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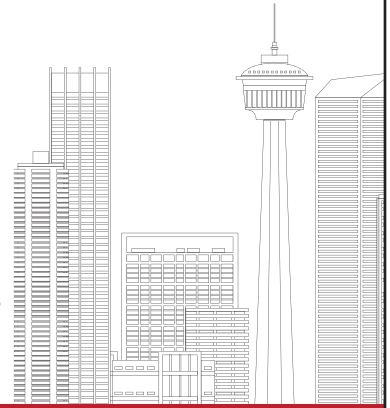


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EDGEMONT CONTENT**

**News, Events,
& More**



**Crime
Statistics**

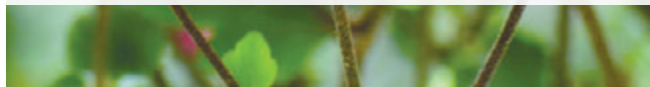


**Real Estate
Statistics**

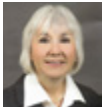


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President's Message



March winds and April showers bring May flowers, so they say. I, for one, am always excited to see the pussy willows and the crocuses. If you look closely at the Edgevalley Way side of the ECC you may be lucky to spot crocuses, and in Nose Hill Park, you can find fields of them. In Alberta in May, you are also going to encounter elections signs!

The provincial election is slated for May 29 and ECC will be one of the polling stations. Our association chooses to be nonpartisan and to work with our elected officials to constructively deal with issues that arise in our sub-division. Whatever your political views, make time to vote. It's the easiest way to get involved in our democratic process.

Our association has its own political process. Our Board is comprised of people elected by association members at our Annual General Meeting to be held this year on May 16. Since our 2022 meeting, some of the rules have changed and you can get up to date by reviewing our bylaws posted on the ECA website. We voted on the new bylaws in December, and they were filed with Corporate Registries immediately thereafter. We have since received confirmation that they are acceptable to Service Alberta. One change of note is that people can purchase an association membership at the door. Those who have a valid membership prior to the meeting being called to order are eligible to vote. If you want to save yourself the trouble of dealing with that in person, you can purchase your membership online. We have changed our online provider to Communal and so far, the system is working smoothly. A big thank you to Changling Luo from the Board and Rachel Wierzbicki from the office for the hours they have put into this project. You should find an enhanced user experience with both membership purchases and program registrations. However, should you experience any issues, let the ECC office know so they can be dealt with immediately. Membership is \$35 for families and \$20 for seniors, a bargain in my opinion.

Upcoming events include the Spring Market and Perennial Exchange on May 6, and the Mother's Day Tea on May 13. More information is included in this

newsletter as well as on the website. The Basically Babies Drive, which began in April, will draw to a close on May 13. We are happy to accept donations of new and gently used baby items for donation. There are donation boxes throughout Edgemont including the community centre. Once again, we will have the Farmer's Stand on Thursdays in June as well as Food Trucks on the last Thursday of the month. Both of these events are to continue throughout the summer.

Looking forward to June? On June 24 we will be hosting our second Nordic Rodeo. There will be mini ski jumping for children, cross country roller skiing for everyone, and Laser biathlon shooting. Based on our experience last year, we expect this event to be well attended and fun for the whole family. Watch the website!

I want to give a shout out to the volunteers who worked with Rick Wierzbicki to maintain our ice rink. We had a good season and many residents enjoyed family time in the great outdoors.

Happy Mother's Day to all the mothers, grandmothers, and surrogate mothers, and all others who serve that nurturing role in their families. See you at the tea!

Pamela Wilson

President



Violet King

In 1919, John and Stella King, descendants of black American settlers, moved to Calgary's Hillhurst-Sunnyside. In 1929, their daughter Violet was born. She would later attend the University of Alberta and become Canada's first black woman lawyer. An advocate for women and racialized individuals, Violet's many accomplishments live on today.



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Submissions to
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 every month

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- The Board Room: Capacity 20**

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THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!



CONNECTIVE WELLNESS

Myofascial release is considered to be the most important and effective form of therapy in the history of healthcare.

A form of massage, it is safe, gentle and consistently effective. Using gentle sustained pressure into myofascial restrictions, pain and headaches are eliminated and the body's motion restored. Traditional massage therapy only produces limited and temporary results.

