

Notes from the BHCL board

February Board Meeting

On February 9th the monthly Beverly Heights Community League board meeting was held virtually. Highlights include:

- The board will form a committee to meet and plan how to safely reopen the Beverly Heights hall, family centre and sports building to rentals, programs and community events once permitted by the Alberta Government. Guidelines, procedures and policies will be reviewed with a plan developed.
- We have been slotted for a casino on April 1 & 2 at Century Casino. If the casinos re-open by this date we will need volunteers to fill the Thursday and Good Friday shifts (this is also during spring break). Please email Tracey at volunteer.BHCL@gmail.com if you would like to volunteer!
- Save the Date! Our Annual General Meeting will be held Tuesday April 13, 2021 at 7pm. The meeting will be held virtually unless our facility is allowed to be open by then. See the board roles up for election on page 2.
- The Rundle Heights Playground Revitalization Committee continues work on planning and fundraising.

The next BHCL virtual board meeting is Tuesday March 9 at 6:30pm. Community league members are welcome to attend the monthly meetings, email volunteer.bhcl@gmail.com for a meeting link if you would like to join.

Beverly Heights Variety Show

COVID-19 has had a significant impact on all our lives including the volunteers, cast, crew, and of course the fans of the Beverly Heights Variety Show. Unfortunately for the first time in fifty years, the ability to plan and produce this annual fund -raising event has been hampered by COVID-19 restrictions. The current mandatory and voluntary public health measures designed to limit the spread prohibits this size of gathering. As a result, formal plans have been put on hold with the hope that at sometime in 2021 we might get together again.

Stay in the loop: Facebook: <u>Beverly Heights Variety Show</u> Website: <u>beverlyheights.ca/variety-show/</u> Email: <u>varietyshow.bhcl@gmail.com</u>



Get your 2020/2021 Membership

Your Community League membership card is valid from September 1 to August 31. Visit <u>bev-erlyheights.ca/memberships/</u> for membership benefits and more information.

Price: \$25 Family \$15 Single \$5 Senior

Need a membership? Email Crystal at <u>membersbhcl@hotmail.com</u>. Once your information is confirmed she will review your payment options - send an etransfer to treasurer.BHCL@gmail.com or drop off / mail a cheque (payable to **Beverly Heights Community League**).

Once payment is received your card and skate tags will be delivered!

Memberships are also available at Edmonton Servus Credit Unions or online at EFCL.org (service charge will be applied)

COMMUNITY CONNECTIONS

Beverly Heights Community League eNewsletter

March 2021

Blue underlined text is a hyperlink.

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Contact us!

Do you have questions for the board? Feel free to email Volunteer.BHCL@gmail.com or visit our website <u>beverlyheights.ca</u>

Join our Facebook group <u>Beverly Heights</u> <u>Community League (Public Group)</u> to keep in touch and to reach out if you need assistance.



BHCL Community League President's Message

The Beverly Heights Community League has had a tough and lonely winter, as have we all. The Community Hall and Family Centre have been closed since April of 2020.

Because of the hall closure we have been unable to have programming of any kind. Nothing to help families cope with their isolation. Nothing to help seniors get together and socialise.

Seniors and families alike are tired of the isolation. We miss hugging our grandchildren. We miss hugging friends and family. Social gatherings have been limited to running into acquaintances in the grocery store where you get a short socially distanced chat and move on quickly to get out of the store as soon as you can. Church services on line have been valuable for keeping up with fellow congregants.

We look forward to the spring of 2021. Reopening the Community Hall, restarting programs, seniors coffee and socialising. Hopeful for inoculations to rid us of the COVID-19 Virus once and for all. Hopeful that we get to see and hug those we love and care for once again. Looking forward longingly to holding our grandchildren once again. Hopeful that the seven inches they have grown since the summer of 2020 will not make them unrecognisable or too big to pick up and swing about with great joy.

