

JUNE 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca



**NORDIC RODEO AND
STAMPEDE BREAKFAST
JUNE 22 AT ECA**



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EDGEMONT COMMUNITY ASSOCIATION

NORDIC RODEO

+ Stampede Breakfast
June 22nd

Featuring

MINI SKI JUMPS | **LASER BIATHLON**

STAMPEDE PANCAKE BREAKFAST FROM 9AM TO 11AM
ACTIVITIES 10AM TO 4PM

STAMPEDE BREAKFAST: FREE - MUST REGISTER FOR BREAKFAST
NORDIC RODEO WITH CALGARY NORDIC ALLIANCE
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President's Message



By the time this issue of *Inside Edgemont* appears in your mailbox, the ELM committee will have been busy planting greenery and flowers in our pots and flower beds. It always makes me smile when I pull into Edgemont and am welcomed by that burst of colour. For the past few years, ELM has been working with Foothills Landscaping and we have been very pleased with the results. Prior to Foothills, Able Landscaping supported these efforts. Although our requirements changed which prompted a change in vendors, friendships were formed with Able and its staff. ELM was saddened to hear that Wayne Thomas, the owner of Able has recently passed away. Our thoughts go out to his family and friends.

Residents have been in their yards enjoying the sunshine. People got an early start to lawn care that was interrupted by the snow in early May. With respect to grass mowing, please be aware that if your property is adjacent to city property, there are restrictions on how far past your property line you can cut grass. Natural areas, in particular, don't like to be mowed! Mowing diminishes the health and integrity of natural areas and reduces their ability to provide benefits like some water storage and filtration, carbon sequestration, and pollinator habitat. Know where your property line is. For more information on natural areas and how they are maintained, visit the City of Calgary website, or call 3-1-1.

May was a busy month at the Edgemont Community Centre. Thanks to all the volunteers who supported our Mother's Day Tea and the Disc Golf Tournament. Thanks to the companies and individuals who provided items for door prizes. I'd like to particularly thank the vendors from our Spring Craft Market who donated items.

The centre hosted our Annual General Meeting where we reviewed the activities of 2023, shared the audited financial statements, and elected a new Board of Directors. At the time of writing this article, the Board list hasn't been compiled so watch for the July issue where the Directors will be identified.

Our centre is well used for summer camps. Check out the ECA website for a list and registration information.

We are pleased to see the rentals of our meeting rooms expand. Many brides pick the Panorama Room to host a ceremony and families use the centre for birthday parties, anniversaries, and celebrations of life. Our staff are happy to help you choose a suitable room for your event. We offer reasonable rental rates and several amenities to add on if you choose.

Looking forward, we will be hosting our Stampede Breakfast, Nordic Rodeo, and Citizenship Ceremony on June 22. Although the event is free, please register so we can anticipate how many pancakes our volunteers will be flipping that morning. Our thanks to the City of Calgary for funding to support this program. Watch for additional Stampede related events coming in July!

Speaking of funding, a look at the ECA financial statements quickly reveals that membership fees alone would not sustain our association. Without the funding support from the City of Calgary, the Province of Alberta, the Government of Canada, Alberta Liquor, Gaming and Cannabis, the Calgary Parks Foundation and other agencies and individuals, we would not be able to offer the types of programs that we do. A thank you goes out to those who invest in our community. Your membership dues are an investment too and an indication of the level of support ECA has to continue its work. We use those funds to leverage grants and we continue to look for new members. If you are not a member already, consider it. You can join online. It couldn't be easier!

Pamela Wilson

President



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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

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Spring Break Girl Guide trip to Vancouver Island

Eight Pathfinders/Rangers and three Guiders went to Vancouver Island on March Spring break.

We left Calgary on March 23, 2024, flew to Victoria, rented two vehicles, and drove to Tofino. We stopped along the way to view a few sights and stayed in Tofino at the Tofino Hostel/Hi Whalers on the Wharf.

Day 2 – We went Grey Whale watching (with Remote Passages) and saw cormorants, eagles, seals, many other birds, sea otters, and Grey Whales, including a mama and her calf. The mama whale was teaching the calf how to spy hop, something the guide hadn't seen a grey whale do before! After going to Ucluelet for lunch, we stopped at the Ucluelet Aquarium (a small catch and release aquarium).

Day 3 – We went to Meares Island Boardwalk and Wickaninnish Beach to beach comb.

Day 4 – We drove back to Parksville, stopping at Horne Lake Caves to go caving, then met a Pathfinder/Trex unit for dinner!

Day 5 – We met up again with the island unit to go to the North Island Recovery Centre. The resident animals are wild animals who can't be released back into the wild. There are owls, eagles, peregrine falcons, wild turkeys, pigeons, and ravens. There are also four white ravens! After our visit, our group shopped a bit, went into a few art galleries, then returned to the hotel to use the pool. We had a lovely dinner at a restaurant facing the ocean.