Fascia is a tough connective tissue that spreads throughout the body in a three-dimensional web from head to toe without interruption. In its healthy state, fascia is relaxed and wavy in configuration to allow it to stretch and move. When people experience surgery, physical trauma or inflammation the fascia loses its flexibility; it becomes a "straight jacket" of crushing pressure (approximately 2000 lbs. per square inch) on muscles, nerves, blood vessels, bones and organs.

Myofascial restrictions cannot be seen on any traditional testing such as X-rays, CAT scans, and MRI's. Many medical practitioners do not have proper knowledge of the fascial system and western medicine completely ignores it. Thus, an extremely high percentage of people suffering with pain, headaches, fibromyalgia or lack of motion have fascial problems that are misdiagnosed.

In addition to my certification in massage therapy, I have trained over 180 hours with John F. Barnes, the physical therapist who created the myofascial release techniques and his staff. This has led me on my own path of self-healing from shoulder, back, and sciatic pain and am living proof of what myofascial release can do.

– Sheena Taggart RMT

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A Message From Your Volunteer Coordinator

Hi Edgemont Volunteers,

Thanks, and heads-up for this month:

Lego Mania Competition – Thanks to the team that replied to my email and then helped with Lego creations, check-ins, snack bar, and games on April 22.

Casino Volunteers – Forty volunteers came together April 25 and 26 to cover all kinds of jobs. Thanks to everyone who helped our community with this big fundraiser.

Mother's Day Tea – Coming up May 13. Watch your email if you're on my list.

Food Trucks Start May 25 – We will again have Food Trucks coming to the ECA on the last Thursday of the month this summer. Any volunteers to help with miscellaneous duties?

Nordic Rodeo and Breakfast – Planned for June 24. Again, I'll be contacting y'all.

Wednesday Breakfast Club – We continue to help children out in our neighbourhood Wednesday mornings. Email me for information.

Good Food Boxes – Distribution and delivery volunteers keep fruits and veggies flowing out of our ECA kitchen on a monthly basis.

ECA Board – Are you interested in helping direct all the great things that happen in our community? This is a great team to join.

Other – There's ongoing volunteering opportunities with social events, Koala-Tea Conversation, the Edgemont Networking Group, Youth Press, ELM team, and other ECA programs. Email with inquiries.

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

Love your neighbours!

Jeff Edwards

volunteers@edgemont.ab.ca



The Edgemont Community Association Needs You

by Rick Wierzbicki, Nominating Committee

The ECA board has had an eventful and busy last few years. The building is undergoing a major refurbishment, as exterior stucco and insulation was replaced last year, and metal roofing and the skylight will be replaced this year. On the operations side, the building staff and board have worked through the COVID-19 pandemic and restructured to be more efficient.

The ECA 2023 Annual General Meeting is scheduled for Tuesday, May 16. The ECA board will have at least ten positions open for the annual election of board members. The ECA board meets monthly and is responsible for providing leadership on the operations of our community association, community centre, other facilities, and the ELM program.

We need new board members to provide leadership and oversight of our many projects. If you are interested in helping out, please contact us at the ECA office at office@edgemont.ab.ca. Members of the board will talk to you about opportunities to serve on the board or on committees.

Many hands make the work light. Keep watching for more information on the AGM, volunteer opportunities, and opportunities to serve your community on the ECA board.

The Orient Express



In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.

How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

1



Go to **inaturalist.ca** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take at least **2 clear photos of an insect**, preferably from multiple angles.

4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



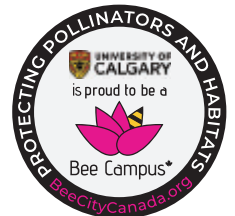
6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



UNIVERSITY OF CALGARY



✉ sustain@ucalgary.ca (i) @dollecology

Annual General Meeting (AGM) 2023 Notice

Date: May 16, 2023

Times: Registration 7:00 pm MDT, Meeting 7:30 pm MDT

Location: Edgemont Community Centre (33 Edgevalley Circle NW)

In order to vote at the AGM, our bylaws require that you hold a current membership prior to the start of the meeting. A membership can be purchased or renewed in advance on our website, www.edgemont.ab.ca or by phoning or visiting our office between 9:00 am and 4:30 pm, Monday to Friday.

If you don't have an ECA membership, or are no longer a resident of Edgemont, you are welcome to attend the meeting, but are not eligible to vote.

