



THE ALEXANDRAN

NEWSLETTER OF THE QUEEN ALEXANDRA COMMUNITY LEAGUE

MAY 2014

ANNUAL GENERAL MEETING

The Annual General Meeting of the Queen Alexandra Community League will be held on Tuesday, May 27 at the Queen Alexandra Community Hall. A members appreciation dinner will be served at 6:00 pm, with verbal committee reports commencing at 6:30 pm. Play Leaders will be available for children.

AGM AGENDA

- Minutes of 2013 AGM
- Annual Report
- Financial Report
- Board Elections

BOARD ELECTIONS

We will be having elections for positions on the Board. The following is a list of all Executive & Committee Chair positions, and term lengths. If you are interested in learning more about one of these positions, or about joining one of the committees, please email info@qacl.ca and one of the current board members will answer all your questions and tell you how great it is to take on a leadership role with the league!

EXECUTIVE

- President (2-years)
- 2nd Vice-President (2-years)
- Secretary (2-years)
- Treasurer (1-years)

COMMITTEE CHAIRS (1-YEAR)

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

OTHER FEATURES:

- poster session for organizations active in Queen Alexandra
- discussion of the Queen Alexandra Neighborhood Renewal (which will affect costs to property owners)
- connect with your neighbours & community
- participate in the future direction of your community league

Hope to see you there!

RSVP for dinner by May 25 at <http://qacl.ca/agm2014> or email rsvp@qacl.ca.

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LEAGUE EVENTS

TUESDAYS, 9:30-11:30AM

QACL Playgroup

Queen Alexandra Park

MAY 27, 6PM

Annual General Meeting & Members Dinner

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

EXECUTIVE

President

Myles Kitagawa

1st Vice President

John Thompsen

2nd Vice President

Micheal Guirguis

Secretary

Ken Bond

Treasurer

vacant

COMMITTEE CHAIRS

Neighbourhood Planning

Micheal Guirguis

Membership

Lori-anne Bond

Building and Grounds

vacant

Programs

Mika Benjamin

Publicity

Crystal Benoit

Sports

Shelia Campbell

DECORATIVE STREETLIGHTS

As part of the upcoming Neighbourhood Renewal Program, the League is tasked with engaging local residents regarding the potential installation of decorative street lighting. As per the City's process (see sidebar), the Decorative Streetlight Committee (DSC) was struck at the League's April 29 meeting, and asked to recommend a course of action for the League.

The Neighbourhood Renewal Program includes new galvanized steel streetlight poles at no additional cost to local residents. With the support of a majority of property owners, the neighbourhood can opt to pay to have decorative streetlights installed. Design options include:

- **Colour:** blue, dark green, black
- **Shape:** octagonal or fluted pole
- **Decorative Arm:** various styles

For more information about the decorative options, download the City brochure at www.qacl.ca/streetlights.

HAVE YOUR SAY

Interested in helping shape the League's course of action? There are a number of ways to contribute:

- Volunteer for the Committee;
- Attend the Annual General Meeting for the DSC presentation;
- Watch your email and the web for additional feedback opportunities.

To volunteer for the Committee, or for more information, email the League at info@qacl.ca.

TIMELINES & PROCESS

- The community league forms a Decorative Streetlight Committee with members and/or property owners.
- The committee engages the community to choose an option and sends a request to the no later than July 1 of the year prior to construction.
- By September 1, the City sends an Expression of Interest (EOI) package with a unit cost rate estimate.
- The committee canvasses to get over 50% signed support from neighbourhood property owners and returns the EOI to the City no later than November 15.
- The City validates the EOI signatures. If there is a simple majority (over 50%), the City initiates the Decorative Streetlight Local Improvement Bylaw process.
- Between January and April of the first year of construction, property owners receive local improvement notices in the mail. They have a 30-day petition period to protest the local improvement.
- If the petition succeeds (over 50% support), the project will not proceed.
- If the petition protest fails (less than 50% support), the Local Improvement Bylaw will go to City Council for approval. Once approved, the project will go forward.

