

JULY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

# inside Edgemont

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## President's Message



Yahoo! It's July! The Annual General Meeting is behind us, and the new Board of Directors is making plans. Please look at the contacts page in the newsletter or on the website to see who is new and who we've recycled. Many thanks to those who have stepped away from the Board (at least for a while!) and welcome to our new Directors. We had a good AGM with constructive discussion between the Board and the membership. Just as it should be! I'd like to acknowledge the contributions of Bruce James, Scott Thompson, Elaine Scobie, Joanne Chornoboy, Vishal Dalal, and Aurora Wen in the 2023-24 ECA business year. I'm looking forward to working with Joanne Nowak, Umar Ukukkadi, and Kieran Fitness as well as those Directors completing the second year of their two-year term: Rick Wierzbecki, Kathleen Stewart, Shaffic Fazal, Barb Elms, Tina Chen, and Jeff Coombes. As you've already surmised, I'm staying on the Board and will tackle the President's role.

On Thursdays from 3:30 to 7:00 pm over the summer, you will find the Farm Stand at ECC. Fresh produce abounds and the stand often sells out. On the last Thursday of each month, you will also find the Food Trucks parked in the ECC parking lot and offering a variety of treats. Support them and enjoy the picnic area at the centre. The Food Trucks provide a donation to ECA to go toward our programming efforts. We are also excitedly anticipating our Sports Swap which will be happening September 14. More information can be found at [edgemont.ab.ca](http://edgemont.ab.ca).

I've been advised that the City of Calgary has undertaken a pilot program in support of recycling Styrofoam packaging. Calgarians can bring clean foam with no food residue, tape, glue, or labels to the landfill. Examples include:

- Shipping foam packaging (ex: foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables. There is information posted on the City of Calgary's website.

Finally, we're recruiting volunteers to help with our casino. We need forty-five willing individuals to work the event. Details are as follows:

- Casino to be held at Elbow River Casino (218 - 18 Avenue SE).
- Thursday, October 31 (Halloween) and Friday, November 1 (All Saints Day).
- This is our biggest fundraiser supporting facility maintenance and repairs, rink operations, community programming, and special projects.
- Anticipated earnings - \$70,000.
- Contact [casino@edgemont.ab.ca](mailto:casino@edgemont.ab.ca).

Lastly, I'd like to know if Edgemont residents are receiving their issues of the newsletter in a timely fashion. I've had some complaints and would like to assess how widespread late delivery concerns are. Send me a note at [pam@edgemont.ab.ca](mailto:pam@edgemont.ab.ca).

Enjoy the summer!

*Pamela Wilson*

President



**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](http://edgemont.ab.ca) to get your membership

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**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**

Send us an email to volunteer for a shift.

casino@edgemont.ab.ca

📍 Elbow River Casino  
edgemont.ab.ca



**STRONGER TOGETHER. COMMUNITY**



**TINA CHEN**

ECA MEMBER

"It feels rewarding to contribute to the community we call home...I can utilize my skills to make a meaningful difference in our neighborhood."





33 Edgevalley Circle NW, T3A 4X1  
 Phone: 403-239-1211 • Fax: 403-547-5799 • Email: [office@edgemont.ab.ca](mailto:office@edgemont.ab.ca)  
 Web: [www.edgemont.ab.ca](http://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

Pamela Wilson	President <a href="mailto:president@edgemont.ab.ca">president@edgemont.ab.ca</a>
Barb Elms	First Vice President <a href="mailto:barb@edgemont.ab.ca">barb@edgemont.ab.ca</a>
Umar Ukukkadi	Second Vice President <a href="mailto:umar@edgemont.ab.ca">umar@edgemont.ab.ca</a>
Kieran Fitness	Secretary <a href="mailto:kieran@edgemont.ab.ca">kieran@edgemont.ab.ca</a>
Rick Weirzbicki	Treasurer <a href="mailto:rick@edgemont.ab.ca">rick@edgemont.ab.ca</a>
Shaffic Fazal	Director <a href="mailto:shaffic@edgemont.ab.ca">shaffic@edgemont.ab.ca</a>
Tina Chen	Director <a href="mailto:tina@edgemont.ab.ca">tina@edgemont.ab.ca</a>
Kathleen Stewart	Director <a href="mailto:kathleen@edgemont.ab.ca">kathleen@edgemont.ab.ca</a>
Jeff Coombes	Director <a href="mailto:jeff@edgemont.ab.ca">jeff@edgemont.ab.ca</a>
Joanne Nowak	Director <a href="mailto:joanne@edgemont.ab.ca">joanne@edgemont.ab.ca</a>