April 16 is also the deadline for submitting a special resolution.

Please go to www.edgemont.ab.ca for more information including the agenda, by-laws, and reports. AGM details will be updated regularly over the next few weeks. The audit has not been completed at this time, but the Audited Financial Statements will be posted when finalized.

On behalf of the ECA board of directors, we look forward to seeing you at the AGM!



by Anne Burke

The annual May Plant Count is an event where volunteers survey their favourite natural areas to collect data on the distribution and blooming of flowering plants in Alberta. Collection of plant specimens is not allowed in any protected or restricted areas, such as Nose Hill Park. The survey, which takes place between May 25 and 31, encourages stewardship and is based on appreciation of nature.

Expertise in identification is valuable, but not mandatory. It is open to anyone with an interest in plants and flowering. As a citizen scientist, your photos submitted during the count period will contribute to the databases. To join the project, go to <https://inaturalist.ca/projects/alberta-may-plant-count>. In order to submit observations, you will need to log in and create an account (which is free).

The May Plant Count is part of the May Species Count. It began in 1976 to track bird species across Alberta and, in 2011, over 300,000 birds were counted. In 2022, over 400 people participated in the bird count. To learn more about how to download your results onto the eBird app and to contact your local organizer, go to <https://naturealberta.ca/may-species-count/>.

Cats, Canines, & Critters of Calgary



Miki, Haysboro



Rigby, Huntington Hills



Riley, Dover



Whiskey, Walden

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Positivity Mural



This Positivity Mural is a collaboration between Westminster Presbyterian Church (WPC), Tom Baines School (TBS), and the Edgemont Community Association (ECA). The project is in response to community wishes for more community art. A fence has been built as a “canvas” for the community mural and was painted earlier in May by community members. The mural will be designed and painted by the art students at TBS.

The community is invited to drop by on the day the murals are being painted (May 27) to support the students and enjoy a free lunch. The BBQ lunch will be from 11:30 am to 1:30 pm.

A grant was received from the Calgary Foundation to build a Positivity Mural in partnership with Tom Baines School and Edgemont Community Association. Westminster Presbyterian Church has also supported the construction through the Randy Jaggard Fund, which was created in Randy’s memory for projects that involve youth and community building. There has also been financial support to purchase paint from the Tom Baines Parent Association and the Edgemont Community Association.

ECA Donation Opportunity

The Edgemont Community Centre is hosting a donation drive for Basically Babies (BB) until May 15 and are inviting community members to donate gently used baby clothing (0 to 24 months) and accessories. Donation boxes will be available in the Edgemont Community Centre.

We accept donations of new or gently used:

- Infant clothing size NB to 24 months
- Infant outerwear size NB to 24 months
- Infant shoes size 0 to 6
- Sleepers size NB to 24 months
- Bibs
- Towels and washcloths
- Receiving blankets
- Smaller toys age appropriate for the first year (including stuffed animals)
- Story or board books
- Sleep sacks/swaddlers
- Small gift items: headbands, sippy cups, infant dishes, new soothers/teethers, soother clips, burping cloths, etc.
- New infant bath products

Thank you for helping to outfit newborns in need!

Soccer Program Registration

The Edgemont Community Association (ECA) in Partnership with Calgary Northside Soccer (CNS), is pleased to announce that registration for the 2023 Outdoor Grassroots Soccer League is now open!

CNS has designed a new and innovative format that provides player with the opportunity to participate in the Calgary Minor Soccer Association (CMSA) league without sacrificing lifestyle while providing a flexible schedule for each family. The grassroots program is structured towards lifestyle flexibility for those families who have other commitments and need a flexible schedule. The players are taught skills for the first portion and then are broken into teams to play a game. The teams may be adjusted at any given day based on player participation; thereby, allowing lifestyle flexibility for the players families.

The Spring program in Edgemont runs the week of April 24th to the end of June. Registration is open at <http://northsidesoccer.ca>.

Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to BBB.org.