Jim Trudel

President, Beverly Heights Community League

BHCL Annual General Meeting: Board Positions

Save the Date: The BHCL AGM is Tuesday, April 13, 2021 at 7:00pm

All Beverly Heights Community League members are welcome, and encouraged to attend!

Hear what the current board has accomplished this past year, learn about community league activities and programs, and elect board members for vacant and term positions.

Virtual Meeting

Unless the COVID-19 restrictions change significantly, the meeting will be held virtually. You can join on your computer or by phone from the comfort of your own home!

The link will be posted on BeverlyHeights.ca, will be emailed to current community league members and will be posted on Facebook. For more information or to have the virtual meeting link sent, please email volunteer.bhcl@gmail.com.

Membership Required to Vote

Do you have your Beverly Heights Community league 2020/2021 membership? You will need this to vote or to be elected into a board position. Because the meeting is virtual, we will not be selling memberships the night of the meeting so please plan ahead! See the information on page 1 of this newsletter on how to get a membership - if you purchase directly from our membership director, Crystal, by emailing membersbhcl@hotmail.com you save the \$5 service fee charged if you purchase on EFCL.org or at Servus Credit Union.

Board Positions

Board positions are elected for 2-year terms. Vacant positions will be for a 1-year term and up for election in the usual year. Incumbents are welcome to stand for re-election.

All board members will attend monthly meetings (currently the second Tuesday of the month at 6:30 pm) and will prepare and present a report at the Annual General Meeting. Additional committee work may be available and is optional unless part of the position's duties.

Beverly Heights Community League Board Positions up for election in 2021

EXECUTIVE		
Vice President:	Chairs management committee meetings, assist with organizing events, fills in for president at meetings as required. Monitor bookings of facilities and ensures use is acceptable and within City of Edmonton Tripartite Agreement guidelines.	
Secretary:	Distributes correspondence to board members. Records minutes at all board and management committee meetings. Collects items for meetings and sets agendas. Manages email voting and elections.	
Treasurer (Vacant, will be a 1-year term):	Monitors budgets, makes deposits, enters transactions. Chairs Finance Committee, reports on financial state of the league. Assist with grant applications. DIRECTORS	
Civics Director:	Monitor provincial and municipal government news and actions that affect our community and promote discussion at meetings. Review the lobbying efforts of Edmonton Federation of Community Leagues, re- spond to surveys, and express community supported opinions at gov- ernment sponsored meetings. Represent the community league on committees and at city hall meetings as needed.	
Membership & Community Liaison Director:	Maintain current member list and sell memberships throughout term and at annual events. Manage annual recruitment drive. Order annual membership supplies. Gather input from members and residents on events, programs, and use of facilities that are desired in our commu- nity. Co-ordinate with other directors in planning, scheduling, and so- liciting volunteers to run events. Organize lifetime member and volun- teer appreciation event.	
Rink Director:	Oversee preparation and maintenance of ice and rink building. Assist with snow removal at rink and hall. Establish rink use schedule. Super- vise staff, assist President in hiring. Coordinate use of space for other programs, including batting cage use in summer. Check building regu- larly when not in use.	
Sports Director:	Minimum 4 season/two-year commitment required. Organize and pro- mote soccer teams including sign up, registration with Edmonton leagues for indoor and outdoor season games and tournaments, set team rosters, order, inventory and maintain equipment. Represent league at 8-15 mandatory meetings per year (i.e. EMSA). Solicit and manage volunteer coaches, team managers and trainers. Assist in fundraising.	
Variety Show Chairperson:	Chair the Variety Show Committee, present and manage budget, and act as liaison between the VS Committee and the board.	

City of Edmonton notes for our area

New Transit Routes Launch April 25, 2021

"local" route type.

On April 25th the new transit routes will launch and our route 141/142 becomes Route 101 - a

The new route will start at Riverview Crossing, travel through our neighbourhood (same route as before), then will travel west along 112 Avenue to the Stadium Station, turn and go back the same way.