## EDGEMONT VOLUNTEERS

Tina Chen	<a href="mailto:volunteers@edgemont.ab.ca">volunteers@edgemont.ab.ca</a>
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## OFFICE 403-239-1211

Office Administrator [office@edgemont.ab.ca](mailto:office@edgemont.ab.ca)



## OTHER CONTACTS

Heather Hubert	Office Manager <a href="mailto:heather@edgemont.ab.ca">heather@edgemont.ab.ca</a>
Cst. Dennis Smithson 4788	Community Resource Officer <a href="mailto:DSmithson@calgarypolice.ca">DSmithson@calgarypolice.ca</a>
MacKenna Posey	Newsletter Submissions and Communications Coordinator <a href="mailto:mackenna@edgemont.ab.ca">mackenna@edgemont.ab.ca</a>
Lori Holford	Edgemont Elementary
Genie Han	Tom Baines School Rep <a href="mailto:genieh1@educbe.ca">genieh1@educbe.ca</a>
Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator <a href="mailto:rink@edgemont.ab.ca">rink@edgemont.ab.ca</a>
Disc Golf	<a href="mailto:discgolf@edgemont.ab.ca">discgolf@edgemont.ab.ca</a>
ELM	<a href="mailto:askELM@edgemont.ab.ca">askELM@edgemont.ab.ca</a>

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- The Board Room: Capacity 20**

## For more information call 403-239-1211



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A lot of good news to report on this month! Naturally, we are all thrilled to see some weather that is more normal for this time of year. It certainly was an improvement over last year when the first day of planting of annuals in the community required Foothills staff to wear toques whereas subsequent planting days

saw soaring temperatures. Hopefully the weather this year will give our annuals the right environment to recover from the shock of being transplanted! At this point, many planters have been populated and planting of the flower beds is in full swing! Sadly, some people have already helped themselves to flowers from the planters and we truly rely on the help of Edgemont residents to prevent pilferage of the flowers that are for the entire community to look at and enjoy. Please take pictures of people who are assuming that they can dig up our community flowers. We do need your help and are asking you to email [askElm@edgemont.ab.ca](mailto:askElm@edgemont.ab.ca) should you see anyone removing flowers. It's time to stop people from stealing our plants!

Planting of our annuals was the first good news item! In addition, the EDG119 flower bed on the corner of Edgebrook Boulevard and Edgeridge View was reshaped in May and is now ready for a pop of colour in the form of annual flowers!

The next bit of news is what communities like ours are all about: a group of volunteers from Tom Baines Junior High School will help weed the natural hillside area near the Edgemont Community Association at the end of June. This is the area that we are planning to replant in the fall with native plants and grasses in collaboration with the City of Calgary. Representatives of the City of Calgary will be present to supervise and guide the student volunteer event and they will be providing tools, gloves, and so on. We are very grateful for the help of the students and the City of Calgary. Should you be able to help keep this area weed free until we are ready to plant in the fall, please contact our ELM coordinator, Shari Pitka at [askElm@edgemont.ab.ca](mailto: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*

#### Cleaning Services

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- Dish Rags

#### Mat Rentals

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Summer: July - Sept 

# northsidesoccer.ca

# 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](http://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

#### Pick Up

\*No Good Food Box in July

August 5

August 14

September 2

September 11

September 23

October 2

October 21

October 30

November 18

November 27

Order link:

[edgemont.getcommunal.com/parent\\_programs](http://edgemont.getcommunal.com/parent_programs).

Email [GFB@edgemont.ab.ca](mailto: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](mailto: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](mailto:edusarc@gmail.com).

### Kaleidoscope Kids

Preschool for ages 3 to 4 years. Monday to Friday.

Contact 403-547-1020, or visit

[www.kaleidoscopekidspreschool.com](http://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](mailto: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](http://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/](http://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](http://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](mailto:aitech201905@gmail.com) | [abaitec.org](http://abaitec.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/](http://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](mailto: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](http://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](mailto: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](mailto:h.palmer@shaw.ca) or visit [www.rgcalgary.ca](http://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](http://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](mailto:info@starsathletics.ca).

### **Suzuki Baby**

Music classes for ages 0 to 2. Visit [www.suzukibaby.ca/](http://www.suzukibaby.ca/).

### **Thunder Basketball**

Tykes to U18  
[www.thunderbasketball.ca](http://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](mailto:info@seiwakai.ca) or call 403-560-4508. Visit [www.seiwakai.ca](http://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](mailto: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](mailto:koalateaconversations@gmail.com).

## **Adults and Seniors**

### **Gentle Yoga**

In-person yoga on Thursdays. To register, email [savannah.nocera@gmail.com](mailto: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](http://www.secondsixties.ca) for more information.

