

JANUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside **Edgemont**

www.edgemont.ab.ca



HAPPY NEW YEAR!
YEAR OF THE RABBIT



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KOALA-TEA CONVERSATIONS



Interested in practicing your English?

Join us for some quality discussion and fun activities at
Koala-Tea Conversations Club!

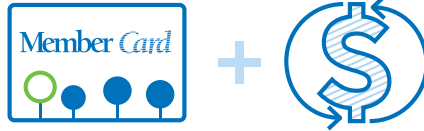
Where: Northrock Room at the Edgemont Community
Association, 33 Edgevalley Cir NW, Calgary, AB

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

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President's Message



Happy New Year, Edgemont! How many of you made New Year's resolutions? Not me! I'm trying to deal with things as they come and not wait until I need a "special resolution" to get me to my goal.

For those in Edgemont who follow the Chinese calendar,

New Year arrives on January 22, 2023. It's the Year of the Rabbit which should bring about longevity, peace, and prosperity. All qualities that we could certainly appreciate after the challenges of the past few years and what we see going on in the world.

By the time this newsletter arrives in your mailbox, the outdoor skating rink should be flooded and welcoming skaters. The rink is adjacent to John Laurie Park and maintenance has been the task of a loyal group of volunteers. Skating is a good family activity and certainly gets the blood pumping.

Looking forward to February, we are planning Frost Fest for February 20 (see ad in this newsletter). Details will be on the website. You can look forward to games, skating, plank skiing, a fire pit, and hot chocolate. Keep your fingers crossed for good weather and join your neighbours for a little outdoor fun.

In the spring, we will host a Spring Handicraft Market. If you are interested in being a vendor, call the ECA office (403-239-1211) for details. At the same time, we are doing a drive to support Basically Babies, a charity that helps families in need by providing a layette for a baby's first year. In November, a few of us from the board went to the Basically Babies facility to get a sense of what the agency does and the magnitude of its operation. ECA will be accepting new and gently used clothing items.

Speaking of websites, we are going to be updating the ECA site and our membership database. Please be patient as we work through this process. The new website will make paying for our ECA membership online easier and we trust that its ease of use will mean that latest information will be posted as soon as details are finalized so you can make plans well in advance to join ECA activities. For instance, we will be hosting our

second annual Mothers' Day Tea in May. The theme and the price for tickets will be revealed online and if all things go as intended (and they always do in IT projects, don't they?) you'll be able to purchase your tickets directly from the website.

Businesses and restaurants make our community interesting and liveable. I'd like to send a big thank-you to Selia Bar that hosted an ECA board meeting in November 2022. Board members enjoyed the chance to get together in a more social atmosphere and the food was terrific.

In closing, I am inviting you to stop by the community centre to view the Volunteer Appreciation Mural. The work on the mural was done in December and is intended to highlight the contributions that volunteers have made to our community. It's inside the building and is a lovely addition to its ambiance.

Pamela Wilson

President

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ELM REPORT

by Kathleen Stewart, Rick Wierzbicki, and Shari Pitka

So far, the predictions in the Farmer's Almanac appear to be spot on: December has certainly started with a solid bout of cold weather and snow!

The last of the winter displays were planted in very cool conditions and we would like to thank Edenscapes for doing a fabulous job! This year, the displays are concentrated along the major traffic routes and are a bit more sparsely distributed in the inner residential areas due to rising cost and budget constraints.

As you are reading this, the Christmas and New Year's festivities are behind us, and the long month of January provides lots of opportunity to start thinking about gardening activities for this spring and summer! Last year, we mentioned that our ELM coordinator would put on an interactive session for our residents to discuss garden related issues in the Edgemont community. The current plan is to schedule this session sometime in the early spring and it will be an excellent opportunity for Edgemont residents to chat with our coordinator and ask questions specific to gardening in Edgemont! Our intent is to schedule this session in March at the Edgemont Community Centre, so stay tuned and periodically check the website for updates regarding the exact date. Examples of topics to be discussed at this session include:

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



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

In addition, we are hoping to bring in some experts to discuss naturalization in Edgemont and provide an opportunity to ask questions and learn about the advantages of naturalization of certain areas in Edgemont.

We are looking forward to hearing from you!



National Hot Tea Day



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!

FROST FEST

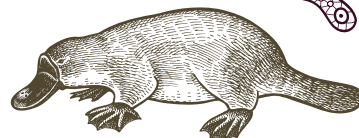
Family Day Fun
February 20, 2023
11AM-2PM
Edgemont Rink

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



One Odd Animal

Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!



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
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Kathleen Stewart	Director kathleen@edgemont.ab.ca
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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

Need a special event room?

The Panorama Room: Capacity 180

- Beautiful mountain view
- Landscaped gardens
- Full kitchen facilities attached
- Round tables, upholstered seating

The Mountain View Room: Capacity 70

- Mountain view
- Wood floor
- Round or rectangular tables

The Board Room: Capacity 20

For more information call 403-239-1211

To View Additional Edgemont Content

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

Upcoming Order Dates

January 17

February 7

March 7

Delivery/ Fulfillment Dates

January 25

February 15

March 15

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.

www.kaleidoscopekidspreschool.com.

Babies, Children, and Youth

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.

193rd Scout Group Edgemont

Activities and adventures for youth aged 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 Art

Includes cartoon, sketch, and watercolour painting.

Thursday, Saturday, Sunday.

Ages 5 and up.

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.

Junior Philatelists

Meeting on the second Saturday of the month from January to May and September to November. Each gathering includes discussions on the history, geography, and culture of stamp issuing countries.

