

OCTOBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca

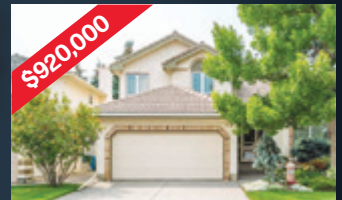
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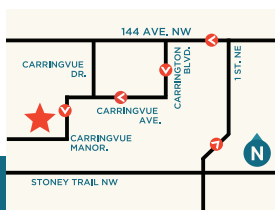
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President's Message



It's happening again! "Sign, sign, everywhere a sign blocking out the scenery..." If you are of a certain vintage, you will recognize the chorus from the Five Man Electrical Band's 1970s hit that sums up the complaints I'm getting. Residents are unhappy with those signs along the boulevards and easements that make our community look cheap and tacky. Not to mention the complaints about the port-a-potties at the intersection of Shaganappi and Edgemont Boulevard. Are they really the best use of advertising dollars? I'd suggest not! A quick, informal survey indicates that although residents can identify the advertisers, they are very unlikely to support those businesses. In addition, some of the signs now have concrete supports that pose a danger to workers whose task it is to mow the grass and keep the boulevards looking pristine.

I'll admit I'm biased but I'm going to suggest that advertisers consider placing an ad in our newsletter which is distributed to every municipal address in Edgemont. It's a cost-effective way to get your message in front of over 5,000 residents and support the community at the same time. Look in the newsletter for additional information.

Residents who post garage sale signs: a reminder to take the signs down once your event is over. If you have a complaint about something that's happening on City property, call 311.

As we move into October, we're making plans to clean out the beautiful flowerpots and beds that ELM has populated and that have given so much pleasure to all of us. Our hope is to keep the flowers intact until the weather turns against those efforts. This year before our landscapers remove the plant matter, we are going to be inviting residents to cut the flowers for their own use. The brown eyed Susans would look lovely as cut flowers on an autumn themed table. You could take slips from the geraniums and vines to propagate your own flowers for next spring. Check the ECA website for details on when the cuttings can begin. Please leave the plant roots in place. Don't touch the perennials! Thanks to the ELM committee for the work that they do to bring colour to Edgemont!

It's hard to think about Christmas but we know it's coming. Edgemont will be hosting a Christmas Market on November 18 and we are currently looking for vendors. If you are interested, contact the ECC office at 403-239-1211 or office@edgemont.ab.ca for all the details.

Still with the Christmas theme, Barb Elms, our program committee chair, will soon be looking for volunteers and donors for the annual Christmas hamper project. Each year, Edgemont provides hampers to residents in our community who can use some help. If you can spare a few dollars and/or your time to put the hampers together, Barb (barb@edgemont.ab.ca) wants to hear from you. Your reward is seeing the smiling faces on those whose Christmas you just made a little better.

In closing, I want to wish everyone a Happy Thanksgiving and a safe Halloween adventure. When we look at the other places in the world where strife is rampant, we are so lucky to live where we do.

Pamela Wilson

President

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News, Events,
& More



Crime
Statistics



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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
 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

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EDGEMONT VOLUNTEERS

Jeff Edwards volunteers@edgemont.ab.ca

OFFICE 403-239-1211

Office Administrator office@edgemont.ab.ca

Become a Sponsor for the Edgemont Community Association!

Do you want to support community driven events and initiatives? Then become an ECA annual sponsor! You can choose from great perks like social media features, an ad on our website, customizable options, and so much more! If you are interested in becoming a sponsor, please email mackenna@edgemont.ab.ca for a sponsorship package.

OTHER CONTACTS

Heather Hubert	Office Manager heather@edgemont.ab.ca
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
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
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For more information call 403-239-1211

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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!



News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks plan>.



A Message from Your Volunteer Coordinator

Happy October, Edgemont Volunteers!
Here are upcoming volunteer thanks and opportunities...

Thanks to all the volunteers who helped with our summer YYC Food Trucks events. They were great!

Thanks to all Good Food Box volunteers who came forward. If you are interested to help distribute fruits and veggies or deliver on Wednesdays, please let me know. Deliveries are from 11:30 am to 4:00 pm, and distribution are from 11:00 am to 1:30 pm, or 4:15 to 6:15 pm at the ECA.

The Wednesday Breakfast Club has resumed, serving many children in our neighbourhood from 7:00 to 9:00 am on Wednesdays. If you’d like to help with distribution or donations, please let me know.

Casino 2024 – We need a casino coordinator who will help recruit volunteers for our ECA fundraiser in Q4 of 2024. There are existing veterans to show the way and volunteer lists to reach out to. Please contact me for more information.

There’s other volunteering available with the ECA board and programs, Edgemont Networking Group, and Snow Angels and Christmas hampers are just around the corner. If anything interests you for involvement, let me know.