Route frequency will be 30 minutes or better on weekdays/midday on weekends and 60 minutes or better all late evenings/weekend morning and evenings.

New schedules and online route planning will be available soon. Find more information at https://www.edmonton.ca/projects_plans/ transit/bus-network-redesign.aspx

Garbage & Food Scrap Carts

The garbage and food scrap cart initiative will roll out in Beverly and Rundle in May/June 2021. Here are some things to note:

- Carts will be delivered to homes in this area in May, with service starting in the first week of June. There is a cost for replacement carts - be sure to mark with your address or name.
- You will receive a 240L trash bin, a 120L food scrap bin, and a food scrap pail to use in the house. You will receive an information package and a new collection schedule.
- Garbage carts will be collected every <u>two</u> weeks.
- The food scraps cart is collected weekly from spring to fall, and every two weeks in winter. Yard waste and grass clippings can be added to your bin if there is space.
- Recycling is collected weekly use the usual blue bags.
- Yard waste will be picked up seasonally, with two collections in the spring and two in the fall.

Click <u>here</u> for more details about the waste cart roll out, find out when your cart will be delivered, and to learn more about how to sort your trash, recyclables and food scraps.

Want to learn more about your new carts and how to sort with the new system? Sign up for a virtual education session at <u>edmonton.ca/</u> <u>waste</u>. You can ask your questions live during the session.

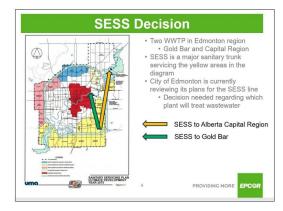
Sessions begin March 3rd and go until September. Registration is open!

City Council to Review the Decision to Route a Major Sewer Line to the Gold Bar Plant

On April 12, 2021, Edmonton City Council's Executive Committee will discuss options to revisit the decision to re-route and construct a major Sanitary Sewer Trunkline to the Gold Bar Waste Water Treatment Plant instead of the long-planned Alberta Capital Region Wastewater Treatment Facility.

The Beverly Heights Community League Board supports the efforts of the "Save Gold Bar Park Alliance" to have City Council revisit this sewer trunkline decision and provide appropriate city council governance, transparency, and public input.

South Edmonton Sanitary Sewage Trunkline Decision



Interested community members who would like to virtually attend and/or register to speak during the April 12, 2021 City Council meeting may do so by following this link. <u>https://www.edmonton.ca/</u> <u>city_government/council-committee-meetings.aspx</u>

For information about the Save Gold Bar Park Alliance please view their Facebook page at: <u>https://</u> www.facebook.com/GoldBarParkAlliance/

Yellowhead Trail East Widening

During the engagement sessions held in 2019, concerns were raised about safe merging operations at eastbound Yellowhead Trail from Victoria Trail. Bryon Heroux, Project Manager with the City of Edmonton reports "Building on this slightly, the changes we are making to Yellowhead Trail (mainly adding an additional through lane) means that there is no longer capacity to support a dedicated freeflow lane from the NB Victoria Trail to EB Yellowhead Trail on-ramp as the Beverly Bridge is only three lanes across. Additionally, maintaining the two merge locations (NB and SB Victoria Trail to EB YHT) with three through lanes on Yellowhead Trail would mean that the length of merge lanes would not be sufficient."

To access Yellowhead Eastbound, rather than heading east on 118 Ave and taking the current ramp there will be a new ramp constructed near the Victoria Trail bridge. You will turn left onto the turn ramp to head east. This construction will be completed before the current ramp is closed, and this will be completed by the fall of 2021.

More general information about the Program and the East Widening Project can be found at <u>https://</u><u>www.edmonton.ca/projects_plans/yellowhead-trail-freeway-conversion.aspx</u>.



