



THE ALEXANDRAN

NEWSLETTER OF THE QUEEN ALEXANDRA COMMUNITY LEAGUE

APRIL 2013

ANNUAL GENERAL MEETING & MEMBERS' DINNER



Just a quick reminder that the Queen Alexandra Community League Annual General Meeting and Member Appreciation Dinner will take place on Tuesday, May 28. Dinner will take place at 6:00pm followed by the AGM at 7:00pm. Childcare will be available for those members with children. Come to mix and mingle with your neighbours, find out what's happening in Queen Alexandra!

We will be having elections for many positions on the board. Terms for Board positions are two years for the Executive, and one year for Committee Chairs. If you are interested in learning more about one of these positions, or about joining a committee, email info@qacl.ca and one of the current board members will

get back to you to answer all your questions and tell you how great it is to take on a leadership role with the League!

BOARD OF DIRECTORS

The following positions are up for election:

EXECUTIVE

- 1st Vice President
- Treasurer

COMMITTEE CHAIRS

- Building and Grounds
- Membership
- Planning and Development
- Publicity
- Programs
- Social
- Sports

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LEAGUE EVENTS

TUESDAYS, 9:30-11:30AM

QACL Playgroup

Queen Alexandra Hall

APRIL 30, 7PM

Monthly General Meeting

Queen Alexandra Hall

MAY 3, 7PM

Pub Night

Queen Alexandra Hall

MAY 28, 6PM

Members' Dinner & AGM

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

Email info@qacl.ca

Hall Rentals hall@qacl.ca

Membership membership@qacl.ca

Newsletter 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

LEAGUE NOTES

PUB NIGHTS!

Join us on the first Friday of every month for Queen Alexandra Pub Night. Whether you need to wind down after a long work week, or are looking to kick off your weekend, join your neighbours for a casual evening of fun and games. There'll be:

- Reasonably-priced drinks (beer, wine, soft drinks) and snacks
- Table tennis & darts – all equipment provided (or bring your own)
- Board and card games – feel free to bring your own!
- Your neighbours – meet, mingle, then massacre them at table tennis!

All ages are welcome. Pub Nights are open to League members and invited guests only.

The next event will take place on Friday, May 3 from 7:00-10:00 pm at the Queen Alexandra Community Hall. For more information or to volunteer, contact Russ at info@qacl.ca.

CLASSIFIEDS

Brendan has three valiant grape vines looking for a home. It produces large leaves and grapes that are small but tasty. Does well when planted on a south-facing exposure or sheltered area with plenty of heat. If interested phone 780-434-3787. They'll go to the first person who is willing to show up with a shovel.

Do you have something you want to give away or sell? Looking to share an item or service with a neighbour? Want to share some congratulatory notes for someone in your family? Consider placing an announcement in the newsletter. Ads are free for members. The next deadline for submissions is May 1. For all the details, view our advertising policy available on the website at www.qacl.ca.

THROW A BLOCK PARTY!

Over the past few summers some of our neighbours have hosted block parties. If you were lucky enough to have one take place on your block, you know how much fun they can be and how easily one afternoon can make you feel that much more connected to those who live near you.

If you're interested in learning

more about planning a block party, the City of Edmonton has some resources available to you. Just go to <http://www.qacl.ca/block>. For extra inspiration, email info@qacl.ca and we'll connect you with a neighbour who has hosted a block party in the past.

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LEAGUE NOTES

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PLAYGROUP NEWS

The Playgroup continues to meet on Tuesday from 9:30-11:30am at the Queen Alex Hall. A mix of male & female caregivers from 12 families attend with their children. Playgroup is open to members of the Queen Alex & adjacent community leagues.

During playgroup, one of the moms (and ex-dance teacher) has begun teaching a mixed-age dance class for children and parents. The class is about 20 minutes long and so far has left all who take part with smiling faces and an energized body. We will continue with the class until the end of April and then assess its continuation on a month-to-month basis, based on the interests of playgroup families. So, if you've ever thought of coming to check out playgroup, here's just one more reason to give it a try!

Interested in checking us out? You can:

- Stop by Tuesday for coffee;
- Go to www.qacl.ca for registration details and other information, or
- Contact playgroup coordinators, Jody Peterson & Julie Kusiek at 780-566-0609 or playgroup@qacl.ca.

