

APRIL 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

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APRIL 22

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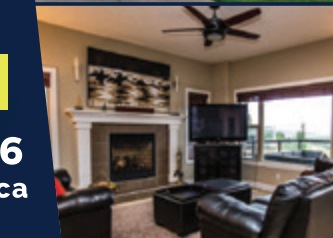
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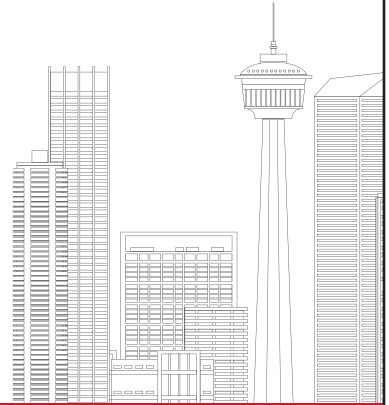


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EDGEMONT CONTENT**

**News, Events,
& More**



**Crime
Statistics**



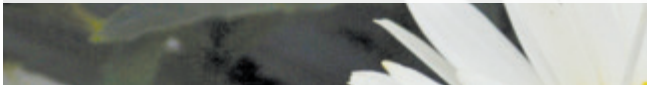
**Real Estate
Statistics**





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EDGEMONT VOLUNTEERS

Jeff Edwards	volunteers@edgemont.ab.ca
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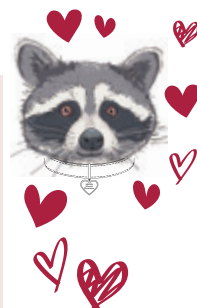
- Mountain view
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The Board Room: Capacity 20

For more information call 403-239-1211

Presidential Raccoon

In 1926, US President Calvin Coolidge was sent a raccoon who was supposed to be cooked for Thanksgiving dinner! Coolidge decided instead to adopt the critter. The family named her 'Rebecca' and gifted her with an engraved collar saying, "White House Raccoon."



President's Message



Things have been happening in Edgemont.

The City removed sediment from the storm pond as a flood mitigation tactic and took action in drain ponds that were hosting invasive species to keep those critters from entering our larger waterways. Please don't set your goldfish free in our ponds and streams.

Bylaw officers removed illegal signage from Country Hills Boulevard, a request that ECA has continued to make. These signs clutter the community when they proliferate. There are circumstances where the signage is allowed, and the rules are posted on the City of Calgary's website.

The City has posted a 3D digital map that shows Calgary building structures in three dimensions. If you're interested in what Edgemont, or any other subdivision in Calgary looks like, visit <https://maps.calgary.ca/3ddigitalcalgary/>.

Edgemont has been a set for filming activities. Who knows, you might see a familiar place on the big screen!

Finally, Frost Fest was a big success! Numerous residents came out to have some fun in the snow and partake in a hot chocolate. A tip of the toque to all the volunteers who made this happen.

Volunteers are the engine that keeps ECA going. March was proclaimed Community Association Awareness Month. ECA is one of the 152 community associations that host activities in almost 200 neighborhoods. We are a welcoming group that is looking to Edgemont residents to step up and take a role on our Board. On Tuesday, May 16, ECA will host its Annual General Meeting and part of the agenda is electing a new Board of Directors. There are vacancies. If you have any interest in joining the Board, please fill in a nomination form well in advance of the meeting. If you want more information before you take that leap, send me a note and I'd be happy to chat with you about the opportunities.

Up and Coming Activities

In April, ECA will be hosting our first Lego Competition. Scott Thompson has been the driving force in getting this on the calendar. If you are interested in Lego, go to our website for more details or to register.

May 6 is our Spring Handicraft Market at the centre. Any crafter or artist interested in having a table can access the details on the website or give the ECC office a call.

On May 13, the tea and goodies will be abundant at our second Mothers' Day tea. Tickets can be purchased from the website, and all are welcome. Visit www.edgemont.ab.ca.

I want to highlight one activity in particular that starts in April. ECA will be launching a clothing and supplies drive for Basically Babies. Basically Babies is a not-for-profit organization that helps young mothers and their newborns with clothing through the baby's first year of life. The need is great! Collection boxes will be placed throughout Edgemont. Locations will be highlighted on the website. There will be a box at the community centre. The drive will conclude on May 6 with items presented to the Basically Babies group. If you plan on attending the spring market, consider bringing along new or gently used items that would be suitable for a newborn to a one-year-old.

