

SEPTEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca

SPORTS SWAP + YARD SALE
SEPTEMBER 17

BLANKET CEREMONY
SEPTEMBER 30

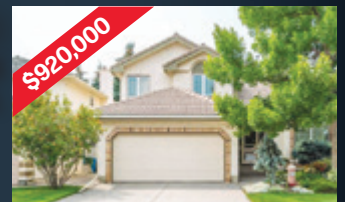


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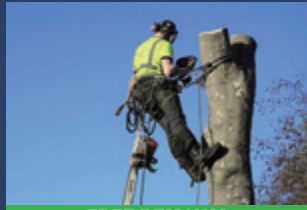
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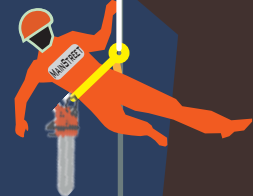


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INDIGENOUS BLANKET EXERCISE

- September 30th, 2023
- 3pm to 5pm
- Ages 16+
- Scan QR code to register or call ECA
- FREE | only 50 spots

The Blanket Exercise is an opportunity to learn about the Indigenous people's experiences of colonization. The blanket exercise was developed by elders and knowledge keepers to create an experiential learning tool to narrate the historic and contemporary relationship between Indigenous and non-Indigenous peoples in a Canadian context. The exercise includes storytelling, dialogue, as well as references to *These Mountains Are Our Sacred Places - The Story of the Stoney People* written by Chief John Snow.



Rev. Tony Snow and elders from the Stoney Nakoda Nation in Morley will be conducting the Blanket Exercise hosted by ECA, Westminster Presbyterian Church and Northwest Community Church

PHONE: 403-239-1211 | WWW.EDGEMONT.AB.CA

Register



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JUNE 29, JULY 27, AUGUST 30, SEPTEMBER 28

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EDGEMONT VOLUNTEERS

Jeff Edwards volunteers@edgemont.ab.ca

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- Mountain view
- Wood floor
- Round or rectangular tables

The Board Room: Capacity 20

For more information call 403-239-1211



Edgemont Farm Stand

The City of Calgary hosts farm stands in local communities throughout the summer. A farm stand will be in the Edgemont Community Centre parking lot every Thursday from 3:30 to 7:00 pm. Visit Calgary.ca/localfood for more details!

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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President's Message



Have you read the book *The Secret Garden* by Frances Hodgson Burnett? I came across it when I was organizing my vacation reading and was drawn to the story. It was published in 1911 but its themes are as true today as they were then. Although it's generally considered to be a children's novel, it talks about taking control of our destiny by focusing on the positive, sharing common goals with like-minded individuals, and realizing that adjusting your perspective can have incredible results. With that in mind, the ECA board will be embarking on its strategic planning session in September. The hope is to set appropriate goals and allocate resources (people, time, and money) to support the achievement of these goals.

This is where you come in. At a recent event, one of our executive members said that he was looking for answers to two questions to guide our decision-making. First, what are we doing? Second, for whom are we doing it? To find those answers, we have posted a very short survey on our website homepage at www.edgemont.ab.ca. Please take a few minutes and go to that survey and let us know what you want your association to be doing. I would appreciate your input on or before September 10.

I would like to remind you of the events that have been planned for September.

We continue offering the Farm Stand on Thursdays from 5:00 to 8:00 pm. The final Farm Stand is on September 28. Support local and enjoy fresh produce at the same time.

On September 17, we are hosting a Sports Swap and Yard Sale from 1:00 to 4:00 pm. Bring ski gear, dance gear, snowsuits, hockey equipment, and more. You will have the chance to swap or purchase items from other participants. We know how quickly children grow out of these items and some are practically new. Take advantage and find an economical way to get your children equipped.

On September 30, we are offering an Indigenous Blanket Exercise at the community centre from 3:00 to 5:00 pm. The blanket exercise was developed by elders and knowledge keepers to create an experiential learning tool to narrate the historic and contemporary relationship between Indigenous and non-Indigenous peoples in a Canadian context. This is a free event, but you must register as spots are limited. You can register on the ECA website at <https://www.edgemont.ab.ca/events/>

indigenous-blanket-exercise/ or by calling the ECA at 403-239-1211.