An advertisement for Wicker Land Patio. The top half shows two different sets of outdoor patio furniture: a wicker set with a table and chairs, and a modern white set with a table and chairs. The text "Your Patio Furniture Superstore!" is overlaid in large, bold, yellow letters. Below the images is a yellow banner with logos for YETI, Traeger, and Weber. The text "Wicker Land Patio" is prominently displayed in a stylized font. At the bottom, it says "Modern Patio" and "Located Three Blocks East of Chinook Mall 6125 Centre Street S, (403) 258-2506 WickerLand.ca".

by Kathleen Stewart, Rick Wierzbicki, Shari Pitka



The Landscaping 101 session presentation by our ELM coordinator on March 22 at the Edgemont Community Centre was a huge success and we were very pleased to see an excellent turnout of close to forty keen gardeners. Shari had prepared an impressive handout for the attendees to follow along, discussing topics like:

- Know Your Planting Zone
- Soil and Amendments
- Preparing Your Garden
- Trees Shrubs and Perennials
- Design 101

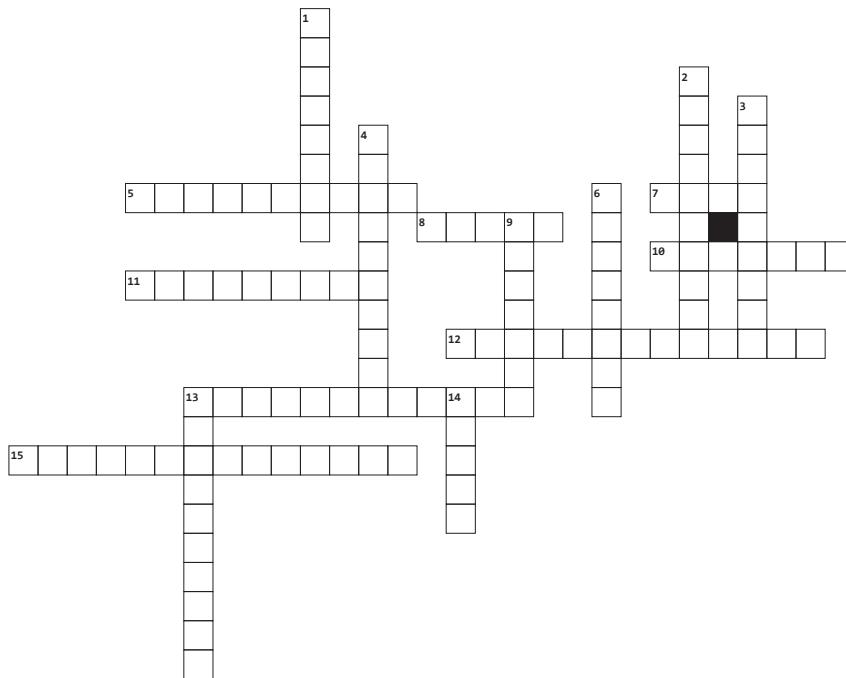
The handout also contained several suggestions for perennials, shrubs, and trees that tend to thrive in Calgary. If you were unable to attend this event and are interested in receiving a copy of the handout, please contact ELM at askElm@edgemont.ab.ca, as we may still have some extra copies at the office. Shari answered many questions from the attendees while we also had some great input from several people in the audience.

At this time, the long term forecast hints at a spring that will be slow to arrive. Hopefully, there will be some stretches of clement weather allowing us to start on a long list of ELM projects for the Edgemont area including cleaning up tree wells; pocket gopher control; aerating and potentially fertilizing some park areas; moving around some pots for safety reasons or due to damage; trimming and weeding of park areas etc. Incidentally, cleanup of medians is dependent on the timing of spring street sweeping by the city. If this happens late again, as it did last year, cleanup of the medians has to wait, as there will be too much gravel on the medians, potentially damaging mowers etc. Accordingly, the medians may look a little neglected until street sweeping is completed. As of March 31, the schedule was not finalized by the city. However, in all likelihood, streets in Edgemont will be cleaned around the same time as last year which was the first week of June. You can sign up for street sweeping alerts through www.calgary.ca to make sure your vehicle is off the street when street cleaning is scheduled for your area.

Apart from routine projects, we are really excited that one of the first items on the list will be to start planting the perennials donated so generously by Edgemont residents (and others). With the assistance of our new landscaping contractor, Foothills Landscaping, the perennials should be in place by the time we start planting annuals! Weather dependent once more, we hope to start planting annuals in parks and pots during the first half of June!

There are no updates at this time regarding the naturalization of the slope near the Fire Hall; this pilot project is still ongoing, and our ELM coordinator is in contact with the city's naturalization expert. We will publish updates when we have developments to report.