### **Speakers' Edge Toastmasters**

Meets Saturdays.  
Contact [speakersedgetoastmasters@gmail.com](mailto: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](mailto:cstq1@gmail.com).

### **Cricket Friends XI Adult Cricket Team**

Contact [anadeemus@yahoo.com](mailto: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](mailto: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 info

## 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](http://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](mailto: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](http://www.edgemont.ab.ca) for more information.

### Weekly Farm Stand

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

### Monthly Food Trucks

July 25, 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

## 2024 Summer Camps at ECA

### Mr. D's Awesome Summer Teen Drama Camp

Let's take off to The Wizarding World of Edgemont this summer. We plan to release The Prisoner of Azkaban. Get "Sorted", star in Friday's blockbuster production for family and friends. We will play "House Cup Survivor" with awesome new drama games, Quidditch challenges and prizes for everyone. Camp T-shirts, an all-house talent shows with Death Star Donuts, summer comic book day and Mr. D's awesome cooking show and more surprises are all on the menu. Your favourite camp counsellors are back too.

Grade 6 to 12 | July 1 to 5 | 9:00 am to 3:00 pm | \$265

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

Sold out!

### Little Medical School

• Little Doctor School Summer Camp: Calling All Future Doctors

Ages 6 to 11 | July 8 to 12 | 9:00 am to 4:00 pm

• Little Medical School Summer Camp: Wilderness Medicine and Sports Medicine

Ages 6 to 11 | July 29 to August 2 | 9:00 am to 4:00 pm

Register at [www.littlemedicalschoo.com/calgary](http://www.littlemedicalschoo.com/calgary)  
| [calgary@littlemedicalschoo.com](mailto:calgary@littlemedicalschoo.com) | 403-755-2151

| Check our Facebook page: [www.facebook.com/littlemedicalschoocalgary](http://www.facebook.com/littlemedicalschoocalgary).

### 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](mailto: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.



UNIVERSITY OF  
CALGARY

## At-Risk for Mental Illness Research Program

*Seeking participants for youth mental health studies*

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- 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](mailto:naps@ucalgary.ca)

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

## Polyglots Summer Camp

Join us for a fulfilling learning experience this summer with our imaginary adventures and learn French or Spanish. No previous language experience required. Full of fun activities, games, arts and crafts, and language learning.

July 22 to 26: Tell me a Story | July 29 to August 2: Beyond our World.

For kids ages 5 to 10

Half Day \$160 and Full Day \$315

Pre- or post-care from 8:30 am to 4:30 pm for an additional \$25 per week.

Contact [Polyglots.ca/immersion\\_camps/](http://Polyglots.ca/immersion_camps/).

Email: [contact@polyglots.ca](mailto:contact@polyglots.ca).

Telephone: 587-287-8979.

## ABAITC Coding Summer Camps

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

First Session: July 8, 9, 10, 11, 12, 15, 16, 17, 18, 19

Second Session: 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](mailto:aitech201905@gmail.com).

## Calgary Fit-to-Fly Summer Camp

Put on by Alberta Ski Jumping and Nordic Combined Association.

- July 8 to 12
- July 15 to 19
- July 22 to 26
- July 29 to August 2
- August 12 to 16
- August 19 to 23
- August 26 to 30

Located at the Edgemont Community Association in Calgary, the camp runs weekly from 9:00 am to 4:00 pm, Monday through Friday, with early drop-off available. For just \$298 per week, campers will learn from experienced coaches in a supportive and inclusive environment, enhancing skills in strength, agility, and teamwork.

To register visit [asjnc.uplifterinc.com/registration/](http://asjnc.uplifterinc.com/registration/).

For more information, please contact [dedwards@skijumpingcanada.com](mailto:dedwards@skijumpingcanada.com).

## Calgary Stars Camp


July 29 to August 2 | 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.

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

# ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish's brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!



## SCAN HERE TO VIEW ADDITIONAL EDMONTON CONTENT

<b>News, Events, &amp; More</b> 	<b>Crime Statistics</b> 	<b>Real Estate Statistics</b> 
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# A Message from Your Volunteer Coordinators

Hi Edgemont Volunteers!

Here's the update...

## Mother's Day Tea

The ECA team extends our deepest thanks to the entire volunteer team. We greatly appreciate the time, effort, and talent you contributed to make our Mother's Day Tea event unforgettable.

## Disc Golf Tournament

A big shout-out to each and every volunteer who dedicated their time and effort to our first Edgemont Disc Golf Tournament. Thank you for making it a success!

## Nordic Rodeo and Stampede Breakfast

Huge thanks to every volunteer who participated in our summer Nordic Rodeo and Stampede Breakfast!