PLAYGROUP NEWS

LAST MONTH FOR PLAYGROUP

With summer just around the corner, the 2013/14 Playgroup season is coming to a close. The last Playgroup of the season will be May 27.

Weather permitting, the Playgroup will meet at Queen Alexandra Park (i.e., the Spray Park/Playground at 108 Street & 73 Avenue) throughout the month of May. If it's too cold or rainy (or snowy!), coordinators will contact members Tuesday morning, and Playgroup will convene at the Hall as per usual.

The 2014/15 Playgroup season will commence on the first Tuesday of October. Registration will open on Community League Day in September. If you have questions about Playgroup, email playgroup@qacl.ca or call Julie at 780-434-3787.

TEN ON-THE-GO FRIENDLY SNACK IDEAS

Playground weather is here – at least most days. With that, the playgrounds in the neighbourhood get busier and bustle with activity. As always, playgrounds are not only places for kids to meet and play, but places for the parents to meet and chat as the kids burn off some energy. Though most people are a short walk away from the playground, the kids don't always want to leave, and a lot of parents pack snacks.

It may be easier to find healthy snacks while at home (yogurt, fresh fruit, veggies and dip, smoothies, applesauce, etc.), it can be a challenge to provide healthy snacks on the go. Here are ten ideas for healthy snacks that travel well.

DRIED FRUIT

Raisins, dried mangos, banana chips, prunes, dried apricots, dried cherries...there are so many options! Try to buy dried fruit that doesn't have any added sugar and is sulfite-free. Or dehydrate your own and save money!

DRIED ANCHOVIES

This idea may turn you off at first, but they are a very frugal and nutrient-rich snack.

KALE CHIPS

Kale chips are a great snack to replace other processed, salty snacks. What a great way to get some greens into your toddler!

GRANOLA BARS

Homemade granola bars are so easy to make, and they are much cheaper and healthier if you make them at home. There are a lot of good recipes out there to try.

ROASTED CHICKPEAS

So easy to make and so good, too! A quick google search will show you tons of different recipes and flavorings to choose from.

SWEET POTATO CHIPS

Sweet Potato Chips offer a lot more nutrition than regular old potato chips. Make them at home with a healthy fat, and you have a delicious, nutritious snack sure to please any toddler!

FRUIT LEATHER

HOMEMADE POWER BARS

(LARABARS)

Sweetened only with dried fruit, homemade larabars are an excellent choice for a healthy snack. Although these are not the most frugal snack to make, they are very nutrient dense and are great to keep in the snack rotation.

HOMEMADE JERKY

An excellent, protein rich snack is homemade jerky.

COLD GRILLED CHEESE

Next time you're making grilled cheese for a meal, make an extra, wrap it up, and store it in the fridge. This makes a perfect snack straight from the fridge that isn't messy for traveling. Cut into bite size pieces and let your toddler snack away!

SPRING & SUMMER PROGRAM FUN

By Mika Benjamin, Programs Chair

Happy May Day! an ancient Summer holiday with the added emphasis on celebrating Labor. Equinoxes and Solstices mark the mid-point of the seasons NOT the beginnings. For example, if Summer is the time of most light, and Summer Solstice June 21 is the height of the light for the Northern Hemisphere, then in a 4-season year, Summer are the days of most light, ie. the 6 weeks before June 21 and the 6 weeks afterward. That is why the ancients celebrated May 1 as the first day of Summer, and November 1 as the first day of Winter (notice all the end of Autumn/end of Harvest/ death symbols - year end - at Halloween, October 31).

So let's celebrate our great Summer in our great neighbourhood.

