

DECEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca

**CHRISTMAS
HAMPER PROGRAM
SEE INSIDE FOR DETAILS**



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CHRISTMAS HAMPERS

ITEMS NEEDED:

FOOD: Staples such as dried beans and lentils, rice, pasta, flour, sugar, etc. Canned meat such as tuna, salmon, etc would also be welcomed

CASH: Is needed in order to cover gift requests and perishable food items

GIFT CARDS: Gift cards to Superstore or Walmart are very useful

OTHER: Winter accessories, socks, + underwear for adult men and women

GIFTS: Please feel free to also drop off **new + unopened** appropriate gifts

PLEASE DROP OFF ALL DONATIONS AT THE ECA



OCTOBER 1 TO DECEMBER 14



33 EDGEVALLEY CIR NW

SCAN TO
DONATE



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

President's Message



December is a month when many of us wish for peace and goodwill to all men, but if you believe John Lennon: *"Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away."* It

makes me ask, in the part of the world that is within our sphere of influence, what are we doing to make peace?

The Edgemont Community Association tries to offer events to encourage Edgemont residents to enjoy our community and get to know their neighbours. As a Board, our vision is to be the anchor of our community and a hub for neighbours to gather. Thanks to Julia Hayter, MLA Calgary – Edgemont, for that wording! As a Board, we try to give each other the benefit of the doubt and focus on the outcomes. That's not always easy. It takes a concerted effort on behalf of not only the Board, but also the staff to communicate so we are making the best use of our time and efforts and not working at cross purposes.

We have had great support from Councillor Chu's office this year. He has helped us navigate the complexities of the City's bureaucracy as we worked through the granting process in support of our building renovations. We've made good progress in that regard, but there is still work to be done. In addition, Councillor Chu is

supporting the Calgary Food Bank by participating in the Councillors' Challenge. This is an eleven-day ward challenge to see which ward can donate the most food/funds to the food bank. The challenge will start on November 30 and will end on Sunday, December 10. The ultimate winner of the Councillors' Challenge will be announced at the first Council meeting in January. You can donate non-perishable food items at the community centre. We'll also accept financial donations to the food bank, or you can donate online. Our website will have a link to the online donation website.

ECA, in collaboration with other agencies in our community, coordinates an annual Christmas hamper program. We help families in Edgemont have a brighter holiday season. If you want to get involved, there are a few options. We need volunteers to help wrap gifts and put Hampers together. We're looking for donations of new gift items, gift cards, and funds to round out our access to items on families' wish lists. Call the ECA Office (403-29-1211) if you have time or items to offer or to donate funds online go to <https://edgemont.getcommunal.com/member/donate>.

That's the update for December. On behalf of the Board and Staff of ECA, may your holiday season be filled with joy and the warmth of family.

Pamela Wilson

President



**SCAN HERE TO VIEW ADDITIONAL
EDGEMONT CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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33 Edgvalley 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
 X (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

Pamela Wilson	President president@edgemont.ab.ca
Barb Elms	Vice President barb@edgemont.ab.ca
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Shaffic Fazal	Treasurer treasurer@edgemont.ab.ca
Tina Chen	Director tina@edgemont.ab.ca
Kathleen Stewart	Director kathleen@edgemont.ab.ca
Rick Weirzbicki	Director rick@edgemont.ab.ca
Jeff Coombes	Director jeff@edgemont.ab.ca

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Janice Xie	Tom Baines Jr. High Rep
Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
Disc Golf	discgolf@edgemont.ab.ca
ELM	askELM@edgemont.ab.ca

EDGEMONT VOLUNTEERS

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

For more information call 403-239-1211

JOKE OF THE MONTH

What did the gingerbread man put on his bed?
 A cookie sheet!






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!



Edgemont Community Association's

Frost Fest

It's a Fun Winter Time!



Monday,
February 19

at John Laurie Park
from 11:00am to 2:00pm

*Come enjoy winter activities
and games, grab a warm drink,
and spend time with the family
and beloved neighbours!*

Ice Skating - Snow
Games - Ice Bocce - Hot
Chocolate - & Much More

Cost: **FREE**



Confirm your
attendance



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



What a fabulous fall we have had! Despite the level one water restrictions, the planters and flower beds in Edgemont continued to look spectacular until the flowers were removed, just before our first snow fall around October 18, which is the latest we ever pulled the flowers! Our first “flower picking” event,

the day before removal of the annuals, was highly appreciated by Edgemont residents based on all the positive feedback we received via email! Best of luck to all of you who are going to try your green thumb at cultivating geranium cuttings this winter. Thank you to Foothills and to our ELM coordinator, Shari Pitka, for ensuring that our community looked beautiful through the summer and fall. Did you realize that you can barely buy a coffee every week for what you pay as a special tax levy for landscaping maintenance and all the beautiful flowers and winter displays? And again, this special levy will stay the same for 2024!

