

FEBRUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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VOLUNTEER RECOGNITION MURAL
SEE STORY INSIDE

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Community Association



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President's Message



As the days start to get noticeably longer and some of us have had the "lift" of a warm winter vacation, we become more optimistic about what's next. January ended with the official unveiling of our Volunteer Recognition Mural in the Edgemont Community Centre. If you haven't seen it, please drop by. Our first two inductees to be recognized are Linda Connolly and Lois Uptigrove. Both these ladies gave from the heart to our community. Unfortunately, both have passed away, but their legacy will live on. We were privileged to have a ceremony and supper in their honor. What a wonderful example of the selflessness of volunteerism!

The Edgemont Community Association will be hosting its Frost Fest. This is a family event that includes skating, ice bocce, ski races, hot chocolate, and music. Activities should be fun for all. If you would like to volunteer, give Jeff Edwards or the ECC office a call. Keep your fingers crossed for good weather on February 20. Additional details will be posted on the website as they are finalized.

As we push forward to March, we dig down for that little bit of Irishness in all of us so we can put the twinkle in St. Patrick's Day. The Program Committee is working on an Irish themed celebration complete with music, pub quizzes, and who knows what else. Could there be green beer? A leprechaun? A pot of gold?

The most optimistic among us are already looking over their seed catalogues. When you see the pictures of lush flowers and healthy vegetables, it gets the adrenaline pumping for what we could do in our own gardens. Shari Pitka, our ELM Coordinator, will be hosting a session on how to get your garden ready for planting in the spring. Shari is a horticultural specialist who is prepared to share her tips and tricks with Edgemont residents. A successful growing season starts with proper preparation and the knowledge of which plants are suited for the "Edgemont" climate. Watch for more information on this event, which is tentatively scheduled for the beginning of April.

In closing, I'd like to make a pitch to those romantics who are planning a Valentine's Day celebration. Please support your local businesses and restaurants. They keep our community interesting and vibrant and continue to need your support.

Pamela Wilson
President



VOLUNTEERS NEEDED CASINO

APRIL 25 & 26

This is our biggest fundraiser, supporting

- facility maintenance and repairs
- rink operations
- programming
- special projects

TO VOLUNTEER OR
WITH ANY QUESTIONS

Contact casino@edgemont.ab.ca

Shifts available: 11 AM - 7 PM

6:30 PM - 3:30 AM

11 PM - 3:30 AM



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



Edgemont's Volunteer Recognition Mural



Located in the southwest hallway of the Edgemont Community Centre, the Volunteer Recognition Mural is a gift to the many dedicated volunteers who have helped Edgemont, from serving on the ECA Board to picking up garbage on clean-up days. Volunteers have kept the community centre and the rink operating, have collected and distributed goods for the less fortunate, and have led many sports and cultural opportunities for all ages in the community.

When unveiling the mural on Saturday, January 28, special mention was given to two special women who epitomized the volunteer spirit: Linda Connolly and Lois Uptigrove. They were both recognized, posthumously, for their commitment to our community.

Thanks to muralist, McKenna Prather, who was joined by two young artists, Fajr Syed and Cadence Wong, from Lily Chow's art class at Tom Baines Junior High School.

The ECA would like to thank the City of Calgary for the micro-grant, which funded a major part of the mural.

A Message from Your Volunteer Coordinator



Hi Edgemontonians,

Thanks again for being an amazing volunteering neighbourhood. Here is the update for this month:

- Our Volunteer Recognition and Mural unveiling was on Saturday, January 28. Thanks again to the volunteers who helped all year in many different programs and at many different events. And thanks to the team that facilitated this recognition event for the volunteers!
- A special thanks to muralist McKenna Prather, who gave us an amazing mural in the southwest hallway as a recognition of Edgemont Volunteers. She was joined by two young artists, Fajr Syed and Cadence Wong, from Lily Chow's art class at Tom Baines Junior High. Thanks, team, for a beautiful mural.
- The Edgemont Rinks volunteers have kept us skating. Thanks to you all and to the rink coordinator, Rick Wierzbicki, for all the cleaning and flooding.
- Our Snow Angels continue strong, shoveling walks for several neighbours. Your neighbours thank all of you!
- The Wednesday Breakfast Club continues to help children out in our neighbourhood Wednesday mornings before they head off to school. Email me if you want information.
- Good Food Box distribution and deliveries in the northwest continue with Edgemont volunteers. 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.
- There's ongoing volunteering with the Edgemont Networking Group, Youth Press, ELM team, and ECA programs. Email with inquiries.