If people think the city is a boring place to be, they haven't lived in Edgemont!

Wishing all Edgemont residents a joyous Easter, and may warm spring days be on the horizon. I'll be looking for that first crocus to poke its head out.

Pamela Wilson

President

The Quietest Place on Earth



A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!



A Message From Your Volunteer Coordinator

Hi Edgemont Volunteers,

Here's what's going on this month...

Casino Volunteers – A large fundraiser for the ECA happens on April 25 and 26. Forty volunteers are needed for shifts at the Elbow River Casino. All kinds of shifts and jobs are available. The team especially needs people who can do the late shift. Let me know if you are available.

Wednesday Breakfast Club – We continue to help children out in our neighbourhood Wednesday mornings before they head off to school. Email me if you want information.

Good Food Boxes – Distribution and delivery volunteers keep fruits and veggies flowing out of our ECA kitchen. Would you like to help? Let me know.

ECA Board – Are you interested in helping direct all the great things that happen in our community? This is a great team to join.

Other – There's ongoing volunteering with social events, Koala-Tea Conversation, the Edgemont Networking Group, Youth Press, ELM team, and other ECA programs. Email with inquiries.

And if you want to be on the volunteer email list, please contact me.

Loving our neighbourhood,

Jeff Edwards

volunteers@edgemont.ab.ca

The Edgemont Community Association Needs You

by Rick Wierzbicki, Nominating Committee

The ECA board has had an eventful and busy last few years. The building is undergoing a major refurbishment, as exterior stucco and insulation was replaced last year, and metal roofing and the skylight will be replaced this year. On the operations side, the building staff and board have worked through the COVID-19 pandemic and restructured to be more efficient.

The ECA 2023 Annual General Meeting is scheduled for Tuesday, May 16. The ECA board will have at least ten positions open for the annual election of board members. The ECA board meets monthly and is responsible for providing leadership on the operations of our community association, community centre, other facilities, and the ELM program.

We need new board members to provide leadership and oversight of our many projects. If you are interested in helping out, please contact us at the ECA office at office@edgemont.ab.ca. Members of the board will talk to you about opportunities to serve on the board or on committees.

Many hands make the work light. Keep watching for more information on the AGM, volunteer opportunities, and opportunities to serve your community on the ECA board.

Happy Birthday, Charlotte Brontë!



You've likely heard of at least one of the three Brontë sisters, all famous for their canonized novels. Born on April 21, 1816, Charlotte was the eldest and is best known for writing *Jane Eyre*. She was once urged by poet Robert Southey to abandon her writing because she was a woman. How fortunate that Charlotte didn't listen!



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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

BRAIN GAMES

SUDOKU

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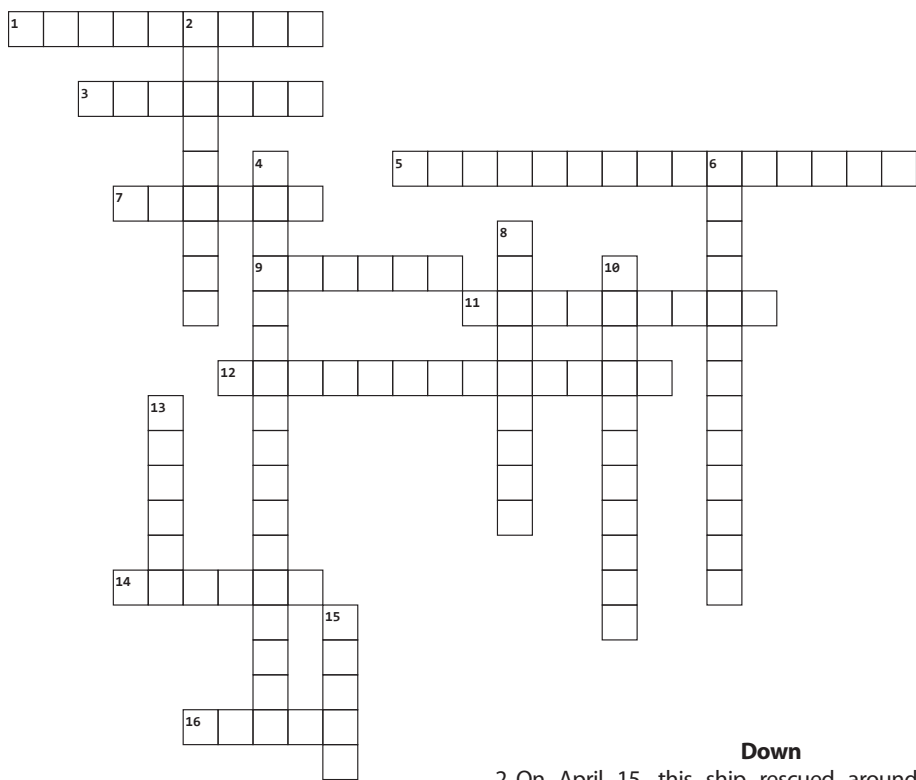


