

AUGUST 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca



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JUNE 29, JULY 27, AUGUST 30, SEPTEMBER 28

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President's Message



There have been shenanigans afoot in Edgemont over the summer, and not the good kind. You may have noticed graffiti around the subdivision and any of the tagging that appears on our property has been immediately removed. If you see any remaining, it is likely on City property, so please call 311. The community can thank Rick Wierzbicki for the cleanup efforts! There have been folks up at the community centre who think it's "fun" to light fires and do damage to the roof. We're in ongoing conversation with the school and the police about the problem. The ECC building and the activities that go on there are a great asset to our residents and I can't imagine the effect that a substantial fire would have. Although we have surveillance at the facility, it's hard to watch it 24/7, so we must rely on our community to keep a keen eye on the surroundings. If you see an act in progress, call 911.

I am disappointed to report that the blues concert we had tentatively scheduled for August has been cancelled. The Greg Gunn Band who has played at our last three events was unavailable and we were unable to secure an alternate. We trust that we can make arrangements for summer 2024.

If you look at our board page, you will notice that there have been a few changes since the AGM. The reality is that board work isn't for everyone, and people's priorities change with time. Nevertheless, the ECA is in good hands. Thank you to those who unselfishly gave of their time. The board will undertake its annual strategic planning session in September and will also be doing a review of our budget. It would be premature to report that budgetary revisions will be made. However, we will have the benefit of six months of actual figures and a good handle on the last six months' projections. We should know our revenue figure from hosting a casino fundraiser and we may know more about the renovations to the building and the likely timeline for those tasks.

We have a different organizational makeup than we had when we set our 2023 budget. Fortunately, we have a good staff complement and have invested money in training. Some of what was needed wasn't foreseen at the time that the current budget was developed. I want to thank Heather (our manager), Rachel, Ester, MacKenna, Iryna, Brenda, Rob, Eva, Chloe, and James who support the board and

the programming. In addition, I would like to thank Jiay who has been away from the office since April pursuing an opportunity that was related to her university studies; you may see her from time to time come fall. Barb Meehan has also rolled up her sleeves to help with various tasks and she deserves our thanks. I would be remiss if I didn't mention Shari in my thanks. Shari has been a tremendous help with the ELM program. All have had an important part to play.

Finally, I would like to thank our long-term renters. Your business is very important to ECA. We hope that our facility continues to serve your needs. Should you have any concerns, let the office know. Heather and her team are very responsive.

Enjoy the rest of the summer and let me know if you have any ideas for the board's consideration.

Pamela Wilson

President



A Message from Your Volunteer Coordinator

Hi again Edgemontonians,

Summer volunteering is great!

Thanks to Edgemont volunteers who helped with thistle weeding in City parks on July 26.

The Summer Lunch Club is helping out children in our neighbourhood on Wednesdays throughout August. Breakfast club will resume in September. Email me if you can help occasionally.

Help is needed with the food trucks on the last Thursday of the month.

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

Thanks everyone. Love your neighbour!

Jeff Edwards

volunteers@edgemont.ab.ca



33 Edgevalley Circle NW, T3A 4X1
 Phone: 403-239-1211 • Fax: 403-547-5799 • Email: office@edgemont.ab.ca
 Web: www.edgemont.ab.ca • Facebook: Edgemont Community Association
 Twitter: @EdgemontCA • Instagram: @edgemontcommunity
 Business Hours: Monday to Friday 9:00 am to 5:00 pm

Submissions to
 Inside Edge due
 on the first of
 every month

VOLUNTEER BOARD OF DIRECTORS

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Jeff Coombes	Director jeff@edgemont.ab.ca

EDGEMONT VOLUNTEERS

Jeff Edwards volunteers@edgemont.ab.ca

OFFICE 403-239-1211

Office Administrator office@edgemont.ab.ca

OTHER CONTACTS

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Cst. Dennis Smithson 4788	Community Resource Officer DSmithson@calgarypolice.ca
MacKenna Posey	Newsletter Submissions and Communications Coordinator mackenna@edgemont.ab.ca
Lori Holford	Edgemont Elementary
Janice Xie	Tom Baines Jr. High Rep
Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
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- 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



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!