Please email me if you want to be on the volunteer email list.

Loving our neighbours in Edgemont,

Jeff Edwards

volunteers@edgemont.ab.ca

The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn’t until the 50s that such claims turned out to be false.





A severe thunderstorm moved over the Edgemont area during the early hours of August 31, bringing some desperately needed rain to our green spaces, flower beds, and planters. In light of the level one water restrictions that came into effect on August 15, we are especially grateful for the rain. Like all Edgemont residents, we are allowed to water the planters and flower beds using a hose with a shut-off. For details on what you can and cannot do water wise, please check the City website using the link below: <https://www.calgary.ca/water/customer-service/stage-1-outdoor-water-restrictions-ineffect.html>.

Fortunately, the August restrictions still allowed us to do some watering, keeping the planter and flower beds looking very nice with different plants coming into their own as time progressed. Our ELM coordinator, together with Foothills Landscaping, will be keeping a close eye on the weather conditions as fall approaches, with the objective of keeping flowers in our planters as long as possible.

ELM will be trying something new this year by inviting Edgemont residents to cut flowers in the flower beds and planters the day before we clean them out, but not a day sooner than that! Understandably, we cannot publish an exact date in the newsletter at this point; however, please check the ECA website for the exact date when cold weather conditions in the fall will be forcing us to pull the plants from the planters.

As you are cleaning up your yard this fall and decide that certain perennials need to be split next spring or if you are ready to replace certain perennials with something different, please remember that ELM would very much appreciate donations of perennials in the spring, specifically, during the last week of May just before the annuals are planted. If you are interested in donating perennials, please contact us using the following email address: askElm@edgemont.ab.ca.

As we are only in October, it is hard to think of winter displays. However, we spoke with Edenscapes in August regarding the winter displays. Our objective is to have more spruce in our planters this winter with the expectation that the displays will tolerate the very variable weather conditions of Edgemont winters better and stay greener longer. Something to look forward to!

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, Shari Pitka

Unofficial National Food

Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!



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

October 16
November 13

Pick Up

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/>.

Bizz Atomic

Offers business and entrepreneurship education for Grade 4 to 12 students through comprehensive virtual and in-person programs tailored to various age groups. Visit www.bizzatomic.com for more information.

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, 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.

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/.

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.

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.

Christmas Market

November 18, 10:00 am to 3:00 pm at ECA



Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

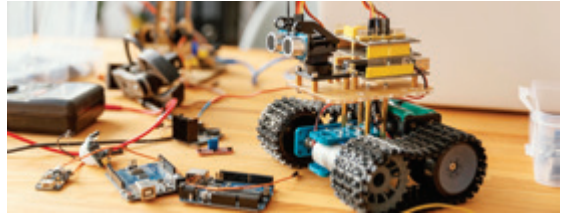
- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Churchill Robotics: Fostering Innovation at Sir Winston Churchill High School

by Julia M, a volunteer with the Edgemont Youth Press and a member of Churchill Robotics

In conventional schooling, students absorb knowledge. However, sometimes, applying that knowledge to make an impact on the world around us requires a bit more. Hands-on, tangible experiences empower high school students like me to navigate the complexities of the world and pave our own paths. Experiences that allow for active participation and real-world engagement encourage problem-solving, nurture critical thinking, and ignite confidence in youth. In a world where future doctors volunteer in hospitals and aspiring teachers gain experience as tutors, the importance of practical learning is clear. For those destined to become future innovators, you'll want to learn about VEX Robotics!

VEX Robotics is the platform students use to create and compete with robots built from scratch. These robots take on a spectrum of challenges, from launching balls to stacking cubes. They combine amalgamating, mechanical, electrical, and programming aspects into one exciting event. Perfecting robots that perform simple actions requires months of demanding yet rewarding work – a cycle of building, testing, rebuilding, and perfecting. After every failure, teams must be able to come back stronger, because a single forgotten screw could spell disaster in games. Every competition is a step in the pursuit of a ticket to the World Championships, the opportunity for teams to represent Alberta and Canada on the world stage.



VEX Robotics is more than just nuts and bolts; it's about teamwork, collaboration, making friends, and having fun, together. At Sir Winston Churchill High School, students form teams with like-minded peers, friends, and classmates. This encourages students to combine strengths, overcome differences, and work toward a common goal. In tournaments, where teams are grouped randomly, unfamiliar faces must collaborate to develop strategies. This nurtures essential life skills including communication, problem-solving, and leadership that extend far beyond robotics.

I am exceptionally fortunate to be a student at Sir Winston Churchill, one of the few high schools in Alberta with a thriving robotics program. Our Churchill robotics program stands tall as one of the largest in Alberta, consistently sending multiple teams to international competitions. This nurturing of STEM passions and the provision of opportunities have opened doors for countless members, unlocking their potential. At Churchill, every student who is interested in robotics has the chance to explore and experiment – a chance to have fun!