May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



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featuring

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Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tpb. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



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, 15 to 20lbs of fruits and vegetables

Medium Box

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

Large Box

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

*All weights are approximate

Order By

May 2

May 30

June 20

Pick Up

May 10

June 7

June 28

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 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.

Art Drawing Class, STC Arts

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

Coding Club

Ages 8 to 13

Discover and develop your passion for coding. Contact ECA at 403-239-1211 or www.edgemont.ab.ca for details.

Junior Philatelists

Meeting the second Saturday of the month, January to May, and September to November. Each gathering includes discussions on the history, geography, and culture of stamp issuing countries. Ideal age range would be from 8 to 16, and no previous background in the hobby is necessary. For further information, please contact Jim Senecal at 403-547-7681.

Mavericks Football (Atom, Peewee, Bantam)

www.mavericksfootball.ca

Math Competition Tutoring

Precise and effective tutoring for math competitions. Covers all major Canadian and U.S. events (COMC, Euclid, Gauss, AMC 10 and 12). Contact 306-371-5662.

Northwest Warriors Hockey

www.northwestwarriorshockey.com

Sportball

Indoor parent-and-child sports program. Ages 2 to 3 with a parent; ages 3 to 5 do not require a parent to attend. Call 403-700-7994, or visit www.sportball.ca/calgary/return-to-play.

Stars Basketball (Grades 1 to 6)

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

Suzuki Baby

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

Thunder Basketball (Tykes to U18)

Suspended until January due to lack of gym availability. Visit www.thunderbasketball.ca/.

Youth and Adults

One Step Ahead Dance Studio

Ballet, tap, jazz, hip hop. Adult and youth. Contact Melinda at 403-247-3607.

Taskai Kai Karate

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

Koala-Tea Conversations

Student-run English Conversation Club designed to help ESL and native speakers with communication skills while having fun. Ages 12+. 7:00 to 8:00 pm weekly, Fridays in the North Rock Room. Contact koalateaconversations@gmail.com.

Adults and Seniors

Gentle Yoga

In-person yoga. Thursdays starting January 12. 10 classes. To register, email savannah.nocera@gmail.com, or call 403-852-5415.

Second Sixties Outdoor Club

Open to age 50+. If you enjoy any of hiking, walking, snowshoeing, X-country skiing or beginner golf, check out www.secondsixties.ca for more information.

Spiritual

Northwest Community Church

Calgary True Light Gospel Church

Chinese Service.

Gospel Church

Sunday evening services. Visit www.edgemont.ab.ca for details.

ECA Board of Director Meetings

Third Monday of the month from 7:00 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

Upcoming Events and Projects

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

Spring Handmade Market

May 6

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

Perennial Exchange

May 6

Email the office@edgemont.ab.ca to donate perennials for the exchange.

Mother's Day Tea

May 13

Email office@edgemont.ab.ca.

AGM

May 16

Email office@edgemont.ab.ca for more information.

Nordic Rodeo and Stampede Breakfast

June 24

Email office@edgemont.ab.ca.



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A group of Calgarians holds the Guinness World Record for the "largest gathering of people dressed as Batman." On September 18, 2014, 542 participants donned their capes and filled the streets of downtown Calgary. This record attempt was the first mark of its category and in 2023, the record is still held by this group!

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AURORA SKY DISTRICT

Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill

It is sometimes hard to write an article six weeks in advance of the article being published but here goes.

In late April, our entire district will be attending a District Camp Skills Day at Charles Butler Memorial Park just north of the city. The older girls (Pathfinders, Rangers, third year Guides) will be running the stations, and the younger girls (Sparks, Embers, younger Guides) will be participating. We will have stations like First Aid, Fire Safety, Outdoor Cooking, and Campsite Safety and Preparation. We will end the day with a campfire and singalong.

Our units have also been very busy selling our Girl Guide cookies – the classic ones with a row of chocolate and a row of vanilla. The price of a box of cookies is now \$6 this year – the first price raise in 10 years. We really do appreciate every single box of cookies that you buy. Selling Girl Guide cookies is our main fundraiser every year.

Thank you for all of your support of your local Girl Guides. If you'd like to become a leader, see below.

Join our valued team of volunteers. Find out more at www.girlguides.ca/volunteer or email the District Commissioner Aurora Sky at any-calgaryaurorasky@girlguides.ca.



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Registration begins on May 1 at Edgemont.ab.ca.