Open to players ages four to nineteen years old


northsidesoccer.ca


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

Register



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



Absolutely stunning! I am talking about the summer displays in the flowerbeds and planters! Despite the majority of plants being planted in very hot, windy, and dry conditions, most of the plants have recovered very well. The pots are like gobstoppers with different kinds of flowers starting to bloom every time you look, making for a very bright and interesting sight. A big thank-you to Foothills Landscaping for doing a great job in their first year in our big Edgemont community.

Perennials donated by Edgemont residents are mixing splendidly with the annuals in the flower beds. Given the huge success of this venture, we will very much welcome donations of perennials in 2024. 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 in the last week of May 2024, so that they can be planted just before the annuals arrive early June.

Flowers in the parks and pots are for everybody to look at, not to make bouquets with for your home. If you see anybody taking flowers from the pots or flower beds, please let us know right away and take pictures of any culprits if possible.

Although technically not an ELM project, a group of volunteers worked the hard soil in the old juniper flowerbeds at the ECA building to plant grasses, shrubs, and perennials on the weekend of June 17. Rick subsequently put mulch on the areas with very nice and professional results. Thank you to all volunteers!

The naturalization pilot project of the steep slope near the fire hall is edging a little closer to becoming reality. Considered a good candidate for a pilot naturalization project by the City ecologist, the plan is to propose the Edgemont fire hall slope as one of the City's pilot



naturalization projects for 2024. We hope to have updates on this subject in early 2024.

Regarding potential tree planting for this year in our community, we have not heard from the City's Forestry Department regarding potential plans of tree planting this year. This late in the season, it is unlikely that the City will still plant any trees in Edgemont in 2023.

We have requested help from the City in addressing the thistle issue in EDG119, the park near the parking area off Edgebrook Boulevard. Weed killers can only be applied by the City and we may have to be patient for when the City can address this area. Pocket gopher issues create havoc for the mowers on the Disk Golf Course and this is another scenario that the City deals with for us.

In addition to their routine tasks, Foothills will focus on catching up on the 2022 projects that were not completed last year, such as tree well cleanup, pruning, aerating, and fertilizing where required.

Any concerns or questions regarding maintenance and who should do what, City or ELM, please contact us and we will be very happy to respond to your concerns.

Kathleen Stewart, Rick Wierzbicki, and Shari Pitka

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

August 22

Pick Up

August 30

September 19

September 27

October 17

October 25

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.

Scratch Coding for Kids

Ages 8 to 12

July 31 to August 4

9:30 am to 12:00 pm

\$125

Learn coding with Scratch, a block-based programming language that works through your browser! Scratch requires no typing of complex phrases, or memorizing nonsensical commands, as everything is done with labelled blocks that contain different commands. Kids will create their own video games or interactive stories, while learning the foundations of computer programming that our technology is built upon, all in a small class environment.

Bring your own laptop (preferred) or tablet.

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 information, 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)

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

Suzuki Baby

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

Thunder Basketball

Tykes to U18
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 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.

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



Edgemont

MEMBERS GET MORE

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Support your community and get discounts on programs through the ECA with your membership

Scan the QR code to get your membership!

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News, Events, & More



Crime Statistics



Real Estate Statistics



SPORTS SWAP + YARD SALE

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SEPT. 17TH

1pm to 4pm
@Edgemont Community
Association

Swap or Buy
Sports Gear



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Nordic Rodeo Thank-You

Thank you so much to everyone who came out to the Stampede Breakfast and Nordic Rodeo at the end of June! We love to see the community together, having fun and enjoying the beautiful weather.

Thank you so much to our volunteers; without you, events like this are simply not possible. A big thank-you to Marco at Dolci Di Delia for coming out and cooking fluffy pancakes and juicy sausage patties for everyone to enjoy! Thank you as well to Cappuccino King for sponsoring this event; we appreciate your support!