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April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist’s painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word ‘April.’
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April’s birth flowers that comes from the Old English phrase ‘dæg-es-eage’.

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THE ANSWER KEY





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**April 23
2:00-3:30PM
Flames Community Arena**

by Kathleen Stewart, Rick Wierzbicki, Shari Pitka

At the time you read this, the very first Landscaping 101 session is just behind us, and I hope you came with many questions for our ELM coordinator. If you missed this event, stay tuned for future sessions addressing issues related to gardening in Edgemont! In addition, if you are comfortable browsing the internet, why not navigate to the City of Calgary website sections dealing with tree care and gardening in our city. Search for "Tree-care and Education" and you will find a wealth of information on items such as what trees grow well in Calgary, tree pruning basics, tree pests, etc. There are some reference guides that you can download as well as online learning modules about various tree related topics. In the spring of 2021, the city hosted some workshops on topics like "Pruning Basics" and "Pest and Disease". Recordings of these workshops are posted online, as are PDFs of the slides used during the presentations. There is an abundance of free information here that you may want to check out. There is mention of workshops to be offered in 2023; however, there are no details at this point (February 2023). Please continue to check this area of the website for updates if you are interested.

If you are prepping your garden for spring and need some mulch to top things up, the East Calgary Landfill offers year-round free mulch. All you need to bring is a shovel, a tarp, a container, etc.; no appointment required! However, that is a different story if you want to benefit from the green cart compost freebie. At the time of writing, no dates were posted yet on the city website; however, you can go to the city website for updates on the "Green Cart Compost Give Away" and book a time to collect your free compost. This giveaway is very popular, so keep checking the city website for updates to book your timeslot.

By this time, the Winter Displays will have been removed in all likelihood and we are preparing the planters for our summer displays. We are reminding residents that absolutely nothing can be removed from the planters. Edgemont experienced a significant theft of reusable items from the winter displays. Yes, you read this correctly, residents are taking decorations from the planters which means that we need to spend money from the ELM budget to replace these items the next year. Decorations are stored and reused the next

season. Please report any theft or damage to planters to askElm@edgemont.ab.ca. Help us stop the theft from our planters!

If we have an early spring (one can always hope), you will probably see our new contractor, Foothills Landscaping, out catching up on some outstanding jobs and planting some of the generously donated perennials. That reminds me, please contact our ELM coordinator ASAP through askElm@edgemont.ab.ca if you would like to donate some perennials this spring! You will be contacted regarding pickup, etc.

Happy spring!



Encouraging Kids to Help in the Kitchen

from Alberta Health Services

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning, but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to get involved in the kitchen:

Planning Meals:

- Even very young children can assist with planning meals.
- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

Preparing Meals:

- Young children can help count ingredients, add ingredients to bowls, stir, and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes, or wraps, and have each person choose their own toppings and ingredients.



Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

Cleaning Up:

- Everyone can have a cleanup task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School-aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.



News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.

National Pet Day

April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

Frost Fest Recap



Thank you so much to everyone who came out to Frost Fest on Family Day! We had an amazing turnout for the event, and it was so great to see so many members of our community. We want to thank our volunteers for their hard work and dedication; these types of events would not be possible without our wonderful volunteers!