Abundant Community - Beverly/Rundle

Creating a Neighbourly Vibe

Greetings Neighbours,

I hope everyone is well and looking forward to spring. I wanted to share some info from an online workshop I participated in lead by Howard Lawrence called "Creating a Neighbourly Vibe".

He shared the wheel of Relational Nutrients graphic which includes Family, Friends, and Neighbours and explained as;



1) Family. We don't choose them, often have a deep commitment, other times not.

2) Friends. We choose them. Often based on common interests, and friends often change throughout your life.

3) Neighbours. We don't choose them. They are not family (although in cases they can feel like family). Nor are they friends (again there are exceptions)

Neighbours are an entity all of it's own. They connect us to our community, and are a relationship unlike any other.

It's important to note, we are not looking for neighbours to become friends, although if it happens, that's wonderful, but it is not the purpose.

Neighbours anchor us to the locale we live in, and create a cohesion in the community, and makes it feel like we are all looking out for one another.

There are two main principles of neighbouring.

1) Privacy. It's imperative to respect boundaries and privacy when interacting with your neighbours.

2) Reciprocity. It's equally important for neighbours to know they can not only offer when help is needed, but ask when they need help. Some people who are always serving the community, forget that they can put out an ask when they encounter a situation they might need help with.

There has been a great deal of research done on "the strength of weak ties" and even just a friendly wave in the morning can improve someone's mental and health and well-being.

Susan Pinker who wrote "The Village Effect" shares that she neighbours for the same reason she exercises, because she knows it's good for her, and yes, it takes a little effort.

The pay offs can be very big. For example, last month when a senior with dementia was lost in Highlands. The police had the helicopter out and patrol cars looking, but it was the over 100 volunteers that immediately mobilized that found him in a very short time.

There are so many benefits to neighbouring. Peer reviewed research has shown neighbouring meets complex needs Some of the benefits of neighbouring are inclusiveness, increased health and well-being, social care, supporting mental health and spirituality, sense of belonging, companionship, crime reduction, safer spaces, environmental protections, higher scholastic achievements in children, and so many more.

If you would like to know more about neighbouring in Beverly/Rundle, please drop me a line, or text, or call. We are also brainstorming ideas for a (Covid-19 safe) neighbouring initiative for this spring. Last year we delivered a small posey's of fresh flowers. So if you have any ideas, please share!

Lastly, here is a link to the City of Edmonton's "Age Friendly" program for anyone who is interested.



I hope everyone is beginning to enjoy coming out of the deep freeze, and are getting ready to enjoy spring time soon.

Take care,

Rayna Haythorne

Neighbourhood Connector

ARE YOU A SOCIAL SNACKER?

Social snacking describes brief and informal positive interactions in daily events, which contribute to happiness, sense of belonging and identity, and help to build naturally supportive communities.

Social Snacks SATISFY SHORT TERM WELL-BEING

- Saying hello to your neighbour while out walking
- Greeting your school bus driver Smiling with your eyes over your mask to the person beside you in the store
- · Offering your seat on the bus
- Distracting a busy child while their caregiver pays for groceries

WHAT'S IN IT FOR YOU? **Positive Interactions:**

- Leave both giver and receiver feeling good
- Build feelings of trust
- Lead to future positive actions that benefit the community

WHY DO YOU FEEL HAPPY AFTER SOCIAL SNACKING?



Oxytocin is a "happy hormone" that the brain releases during a positive interaction to help with stress and healthy development.

EMOTIONAL CURRENCY

BRIEF INTERACTIONS CAN ADD OR SUBTRACT FROM WELL-BEING AND THE ABILITY TO MANAGE DAILY EVENTS.