Edenscapes has already planted a few small spruces in some of the rectangular planters throughout the community. Weather dependent, presumably towards the end of November or early December, you will see winter displays populating planters along major routes throughout Edgemont, so not a long wait at all! As mentioned before, the winter displays this year may look a little different in the hope that they will look their best longer into the winter season.

Plans for next summer include a revamp of the flower bed off Edgebrook Boulevard and Edgeridge View NW, utilizing some of the perennials donated to ELM by residents. A quick reminder that if you have any perennials to donate in spring, please contact us as soon as possible using the email address below, so our ELM coordinator can take your most appreciated donation into account when planning for next summer: askElm@edgemont.ab.ca.

If you have any concerns or questions regarding ELM, please contact us using the above email address and we will be very happy to respond to your concerns.

Kathleen Stewart, Rick Wierzbicki, Shari Pitka

Disc Golf Report: October 24, 2023



The disc golf course has been completed with the addition of nine throwing pads. Landscaping is also done. Parks will likely have to do some remedial landscaping work next spring, but the course is now a city asset for the community.

With the aid of the City Parks Department and several donations of construction crews from them, the project came in on budget. There are some remaining supplies in our possession, a spare main course sign, spare signs for each hole, two spare catcher assemblies, and twenty discs for door prizes for our grand opening tournament. These spare materials, other than the discs, will be turned over to the city parks department to use to maintain the site.

This course represents the first new sporting amenity in the community in several years. Its creation is due to the hard work and leadership of Brett Plaizier, a former ECA board member and member of the disc golf committee which oversaw the project.

I would like to recognize the committee members, Stephanie Luk, James Koizumi, Matt Sticks, Bruce James, and Brett, who negotiated the process to have the facility developed. I would also like to thank the ECA, the City of Calgary, the Parks Department, Calgary Foundation, and Parks Foundation for their financial support and guidance. I would also like to thank the Calgary Disc Golf Club for their guidance in course design and operations.

In the spring we will have a fun community tournament and grand opening. Keep your eyes open for the notice.

Rick Wierzbicki

Disc Golf Committee Chair

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

*Please note weights are approximate

Order By 6:00 pm

Monday, December 4

January 22

February 19

March 11

April 15

May 6

June 3

*No Good Food Box in July

August 5

September 2

September 23

October 21

November 18

Pick Up

Wednesday, December 13

January 31

February 28

March 20

April 24

May 15

June 12

August 14

September 11

October 2

October 30

November 27

Order link:

edgemont.getcommunal.com/parent_programs.

Email GFB@edgemont.ab.ca for information.

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

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/>.

Bizz Atomic

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ABAITC

AI Junior Coding Class | For more information or to register call 587-926-9005 or email aitech201905@gmail.com | abaitc.org.

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.

Mavericks Football (Atom, Pee wee, 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.

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)

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/.

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Tykes to U18
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Youth and Adults

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Taskai Kai Karate

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

Koala-Tea Conversations

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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.

Calgary Silver Thimbles Quilters Guild

Quilting guild meets at 7:00 pm on the first and third Wednesday of the month from September to June. Zoom meetings are held for some of the third Wednesdays during the winter months. Quilters of all levels are welcome. For more information contact cstqg1@gmail.com.

Spiritual

Northwest Community Church

10:30 am Sundays. See nwchurch.ca.
Contact Pastor Jeff Edwards at 403-616-6480 or pastor@nwchurch.ca.

Calgary True Light Gospel Church 真光教会

10:30 am Sundays. See calgarytruelight.com.
Chinese Service.
Ke Wang 587-717-5826.

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.

Christmas Hamper Program

Drop off October 1 to December 14 at ECA.

Frost Fest

February 19, 11:00 am to 2:00 pm at John Laurie Park. Free.

LEGO Mania Competition

March 9, 12:00 to 3:00 pm at ECA.



Girl Guides
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AURORA SKY DISTRICT

The 229 Sparks/Embers unit is starting the guiding year with 20 girls in the unit and with three guiders. We welcomed ten new girls into the unit this year, five new Sparks and five new Embers. We spent the first couple of weeks getting the girls in the unit to know each other. Our enrollment ceremony took place on October 16. The theme for the ceremony was Autumn. The girls worked hard preparing posters for the ceremony.

At the time of writing, we are looking forward to our unit sleepover at the Telus Spark Center on November 3.