ADOPT-A-BLOCK

Part of Capital City Clean-up, this is an incredible program to volunteer to clean an area of your choosing May 1 - Sept.15, concluding with a delicious BBQ, music & prizes. Tim Hortons is a sponsor so there are great perks, besides a healthy community. The City gives the supplies, you chose the 'block' or blocks, and the times plus frequency you +/or your team will go out and collect the litter in your area, reporting any graffiti. You report your stats at the end of the season. Many businesses and organizations also participate in

this simple, easy way to improve our community. I have done it for years - it is effortless, you do get lots of smiles & waves, it does improve the blocks you pick.

FRONT YARDS IN BLOOM



May 20 - June 30, nominate beautiful yards in our community, in various categories through this City-wide program. Signs & certificates are given, winners are chosen in August. Let's recognize those who give us such beauty as we stroll past their yards on warm summer evenings. To participate or nominate in these two Programs - Adopt a Block and Front Yards go to the City of Edmonton's web site: www.edmonton.ca.

GREEN SHACK PROGRAM

Once the children are out of school, our Green Shack program begins. This year we have been funded for a Morning Program only, from 10am - 1:30pm at the Queen Alexandra Park, 73 Avenue and 108 Street. The City has re-designed the whole Green Shack program and we were fortunate to be chosen. Allendale Community League was

chosen to have an afternoon Green Shack program, so a walk south along 106 St. can connect you to that program later in the day.

SUMMERFEST



Mark your calendars for the League's annual Summerfest held June 21 in the Queen Alexandra Park with entertainment, food & a great chance to meet more members of our community. More information to come...

OTHER RESOURCES

There are so so many festivals throughout Edmonton starting today plus so many great programs and camps for you and your children & grandchildren to attend this Summer. Get out, get active - the season can be short here, so let's not waste any of it! Again, check out the City of Edmonton's main website: edmonton.ca, especially under Recreation and Leisure.

Libraries and recreation centres will also have program guides and ways to register for all income levels, ages and interests.

COMMUNITY NOTES

AN ART EXHIBITION IN BELGRAVIA

People are waiting for more sun and more tokens of the warm season! In the meanwhile, Gracious Goods Cafe (7601 115 Street) hopes to brighten people's mood by images of flowers and other colourful things.

Owners of the cafe invited Queen Alexandra Community League member Svetlana Troitskaia to exhibit paintings of lilies, irises, orchids, and others in April and May. It is an exciting time, as her previously kept-at-home work is exposed to public. Congratulations Svetlana! Be sure to check out her work at Gracious Goods Café on 76 Avenue, just west of the Belgravia stop on the LRT line.

For more information, visit http://members.shaw.ca/svetlana_t/.

LIBRARY CARDS ARE STILL FREE!

EPL's Centennial has come to an end... but library cards will continue to be free!

After charging for memberships from 1994 to 2013 followed by a year's worth of free memberships during our Centennial, EPL is thrilled to announce library cards will remain free!

Not only are library cards still free, any Edmontonian who signs up for one or renews theirs by June 1, 2014 is entered to win airfare for two to Europe via Iceland courtesy Icelandair and the Edmonton International Airport.

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WINDOW & BALCONY SAFETY

Submitted by Alberta Health Services EMS

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows.

Every year, paramedics respond to emergencies where a child has fallen from an open window in their house— often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

PREVENTION TIPS

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.

- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

WINDOWS AND SCREENS

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

BALCONIES

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



Old Strathcona Business Association **COMMUNITY SPRING CLEAN**

WHEN: Wednesday, May 14 All Day

WHERE: Throughout Old Strathcona

The spring clean up has already started. We're inviting Old Strathcona businesses, local media and organizations to spend some time investing in the community by making Old Strathcona shine.

We're encouraging everyone to get out, even just for a few minutes, on May 14th. Everyone is invited to a BBQ in McIntyre Park from 5pm-6pm to wrap up the day and celebrate spring as a community.

Gloves and garbage bags are available to anyone who needs them. Please contact the OSBA at 780-437-4182 or info@oldstrathcona.ca with your glove and bag request.