

AUGUST 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca



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September 23



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@ ECA



MONTHLY MAY TO SEPTEMBER

5:00 PM – 8:00 PM

AUGUST 28, SEPTEMBER 26

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Farm Stand Program



Edgemont Community Association

Thursdays 3:30pm-7pm

33 Edgevalley Cir NW

Starts June 13th

In partnership with The City of Calgary and the Edgemont Community Association, Fresh Pals Farms is running a farm stand in our community! Stop by and grab some fresh Alberta veggies to spice up your dinner!

President's Message



Thank you! Thank you! Thank you to all the volunteers who stepped up to help with our summer programs. Thanks to all who attended the Nordic Rodeo and the Pancake Breakfast. Thanks to all who welcomed forty new Canadians at the Citizenship Ceremony. We had a perfect day for these activities.

I want to address the requirement to register for the Pancake Breakfast. We had several people appear who had not pre-registered. This led to raised voices and an angry tone. Remember, we are volunteers, and no one is getting paid to be on the receiving end of that. We did our very best to accommodate so no one would be disappointed. However, ECA is not a large organization, and we need the discipline of pre-registration, so we know how many supplies to have on hand. Unfortunately, we don't have deep pockets or large reserves like the hosts of other breakfasts. I'm thinking particularly of the malls where you can just show up and most often, you'll be treated to pancakes. ECA just isn't in that category. We will be requiring pre-registration for most of the activities we sponsor. It's easy. There is always a link in the ECA website, and reminders are included in all our messaging.

Farm Stand YYC continues through to the fall. Visit on Thursdays from 3:30 to 7:00 pm for fresh produce. On the third Thursday of the month, you can treat yourself (and your family) to nourishment from the food trucks. My favourite is still the bear balls - I'm not sure they will be at the top of the nourishing foods' list, but they are absolutely delicious.

Soon you will see an artist starting work on one of the green electrical boxes in Edgemont. Thanks to the City of Calgary and Barb who did the work on the grant application, we have been chosen to participate in this program. Barb has met with the artist and once the design gets approval, work will begin. This is just another way to keep our community interesting.

If you've visited the community centre recently, you may have noticed that we have the names of our exceptional volunteers scribed next to the mural. This year, the community has chosen to honour Elaine Scobie and Rick

Wierzbicki. Both Elaine and Rick have devoted time and energy to support ECA and the centre since Edgemont first became a community. Their accomplishments are many and I can't imagine the number of volunteer hours they have, and still do, contribute.

We have a Sports Swap coming up on September 14. Start planning now. Tables are \$5 each and entry to the event is free although a donation to either the Breakfast Club or the Food Bank is encouraged. Gently used sports gear or dance equipment are welcome. Often used equipment is "almost new" and the price point enables more children to get involved. Registration is at www.edgemont.getcommunal.com.

Breakfast Club will start up again in September. If you are interested in volunteering, contact Barb at barb@edgemont.ab.ca.

We continue to recruit casino volunteers. Casino funds contribute about \$75,000 to our revenue streams. Without these funds, there are many, many activities that we could not do. Although there are some restrictions on how the funds may be used, we have generally been able to work within them as we undertake programs and building maintenance. Casino dates are October 31 and November 1. It takes at least forty volunteers to manage the casinos. If you are able, please step up by emailing Tina at tina@edgemont.ab.ca. It can be a fun evening and you get to meet others in the neighbourhood. Tina will be able to tell you which shifts need to be filled. See you there!

Pamela Wilson

President



Edgemont

STRONGER TOGETHER. COMMUNITY

Having a membership allows you to have a voice in your community. Get involved in your community through events, board initiatives, and much more!

Visit edgemont.ab.ca to get your membership

Dandelions

by Shari Pitka

As many of you have noticed, our community parks and green spaces are sporting a vibrant yellow this season, thanks to the abundant presence of dandelions. While the shift in the City of Calgary's policy to no longer classify dandelions as weeds has led to their proliferation, I would like to take a moment to share some enlightening insights about these resilient plants that might change the way we view them.

Ecological Benefits

Dandelions are not just ordinary plants; they play a crucial role in our ecosystem. Early in the spring, dandelions are one of the first pollen sources available to bees and other pollinating insects, crucial after the long winter. Their deep roots aerate the soil and help reduce erosion, pulling nutrients such as calcium and potassium to the surface, which benefits surrounding plants.

Health and Culinary Uses

Beyond their ecological value, dandelions are packed with health benefits. Rich in vitamins A, C, and K, and containing iron, calcium, magnesium, and potassium, they can be a nutritious addition to our diet. The leaves are perfect for a fresh spring salad; the roots can be used for a caffeine-free coffee substitute, and the flowers can even be used to make syrup or wine.