One last community reminder. I am getting complaints about dog owners taking their animals to playgrounds where dogs are not allowed. One of these is up at the ECA. Take note of the signage and respect the conditions of use. Some residents are uncomfortable around dogs and their presence affects the residents' enjoyment of a community space.

Pamela Wilson

President



A Message from Your Volunteer Coordinator

Hi Edgemont,

September is here and so we dive back into all the regular activities!

Wednesday Breakfast Club – The Wednesday Breakfast Club resumes, helping out about 100 children in our neighbourhood through the fall. If you can help with distribution or donations, please let me know.

ECA Board of Directors – We need a couple more volunteers to lead our community association. A great experience!

Good Food Box – A monthly Wednesday opportunity to sponsor, distribute, or deliver fresh fruits and vegetables from Community Kitchen Calgary.

Youth Press – Teens can write articles for the *Inside Edgemont* newsletter.

Edgemont Networking Group – Want to help connect schools, churches, NGOs, etc.

Food Trucks – Help is needed with food trucks on September 28 from 5:00 to 8:00 pm). Let me know if you can help with support.

For other ECA programs and events, please email me to be added to the volunteer email list.

Loving our neighbours again this fall!

Jeff Edwards

volunteers@edgemont.ab.ca



Despite hail, extremely strong winds, and intense sunshine, the flowers in our planters and flower beds look spectacular, providing an abundance of colour at this time! Many different plant varieties were planted in the various planters, including dracaena, verbena, rudbeckia, marigolds, salvias, cannas, geraniums, various types of supertunias, and creeping Glechoma.

Under the watchful eye of our ELM coordinator, Shari Pitka, our landscaping company is keeping the planters looking fresh and beautiful through regular watering and deadheading. We are very grateful to both Shari Pitka and Foothills, our landscaping company.

The flower beds are another success story, featuring gorgeous and interesting arrangements of rudbeckias, marigolds, salvias, cosmos, chrysanthemums, various types of geraniums, petunias, and supertunias. All this in addition to the perennials that were generously donated, blending in beautifully with our annuals.

Just a reminder that if you are planning to split perennials next spring and are considering donating them to the community, please contact us anytime at askElm@edgemont.ab.ca. Have your plants dug up, and ready for pick-up on the last week of May 2024 so that they can be planted just before the annuals arrive in early June.

At our request, the City continues to address the pocket gopher issue at the Edgemont Disc Golf Course, although this issue will keep popping up throughout the season, causing issues for the mowers. The noxious henbane weeds that had started to show up in the EDG119 park off Edgebrook Boulevard have been removed from areas in between the rose bushes by our landscaping company. The henbane tends to be stubborn, so we need to keep an eye on this situation.

Speaking of weeds, a group of volunteers took on the arduous task of removing thistles in certain areas in the community, so a big thank-you from the Edgemont community to those who volunteered to participate in this initiative on a very hot day. We are still waiting to hear back from the City regarding our request to address the thistle issue in EDG119 across from the pond off Edgebrook Boulevard.

It's worth paying attention to as well is the fact that the foxtail barley grass apparently has been thriving in and around Calgary in recent years. This particular grass is especially dangerous for pets as the awns (seeds) can

get lodged in paws, noses, fur etc. The City has recently changed the bylaw with respect to foxtail barley grass. For details, please check the "parks" section of the City's website: <https://www.calgary.ca/parks/natural-areas/foxtail-barley.html>.

You may have noticed that water features were turned off by the City in our community at the end of July to help conserve water. On a positive note: you may have noticed that the City planted some trees along some of the major thoroughfares in Edgemont in July. During the first five years following planting, it is the responsibility of the City to maintain and water the new trees. The thought process is that after five years, the trees will be well established and can survive. However, if you see trees with a significant number of dead branches, please take a picture of that tree and submit it through the 311 app with a request to trim the tree and help prevent branches from breaking off during bad weather. The City looks after trees on public property.