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

Loving our neighbours in Edgemont,

Jeff Edwards

volunteers@edgemont.ab.ca

ELM REPORT

by Kathleen Stewart, Rick Wierzbicki, Shari Pitka

Happy New Year to you all! Let's hope for another wonderful and long gardening season in 2023!

We hope that you are all enjoying the beautiful winter displays that Edenscapes put in. On the subject of pots, apparently, one of the planters across from the firehall on Edgemont Boulevard was hit around December 28, 2022. If you have any information on the circumstances of this incident (license plate, etc.), please let us know via email at askElm@edgemont.ab.ca. If there is a way to recover the money through an insurance claim, it would benefit us all. If not, we have to pay for it from our ELM funds, and the planters are very expensive to replace.

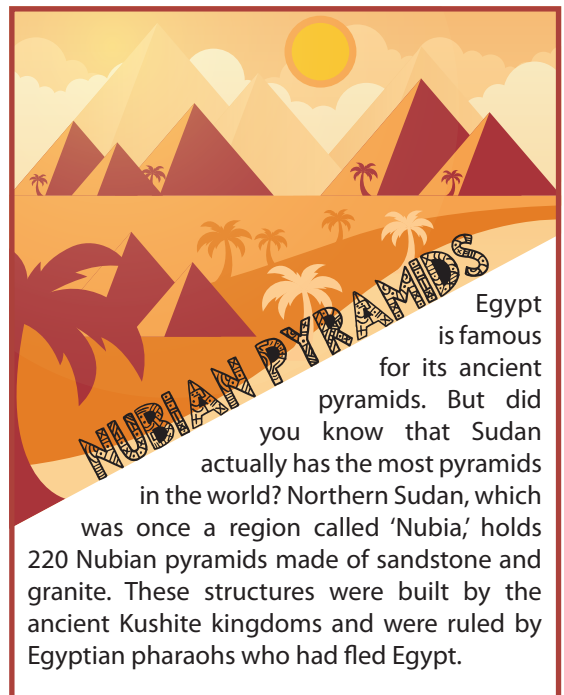
We mentioned in the last article that we were planning a landscaping information session in the spring! Please note in your calendars that the date is as follows: March 22, 2023, from 7:00 to 9:00 pm at the ECA. Watch the ECA calendar for future updates.

As mentioned previously, this will be an excellent opportunity for Edgemont residents to chat with our ELM coordinator and ask questions specific to gardening in Edgemont! Examples of topics to be discussed at this session include:

- Know your planting zone
- Tree selection for edgemont yards
- Bulbs and when to plant them
- When and what to tidy up in the fall
- Spring cleanup
- Benefits of planting perennials
- Pruning of trees and shrubs in edgemont

You are hereby invited and strongly encouraged to submit topics that you would like the ELM coordinator to address at this session to askElm@edgemont.ab.ca!

We are looking forward to hearing from you!



VOLUNTEER BOARD OF DIRECTORS

Pamela Wilson	President president@edgemont.ab.ca
Elaine Scobie	1st Vice President elaine@edgemont.ab.ca
Barb Elms	2nd Vice President barb@edgemont.ab.ca
Elsbeth Kirk	Director of Communications elsbeth@edgemont.ab.ca
Scott Thompson	Secretary pam@edgemont.ab.ca
Terry Meiyeppen	Treasurer treasurer@edgemont.ab.ca
Anil Garg	Director anil@edgemont.ab.ca
Changling Luo	Director changling@edgemont.ab.ca
Kathleen Stewart	Director kathleen@edgemont.ab.ca
Shaffic Fazal	Director shaffic@edgemont.ab.ca
Rick Wierzbicki	Director rick@edgemont.ab.ca
Scott Thompson	Director scott@edgemont.ab.ca
Vishal K Dalal	Director vishal@edgemont.ab.ca
Bruce James	Director bruce@edgemont.ab.ca
Elsbeth Kirk	Director Elsbeth@edgemont.ab.ca
Bill Kirk	Director Bill@edgemont.ab.ca