- The coffee barista remembers your order
- You chat with someone new at the \checkmark dog park or grocery story
 - You help your community clean up
 - X You are angry when someone accidently steps in front of you on the path

X You yell at a child for cutting across your lawn

🗙 You skip a virtual social invite because it

seems like too much work

You share your favorite book on the 🛛 🗙 You lose a game and scowl at the other neighborhood website

HOW TO BUILD NATURALLY SUPPORTIVE **COMMUNITIES WITH SOCIAL SNACKING**

player

Social Snacking

Creates naturally supportive communities Increases sense of belonging

Increases community cohesion and resilience Increases likelihood you will participate in your community

- Challenge yourself to three social snacks a day
- Post snacking ideas on neighbourhood websites
- Post stories of a social snack that made a difference in your day

For more information, please visit www.connectionsfirst.ca

Abundant Community - Beverly/Rundle Cont'd

Learn more!

Watch the Susan Pinker TED Talk video "The secret to living longer may be your social life": <u>here</u>.

Read the news article <u>Just an acquaintance?</u> What we've missed as the pandemic robs us of our 'non-friends'.

Abundant Community Edmonton Cookbook

NOTE: Submission deadline is March 14, 2021! The weather is getting warmer and we can't help but think about those times we've spent with others. When we think of the times we've gathered together we often think about food. In light of the COVID-19 pandemic, we thought instead of sharing food we can share recipes! We are asking you to submit your favourite recipes to be compiled for the **2021 Get**

Cooking Neighbourhood Cookbook.

In order to submit your recipe, we ask for the following:

- your neighbourhood
- the name of the dish and a brief description
- the ingredients used and amounts needed
- how those ingredients are prepared i.e. chopped, minced, cubed, etc. (please take a look at this <u>dictionary of cooking terms</u> if you are unsure)
- step-by-step instructions to put it all together to create the dish!

We ask that measurements are submitted in cups, tablespoons, and teaspoons.

We also ask you to submit a **paragraph about why you wanted to share this recipe** and if possible, **a picture of the food** or a time when you shared it! Please note if people in the photos are recognizable we will need a model release form signed by each person.

Please submit your recipes in <u>this form</u> by midnight on <u>March 14th, 2021</u>. If you have any questions, please contact <u>abundantcommuni-ty@edmonton.ca</u>.

Abundant Community Beverly/Rundle

Rayna Haythorne 780-710-5777 (call or text) <u>neighbouringbeverly@gmail.com</u>

Website Links (click to follow):

Abundant Community Edmonton

<u>Connected Neighbours Community Card</u>: Print, fill it in, and drop it off in your neighbours' mailbox!

<u>Block Connectors Resource Guide</u>: Find out more about how Abundant Community works and your role as a Block Connector .



Rundle Heights Park Redevelopment Project

50/50 FUNDRAISER!

Winner takes half, up to \$10,000! Get your 50/50 tickets online at

<u>www2.rafflebox.ca/raffle/</u> <u>rundleheights</u>

Hurry - Ticket Sales End: Monday March 15, 2021

Ticket Prices:		
1 for \$5	20 for \$20	
3 for \$10	100 for \$50	

Draw Date: Wednesday March 17, 2021

Draw Location: Virtual draw at St. Jerome. Winner will be contacted.

License # AGLC-571027

Funds from the raffle will support the build of our new Rundle Heights Playground. Thank you for supporting this important community project!

Donate your bottles

Drop off your bottles at the Beverly Bottle Depot and ask that the proceeds are added to the Rundle Heights Park Project. Your donation adds up!

Concept Phase Update

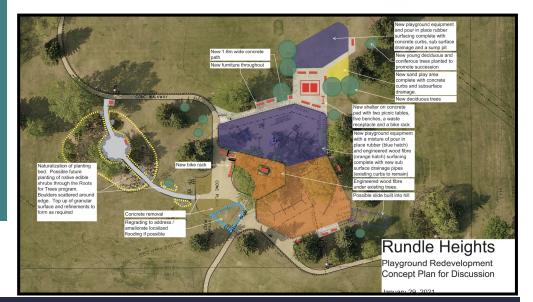
At our last meeting we decided it was important to keep some poured in place rubber, however the expense for all poured in place was too high and would potentially delay out project by another year or more. We settled on a mixture of some poured in place and some wood chips. We also decided to hold off on the shelter for the time being. We can fundraise and put it in place in a 2nd phase if it's still needed/wanted. This way we remain close to our \$750,000 original budget and hopefully can get all the funds in place by Dec 2021 and build in Spring/Summer of 2022.