Day 6 – Everyone packed up, then stopped at Pipers Lagoon Park in Nanaimo to see some more amazing views! That evening, we hopped on the plane to come home!

All the participants had a great time on the trip! We made some amazing memories, and great connections!





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 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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Jeff Coombes	Director jeff@edgemont.ab.ca

EDGEMONT VOLUNTEERS

Jeff Edwards	volunteers@edgemont.ab.ca
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Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
Disc Golf	discgolf@edgemont.ab.ca
ELM	askELM@edgemont.ab.ca

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 - Mountain view
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- The Board Room: Capacity 20**

For more information call 403-239-1211

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Summer: July - Sept

northsidesoccer.ca



Compared to the beginning of April, this month hasn't exactly started off with spring weather! On a positive note, below the snow, the grass looks pretty green and at least we are getting some much-needed moisture! Let's hope that we will have a balanced mix of rain and sunshine this summer!

In the meantime, Edenscapes has removed the winter displays, and we were even able to donate some of the small spruce trees that were placed in some of the rectangular planters as an experiment this past winter. We were very pleased with the different types of winter displays that Edenscapes created for us this year.

If all goes according to plan, Foothills Landscaping will have started to populate the planters and flower beds with our summer selection of plants when the paper copy of the newsletter is delivered into your mailbox! Flowers this year will include rudbeckia, cosmos, salvia, dianthus, snapdragon, dusty miller, chrysanthemum, variegated vinca vines and various types of marigolds, geraniums, and petunias! Something to immensely look forward to! Prior to getting the annuals in the ground, our ELM coordinator together with Foothills will find spots for the perennials donated by our residents! Just a reminder that all flowers in planters and flower beds are for all residents to admire and enjoy; however, under no circumstances can they be removed! We are asking for your help in reporting any infractions to askElm@edgemont.ab.ca and please take pictures should you see anyone removing flowers.

Further to our naturalization pilot project mentioned in the previous newsletter, if you can volunteer any time this summer to help clear the pilot area on the corner of Edgevalley Drive and Edgemont Boulevard near the wooden stairs, please contact our ELM coordinator, Shari Pitka, via email at askElm@edgemont.ab.ca.

On the subject of volunteering, there is a high likelihood of a drought in Calgary this summer and the city does not water established trees even if there are no water

restrictions. Neither is this an ELM responsibility. However, if there are city owned established trees near your house, you may want to adopt a tree for the summer and wander over with a watering can now and then assuming it is safe for you to do so. Newly planted trees are watered by the city for the first five years and typically have some kind of ribbon attached to their trunk.

Pocket gophers love the abundance of sunny slopes with short grass in Edgemont! Last year, we spent a considerable amount of money to discourage them from setting up shop in areas like the disc golf course. Unfortunately, these creatures don't give up easily and they will just pop up nearby. In consultation with the city, we are planning to spend less money on fighting them. We have asked the city to post signs in affected areas that there are pocket gophers around making a bit of a mess of the terrain. Please be warned that the ground may be uneven in places around Edgemont green spaces.

More news: our ELM coordinator and the Foothills consultant have redesigned the flower bed on the corner of Edgebrook Boulevard and Edgeridge View NW (near the parking lot in that area). However, the city will first have to review and approve the new design. Hopefully, the approval will still come in time for us to make some changes this summer. Stay tuned!

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



UNIVERSITY OF
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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

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

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.

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

June 3

*No Good Food Box in July

August 5

September 2

September 23

October 21

November 18

Pick Up

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.

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

To register for programs, call 403-239-1211

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.

Nordic Rodeo and Stampede Breakfast

June 22 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 | calgary@littlemedicalschoo.com | 403-755-2151

| Check our Facebook page: www.facebook.com/littlemedicalschoocalgary.

Good Times Multisport Camp

Come try a variety of sports - soccer, BASE-sports, kickball, handball, ultimate frisbee, and more! Kids will be on a team, try new sports, develop skills, and increase their sports IQ, while building confidence and the ability to work with a team! All skill levels are welcome. Camp t-shirt, and a personalized award for every kid!

Ages 5 to 12 | July 15 to 19 | 9:00 am to 4:00 pm | \$375 per week

Ages 5 to 12 | August 22 to 26 | 9:00 am to 4:00 pm | \$375 per week

To register visit goodtimesmultisport.ca.

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



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- Can install and repair AC and heat pump systems.
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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.

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/.

Email: 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.

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/. For more information, please contact 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!

**SCAN HERE TO VIEW ADDITIONAL
EDGEMONT CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



An Annual Report from Your Volunteer Coordinators

- Jeff Edwards and Tina Chen

2023-2024 has been a great year for volunteerism in our neighbourhood!