EDGEMONT VOLUNTEERS

Jeff Edwards	volunteers@edgemont.ab.ca
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OFFICE 403-239-1211

Office Administrator	office@edgemont.ab.ca
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OTHER CONTACTS

Cst. Dennis Smithson 4788	Community Resource Officer DSmithson@calgarypolice.ca
Elsbeth Kirk	Newsletter Submissions newsletter@edgemont.ab.ca
Lori Holford	Edgemont Elementary llholford@cbe.ab.ca
Armaan Punja and Alexandra Qu	Tom Baines Jr. High Reps
Erika Odney and Bonnie Situ	Sir Winston Churchill High Reps
Vacant	Mother Mary Greene Reps
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
Disc Golf	discgolf@edgemont.ab.ca
ELM	askELM@edgemont.ab.ca

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The Board Room: Capacity 20

For more information call 403-239-1211

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INCLUDING

➤ **News and Events**

➤ **Real Estate Statistics**

➤ **Crime Statistics**

and more...

SCAN HERE



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.

Self-Development and Healthy Living

Good Food Box

Small Box

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

Medium Box

\$30, 30 to 35lbs of fruits and vegetables

Large Box

\$35, 40 to 45lbs of fruits and vegetables

Order By

February 7
March 7
April 11

Pick Up

February 15
March 15
April 19

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 Al-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

193 Scout Group Edgemont

Activities and adventures for youth ages 5 and up. We need new parent leaders to help us open up more spots for youth! No experience necessary, and full training provided. Come and have fun with Scouting! Contact Graham at 193edgemontand4triwoodscouts@gmail.com.

Art Drawing Class, STC Arts

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

Casey O'loughlin Academy of Irish Dance

Saturday mornings for ages 4 and up. For more information or to register, call 403-520-0059, or email caseyoloughlin@academy.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.

CCECA - NW Chinese Senior Support Group

卡城華人耆英會西北關懷小組

Drop-in for those who are 50+ and speak Chinese (Cantonese/Mandarin). Contact 403-269-6122.

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 to 9:30 pm. Meeting at the Edgemont Community Centre. Please email secretary@edgemont.ab.ca if you would like further information.

Upcoming Events and Projects

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

Frost Fest

February 20 | 11:00 am to 2:00 pm

Family Day Fun at the Edgemont Rink. Free Fun and games in the snow and ice, including skating, ice bocce, snowman building.

Spring Handmade Market

May 6

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

Mother's Day Tea

May 13

Email office@edgemont.ab.ca.



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FROST FEST



Family Day Fun
February 20, 2023
11 AM - 2 PM
Edgemont Rink

FREE FUN & GAMES IN THE SNOW & ICE - SKATING, ICE BOCCE, BUILD A SNOWMAN
Hot chocolate & treats

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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Girls After School Programs

GIRL POWER (GRADES 5-6) - STARTS JAN 18TH
WEDNESDAYS (IN PERSON 4:00 - 6:00 PM)