Donations with tax receipts

Looking for a way to support the park redevelopment but want a tax receipt? We can now accept donations of over \$20 and get the City of Edmonton to provide the tax receipts. If you are interested in donating please contact the committee at <u>stjeromeparentcouncil@gmail.com</u> or find the donation information on our: **Facebook page:**

Rundle Heights Park Redevelopment Website:

beverlyheights.ca/rundle-heights-parkredevelopment/



Remembering Beverly United Church

Submitted by Connie Oskoboiny

In October 2019, with a real sense of loss, Beverly United Church closed its doors. During the years that our Church served the Beverly area, a Memorial Fund was established largely through donations to the church honouring the memory of family and friends. These funds have been used for a variety of purchases over the years.

Funds remained in the Memorial Fund when our church closed so the Board and the congregation did some soul searching to find an appropriate purchase that would truly memorialize Beverly United Church and its members, past and present. The decision was made to purchase a memorial bench; it would be long lasting and truly honour a Church and congregation that served the community for over 100 years. The bench can be found at Evergreen Memorial Gardens. It is located at the end of the south (first) entrance under a lovely shade tree adjacent to Hampton Cove Memorial Walk. We encourage everyone to visit this bench, take a mo-

ment to reflect on those who have passed, those who are the future and remember the donators who made the bench for "A Country Church in the City" possible.





Neighbourhood notes

Community Conversation: Join the Beverly Heights Community League Public Group on Facebook and join the weekly conversation! Topics are posted Sunday with a winner chosen at random from the comments on Thursday. The winner receives a reusable BHCL bag.

Local Helping Heroes: If you are on the Beverly Heights Facebook page you may have seen posts from two local heroes taking the initiative to help those in need - **shout out to Jessica** Kinsella and Gus Ford! Please reach out to them if you are in need, or would like to offer assistance or donate.

Support the 118 Ave Businesses:

The Beverly Business Association has launched a new website and social media campaign. Their goal is to revitalize the Olde Towne Beverly business district, featuring its small town atmosphere and historic roots, market it to strengthen existing businesses and attract new businesses, shoppers and tourists. Watch for new banners and street blades (signage with streets) coming soon!

School Open Houses: Virtual open houses for schools in the area will be planed for February and March. Visit the <u>Edmonton Public</u> <u>School Board</u> or <u>Edmonton Catholic School</u> <u>District</u> websites for details - most schools will have special content on their websites as all Open Houses are virtual this year.

City of Edmonton Election: Cam-

paigning has already started for the councillors and mayor for the City of Edmonton in October 2021. Because Community Leagues are nonpartisan we will not be sharing any campaign information nor will we allow candidates to post on our social media page. We encourage you to learn about the candidate platforms and be sure to get out and vote! As you are also likely aware, the wards will change for this election and rather than our current Ward 7, our ward will be known as Metis Ward as of October 18, 2021.

Virtual Babysitting Courses: The

City of Edmonton is offering virtual Red Cross Babysitting Courses offering basic first aid and caregiving skills for youth aged 11-15. Participants learn how to provide care and respond to emergencies and offer youth the skills to promote themselves as babysitters to prospective families. Call 311 or register online at <u>MovelearnPlay.Edmonton.ca</u>.

eNewsletter: We hope you enjoyed this eNewsletter! Please share with friends and neighbours in the area.

Do you have suggestions for stories? Questions to be answered? Let us know!