Cultural Appreciation

It might surprise some to learn that in many parts of the world, dandelions are cultivated as a crop. They are celebrated for their versatility and used extensively in food, traditional medicine, and even as a natural dye for fabrics.

By embracing dandelions, we're not only supporting a thriving ecosystem but enriching our own lives with their myriad uses and benefits. We encourage you to look at these vibrant yellow blooms with new eyes and appreciate them as an essential part of our community's biodiversity.



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JEFF COOMBES
ECA MEMBER

"I love living in a lively community with opportunities to socialize with neighbours."

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 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

Tina Chen	volunteers@edgemont.ab.ca
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Office Administrator office@edgemont.ab.ca



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Vacant	Mother Mary Greene Rep
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Seeking participants for youth mental health studies

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- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.
For more info, please contact: 403-210-8740 or naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



Who would have thought that we would be facing water restrictions after we just finished planting the annuals in our community planters and had begun populating the flower beds! Hopefully, we will receive some positive water news on Canada Day. Because of these water restrictions during most of the month of June, we decided to keep the remaining flowers safely in the greenhouse. However, Foothills resumed planting of the annuals in the flower beds on June 25, given that we secured access to non-potable water in Calgary. Prior to that, Foothills was able to haul water from non-affected sources out of town, as was communicated to the community right away on the ECA website and on our social media platforms. For future reference, the ELM team makes every effort to publish urgent ELM related updates on the ECA website and social media as soon as feasible. Unfortunately, there is at least one month delay in communicating through the hard copy newsletter. Regardless, hopefully the final stages of the water restrictions will soon be history, allowing us to focus on other ELM related matters.

You may have noticed that some of the vines in the planters were not thriving and Foothills has started replacing them with healthier plants. Another project: the lilacs in the community have nearly finished flowering at this time and we are planning to do some pruning and reshaping of several of the lilacs in the community as soon as possible.

Our ELM coordinator met with the city ecologist in June to review the pilot naturalization area near the wooden steps that are leading up to the Edgemont Community Centre. As mentioned previously, planting of native shrubs, plants and grasses is scheduled for September/October while necessary clearing of weeds from this pilot area will be ongoing throughout the summer. Currently, July 9 and July 25 from 9:00 am to 12:00 pm are designated weed pulling days under guidance of city representatives. The city will provide tools, gloves, safety vests, and haul away the weeds. Please contact us at askElm@edgemont.ab.ca as soon as possible if you can help with this rewarding project. This assumes you are able to check our website for updates, given that the printed newsletter will arrive in your mailbox too late for the July weed pulling dates. However, there may be additional weed pulling dates in August and early September!

Although not considered weeds anymore, some residents have expressed concerns about the abundance of dandelions adorning our green spaces. Shari Pitka, our ELM coordinator, has embraced these early flowers and has written a great article to help us see dandelions in a more positive light. Shari was really on a roll and also wrote an article on Creeping Bell Flowers; these plants are actually considered noxious weeds and they tend to take over your garden if you don't bring them under control. Both articles are available on the ECA website.

Have a great summer and please contact us at askElm@edgemont.ab.ca with any concerns or questions.

Kathleen Stewart, Rick Wierzbicki, Shari Pitka

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

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

ECA EVENTS & PROGRAMMING

Location of events and programs are at the Edgemont Community Association unless otherwise specified.

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.

Please note that some programs are only offered during the school year while others are year round.

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

August 5

September 2

September 23

October 21

November 18

Pick Up

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.

Al-Anon Family Group Meeting

Support for friends and family of alcoholics. Thursdays at 10:00 am in the Boardroom. For more information, email livingthelegacies@gmail.com or call 403-266-5850.

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 www.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.

ABAITC

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

Calgary Minor Basketball Association (CMBA)

CMBA provides basketball opportunities for youth in and around Calgary that is fair and safe. Visit www.cmba.ab.ca/ 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 (Stamp Club for Youth)

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

Oasis Learning

Oasis Learning offers a comprehensive Islamic and Arabic studies program for kids that is tailored to the needs of young learners. Our program is designed to provide children with a solid understanding of Islamic principles and practices, as well as proficiency in the Arabic language. Contact oasislearning20@gmail.com for more information.

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.

Seiwa Kai Karate

Seiwa Kai Karate was established in Calgary in 1979. Presently, the club has five branches located in northwest and southwest Calgary. The club offers classes for beginners, children, and adults. All students of Seiwa Kai Karate are members of the National Karate Association and Karate Alberta Association. Email info@seiwakai.ca or call 403-560-4508. Visit www.seiwakai.ca for more information.

