

DECEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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Outdoor Ice Rink Maintenance

Marty, Mike, and Michael are your rink leaders this year and they will need help if we are to have a great community rink. Volunteers are needed to help with making and cleaning the ice on our rink this winter. The job involves work from 8:00 to 10:00 am on weekends and on Wednesday evenings. We have dedicated leaders and need the assistance of others to keep our ice clear and in good condition. The rink operates from late November to mid-March, weather permitting. Please consider helping out in our community.

For information, please email rink@edgemont.ab.ca or office@edgemont.ab.ca.





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

Submissions to
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 on the first of
 every month

VOLUNTEER BOARD OF DIRECTORS

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

EDGEMONT VOLUNTEERS

Tina Chen	volunteers@edgemont.ab.ca
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OFFICE 403-239-1211

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President's Message



The holiday season is upon us. With lights, music, and crisp winter air, we celebrate the theme of goodwill to all people. Our neighbourhood is decorated, our houses are decorated, and fingers crossed, we have new lights decorating the outdoor skating rink. We will distribute holiday hampers to residents in the community with the hopes of making their season a little brighter. Thank you to the volunteers and donors who have supported ECC in its efforts throughout 2024. Thank you to those who shopped, sorted, boxed, and wrapped the items for the hampers. Thank you to Ed Wiercinski for the sparkling lights at the ice rink. They are like a little sprinkle of magic. Thanks to Rick and his team for maintaining the ice rink for family fun. By the way, if you can help with the rink, let Rick know by emailing rick@edgemont.ab.ca.

Concerning our winter displays, you may notice that there are ten fewer pots sporting greenery and floral enhancements than we had last year. Why? Because many of the items that we recycle year after year were "liberated" by people who seemed to think they could help themselves. Please if you see anyone removing items from the displays this year, call the police and/or ECC. It's theft. To keep our budget for this effort, we must eliminate decorating some planters. It's disappointing, but don't let those few distract from the pleasure that the others bring.

You may have noticed the utility box at the intersection of Edgemont Boulevard and Edgevalley Way that was painted in the early fall. We have had some great compliments on the results. We may have the opportunity to paint some garbage cans in our community. It's dependent on successfully obtaining a grant. We're open to suggestions for locations of suitable garbage cans that could use a little sprucing up. Send me an email (pam@edgemont.ab.ca) if you have ideas.

Now on my agenda is a little Christmas baking. To get in the mood, I'll start with ginger cookies, a favourite of my kids and grandkids. I love the smell of the cookies

in the oven. Who knows what will be next? I'm leaning toward shortbread (my favourite). Do you have special treats that you make during the holiday? I'll bet you do!

The ECA Board doesn't meet during December but will be back to its regular schedule in January with the meeting scheduled for January 21. With any luck, we will enjoy a break and be raring to go in 2025.

Best wishes for a happy, healthy December!

Pamela Wilson

President



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News from the Friends of Nose Hill

by Anne Burke

Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing parksplan@calgary.ca. Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at engage.calgary.ca/parksplan.



City Kids: Exploring 4-H Beyond the Farm

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.



One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email introclubs@4hab.com. Thank you to all the families who've joined us on this journey—stay tuned for updates, and we hope to see you at our next workshop!



Community Builders 2024: Elaine Scobie and Rick Wierzbicki

Every volunteer has a positive impact on our community. But then there are individuals who show exceptional commitment and service to the community by taking a lead role in developing programs and inspiring other volunteers. We give these people special recognition for being "Community Builders". This year's Community Builders are Elaine Scobie and Rick Wierzbicki.

Rick & Elaine's Edgemont story begins in 1987 when they started to fundraise to build a new community centre for our neighbourhood. They went door-to-door with Carol & Tom Wetherell and Joanne & Gord Kerr to raise support for a novel concept: a joint community centre with a school! They negotiated with the CBE, secured a massive donation from Petro-Canada, consulted the community about building specifications, and oversaw the creation of the Edgemont Community Centre that we value and love today. And get this... all the native grasses you see today on the edges of the hill around the ECC were transplanted from the top of the hill, by them and their volunteers!

Once they had a building, it was time to build an association! Elaine was first office manager of the Edgemont Community Association, co-working with Joanne Kerr for about 15 years. Both Rick and Elaine served on the ECA board right from the beginning. It seems like one or the other or both have always volunteered holding all executive positions at one time or another. Elaine herself was president for two different terms.

With the right pieces in place, they began initiating community programs. From the earliest days, a neighbourhood favourite has always been the Edgemont Rink. Can you remember a time when Rick wasn't planning, organizing, maintaining, flooding, or cleaning the rink with his band of volunteers? Rick won an award for this in May 2015 – the Step-Up Award from the Federation of Calgary Communities for his city-wide fame for volunteering excellence at the rink.