Connecting in your community

Facebook links:

<u>Beverly Heights Community League</u> Rundle Heights Park Redevelopment

Beverly Historical Society

Beverly Page Community News and Classifieds

Beverly Business Association

YourAlberta (Government of Alberta)

Edmonton Federation of Community Leagues -EFCL

City of Edmonton

City of Edmonton Recreation Centres

Edmonton Public Library

Edmonton Police - Crime Prevention

Community Police - Northeast

Edmonton Neighbourhood Watch

Report Crime:

Remember if you see something suspicious report it by calling 780-423-4567 or on the EPS Mobile App.

Website links:

Abundant Community Edmonton Alberta.ca (for COVID information) BeverlyHeights.ca Beverly Historical Society www.beverlybia.ca



Community Connections

Beverly Heights Community League eNewsletter Editor: Tracey Hirtle, BHCL Publicity & Communications Director Volunteer.BHCL@gmail.com Website: BeverlyHeights.ca

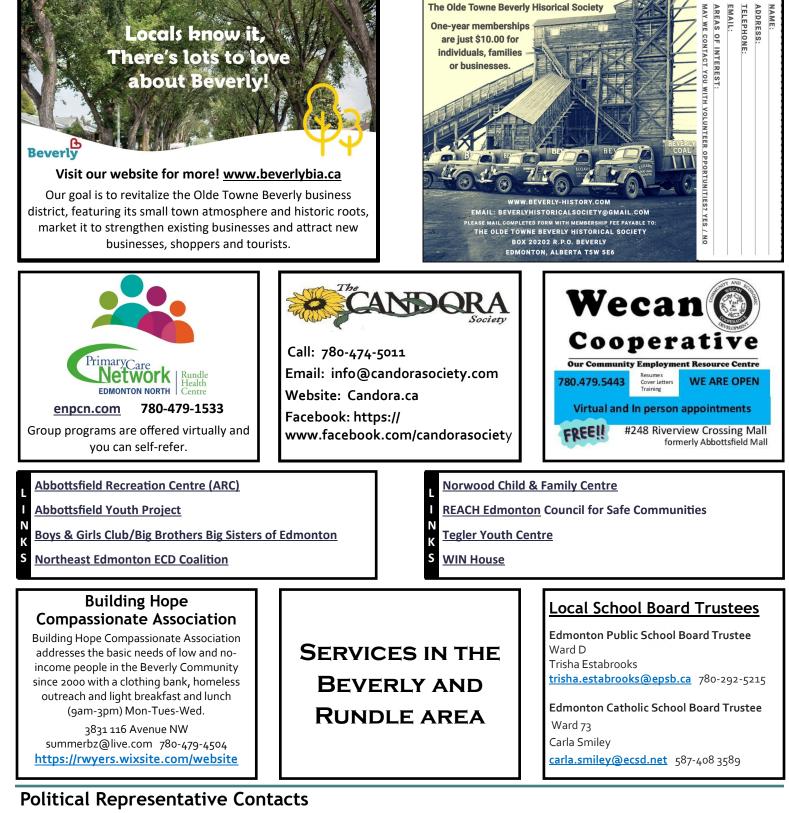
Main Hall & Family Centre: 4209 111 Ave NW, Edmonton AB T5W oK3 780-477-2458

> **Sports Building (Rink):** 10906 40 St NW 780-477-5318

Rental Inquiries: Rentals.BHCL@gmail.com General Inquiries: Volunteer.BHCL@gmail.com

Community Partner Page

Beverly Business Association



City of Edmonton:

Tony Caterina Councillor Ward 7 Tony.caterina@edmonton.ca Tonycaterina.ca 780-496-8333

Province of Alberta: Deron Bilous

MLA for Edmonton-Beverly-Clareview Edmonton.beverlyclareview@assembly.ab.ca Albertandpcaucus.ca/your-mlas/deron-bilous 780-476-6467 Government of Canada: Kerry Diotte MP Edmonton Griesbach Kerry.Diotte@parl.gc.ca Kerrydiotte.com 780-780-495-3261

Olde Towne Beverly Historical Society