Alan Colter Karate

Koryu Uchinadi karate club based in Calgary, Alberta, Canada.
Call 403-926-3535 or email sensei.alan@bunbukankarate.com.

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, cross-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 cstq1@gmail.com.

Cricket Friends XI Adult Cricket Team

Contact anadeemus@yahoo.com for more information.

Calgary Chinese Seniors Recreation Society-Ping Pong

We provide a variety of recreational programs, giving our members the opportunity to build their social network, showcase their talent and improve the seniors' quality of life. Contact Frank at 403-870-8878 or franky8y@hotmail.com.

Calgary Chinese Elderly Citizen's Association CCECA

The Calgary Chinese Elderly Citizens' Association (CCECA) is a non-profit social service organization. It has been serving Chinese older adults citywide since 1985. It provides a great variety of services and programs including social services, community support, health service, etc.

Visit <https://www.cceca.ca/> for more information.

continued on next page

Please call
organizers for
more information

2024 Summer Camps at ECA

Spiritual

Northwest Community Church

10:30 am Sundays. See nwcchurch.ca.

Contact Pastor Jeff Edwards at 403-616-6480 or pastor@nwcchurch.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.

Weekly Farm Stand

Thursdays, 3:30 to 7:00 pm at ECA

Monthly Food Trucks

August 28 and September 26, 5:00 to 8:00 pm at ECA

Sport Swap

September 14, 12:00 to 3:00 pm at ECA

Casino Volunteers

Needed for October 31 and November 1

Summer In the City Camp

Closer to Home Community Services (CTH) and the North Central Family Resource Network (NC- FRN) extends free educational programming to the community during the summer through a unique program called Summer in The City (SITC). This annual program provides exciting, engaging, and experiential opportunities which serves diverse families, children, and youth within the North Central area of Calgary. For ages 7 to 14.

For more information, please contact North Central Family Resource Network at 403-543-0555 or email familyresourcecentrenetwork@closetohome.com.

Closer to Home Community Services (CTH) is a charitable organization located in Calgary since 1995. CTH provides a wide range of services designed to meet the unique needs of children, youth, and families.

ABAITC Coding Summer Camps

Programming course, coding logical game, visit RoberMaster lab U of C, 3D print experience, computer department lab, and outside activities.

August sessions: August 6, 7, 8, 9, 12, 13, 14, 15, 16, 19

Class Time: 9:00 am to 3:00 pm

Fee: \$799 each session (includes course fee, visit, classroom fee, and school bus fee)

Register: 587-926-9005 or aitech201905@gmail.com.

Calgary Stars Camp

August 19 to 23

For the summer season, STARS Basketball is excited to be offering weeklong, half-day, Summer Camps. Each camp will teach the fundamentals of various skills needed to be successful including shooting, passing, dribbling, as well as defensive concepts. Players will learn to play within a team as each session will end in scrimmages in which they must use the concepts taught in game situations. At STARS Basketball there is always a major emphasis on player development and our low player-to-coach ratio allows us to have more one-on-one time with each player for maximum results. All our youth programs are intended for players to have fun with drills while being competitive and learning new concepts.

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EDGEMONT CONTENT

News, Events,
& More



Crime
Statistics



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Statistics



Celebrating New Beginnings - The Stories of New Canadians

by Julia M. and Genie H., volunteers with the Edgemont Youth Press

On the morning of the 22nd of June, new Canadians gathered at the Edgemont Community Association to be granted their official title as citizens. For many, it was an unforgettable experience, filled with a plethora of varied emotions, extending from joyous and proud moments to feelings of nostalgia, and the becoming of a previously foreign country's citizen. This bright and sunny morning had been the special day that numerous people had been anticipating - the day they became Canadian. We sincerely thank the following new Canadians for sharing their stories and permitting us to share them with the wider Edgemont community.



Raquil P.

Originally from the Philippines, Raquil is incredibly grateful for the opportunity to become a Canadian and be a part of Canada. She is determined to always be a responsible citizen and contribute positively to her community through supporting neighbours and other newcomers. In her free

time, Raquil enjoys volunteering for worthy causes and watching TV.



Myra V.

Myra came to Canada in 2016 following her sister and her husband, who arrived in Canada for work back in 2010. Here, she feels safer and more respected, appreciating the cultural emphasis on equality and inclusion. For Myra, becoming a Canadian citizen is surreal but bittersweet,

knowing that she will miss her home back in the Philippines. In her free time, Myra likes enjoying the great outdoors through camping, going to Banff, and gardening with her kids.