Mr. D's Awesome Summer Teen Drama Camp

Grades 6 to 12 | July 3 to 7 from 9:00 am to 3:00 pm

Let's take off to The Wizarding World of Edgemont this summer. We will unlock the Chamber and that is no secret. Get "Sorted", and star in Friday's blockbuster production for family and friends. We will play "House Cup Survivor" with awesome new drama games, Quidditch challenges and prizes for everyone. Registration starts May 1 online. Register early as this camp sells out fast.

Mr. D's Awesome Summer Drama Camp from a Galaxy Far, Far Away

Ages 8 to 15 | July 10 to 14 from 9:00 am to 3:00 pm

It's time to Strike Back like the Empire at the Edgemont community center. With all new games, prop building, magic, and fun you do not want to miss out. It's a week of awesome Jedi challenges, lightsaber battles, bounty hunter games with special guests, comics, and dramatic good times. Registration starts May 1 online. Register early as this camp sells out fast.

Polyglots

Join us for a fulfilling learning experience this summer with our imaginary adventures in different countries and learn French or Spanish. Half day and full day options available. To register, contact Sarah at 587-287-8979 or visit polyglots.ca.

- Full Day | From 9:00 am to 4:00 pm
- Half Day | From 9:00 to 12:00 pm or 1:00 to 4:00 pm

Polyglots French Camp: La Gare

Board the train to Belgium, Switzerland, and France as you search for clues to a mystery and create your own art masterpieces.

Polyglots Spanish Camp: Cuba

Make instruments to play Cuban music and learn about exotic animals such as the kinkajou (as seen in the movie *Vivo*).

Polyglots French Camp: La Cathedrale

Learn about the restoration of the Notre Dame cathedral as you make a stained-glass window, build a bell chime, and more.

Polyglots Spanish Camp: Colombia

Explore the country of the Madrigal family (from the movie *Encanto*.) We will design our own candles, play Colombian rhythms, and role play stories.

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All of our camps are led by two professional instructors and are filled with hands-on experimentation and inquisitive learning. For full camp descriptions and online registration, please visit our website at <https://calgary.madscience.org> or call us at 403-263-4140.

• Robots Gizmos and Gadgets

Grades 2 to 6 | 9:00 am to 4:00 pm | July 10 to 14 and August 8 to 11

Does your child like to build and tink with things? If so, this camp is for you!

• Mad Science Mayhem

Grades 1 to 5 | 9:00 am to 4:00 pm | July 17 to 21

A full day camp with a different science-themed exploration each day.

• Mini Mad Einsteins

Grades K to 2 | 9:00 am to 12:00 pm | July 24 to 28

• Mini Mad Adventurers

Grades K to 2 | 1:00 to 4:00 pm | July 24 to 28

The perfect science intro camps for the budding Jr. Mad Scientist. Sign up for both for a full day STEM camp!



Joke of the Month

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www.edgemont.ab.ca

KOALA-TEA CONVERSATIONS



Interested in practicing your English?
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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

EMAIL KOALATEACONVERSATION@GMAIL.COM OR DM @KOALATEACONVERSATIONS TO JOIN TODAY!

Prasad PANDA



A strong voice for our community

- Spent 28 years working around the globe in oil and gas major projects
- Was an important advocate in opposition as critic for Economic Development and Energy
- Oversaw Alberta's major construction projects as Minister of Infrastructure and Transportation
- Selected by Legislature colleagues as the MLA with "Best Community Outreach" for initiatives like the annual Veterans Food Drive and Moustache Shave for cancer research

United 
Conservatives

Authorized by the Calgary-Edgemont United Conservative Party Constituency Association (403) 744-1004

Window and Balcony Safety

from Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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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.

EXPRESSIONS AND IMPRESSIONS: Come check us out by googling expressandimpress.ca. We have jewelry, belt buckles, clear stamps, cross stitch, baby gifts, wedding items, and more! Great for gift giving or for yourself. Most items priced between \$5 and \$20. Email us at expressionsandimpressions@outlook.com. Pickup available. No tax on your order.

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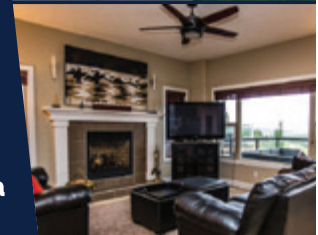
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