

JANUARY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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President's Message



During the holiday season I usually do some extra baking and this year I was digging around on my bookshelf for cookbooks that I hadn't pulled out in a while. I suppose I was looking for some inspiration as well as recipes the family loves but had been forgotten. I pulled out a book called *A Salute to Our Seniors Treasured Recipes*. Published in the mid-70s, this little book has quite a story. It was conceived as a fundraiser with all proceeds going to outfit a Senior Citizens' High Rise in Swift Current, Sk. A ladies' benevolent organization put together the project plan and sought approval from their national umbrella organization. The approval was denied!

Cookbooks, although great money generators at the time, were off limits even though the entire project was funded through advertising and the labour was all volunteer. Are you giving your head a scratch? Since I have the cookbook, you know that despite some obstacles, the project went ahead. Somehow, the rules that didn't seem to make any sense were set aside. But how? That national organization was adamant. No cookbooks! The same ladies formed a new organization with the sole purpose of publishing the cookbook with the same seniors' high rise as the recipient of the funds. It was a roaring success, and the new organization was dissolved as soon as the goal was reached.

I received the book as a gift from my mom and many of her recipes are published in it. What the whole effort taught me was if the goal is clear and several people are willing to work towards it, then a way will be found to achieve it. However, it also taught me that when the "rules" don't make sense, there can be a way around them!

ECA's Program Committee has put plans in place for two upcoming events that I want to mention. The first is Frost Fest. Mark your calendars for February 19 and plan to join residents for outdoor fun and skating at Edgemont's skating rink in John Laurie Park. Watch our website and social media for further information and consider enjoying a hot chocolate with your friends (old and new). Of course, this event will be contingent on weather. This is a free event, but your registration would be appreciated so we can estimate how many supplies we will need. Visit www.edgemont.getcommunal.com/parent_programs.

Note that we clean and flood the ice rink at 8:00 am Saturdays and Sundays and can always use help, especially after a big snowstorm, email rink@edgemont.ab.ca if you want to help.

Next up is Lego Mania on March 9, 12:00 to 3:00 pm at the Edgemont Community Centre. Construct amazing LEGO creations and compete in your age category (0 to 99+) for a chance to win amazing prizes - donations from Brick Bin, Calaway Park, Flying Squirrel, The Hangar Flight Museum, and many more! Enjoy live-builds on the day of the event, LEGO judges, a concession, LEGO vendors, and many more surprises to come. Last year we sold out so be sure to get your tickets as soon as possible to secure your spot! Categories: Things that go, Animals and figures, Scenes, and buildings. Registration: \$8 per entry - www.edgemont.getcommunal.com/parent_programs.

I want to send a big "Thank You" to all the volunteers, donors, and sponsors that supported the Christmas Hamper Project this year. You put a smile on the faces of Edgemont families, and we appreciate everything you do.

I hope all Edgemont residents found joy in the holiday season and are ready to kick off 2024 with gusto. Now, back to the cookbook. There was a page of "wisdom" that I'd like to share before signing off this month. The authors advise people to take time and here are the ten actions they recommend. Take time to work, to think, to play, to read, to worship, to help and enjoy friends, to love, to dream, to laugh, and to plan.

2024 here we come!

Pamela Wilson

President



MEMBERS GET MORE SIGN UP TODAY!

Support your community and get discounts on programs through the ECA with your membership

Scan the QR code to get your membership!

VOLUNTEER BOARD OF DIRECTORS

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Barb Elms	Vice President barb@edgemont.ab.ca
Aurora Wen	Secretary secretary@edgemont.ab.ca
Shaffic Fazal	Treasurer treasurer@edgemont.ab.ca
Tina Chen	Director tina@edgemont.ab.ca
Kathleen Stewart	Director kathleen@edgemont.ab.ca
Rick Weirzbicki	Director rick@edgemont.ab.ca
Jeff Coombes	Director jeff@edgemont.ab.ca

EDGEMONT VOLUNTEERS

Jeff Edwards	volunteers@edgemont.ab.ca
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OFFICE 403-239-1211

Office Administrator office@edgemont.ab.ca



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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
Genie Han	Tom Baines School Rep genieh1@educbe.ca
Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
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- Mountain view
- Wood floor
- Round or rectangular tables

The Board Room: Capacity 20

For more information call 403-239-1211

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News, Events, & More



Crime Statistics



Real Estate Statistics



Edgemont Community Association's

Frost Fest

It's a Fun
Winter Time!