Nordic Rodeo – Our first June ski jumping event at the ECA! Thanks goes out to Barb Elms, who coordinated this event, and to the volunteers.

Lego Mania Competition – This recent event was a hit! Thanks to community volunteers and the event leaders.

Frost Fest – We were fortunate to have wonderful weather for the event. Thank you to the event leaders and the volunteers from Churchill Volunteer Club.

Casino Volunteers – A large number of Edgemont Volunteers took weekend shifts in our largest fundraiser for community programs and facilities. Special thanks to all volunteers, team captain Elaine Scobie, and the new leaders Cari Middleton and Marty Evans.

Good Food Boxes – Many are involved in managing the pickups at the ECA and deliveries of fresh fruits and vegetables from Community Kitchen Calgary. Thanks again to Jan Brigden who coordinates this.

Breakfast Club – Returned to Wednesday mornings. Many volunteers prepare bagged breakfasts to feed children in need. Thanks to all shoppers, preppers, deliverers, and the donating organizations. It will continue again through the summer as Lunch Club with volunteers from Westminster.

Christmas Hampers – Sorting, packing, wrapping, and delivery – more than 75 volunteers helped prepare hampers for more than a dozen local families! Special thanks to coordinator Deirdre Harris again.

Snow Angels – Wonderful volunteers again shovelled walks for several neighbours this winter. Many senior clients received shovelling help from more than a dozen volunteers.

Ice Rink – Volunteers repaired, flooded, and cleared the rink this winter under the coordination of Rick Wierzbicki.

Winter Olympics – Volunteers again made a multi-station event a great time on a cold day at the rinks.

Spring Market – This year's craft fair was helped out by Churchill Volunteer Club volunteers and our great staff.

Thursday Food Trucks – Volunteers ensured smooth operations on the last Thursday of each month during the summer, assisting a delightful experience for the community.

Mother's Day Tea – Edgemont Volunteers and Churchill Volunteer Club volunteers were dressed up to serve at this heartwarming event.

ECA Cleanup the Ravine – Thanks to Tom Baines Volunteers, our community volunteers, and U of C's Exploring Communities for their support in this event.

Youth Press – Teens continued to contribute articles for the *Inside Edge*, showcasing their talent and dedication.

ELM – Volunteers managed landscaping efforts and reported 3-1-1 concerns, contributing to the beautification of our neighbourhood.

Sports, Arts, Boys/Girls' Clubs, and Cultural Activities – Volunteers continued to play a crucial role in these areas, enriching the lives of our community residents.

Edgemont Networking Group – This group continued their multi-faceted work in many areas. Thanks team!

ECA Board of Directors – The ECA Board of Directors are all volunteers with many significant administrative roles.

Thank you again Edgemont volunteers! You have indeed been loving your neighbours.

Questions or comments are welcome to volunteers@edgemont.ab.ca.

Jeff Edwards and Tina Chen

Edgemont Volunteer Coordinators





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NATIONAL INDIGENOUS HISTORY MONTH

by Sofia N, a volunteer with the Edgemont Youth Press

Throughout the month of June, individuals from all across Canada come together to commemorate National Indigenous History Month. During this time, citizens are asked to take some time to educate themselves on the rich and unique culture, history, and stories of the Indigenous people whose land we live on. Additionally, National Indigenous History Month is a time to reflect on the past injustices and hardships that Indigenous people have faced and make an individual commitment to furthering truth and reconciliation in our country. I know that for me personally, being a ninth-grade student, I am learning more and more everyday about the atrocities which Indigenous people in Canada have faced throughout history. All of these events - from the beginning of the colonization of Canada by European colonizers to the creation of residential schools to the discovery of hundreds of unmarked graves at former residential school sites - are heinous. Learning about these tragic events and gaining a stronger understanding of everything that Indigenous people have gone through has shown me just how crucial truth and reconciliation really is and has motivated me to take action through my school and other community platforms to stand up for what I believe in.

As a country, we need to be committed to creating safe and accepting places for all, but that takes work from each and every single one of us. To this day, we see too many injustices being committed against Indigenous people. Currently, Indigenous women represent 10% of the total population of missing women in Canada. This just goes to show the excruciating amount of prejudice that still exists. We must work to put an end to this bias. Some ways to do this include reading the Truth and Reconciliation Commission's 94 Calls

to Action and learning how you can help to achieve them and educating yourself on Indigenous history and the residential school system through credible articles, books available in public libraries, and other resources. Each of us can also take steps toward fully acknowledging, respecting, and understanding the territory on which we live. Let us come together to help right the past wrongs of this country and ensure that no individual ever has to go through the same kind of pain and injustice that Indigenous people have faced in the past and continue to face today.



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