27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

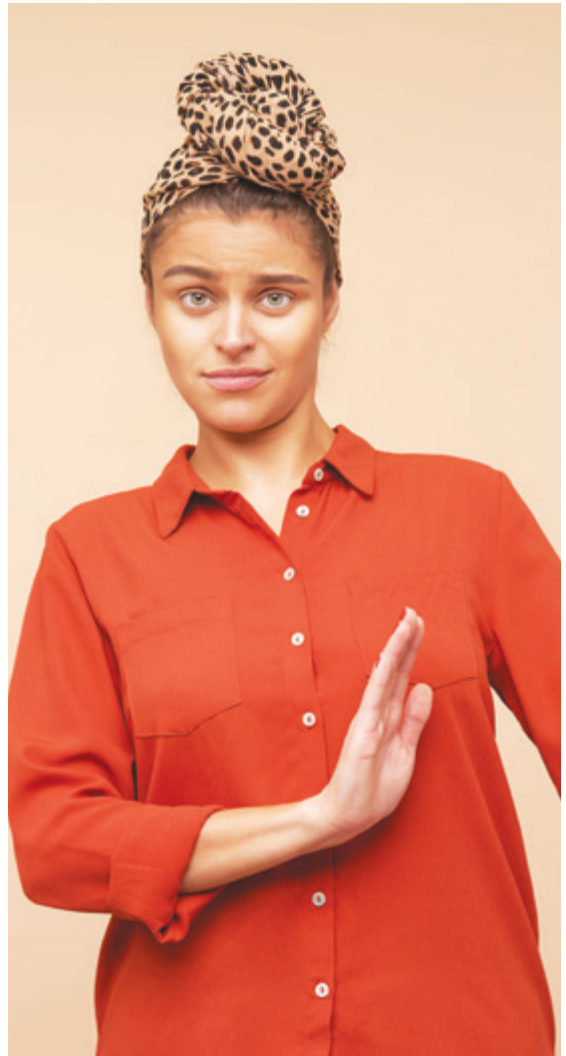
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

ECA EVENTS & PROGRAMMING

**Location of events and programs are at the Edgemont Community Association unless otherwise specified. **

Note: All programs subject to AHS COVID-19 rules
Edgemont Community Centre, 33 Edgevalley Circle NW or online.

For more information, call the office at 403-239-1211, or check www.edgemont.ab.ca.

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Small Box

\$25, 15 to 20lbs of fruits and vegetables

Medium Box

\$30, 25 to 30lbs of fruits and vegetables

Large Box

\$35, 35 to 40lbs of fruits and vegetables

*All weights are approximate

Order By

April 11

May 2

May 30

Pick Up

April 19

May 10

June 7

Email orders and information to GFB@edgemont.ab.ca.

Alcoholics Anonymous

Meets at Edgemont Community Centre every Friday evening. Contact ECA: 403-239-1211.

Living the Legacies AI-Anon Meeting

Thursdays at 10:00 am in the Mountain View Room, person to person. Contact livingthelegacies@gmail.com for the Zoom link to join us online at the same time.

Childcare

Edgemont EduSARC

Before and after school-age program serving the Edgemont Elementary School. Please call 403-241-0131 or email edusarc@gmail.com.

Kaleidoscope Kids

Preschool for ages 3 to 4 years. Monday to Friday. Contact 403-547-1020, or visit www.kaleidoscopekidspreschool.com.

Babies, Children and Youth

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Art Drawing Class, STC Arts

Thursday, Saturday, Sunday classes for ages 5 and up. Includes cartoon, sketch, and watercolour painting. Visit <http://artsstc.com/>.

Coding Club

Ages 8 to 13

Discover and develop your passion for coding. Contact ECA at 403-239-1211 or www.edgemont.ab.ca for details.

Junior Philatelists

Meeting the second Saturday of the month, January to May, and September to November. Each gathering includes discussions on the history, geography, and culture of stamp issuing countries. Ideal age range would be from 8 to 16, and no previous background in the hobby is necessary. For further information, please contact Jim Senecal at 403-547-7681.

Mavericks Football (Atom, Peewee, Bantam)

www.mavericksfootball.ca

Math Competition Tutoring

Precise and effective tutoring for math competitions. Covers all major Canadian and U.S. events (COMC, Euclid, Gauss, AMC 10 and 12). Contact 306-371-5662.