The list of community activities these two inspired is seemingly endless. They arranged social events, casino nights, St Patrick's celebrations, and a particularly memorable Cara-fest where half of the Panaroma room was filled with steel drums! They were key to our neighbourhood Cleanups, Christmas hampers, food security programs of all kinds, casino fundraisers, coordinating with the Scouts and all sorts of community sports and user groups, and most recently, promoting our monthly food trucks. Many of us in Edgemont got to know these two well as they were always around at these events.

On top of all of that, Rick and Elaine have always tried to improve on everything that they helped to build. When Carma, the Edgemont developer, left things like man-made waterfalls and signs to the community to maintain, they figured it out. They helped with the renaming of the park in the Edgemont Ravine. They spearheaded painting and renovations to the ECC through the years including adding picnic tables, benches, planters, and the hub sign out front. Rick is currently on the ELM landscaping committee, and was one of the masterminds behind the 11 basket Disc Golf course that opened earlier this year.

It's hard to believe that one couple could have such a huge impact on a neighbourhood. But we, their neighbours, thank them for their love in all of this. They are dear to our hearts. Just like the two additions recently added to the Volunteer Recognition Mural at the ECA – a squirrel and a mink – they are beautiful, warm, industrious neighbours who add joy to our neighbourhood. Thanks Sophie and Hilary, you expressed well our appreciation for Rick & Elaine's vision, commitment, and service to our community. Congratulations to our Community Builders of 2024!

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

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 cstqg1@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.

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.

continued on next page

Please call
organizers for
more information



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AURORA SKY DISTRICT

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.

Holiday Hampers

Drop off October 1 to December 15 at ECA



Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill.



Unit 229 is a sparks/embers unit that kicked off the guiding year with welcoming ten new girls into the unit. The girls spent the last couple of weeks getting to know each other.

Over the past couple of weeks, we have played some introduction games to get to know the girls better. We also learnt how to express emotions appropriately, learnt about respect, and also spent a week learning about truth and reconciliation.

We took our first field trip of the year to a seniors home in our community. The girls spent some time interacting with the seniors and reading to them. The girls also worked with seniors on making thank you cards for the veterans.

We are looking forward to our enrolment on November 4. We are also hosting a meet and greet with parents and guiders that day.

We are looking forward to an eventful guiding year and seeing the girls build friendships with one another over the year.

If you'd like to register your daughter, please visit www.girlguides.ca and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching “all” units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email any-calgaryaurorasky@girlguides.ca.



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.

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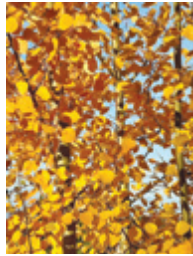
Crime
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This is an absolute first for Edgemont, having flowers in our planters until the end of October! Nearly decimated early August, the flowers in the majority of the most severely affected planters recovered against all odds! Thank you again to Foothills Landscaping and to Shari Pitka for persevering and keeping Edgemont looking beautiful! The last day of October is when we will see Foothills in action to remove the annuals, getting our planters ready for the winter displays that will be looked after once again by Edenscapes. You will see their crew working in the community during the second half of November into early December. Please help us safeguard the decorations in the winter displays by reporting anyone removing anything from the winter displays. Contact us right away via email at askElm@edgemont.ab.ca if you see anyone removing items from the displays; accompanying pictures will be extremely helpful.



Our naturalization pilot project near the stairs below the Edgemont Community Centre has entered the next phase: volunteers completed a final weed pull on October 3, followed by the exciting part of planting the native grasses and shrubs on October 8. The City provided gear and manpower to help and guide the Edgemont volunteers plant the native plant material. We had a good time and learned a lot! A big thank you to the City for making the pilot project a reality!

In the coming days/weeks, Foothills will be aerating and fertilizing one park area in Edgemont. Because of the drought, we received approval from the City to aerate and fertilize one park only.

Projects for 2025 include improving the bus stop area across from the "Top of the Hill" on Edenvold Drive off Edgemont Boulevard, pruning and adding some lilacs on Edenvold Drive, while we are also looking at adding some tall grasses to the tiered bed on Edgemont Boulevard south of the Edgevalley Drive/Edenvold Drive intersection. Lastly, we are hoping to plant some climbing roses in the park area on Edgebrook Boulevard!

Should you start planning yard renovations for next year, please remember that ELM would very much

appreciate donations of perennials in the spring for distribution throughout the community prior to planting the annuals! Please dig up these perennials in the spring and our ELM coordinator, Shari Pitka, will arrange pick up of your ready-to-go donations. Please contact Shari at askElm@edgemont.ab.ca.

Kathleen Stewart, Rick Wierzbicki, Shari Pitka





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A Holiday Message from Your Volunteer Coordinators

Happy Holidays to all Edgemont volunteers!

Here's the latest update...