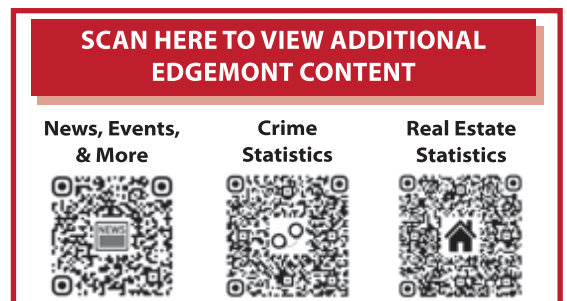
In addition to their routine tasks, Foothills is continuing to focus on catching up on the 2022 projects that were not completed last year, such as tree well clean-up, pruning, aerating, and fertilizing where required. Any concerns or questions regarding maintenance and who should do what, City or ELM, please contact us at and we will be very happy to respond to your concerns.

Kathleen Stewart, Rick Wierzbicki, and Shari Pitka






MEMBERS GET MORE SIGN UP TODAY!

Support your community and get discounts on programs through the ECA with your membership. Scan the QR code to get your membership!



SCAN HERE TO VIEW ADDITIONAL EDMONT CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics
		

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

\$30, 15 to 20lbs of fruits and vegetables

Medium Box

\$35, 25 to 30lbs of fruits and vegetables

Large Box

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

*All weights are approximate

Order By

September 19

October 17

November 14

Pick Up

September 27

October 25

November 22

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.

Fencing Calgary

Learn to play the fencing way! Programs for children and youth aged 7 to 14. Equipment included.

Visit www.fencingcalgary.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.

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.

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www.mavericksfootball.ca

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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.

Rhythmic Gymnastics

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Sportball

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Stars Basketball (Grades 1 to 6)

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Suzuki Baby

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

Thunder Basketball

Tykes to U18

www.thunderbasketball.ca

To register for
programs, call
403-239-1211

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 on Thursdays. 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.

Speakers' Edge Toastmasters

Meets Saturdays.

Contact speakersedgetoastmasters@gmail.com.

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

ECA board meetings are generally held on the third Tuesday of the month starting at 7:00 pm. If you have an item that you would like added to the agenda, email secretary@edgemont.ab.ca. ECA members are welcome to attend meetings in-person. Let the secretary know so we can be assured that we have sufficient meeting space.

Upcoming Events and Projects

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

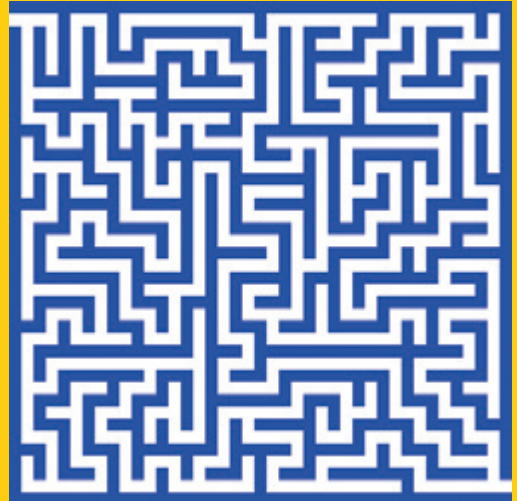
Sports Swap and Yard Sale

September 17, 1:00 to 4:00 pm at ECA

Indigenous Blanket Exercise

September 30, 3:00 to 5:00 pm at ECA

Maze



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The Importance of Self-Care

by Ameera P., a Volunteer with Edgemont Youth Press

With the summer months coming to an end, it's important to remember to take care of ourselves. Now, I know what you're thinking, who has the time for that? Self-care doesn't have to be big acts that take hours. Even small things can turn the day from a frown to a smile!



To start, an easy one! Going on a short walk can change your mood because physical activity such as walking produces endorphins which are natural mood-boosting chemicals produced in the brain. The release of these endorphins can help reduce stress, anxiety, and depression. Taking a short walk can offer an amazing healthy distraction from negative thoughts and give your mind a break from the daily stress of life!