Monday,
February 19

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

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

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

Cost: **FREE**



Confirm your
attendance



Edgemont

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



Edenscapes started to put in the winter displays late November and we are very excited to see some different designs this year using a combination of spruce and decorations, in the hope that we will all be able to enjoy the winter displays well into 2024! Some rectangular planters feature a small

spruce in addition to decorations and spruce branches, while other planters have a completely different make-up! Greenery has been in short supply this year and materials have been coming in slowly, preventing Edenscapes from populating most of the planters at the same time. Thank you for keeping an eye on the planters and making sure that none of the materials are removed. Decorations will be re-used in the years to come, so please take pictures of violations, and report any issues to askElm@edgemont.ab.ca right away.

We are very excited to inform you that we will continue to work with Shari Pitka as well as Foothills Landscaping in 2024 which is very positive news for our community. This past year has been a great year for ELM, and we look forward to continuing to tackle the job list in 2024, including a revamp of the flower bed off Edgebrook Boulevard as mentioned previously.

Our ELM coordinator will continue to communicate with various departments at the city regarding any potential plans to plant trees in the community and our pilot naturalization project of the steep hill near the Firehall.



Reportedly, City Council has unanimously approved to deal with the ever-growing number of temporary signs along our boulevards. Effective January 1, 2024, the City's Mobility Unit will apparently handle removal of problem signs through the course of regular boulevard maintenance and tickets may be issued to repeat offenders.

A quick reminder that if you have any perennials to donate in spring, please contact us as soon as possible using the email address below, so our ELM coordinator can take your most appreciated donation into account when planning for next summer: askElm@edgemont.ab.ca.

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

Kathleen Stewart, Rick Wierzbicki, Shari Pitka

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Under the Mountain Games welcomes you to a haven for all board game enthusiasts, card game aficionados, RPG adventurers, and Warhammer warriors! Get ready to embark on a journey filled with fun, strategy, and camaraderie.

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Please contact
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Stonemere Real Estate Solutions
403-615-2662
tonyschlee@gmail.com



ECA EVENTS & PROGRAMMING

Note: All programs subject to AHS COVID-19 rules
Edgemont Community Centre, 33 Edgevalley Circle NW
or online.

For more information, call the office at 403-239-1211, or
check www.edgemont.ab.ca.

Self-Development and Healthy Living

Good Food Box

Small Box

\$30, 15 to 20lbs of fruits and vegetables

Medium Box

\$35, 25 to 30lbs of fruits and vegetables

Large Box

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

*Please note weights are approximate

Order By 6:00 pm

January 22

February 19

March 11

April 15

May 6

June 3

*No Good Food Box in July

August 5

September 2

September 23

October 21

November 18

Pick Up

January 31

February 28

March 20

April 24

May 15

June 12

August 14

September 11

October 2

October 30

November 27

Order link:

edgemont.getcommunal.com/parent_programs.

Email GFB@edgemont.ab.ca for information.

Alcoholics Anonymous

Meets at Edgemont Community Centre every Friday
evening. Contact ECA: 403-239-1211.

Living the Legacies 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.

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

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/.

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AI Junior Coding Class | For more information or to
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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.

Calgary Silver Thimbles Quilters Guild

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

Spiritual

Northwest Community Church

10:30 am Sundays. See 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.

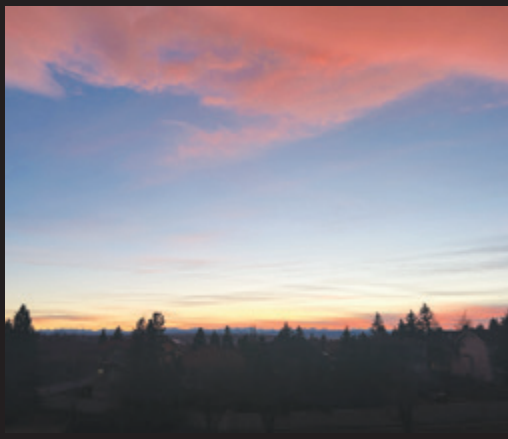
Frost Fest

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

LEGO Mania Competition

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

Photo Gallery



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A Season of Giving

by Sofia N, a volunteer with the Edgemont Youth Press



Presents. Cookies. Decorated trees. All words and ideas that excite us for the most awaited holiday of the year. And yes, it's true. The holiday season provides the opportunity for everyone, big or small, to create that wish list of all their favourite games, toys, and books. It certainly is something to look forward to and celebrate.