Northwest Warriors Hockey

www.northwestwarriorshockey.com

Rhythmic Gymnastics

We offer rhythmic and acro-gymnastic classes for ages 5 and up. For info, email h.palmer@shaw.ca, or visit www.rgcalgary.ca.

Sportball

Indoor parent-and-child sports program. Ages 2 to 3 with a parent; ages 3 to 5 do not require a parent to attend. Call 403-700-7994, or visit www.sportball.ca/calgary/return-to-play.

Stars Basketball (Grades 1 to 6)

Our coaches are trained to promote joy, ignite passion, and develop skills. Suspended until January due to lack of gym availability. Email info@starsathletics.ca.

Suzuki Baby

Music classes for ages 0 to 2. Visit www.suzukibaby.ca/.

Thunder Basketball (Tykes to U18)

Suspended until January due to lack of gym availability.
Visit www.thunderbasketball.ca/.

Youth and Adults

One Step Ahead Dance Studio

Ballet, tap, jazz, hip hop. Adult and youth. Contact Melinda at 403-247-3607.

Taskai Kai Karate

Youth and adults. Contact Doug at 403-560-4508.

Koala-Tea Conversations

Student-run English Conversation Club designed to help ESL and native speakers with communication skills while having fun. Ages 12+. 7:00 to 8:00 pm weekly, Fridays in the North Rock Room. Contact koalateaconversations@gmail.com.

Adults and Seniors

Gentle Yoga

In-person yoga. Thursdays starting January 12. 10 classes. To register, email savannah.nocera@gmail.com, or call 403-852-5415.

Second Sixties Outdoor Club

Open to age 50+. If you enjoy any of hiking, walking, snowshoeing, X-country skiing or beginner golf, check out www.secondsixties.ca for more information.

Spiritual

Northwest Community Church

Calgary True Light Gospel Church

Chinese Service.

Gospel Church

Sunday evening services. Visit www.edgemont.ab.ca for details.

ECA Board of Director Meetings

Third Monday of the month from 7:00 to 10:00 pm. Zoom virtual meeting. Please email secretary@edgemont.ab.ca if you would like to be included in the online meeting.

Upcoming Events and Projects

Go to www.edgemont.ab.ca for more information.

Lego Mania Competition

April 22, 12:00 to 3:00 pm

To register go to www.edgemont.getcommunal.com

Spring Handmade Market

May 6

Email office@edgemont.ab.ca about vendor tables.

Perennial Exchange

May 6

Email office@edgemont.ab.ca to donate perennials for the exchange.

Mother's Day Tea

May 13

Email office@edgemont.ab.ca.

AGM

May 16

Email office@edgemont.ab.ca for more information.



A LOVELY AFTERNOON AWAITS

PEARLS & LACE

MOTHER'S DAY TEA

All ages are welcome!

May 13th, 2023 • 2-4 pm

33 Edgeway Clr NW, Calgary

Price: \$27.5 adult & \$15 child

For more details please visit
www.edgemont.ab.ca

RSVP office@edgemont.ab.ca

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Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and "Pina Des Indes" or "Pinecone of the Indies" were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

Dealing with a Cough

from Alberta Health Services

A cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat can also cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better. Some people may also cough or clear their throat out of habit, for no clear reason.

How Can You Care for Yourself at Home?

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat. Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to soothe a dry or sore throat.

Throat Clearing

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.



Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard on your vocal cords. It's like slamming them together.

To Help Lessen Throat Clearing, You Can Try:

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.

Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

Call Your Doctor or Health Link at 811, or Seek Immediate Medical Care If:

- You cough up blood.
- You have new or worse trouble breathing.
- You have a new or higher fever.

Watch Closely for Changes in Your Health and Contact Your Doctor or Nurse Advice Line If:

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus.
- You do not get better as expected.

Calgary's Pathways: Where People and Nature Meet

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

It's springtime! Soon Calgarians en masse will be out and about on the city's 1,000 km of pathways. This is the largest urban pathway network in the world! But it was not always so.



*Early Days of Confederation Park 1948-1988
(City of Calgary Archives)*

Although city plans back to 1910 referred to Calgary's impressive inventory of natural features and open spaces, which could be enhanced with connections between them, it wasn't until the 1970s that multi-use pathways started becoming a reality.