Getting enough sleep is another easy way to put yourself first! While sleep may be the last thing on your mind while stressed, getting a good night's sleep can change your mood throughout the day! Lack of sleep can negatively impact mood, cognitive function, and overall well-being. Sleep plays a critical role in cognitive functions such as memory, learning, problem-solving, and decision-making. Proper sleep can also help with overall mood and is linked to better emotional regulation, mood stability, and reduced irritability. Sleep is also crucial for a healthy immune system. During deep sleep, the body produces and releases cytokines, proteins that help fight inflammation and infections. The last thing we need when stressed is to get sick!

Stress management. Here's one we hear about all the time, but how can we properly practice it in our daily lives? Stress-reduction techniques like deep breathing, meditation, or progressive muscle relaxation can be an amazing way to reduce stress and anxiety! These tools activate the parasympathetic nervous system, which in simple terms, helps your body's stress response. They reduce the production of stress hormones like cortisol, leading to a calmer and more relaxed state. Deep

breathing can also help symptoms of anxiety and panic attacks by promoting a sense of control. Deep breathing can help with daily emotional regulation, helping all of us respond more calmly to the challenging situations we face daily.

Engage in hobbies and activities that you love! Take time out of your day for activities you enjoy, whether it's reading, painting, gardening, baking, or any other hobby that brings you joy and relaxation. Studies suggest that people who regularly engage in enjoyable hobbies tend to experience better overall well-being and may even live longer! Who knew? Hobbies provide a form of mental relaxation and escape. When you submerge yourself in a hobby, you can temporarily let go of worries and concerns, giving your mind a break. Focusing on something you enjoy can be relaxing and reduce stress levels, which is something that everyone needs occasionally!

As we step into the new school year, it's important to remember to take care of yourself. You only get one life, so make it one you feel good in!



Rhythmic West Gymnastic Club
RHYTHMIC AND ACRO
GYMNASTICS
AGES 5 AND UP
RGCALGARY.CA

Edgemont Ravine Park Thistle Pull

It was a lovely morning when 10 Edgemontonians and one Silver Springer showed up to pull thistles in the ravine. Jim Davis and his co-worker, Jean, from the City of Calgary, directed us to cut the thistles at the base rather than pull them out.

Our volunteers were amazingly enthusiastic, filling two truckloads of thistles, which then had to be taken to a special disposal site. Thistles are considered noxious weeds and must be removed by homeowners and then disposed of in your black bin.

We hope to do this again next year, so please consider joining us!



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SPORTS SWAP + YARD SALE

SEPT. 17TH
1pm to 4pm
@Edgemont Community
Association

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BUSINESS CLASSIFIEDS

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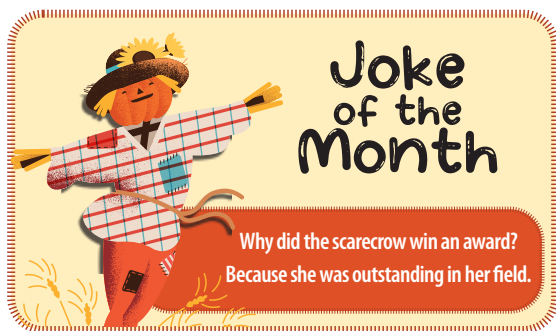
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3
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2 PONDS &
PATHWAYS



1 FUTURE
SCHOOL SITE



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AIRPORT

Street Towns COMING SOON

FROM THE

\$400s



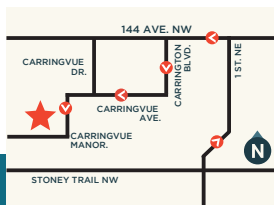
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FROM THE MID

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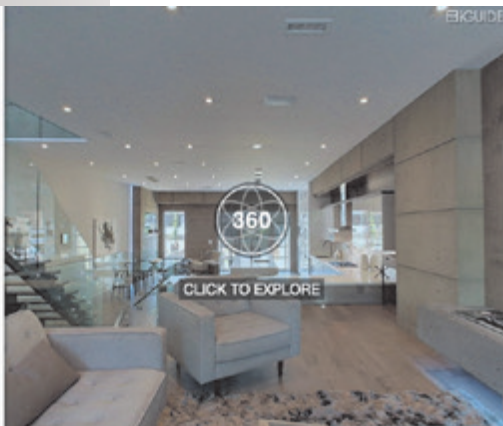


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