Yet, today, we are living through a time where there are more people than ever before who are in need. Individuals facing housing crises, those who have had to escape abuse, and families who have fled their homes from across the world due to instability and conflict. As a community, we can use this holiday season as an opportunity to reach out and offer a helping hand in any way we can to those less fortunate than ourselves. The holidays are not merely a time for receiving, but also a time for giving back to the broader community around us, whether it be through the dedication of our resources, our time, or our knowledge.

For instance, any donations, big or small, can make a substantial difference in the lives of one individual or family. Donating items to toy drives, food drives and

other non-profit organizations are all ways in which we can help advance the quality of life of those around us. In Canada, in the year 2017 alone, over 1.7 million people were assisted by the Salvation Army, with 269,000 of these individuals being helped specifically during the holiday season through food hampers and toys.

Additionally, donations are not the only way in which you can help give back to the community. Growing up, my family also taught me that, *'no matter how little you have, there will always be somebody who has less'* - we can help the people around us in more ways than one. Today, there are so many opportunities to volunteer your time for causes that you are passionate about. Animal shelters, tutoring services, and even virtual volunteer opportunities are more accessible than ever before. These are all ways in which we can positively contribute to the society around us and enrich our communities.

At the end of the day, the holiday season is a time to celebrate for innumerable reasons. It's a time for gatherings and amazing meals, but it also provides us with an opportunity to reflect on how grateful we are to be living in a country and community where we have the rights and freedoms that we do, and offer a helping hand to those less fortunate. Not only is this a wonderful act of selflessness, but helping those around you provides a sense of personal fulfillment unparalleled to anything else. What may seem like a small and insignificant contribution on your part can truly change the life of any given individual. Thus, let us use the time that is remaining of this holiday season, and the months beyond as we begin a new year, to play our role in making the world around us a better place for all, in any way that we can.



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

Summer Camps 2024

Mr. D Summer Camp

July 1 to 5

Mr. D Star Wars Camp

July 8 to 12

Good Times Multi-Sport Camps

July 15 to 19 | July 22 to 26

Polyglots Summer Camp

July 22 to 26 | July 29 to August 2

Calgary Stars Camp

July 29 to August 2 | August 19 to 23

Keep an eye out in our newsletter and on our website/social media as more summer camps become available for registration!



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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.

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LONDONDERRY PAINTING AND DECORATING: Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.

Your Pension is Yours

A town hall with
MLAs Court Ellingson & Julia Hayter

Tue JAN 23 | 6:30-8 pm
Dalhousie Community Association
5432 Dalhart Rd NW, Calgary




Alberta
NDP
CAUCUS

BRAIN GAMES

SUDOKU

		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

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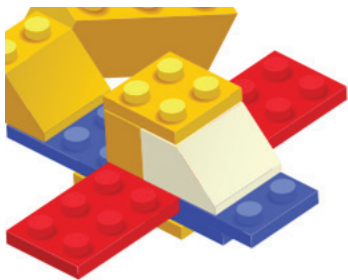
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PRESENTS

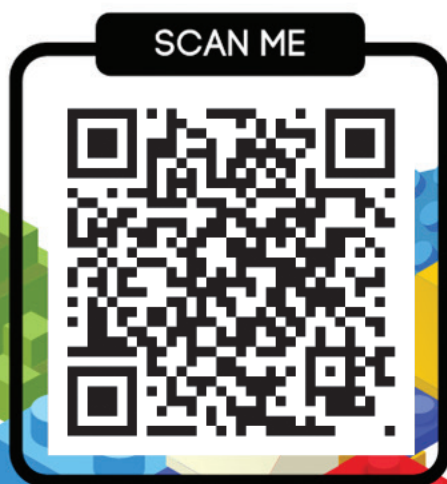
LEGO MANIA COMPETITION

Public viewing, live builds, + prizes!

MARCH 9, 12-3



Register for
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