## Casino Volunteers

Our upcoming casino fundraising event will be held at Elbow River Casino on October 31 and November 1. This is our biggest fundraiser of the year, with anticipated earnings of \$70,000 which is 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](mailto:casino@edgemont.ab.ca).

## Wednesday Breakfast Club

We continue to help children in our neighbourhood on Wednesday mornings before they head off to school.

## Summer Lunch Club

We are once again assisting children in our neighbourhood in July and August. Email us if you can help occasionally.

## Good Food Boxes

Distribution and delivery volunteers are essential in keeping fruits and veggies flowing out of our ECA kitchen.

## Food Trucks and Volunteer List

There are ongoing volunteering opportunities with the food trucks on the last Thursdays during summer, as well as other 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](mailto:volunteers@edgemont.ab.ca)



## ECA Disc Golf Tournament Results



After many days of rain, the clouds parted, and we had our first free ECA Open Disc Golf Tournament on May 25. Prizes for champions and door prizes were provided by Butterfield Acres Farm, Flying Squirrel North, Don's Hobby Shop/Disc Golf, and the ECA.

We had 35 participants, and the weather was sunny and relatively calm. We got in the event before raindrops started to fall. A good time was had by all, and snacks and water were handed out.

The winners were: U9 - Joseph DeMong; U15 - John Paul DeMong; U18 - Max Abad; and Adult - Evan Lawrence.

Thank you to Connie Bouchier for seeking out door prizes and helping to organize the event. We had nine volunteers from the community. It was so much fun; we hope to do it again next year and make it an annual spring event for the community.

*Rick Wierzbicki*

## Minority Mental Health Awareness

by Ameera Punja, a volunteer with the Edgemont Youth Press

What is mental health? Mental health is a part of your overall health, but mental health encompasses emotional, psychological, and social wellbeing, influencing cognition, perception, and behaviour. One in every five adults in the US experiences a mental health condition within their lifetime and one in every five children ages 13 to 18 have or will have a serious mental health condition. While awareness around the topic and education of mental health has grown dramatically over the past few years, many still find themselves stuck in situations revolving around mental wellbeing, unsure of what to do, afraid of speaking out due to prominent stigma that still exist. This stigma can especially be found within minority communities still struggling to speak on the very real and true difficulties of taking care of one's mental wellbeing.

Many of us might be thinking after hearing this shocking statistic, does mental health also affect people within my community? Yes! It absolutely does, everyone has their own journey when it comes to mental wellbeing, even you! Mental health affects everyone regardless of culture, race, ethnicity, gender, and sexual orientation, anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. Some issues that create roadblocks within advocating for minority mental health treatment include:

- Less convenient access to treatment.
- Racism, bias, homophobia or discrimination in treatment settings.
- Higher levels of stigma within community.
- Language barriers.
- Culturally insensitive health care system.
- Poorer quality of care.
- Less likely to receive treatment.

While this list feels very disheartening, it's important to know that it is possible to fight this stigma and also possible to fight unfair systemic inequality and help make the discussion of mental health one that involves everyone! Some ways to help make this discussion

more open include understanding the full spectrum of how mental health works, being an active listener and advocate for minorities within your communities, encouraging community and faith-based leaders to discuss mental health issues to help reduce stigma, understanding and being able to identify symptoms and triggers of depression and anxiety such as continuous low mood and sadness, constant worry and discomfort, family history with depression and anxiety, stress and loneliness. This understanding can help encourage open conversation within our communities regarding the importance of mental health.





## 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!

# FOOD TRUCKS

@ ECA



MONTHLY MAY TO SEPTEMBER  
5:00 PM – 8:00 PM  
JULY 25, AUGUST 28, SEPTEMBER 26

There are a variety of trucks + a portion of sales goes to the ECA

📍 33 EDGEVALLEY CIR NW

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

# 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



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

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

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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/RENOVATIONS AND HANDYMAN SERVICES:** Drywall, taping, texturing, painting, tile work, t-bar ceilings, flooring, plumbing, water line breaks, flood and fire restoration, mold remediation, electrical and more. 40+ years of experience. Licensed, insured, carry W.C.B. B.B.B. accredited A+ rating. Check out my website at www.egkcontracting.com or call Erich at 403-606-2493.

**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.

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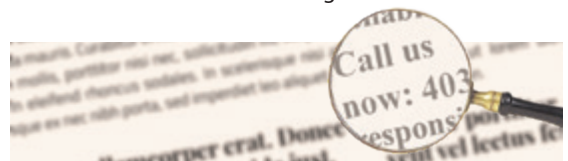
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