Confederation Park ca 1970 (City of Calgary Archives)

Confederation Park received the city's first official pathway. Created to celebrate Canada's centennial, the park reflects Superintendent Harry Boothman's vision for an area that supports Calgarians' activities and preserves the existing coulee environment, vital to flood control. The pathway was constructed in the early 1970s and it still meanders parallel to the creek that is the centre of the park.

Calgary's network really got going when the "Bow River Pathways" was formalized for the city's centennial in 1975. Today, the Pathways spans 48 km between Bears paw Dam and Fish Creek Provincial Park. Although the Chinook Trail Association started a dirt path along the Bow River's north side in 1969, construction of the Pathways heralded a new era for the city's pathway network and parks.

Further development of the network was a result of Calgarians' input for more recreational choices and for the protection and enjoyment of the city's natural spaces. The network subsequently grew to connect the Bow River to the Glenmore Reservoir via the Elbow River Pathway, with extensions moving out from the rivers, such as the Nose Creek Pathway.



*Mattamy Greenway Royal Oak
(Author Lori Beattie Fit Frog Adventures)*

Today, the network has grown far beyond the rivers and reservoirs. The Rotary/Mattamy Greenway's construction began in 2010 and it now encircles the city with 145 km of pathways that connect 55 communities. It's a unique multi-use pathway that continues the legacy of the pathway network, where people and nature meet.

Before heading out for the 2023 season, remember the efforts of Calgarians in building and maintaining a network that facilitates the enjoyment of our urban lives while taking in and preserving our stunning natural environment.



*Patterson Slopes Pathway
(Author Lori Beattie Fit Frog Adventures)*

Registration begins on May 1 at Edgemont.ab.ca.

Mr. D's Awesome Summer Teen Drama Camp

Grades 6 to 12 | July 3 to 7 from 9:00 am to 3:00 pm

Let's take off to The Wizarding World of Edgemont this summer. We will unlock the Chamber and that is no secret. Get "Sorted", and star in Friday's blockbuster production for family and friends. We will play "House Cup Survivor" with awesome new drama games, Quidditch challenges and prizes for everyone. Registration starts May 1 online. Register early as this camp sells out fast.

Mr. D's Awesome Summer Drama Camp from a Galaxy Far, Far Away

Ages 8 to 15 | July 10 to 14 from 9:00 am to 3:00 pm

It's time to Strike Back like the Empire at the Edgemont community center. With all new games, prop building, magic, and fun you do not want to miss out. It's a week of awesome Jedi challenges, lightsaber battles, bounty hunter games with special guests, comics, and dramatic good times. Registration starts May 1 online. Register early as this camp sells out fast.

Polyglots

Join us for a fulfilling learning experience this summer with our imaginary adventures in different countries and learn French or Spanish. Half day and full day options available. To register, contact Sarah at 587-287-8979 or visit polyglots.ca.

- Full Day | From 9:00 am to 4:00 pm
- Half Day | From 9:00 to 12:00 pm or 1:00 to 4:00 pm

Polyglots French Camp: La Gare

Board the train to Belgium, Switzerland, and France as you search for clues to a mystery and create your own art masterpieces.

Polyglots Spanish Camp: Cuba

Make instruments to play Cuban music and learn about exotic animals such as the kinkajou (as seen in the movie *Vivo*).

Polyglots French Camp: La Cathedrale

Learn about the restoration of the Notre Dame cathedral as you make a stained-glass window, build a bell chime, and more.

Polyglots Spanish Camp: Colombia

Explore the country of the Madrigal family (from the movie *Encanto*.) We will design our own candles, play Colombian rhythms, and role play stories.

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All of our camps are led by two professional instructors and are filled with hands-on experimentation and inquisitive learning. For full camp descriptions and online registration, please visit our website at <https://calgary.madscience.org> or call us at 403-263-4140.

• Robots Gizmos and Gadgets

Grades 2 to 6 | 9:00 am to 4:00 pm | July 10 to 14 and August 8 to 11

Does your child like to build and tink with things? If so, this camp is for you!

• Mad Science Mayhem

Grades 1 to 5 | 9:00 am to 4:00 pm | July 17 to 21

A full day camp with a different science-themed exploration each day.