Philomena H.

Coming to Canada first for travel from Australia in 1982, Philomena and her husband Paul have met a wonderful set of supportive friends and fell in love with the country. Since then, she and her husband have built a family with their two sons and have enjoyed outdoor activities, including

hiking in the Rocky Mountains. They are especially looking forward to being active community members through voting in upcoming elections.



Simret M.

An immigrant from Eritrea, Simret arrived in Canada and has recently been granted new citizenship. She feels overjoyed about this exciting new opportunity and looks forward to all the potential future adventures. Simret hopes to share her various experiences and knowledge

to help others and is excited to be a part of a diverse group of Canadians. Leisurely, she enjoys spending her time on a range of hobbies, including reading, writing, and journaling.



Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



SPORTS SWAP SEPT. 14TH
12pm to 3pm
@ ECA

Ski Equipment | Dance Gear | And More!

• FREE entry - breakfast club/food bank donations encouraged
• Want to sell your old gear? Tables are only \$5!
• Register at edgemont.ab.ca

Swap or Buy Sports Gear

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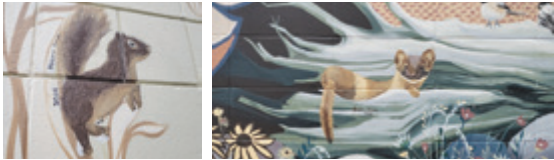
A Message from Your Volunteer Coordinators

Hi Edgemont Volunteers,

Here's the update...

ECA Mural Additions and Scroll

A huge thanks to Sophie Zhang and Hilary Kwok from Amanda Morhart's Art Class at Tom Baines School! The students completed two new creatures on the mural wall at the ECA building. We also collaborated with muralist Mckenna Prather to add a scroll recognizing the community builders of Edgemont.



Community Pilot Naturalization Project

Thank you to the team of volunteers who helped us pull weeds and prepare the planting area for the September planting project. We also extend our gratitude to our ELM coordinator Shari and the parks ecologist from The City of Calgary for all their planning and support.

Casino Volunteers

Our upcoming casino fundraising event will be held at Elbow River Casino on October 31 and November 1. The earnings from this event are crucial for supporting ECA facility maintenance and repairs, rink operations, community programming, and special projects. If you're interested in helping with our biggest community fundraiser, please contact us at casino@edgemont.ab.ca.

Summer Lunch Club

Thank you to our volunteers for assisting the Lunch Club for children in our neighbourhood throughout July and August!

Good Food Boxes

Distribution and delivery volunteers are essential in keeping fruits and veggies flowing out of our ECA kitchen. Your help is greatly appreciated!

Volunteer Recognition Event

Stay tuned for updates on our 2024 Volunteer Recognition Event, which we plan to host in September. Check the ECA website and social media for more information.

Be Part of Our Volunteer Team

Volunteering is a great way to support our community and meet new friends! We offer opportunities year-round at ECA programs and events. Email us if you want to be on the volunteer email list.

Loving our neighbourhood,

Tina Chen and Jeff Edwards

volunteers@edgemont.ab.ca

Soccer in the Community

Open to players ages 4-19

northsidesoccer.ca

CASINO VOLUNTEERS

This is our biggest fundraiser of the year supporting:

- Facility maintenance
- Rink operations
- Programming
- Special projects

Oct 31 & Nov 1

Shifts:
11:00am - 7:00pm
6:30pm - 3:30am
11:00pm - 3:30am

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<input checked="" type="checkbox"/> Tablecloths	<input checked="" type="checkbox"/> Waterhog		
<input checked="" type="checkbox"/> Napkins	<input checked="" type="checkbox"/> Scraper		
<input checked="" type="checkbox"/> Table Skirts	<input checked="" type="checkbox"/> Logo		
<input checked="" type="checkbox"/> Chair Covers	Paper Products		Pick-Up & Drop-Off Services
<input checked="" type="checkbox"/> Massage Sheets	<input checked="" type="checkbox"/> Tork Dispensers		
<input checked="" type="checkbox"/> Face Cradles	<input checked="" type="checkbox"/> Paper Towel		
<input checked="" type="checkbox"/> Gym Towels	<input checked="" type="checkbox"/> Centre Pulls		
<input checked="" type="checkbox"/> Face Cloths	<input checked="" type="checkbox"/> Toilet Paper		
<input checked="" type="checkbox"/> Chef Coats	<input checked="" type="checkbox"/> Facial Tissues		
<input checked="" type="checkbox"/> Coveralls			
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