Holiday Hampers

A heartfelt thank you to all the generous gift donors, dedicated volunteers, local businesses and schools who contributed to the Holiday Hampers program. Your time and effort in sorting, wrapping, packing, and delivering have made it possible for many families to enjoy a wonderful Christmas season. We couldn't have done it without your support!

Snow Angels

Are you able to lend a helping hand by shovelling walks for neighbours in need during the winter months? If so, we'd love to hear from you! Please email us at volunteers@edgemont.ab.ca to join our Snow Angels team.

Wednesday Breakfast Club

Thanks to our amazing volunteers who continue to support children in our neighbourhood every Wednesday morning before they head off to school. If you are interested in helping with distribution or making donations, please contact us!

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!

Be Part of Our Volunteer Team

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

Wishing you all the best this holiday season.

Loving our neighbourhood,

Tina Chen and Jeff Edwards

volunteers@edgemont.ab.ca

EDGEMONT YOUTH PRESS

The Power of Simple Art: Origami

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



Origami is a form of Japanese paper folding which uses a single piece of plain or patterned paper, without glue or any other adhesive, to create art, including elaborate, complicated structures. Origami is a practice that aims to create beautiful designs ranging from simple frogs or cranes all the way to detailed dragons and other complex shapes. It requires patience, hand-eye coordination, and precision.

Learning and practicing origami hold many positive benefits in your life. Firstly, practicing origami can increase one's hand-eye coordination and precision. Origami is a craft based on both these skills, so exercising your ability to do so is highly beneficial. Secondly, origami can be used a tool to improve your mental health. Practicing repetitive and calming motions, such as the folds found in origami, promotes calmness and mindfulness, while helping you calm down and destress from the busyness of life. Finally, if you want to just learn more about Japanese culture or traditions, origami is a great way to do so and explore. Learning about another's culture can be both delightful and eye opening, encouraging the development of empathy and understanding.

Overall, origami is a great and easy habit to start. Not only can it help develop or improve your motor skills but doing it every day can serve as a mental break, or as a moment to refocus. Origami also is a great way to learn more about the beauty of Japanese culture.

Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.



Councillor, Ward 4

Sean Chu

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Dear Ward 4 Neighbours,

As the year draws to a close and the winter season settles in, I want to extend my heartfelt wishes to each of you for a joyful and restful holiday season. This time of year is a special opportunity to pause, reconnect, and cherish the spirit of community that makes Calgary such a wonderful place to call home.

Whether you're celebrating at home or traveling to be with family and friends, I hope this season brings you warmth, peace, and plenty of moments to savour. Here in Calgary, we're so fortunate to have a community that supports each other in countless ways. From local events to friendly neighbours lending a hand with snow shoveling, these small acts remind us of the strength and kindness that define our neighbourhood.

Don't forget—if you have any City of Calgary-related issues or concerns, you can easily reach assistance by calling 3-1-1, visiting online, or using the 3-1-1 mobile app.

Wishing you a season filled with joy, health, and all the things that make your holiday bright.

Warm holiday wishes,

Sean Chu

Councillor, Ward 4



MLA Calgary-Edgemont

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Tis' the Season to Spread Joy!

The holidays are coming fast, and I extend my best wishes to everyone this December.

I appreciate everyone who has taken the time to come over to say hi while I've been at your community events. It is exciting to be out in the community to deliver some holiday cheer to different organizations and attend some holiday celebrations and markets.

This month is a reminder to be grateful for our loved ones and for the blessings that we have in our lives. We sometimes take things for granted that others do not have, like a roof over our heads, food on the table, and healthy family members. It's important to take a breath sometimes and appreciate all that we have.

There are many people in Calgary-Edgemont that do not have these luxuries. During this affordability crisis, I'm hearing more and more that families may not be able to afford gifts for their children, big family dinners, or are maybe missing a family member all together. It's important to spread kindness and love this holiday season. My office is currently collecting period products, diapers, and baby formula that will be donated to families living in Calgary-Edgemont.

As promised, I continue to be out in the community speaking with you and your neighbours. You can follow me on social media at @NDPJulia to hear about all my adventures. Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.edgemont@assembly.ab.ca or 403-288-4453.

Enjoy the memory making with your friends and family.

Happy Holidays.



Soccer in the Community

Winter: Jan - Feb

northsidesoccer.ca

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Edgemont. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

EDGEMONT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Plus, move-in and move-out cleaning. Licensed, insured and bonded. We work according to our clients' needs. We also do Airbnb hosting. Call 403-470-6548.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

PAINTING WITH JOY: Watercolour painting class for adults. Beginner and review class starts January 10. Fridays, 12:30 to 2:45 pm, \$136. Fall, winter & spring 8-week sessions at the Dalhousie Community Centre. Learn techniques, colour harmony, drawing and composition with paint along demos. For more information and to register, contact Joy Kaitman at jkaitman@telus.net.



UNIVERSITY OF CALGARY

Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:
403-210-8740 or naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)



SEASON'S Greetings

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