• Mini Mad Einsteins

Grades K to 2 | 9:00 am to 12:00 pm | July 24 to 28

• Mini Mad Adventurers

Grades K to 2 | 1:00 to 4:00 pm | July 24 to 28

The perfect science intro camps for the budding Jr. Mad Scientist. Sign up for both for a full day STEM camp!



The Day's Eyes

The daisy is April's birth flower, and its name is more than just pretty; it's symbolic. 'Daisy' comes from the Old English phrase 'dæges-eage,' which means 'day's eyes.' This is because each night as the sun goes down, daisies close their 'eyes' by pulling their petals inwards. In the morning, they reopen their petals, or 'eyes,' as the sun rises.

Skating Rink Report

by Rick Wierzbicki



Despite the mostly mild to outright warm weather, we have had a great season down at the Edgemont Ice Rink. We got the ice in early during the December cold snap and have managed to keep it clean and frozen through the spring-like January weather. The main rink and the kiddie rink are heavily used

by an enthusiastic mob of both young and old skaters. I would like to thank the ECA for continuing to fund the operation of the rink. Between electrical costs and repairs and fuel for the machines, the ECA spends more than a thousand dollars a season keeping the rink going.

The rink is cleaned and maintained by volunteers led by me. I have been involved since the early 1980s and have worked with many great volunteers who come out in the cold and clean and flood. Nothing like working with water at freezing temperatures. I would like to thank and acknowledge this year's team of ice makers, Mike Good, Michael Hayward, Marty Chisholm, Rob Weston, and myself. Two of our volunteers do not even live in the community. Rob has retired from the group this year as he has started a small business which is taking up his time.

So, for 2024 we will need to recruit some new folks who want to operate snow blowers and snow brushes and learn the tricks of making ice using a fire hose. At some point, I will have to pack it in as well as the hoses keep getting heavier, so if someone wants to step up into a lead position the door is opening.

For the remainder of the season, which ends quickly once the sun rises higher in the sky, please remember to be kind and shovel the snow over the boards if you scrape the ice. Enjoy this great community amenity for the rest of the winter and then go play basketball and inline hockey in the summer.



The poster for the LEGO Mania Competition features a colorful border of LEGO bricks. At the top, the Edgemont Community Association logo is displayed. The main title "LEGO MANIA COMPETITION" is in large, bold, blue letters. Below it, the text "Public viewing, live builds, + prizes!" is in a smaller font. The date "APRIL 22, 12-3" is prominently displayed in large, bold, orange letters. A small LEGO minifigure is shown below the date. The registration information is listed below a horizontal line: "Registration: \$5 per entry (max 3 entries per person)", "Categories: Things that go, cool scenes, creative", "Age groups: under 7, 8-12, 13-17, and 18+", "To register go to www.edgemont.getcommunal.com", and "Location: 33 Edgevalley Cir NW".

Edgemont
Community Association
PRESENTS

LEGO MANIA COMPETITION

Public viewing, live builds, + prizes!

APRIL 22, 12-3

Registration: \$5 per entry (max 3 entries per person)
Categories: Things that go, cool scenes, creative
Age groups: under 7, 8-12, 13-17, and 18+
To register go to www.edgemont.getcommunal.com
Location: 33 Edgevalley Cir NW



The poster for the Spring Market has a pink background with a green border. The Edgemont Community Association logo is in the top left corner. The title "Spring Market" is in large, bold, yellow letters. Below it, the text "+ Perennial Exchange" is in a smaller font. The date and time "May 6, 2023 from 10am to 3pm" are listed, followed by the location "at the ECC 33 Edgevalley Cres NW". A list of items for sale is provided: "Crafts • Jewelries • Clothing Fine Art • Housewares Plush Items • Sweet Treats". The text "FREE ENTRY" is in bold, and the website "www.edgemont.ab.ca" is at the bottom. A green stem with yellow tulips is on the left side.

Edgemont
Community Association

Spring Market

+ Perennial Exchange

May 6, 2023
from 10am to 3pm
at the ECC
33 Edgevalley Cres NW

Crafts • Jewelries • Clothing
Fine Art • Housewares
Plush Items • Sweet Treats

FREE ENTRY

www.edgemont.ab.ca



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Interested in practicing your English?
 Join us for some quality discussion and fun activities at
 Koala-Tea Conversations Club!