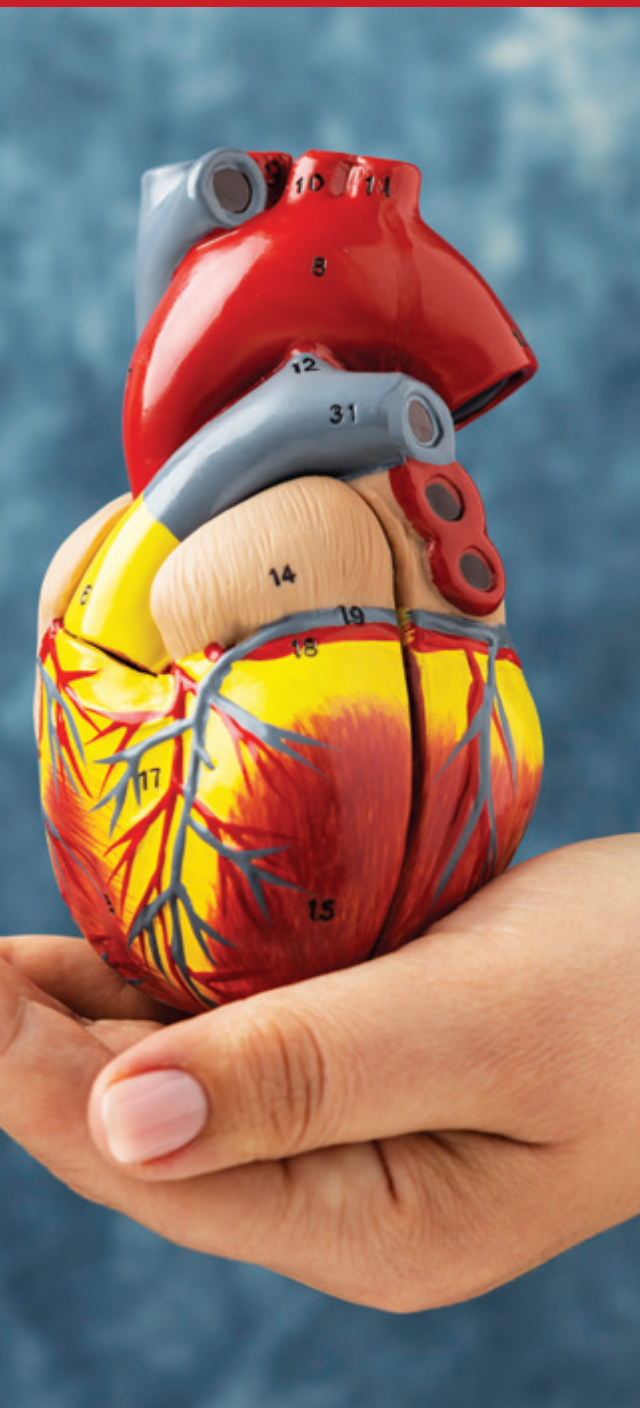
GIRL FORCE (GRADES 7-9)
TUESDAYS (ONLINE 6 - 7:30 PM)

STARTS JAN 17TH
THURSDAYS (IN PERSON 4:30 - 6:30 PM)
STARTS FEB 2ND

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leadership community activism





February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

BUSINESS CLASSIFIEDS

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!



MLA Calgary - Edgemont

Prasad Panda

222, 5149 Country Hills Blvd NW
Calgary, Alberta

📞 403-288-4453

✉ calgary.edgemont@assembly.ab.ca



Help is on the way for Albertans calling 911 and for those needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants their skills to be used in the best way possible, while also ensuring Albertans are not left waiting after a 911 call. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. Options like community shuttles and wheelchair accessible taxis can transport patients back home.

This means ambulances will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway to better serve Albertans. AHS has an aggressive plan to improve four priority areas which include: improving EMS response times; decreasing emergency department wait times; reducing wait times for surgeries; and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to hospital.

I was pleased to be part of the ceremony that turned over control of the new Calgary Cancer Centre to AHS for final commissioning and staffing. During my time as Infrastructure Minister, I was very proud of the efforts of our team to keep this important project on time and on budget. I look forward to 2024 when the Centre will begin providing patients with the best quality in Cancer treatment.



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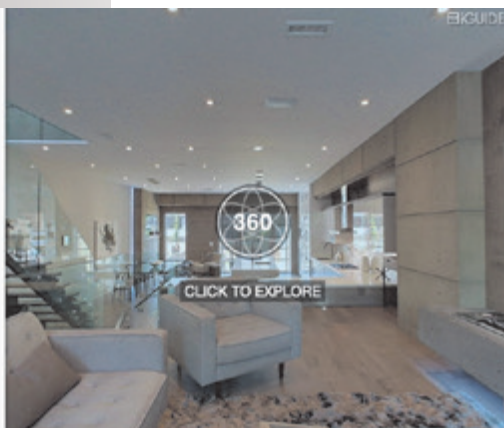
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our proven marketing and
state-of-the-art technology.



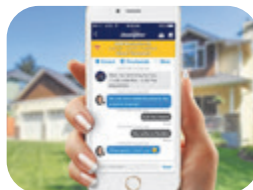
Scan to check out
our current listings.

Selling Your Home? Check out our proven marketing plan.

In-house Showing
Coordinator – No 3rd
party call centres.

Professional high
dynamic photography
and videos.

State-of-the-art website
with over 40,000 unique
hits monthly.



#1 Real Estate Team in Calgary 2022*

*Royal LePage



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