Keep an eye out on our social media and website for more community events!



News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

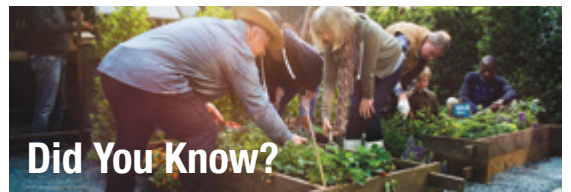
The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.



Did You Know?

Edgemont has three off-leash dog parks and there are over 30 kilometres of walking and biking paths in the community.



Did You Know?

You can call 3-1-1 to inquire about the City of Calgary's compost for community gardens.

Stress

by Franklin Y., a volunteer with the Edgemont Youth Press



Stress is one of the biggest motivators in modern day society. Every day, we are exposed to challenging situations and caught in the daily hustle of society. Although stress is a necessary reaction to survive, being exposed to too much stress can lead to harmful effects on our physical and mental wellbeing. It is important to develop strategies and habits to cope with increasing stress. Here are some potential coping mechanisms:

Time Management – During the pandemic, procrastination was brought to the forefront of societal discussions. Procrastination can cause stress to build up,

especially when deadlines are approaching. To avoid this, you can start a schedule or a timetable to manage when you will work on what tasks.

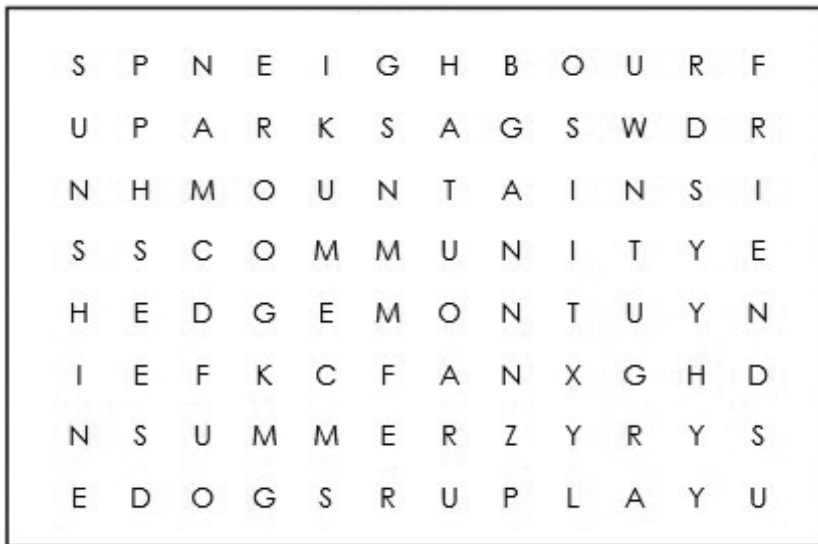
Seek Help – Friends and family serve a very important support role in your life. Talking to friends and family about your stress opens you up to support and serves as an outlet for expressing your feelings. Family and friends can help you cope with your stress, but at times, it may also be important to seek professional help. Do not feel afraid to speak to a therapist about your stress. They can often provide helpful coping strategies and tips for you to try.

Physical Activity – Engaging in physical activities releases endorphins in your body. These endorphins are natural stress relievers. Furthermore, doing something like playing sports or exercising can help take your mind off a stressful situation and help you maintain a healthy body in the long run.

Remember, in the end, it is important to take care of ourselves. Maintaining healthy habits and managing stress in healthy ways is vital and important to our everyday lives.

Edgemont Community Word Search

Find the following words in the puzzle. Words are hidden → and ↑.



- COMMUNITY
- DOGS
- EDGEMONT
- FRIENDS
- MOUNTAINS
- NEIGHBOUR
- PARKS
- PLAY
- SUMMER
- SUNSHINE

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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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**UNIVERSITY OF
CALGARY**

**Have you
considered renting
a spare bedroom
in your home to a
UCalgary student?**

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either spaceshared.ca or places4students.com if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



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