Through Churchill robotics, we are not just building robots: we are building a future rooted in collaboration and innovation! Our journey with robotics is only the start of preparing the future generation for an ever-evolving, technology-driven world.



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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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

BLUE WAGON LANDSCAPING: A student-owned business offering fall leaf cleanup and lawn aeration services now! Get your yard ready for the holidays! 700+ homes served so far. Limited spots are available. Contact Michael at 403-585-6128, team@bluewagon.ca, or visit www.bluewagon.ca to get a free instant quote!

BUSINESS CLASSIFIEDS

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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.

E.G.K. GENERAL CONTRACTING | COMPLETE HOME RENOVATIONS AND DEVELOPMENTS, INTERIOR AND EXTERIOR WORK: Framing, drywalling, taping, texturing, tile-work, painting, plumbing, electrical, windows, doors, flooring, insulating, insurance claims, mold remediation, handyman services, and more! 35+ years experience. Licensed, insured, W.C.B. & B.B.B. A+ rating. Contact Erich at egkgencon@gmail.com, or 403-606-2493. Website: www.egkcontracting.com.

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CLEANER: Hello! I have a couple spots open for weekly/bi-weekly cleaning! I have over 30 years of experience doing various cleaning jobs. I'm very reliable, and very good at what I do! Preferably in the NW area! References available upon request. Call or text Vee at 587-297-0807.

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MLA Calgary-Edgemont
Julia Hayter

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Hello to everyone who calls the beautiful communities in Calgary-Edgemont Home. I'm Julia Hayter, and it is an honour to be your new MLA. I look forward to representing you and bringing your needs and interests into the upcoming legislative session starting on Monday, October 30.

The communities within Calgary-Edgemont have so much to offer, including the amazing restaurants, businesses, organizations, and community groups, and I am proud to call this area of Calgary home with you all. I have recently been named the Official Opposition Critic for the Status of Women and am so thrilled about the strong and caring climate we have here in the Northwest. It is an area I'm lucky to raise my children in and to get to call you all my neighbours.

Should you require assistance with services such as notarizing documents or letters of support, please feel free to book an appointment with my office located at 202-1829 Ranchlands Blvd NW, Calgary, AB, T3G 2A7.

Please don't hesitate to reach out to my office if you have any questions or concerns, especially as they relate to provincial matters. We will do our best to help you navigate resources available to you. You can also reach our office at Calgary.Edgemont@assembly.ab.ca or 403-288-4453.

I look forward to connecting with so many of you.




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Councillor, Ward 4
Sean Chu

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Exploring Calgary's Historical Gems Through an Interactive Map

Dear Ward 4 Residents,

Calgary's rich history, woven with stories, architectural marvels, and iconic landmarks, has played a pivotal role in shaping the city's character. Experience the unveiling of this captivating narrative by delving into the Inventory of Evaluated Historic Resources Map. This remarkable online resource showcases over 900 heritage sites and assets scattered across Calgary. Embark on an enthralling journey through time as you engage with the interactive map, easily accessible at <https://maps.calgary.ca/HeritageInventory>, it is also mobile-friendly! For more cartographic treasures from the City of Calgary, explore the Map Gallery at www.maps.calgary.ca.

Prioritizing Fire Safety During Fire Prevention Week

As the crisp embrace of autumn envelops us and the aromas of comforting cuisines fill our kitchens, the joy of cooking is rekindled. Yet, in this gastronomic delight, let us not overlook our paramount duty toward fire safety. From October 8 to 14, the Calgary Fire Department (CFD) takes pride in observing Fire Prevention Week, spotlighting the theme, "Cooking safety starts with you. Pay attention to fire prevention."

A glaring reality is that cooking-related incidents take the lead in indoor fires and injuries within Calgary. The CFD ardently advocates for everyone to make safety a focal point in the kitchen. Essential precautions include never leaving cooking unattended—employ timers as reminders, and when leaving the kitchen, ensure burners are off.

Furthermore, swivel pot handles away from the stove's edge and keep a lid and oven mitt in proximity to swiftly stifle minor grease fires. A designated one-meter "kid- and pet-free zone" encompassing cooking spaces, toys excluded, aids in preventing mishaps. Additional tips encompass keeping flammable objects distant from the stovetop, educating children about hot surfaces, grilling outdoors with ample space, and cautious use of microwave ovens.

Incorporate these guidelines to safeguard your abode and loved ones. Together, we can maintain our kitchens as sanctuaries of delight and solace, free from the specter of flames. For detailed information, visit calgary.ca/firepreventionweek or dial 3-1-1.

Thank you for your attention.

Best regards,
Sean Chu



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