We have a dedicated group of girls this year. We were able to sell all 60 cases ordered for the unit in two weeks. The girls had a lot of fun selling cookies at the cookie stand.

Guiders Gaylene, Lauren, and Sadhana are looking forward to seeing the girls learn and grow over the year. They love seeing the enjoyment on the girls' faces at each meeting and have a lot of exciting things planned for the unit this year.



News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.

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Tips for IB from an IB Student

by Franklin Yuan, a volunteer with the Edgemont Youth Press




As a student attending Sir Winston Churchill high school's International Baccalaureate (IB) program, IB has definitely proven to be a challenge. Without proper preparation and readiness, it is easy to fall into a grueling downward spiral. Here are some tips sourced locally from IB alumni:

1. Study ahead of time. In IB it is not uncommon to have work pile up, soon you'll be neck deep in assignments while there's a test just around


the corner. If you maintain a healthy studying schedule, it is much easier and quicker to prepare when the test finally rolls around, while ensuring all assignments are completed on time.

2. Watch what you eat. Without proper nutrition you can't function your best. In IB, a program that demands your best, this is a no go. Eating too much can also harm us. It is vital to maintain a balanced and nutritious diet.
3. Get enough sleep. Sleep, or the lack of it, is often the thing most students complain about in high school. Once IB starts you must balance every class you take, which sometimes means staying up late at night to finish homework or study for a test. Adequate sleep is crucial to performing at your very best during the day. Inevitably, you may need to choose between sleeping or studying. When offered that choice, take a nap. Tests are easier to take when you are well rested. Studying late at night and sacrificing sleep is futile and only serves to harm your body.
4. Save time for exercise. Having a fit and healthy body that is fully charged is the key to success in IB. If you don't, you can start to underperform. Furthermore, high school isn't the be all and end all of life, persevering and improving our physical bodies are a keystone to a happy and successful life.




Overall, the main takeaway for this article is to stay healthy and stay balanced. It is important to remember your health and wellbeing comes before academics, and to do well in the future, both are just as necessary.



A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!

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Edgemont
Community Association
PRESENTS
**LEGO MANIA
COMPETITION**
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MARCH 9, 12-3

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Councillor, Ward 4

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MLA Calgary-Edgemont

Julia Hayter

juliahayter@albertandp.ca

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Dear Ward 4 Residents,

Take steps to help protect your household pipes from freezing. Every winter some Calgarians experience frozen water pipes which can result in water outages.

The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Weather in December can be unpredictable. In the events of extreme cold weather, there are services around the city to support Calgarians experiencing homelessness. The Cold Weather Emergency Support's online map shows the locations and services offered at each service station, including overnight shelters, daytime services, and warming stations. Visit the interactive map at maps.calgary.ca/ColdWeatherEmergencySupport.

To view more City of Calgary maps, please visit the Map Gallery at www.maps.calgary.ca.

Thank you for your attention, and please don't hesitate to reach out to 311 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu

Happy Holidays to all the constituents of Calgary-Edgemont.

Thank you to everyone who stopped by to help us celebrate the opening of the Calgary-Edgemont and Calgary-Foothills office space. It was a pleasure to gather and meet community members face-to-face.

It is an honour to represent this riding and be a voice for your concerns as the fall session has begun for the 31st Legislative Assembly. I appreciate the letters from you to let me know what is important to you and how it is best to represent your needs and interests during this sitting. We are hearing loudly from you that you are opposed to Alberta pulling out of the CPP, as well as to clearcut logging in Kananaskis Country's Upper Highwood region along the Highwood River and its tributaries. I proudly brought a motion to the house asking the Legislative Assembly to urge the Government to take whatever steps necessary to universal access to free prescription contraception, including oral hormone pills, contraceptive injections, copper and hormonal intrauterine devices, subdermal implants, and Plan B.

Our Caucus has a vision for Alberta that works for everyone, so we are engaging in a long-term project to hear from Albertans and work on solutions together.

Have you ever wondered "What can my MLA do for me?" Here are some of the many ways the office and I can support you and your community:

- Listen to your concerns and discuss options, including policy suggestions.
- Attend and participate in community events.
- Issue certificates to commemorate important milestones.
- Limited Notary Public and Commissioner of Oath Services.
- Arrange visits to schools, community associations, and places of worship to answer questions and provide in person updates.
- Provide letters of support for community projects and grants.
- Answer questions about programs and services that are provincially regulated and managed.
- Direct you to organizations in your community that can advocate on your behalf or help fill forms and applications.

You can reach our office at Calgary.Edgemont@assembly.ab.ca or 403-288-4453. Our new Constituency Office is located at 202-1829 Ranchlands Blvd. NW, Calgary, AB T3G 2A7.



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