This month's recipe comes from the kitchen of Jody Peterson:

APPLE PIE OATMEAL

Recipe by Nutritionist in the Kitch at www.qacl.ca/apple-pie-oatmeal

Serves: 3-5

- 1 cup steel cut oats
- 1 cup unsweetened apple juice
- 3 cups water
- 3 apples, diced
- 1/2 tsp ground cinnamon
- drizzle of maple syrup (optional)

1. Place ingredients in a slow cooker.
2. Cook for 2 1/2 hours on high, or 8 hours on low.
3. Once finished, serve with a sprinkle of cinnamon and drizzle of pure maple syrup.
4. Enjoy!

VOLUNTEERISM

VOLUNTEER APPRECIATION EVENT

This year the Edmonton Federation of Community League's (EFCL) Volunteer Appreciation Event will provide an opportunity for League volunteers to attend an evening designed to honor their efforts and inspire and motivate with great stories and an inspirational speaker. The Evening of Appreciation is to occur on Tuesday, April 23 at the Myer Horowitz Theatre. Seating is limited for this FREE EVENT and seats will be given on a first come first served basis. Reply to Kris@efcl.org to reserve your space.

CITIZEN ENGAGEMENT

How can we better understand the role volunteering plays in strengthening citizen engagement, social inclusion, and building resilient communities? With an eye toward Canada's 150th anniversary in 2017, the authors of one article examine transitions in the volunteer sector over the past five years and map out where volunteering might be in the future.

To view or download the article, go to www.qacl.ca/volunteer-report. The article is also published in *The Philanthropist* (2013, vol. 25, issue 1).

GET THE LATEST LEAGUE NEWS & UPDATES AT
WWW.QACL.CA

ROADWAYS IN MATURE NEIGHBOURHOODS

by Councillor Ben Henderson

As the weather warms up and we all flock outside, we are greeted not just by signs of spring greenery. It is also pothole season. My office is getting numerous calls about potholes and other roadway issues. City Transportation Services management has assured me that crews are working round the clock to address the potholes. They are responding to these on a triage basis where the worst holes are filled first. Although the City does seek out and repair potholes, please do report potholes or other road repair issues to 311. Once the roads are completely dry then street sweeping will begin, which removes excess sand

and gravel.

The City has approved a supplementary program to mill and pave about 20 km of some of the poorer arterial roads around the City this summer. This will not solve all the problems, but it is a step in the right direction. Milling and paving will resurface some of the worst roads in Ward 8, including 98 Avenue and Terrace Road between 50 and 75 Street.

Our central, mature neighbourhoods do bear a disproportionate share of the city's traffic burden. If we really want to have walkable neighbourhoods that

encourage pedestrian and bike travel, we cannot keep allowing the central neighbourhoods to pay the price for commuter traffic.

I continue to support the Bicycle Transportation Plan and the LRT expansion. Neither of these projects reduces the need to repair roadways, but continuing to build an interconnected, multi-modal transportation system gives citizens a chance to choose to walk, bicycle or ride transit as an alternative to driving.

You can always contact me at ben.henderson@edmonton.ca or 780-496-8146.

PARK DEVELOPMENT WORKSHOP

Here in Queen Alex, we've been lucky to have amazing volunteers like Ann Brown, Nona Germain, Sheila Campbell and her Tipton Park Committee to lead the development of spray decks in our neighbourhood parks. But the work isn't done yet. We need your help for future park redevelopment projects. Learn what's involved in the Park Redevelopment process at this City workshop covering the following:

- The process to successfully complete your park development project
- See how the Neighbourhood Park Development Program (NPDP) links community resources & skills with City funding and expertise to develop & improve our parks.
- Shared experiences & a park tour from Community volunteers who have successfully completed their projects.

DETAILS

- **Date:** April 24, 6:15-8:30pm
- **Location:** Montrose Community Hall (5920 119 Avenue)
- **Cost:** Free
- **Registration:** Call 311 by April 22 with Registration code: 497736.
- **Info:** Contact Kate Russell at kate.russell@edmonton.ca.