATES AT  
[WWW.QACL.CA](http://WWW.QACL.CA)**

# NEWS FROM THE CITY

## COMPLETE STREETS

by Ben Henderson, Ward 8 City Councillor

Over the past five years the City has made major commitments to its long term planning and vision for Edmonton. That work has all been captured in a series of documents fondly referred to as 'the Ways.' One of the first of these documents to be developed was 'The Way We Move,' which is the City's New Transportation Plan.

This plan recognized that we must be far more conscious of how land use planning and transportation planning tie together. Also the City must recognize that to move people, goods and services around, we need to build a system that could support the full array of transportation options, everything from walking and biking at one end of the spectrum, to LRT and truck movement at the other.

Stating these as goals is one thing, understanding how to make them happen is another. And that is the piece the City is currently working on in a project called Complete Streets. The challenge of Complete Streets is to move us away from a fixed set of design standards for our roadways, to a more flexible approach that recognizes that every roadway in this city has a different context and a different set of demands. We need a way of recognizing how a roadway

fits in a community, what kind of movement and use it needs to handle, what other kinds of ways the roadway is used, and then adapt our design to best meet all the needs and effects of it being there. No one expects sidewalks along a major freeway like the Yellowhead, but how pedestrians can link across a freeway may be important. A street through a main street commercial area with many pedestrians is going to need different things from the same street in an industrial area. A road with large demand for bicycle traffic will need to be thought of differently from an area where there may be no real demand for active transportation use. An arterial road running through a residential area with its pedestrian and other traffic crossing is going to need to accommodate differently than an arterial on the outside of a neighbourhood.

Complete Streets is being designed to give us a greater ability to answer all of these questions as we build and rebuild our City. If you are interested in having input and finding out more, I would encourage you to visit the City's web page at <http://qacl.ca/complete-streets>.

Or let me know your thoughts at [Ben.Henderson@Edmonton.ca](mailto:Ben.Henderson@Edmonton.ca).

## SUMMER JOBS

City of Edmonton job postings for summer positions will be available at <http://www.edmonton.ca>. Please check the website for ongoing new postings, including:

- Rec Tech 1 and 2
- Flying Eagle
- Skate Park Hosts
- Junior Leader & Water Play Supervisors

## CITIZENS' POLICE ACADEMY

The Citizens' Police Academy is an exclusive opportunity for individuals with professional or personal interest in community policing to acquire knowledge of police issues, practices and operations in the City of Edmonton, with a desire to apply course materials to community policing issues and ability to pass information on to community stakeholders.

- **Dates:** Tuesdays 6:30-9:30pm, March 19 - June 11.
- **Location:** EPS Crime Prevention Training Centre (14315 118 Ave)
- **Application Deadline:** March 8

For an application form or for more information, visit <http://qacl.ca/CPA> or call 780-421-3546.

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