Ideal age range is 8 to 16 and no previous background in the hobby is necessary.

For further information, please contact Jim Senecal at 403-547-7681 or visit www.rgcalgary.ca.

Mavericks Football (Atom, PeeWee, Bantam)

www.mavericksfootball.ca.

Math Competition Tutoring

Precise and effective tutoring for math competitions. Covers all major Canadian and US 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.

Ages 5 and up.

For info, email h.palmer@shaw.ca.

www.rgcalgary.ca.

Sportball

Indoor parent-and-child sports program.

Ages 2 to 3: With a parent.

Ages 3 to 5: No parents required to attend.

Call: 403-700-7994, 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 gym unavailability.

info@starsathletics.ca.

Suzuki Baby

Music classes for ages 0 to 2.

<http://www.suzukibaby.ca/>.

Thunder Basketball (Tykes to U18)

Suspended until January due to gym unavailability.

<http://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 on Fridays in the North Rock Room. Contact koalateaconversations@gmail.com.

Adults and Seniors

Yoga

In person yoga.

Thursdays, starting January 12.

Call the office for more information at 403-239-1211.

Second Sixties Outdoor Club

Open to age 50+. If you enjoy hiking, walking, snowshoeing, X-country skiing, or beginner golf, check out <https://secondsixties.ca> for details.

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.

Spiritual

Northwest Community Church

Calgary True Light Gospel Church

Chinese Service

Gospel Church

Sunday evening services

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

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: skating, ice bocce, or build a snowman.



Julia Hayter
A better future.
Calgary – Edgemont



   @NDPJulia
juliahayter.albertandp.ca

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PHOTO GALLERY



Edgemont Seniors

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Derrick Wilson MBA, CFP, FCSI
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Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

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EDGEMONT MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

IMMIGRATION ADVICE: I am a Consultant in your neighbourhood providing hourly advice or full file representation depending on your needs. More than 10 years of consulting experience specializing in Family Class, Express Entry (Economic Class), Work Permits, Visitor's Visas, Supervisas, and Parental Sponsorships. www.athabascaimmigration.ca. 403-374-2025.

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.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

LET IT GROW INC: Hourly technical horticulture contracting by Jean-Mathieu Daoust: 20+ years of experience, licensed pesticide applicator LPA 24313, ISA certified arborist pr2392a. Garden and landscape consultation, DIY hands-on training, pest control, plant nutrition, plant health care, tree health and risk assessment, light pruning, root zone enhancement. Call 587-574-4709 or email letitgrowhort@gmail.com.


LONDONDERRY PAINTING AND DECORATING: Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.

MY AIDE IN LIFE: Residential Support for Seniors - Private, non-medical services such as meal preparation, house cleaning, pet assistance, laundry, groceries, temporary post operative care, and more. Same services as an agency but with the extras! Downsizing, moving, and new home set-up packages also available. Contact Robyn at 403-708-3657, myaideinlife@gmail.com, or visit www.myaideinlife.ca.

DALHOUSIE COMMUNITY KINDERGARTEN AND PRESCHOOL: Offers outstanding programs for early learners. Cheery classroom spaces, exceptional learning experiences, and passionate teachers and assistants make all the difference! Open House for both programs: January 17 from 6:00 to 7:00 pm. Find out more via https://dcakids.com/community_programs/.



New Year's Eve in Times Square



New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



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MLA Calgary - Edgemont

Prasad Panda

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Calgary, Alberta

📞 403-288-4453

✉️ calgary.edgemont@assembly.ab.ca



As we ring in the new year and many people make their resolutions, Alberta's government is resolved to improve healthcare.

We know Alberta has the best frontline healthcare staff in the entire world, but despite the excellent work of our doctors, nurses, paramedics, and other frontline staff, our patients are waiting too long to access the care they deserve.

Our government's goals include improving EMS response times, decreasing emergency room wait times, reducing wait times for surgeries, and developing long-term reforms through consultations with frontline workers, including discovering ways to restore decision-making to local healthcare professionals and authorities.

Albertans want accountability within Alberta Health Services, and they want to know that a world-class health system and level of care is available when they need it. We care deeply about our healthcare system, and we need to ensure it's working to support Albertans and their loved ones, should they need it.

We must be honest about the state of our healthcare system if we are going to fix it. Right now, the system is struggling to keep up with growing demand. The driving force behind these changes is building a system that is not only strong but resilient to changing circumstances and growth pressures.

Like you, I cherish the work of our frontline healthcare workers and I care deeply about the system they operate in. That is why I am pleased to see our government acting to resolve these longstanding issues in our healthcare system.

We will not kick the can down the road. We will act now to ensure Albertans have the world-class system they deserve for generations to come.

Best wishes to you and your family for an excellent 2023!



Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.





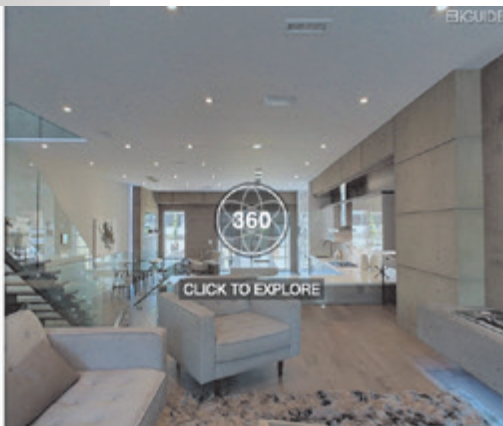
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Year of the Rabbit

2023

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What's your move for 2023?



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