Where: Northrock Room at the Edgemont Community Association, 33 Edgevalley Cir NW, Calgary, AB

Who: Anyone who wants to engage in conversation and make new friends! (Native and ESL speakers welcome)

When: Every Friday from 7-8 PM starting Sept. 2, 2022

EMAIL KOALATEACONVERSATION@GMAIL.COM OR DM @KOALATEACONVERSATIONS TO JOIN TODAY!

SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

Julia Hayter

Calgary – Edgemont



Julia Hayter: A powerful voice for Calgary-Edgemont on a strong Rachel Notley Team

Julia is an Education Assistant and has served as Chair and Vice-Chair of her children's Parent School Council. She is a strong advocate of a public education system that supports Alberta's students and prepares them for the future.

Julia is raising her three school-age children in Northwest Calgary. She knows what it's like to budget for today—with an eye on tomorrow.



Rachel Notley is focused on what matters to you and your family:

- Protecting mental health and improving public healthcare: supporting hospitals, clinics, EMS, and frontline healthcare workers.
- Providing cost-of-living relief: utilities, insurance, housing, fuel and more.
- Building a resilient economy by supporting innovation and the creation of good-paying jobs in emerging sectors.

This time, Rachel Notley and Julia Hayter.

JuliaHayter@albertandp.ca    @NDPJulia

Authorized by Alberta NDP albertandp.ca

MLA Calgary - Edgemont

Prasad Panda

222, 5149 Country Hills Blvd NW
Calgary, Alberta

☎ 403-288-4453

✉ calgary.edgemont@assembly.ab.ca



Budget 2023 secures Alberta's future by diversifying and growing the economy, creating good paying jobs, strengthening health care and education, and keeping Alberta communities safe – all while remaining committed to responsible fiscal management.

Calgary is seeing major investments in transportation. Our government is investing \$1.1 billion in Calgary transportation projects including \$541 million for Calgary LRT projects, \$429.7 million for Deerfoot Trail upgrades and improvements, and \$134.2 million to complete the Stoney Trail Ring Road.

Alberta's economy has momentum, and our government is focused on creating jobs and diversifying the economy. 2022 saw a 30 percent increase in venture capital investment attraction bringing the total for the year to a record \$729 million. This is because of the low taxes and solid economic policies implemented by this government. February's employment numbers show just how well our economic policies are working, with a record number of Albertans having full-time jobs.

Healthcare is also a major focus for our United Conservative government. This budget aims to improve healthcare by adding more doctors, nurses, and healthcare aides. Alberta is investing \$396.4 million into Calgary health care including \$166 million for the Calgary Cancer Centre, \$84.7 million for the Peter Lougheed Centre, \$63.6 million for the Foothills Medical Centre, and \$3 million for planning the North Calgary/Airdrie Regional Health Centre.

Over 3 years, our government is also investing \$72 million to create more than 3,400 new seats in post-secondary health care programs, including 120 new physician seats at U of C and U of A, and thousands of new seats for nurses and health care aides. \$113 million from Alberta Health will add 100 residency programs for newly graduated doctors.

With its strong focus on investment attraction, job creation, economic growth, and the health and wellbeing of all Albertans, budget 2023 is securing a bright future for Alberta.

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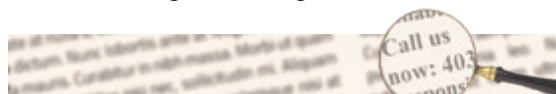
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GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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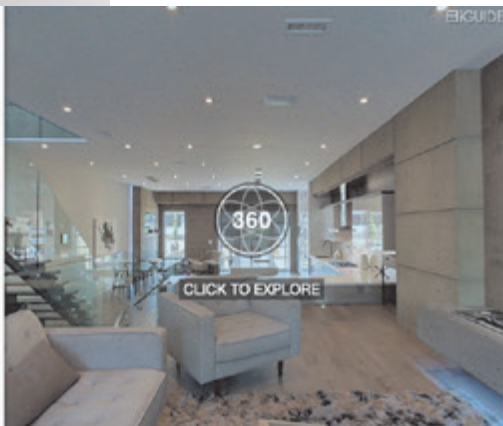


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