

MARCH 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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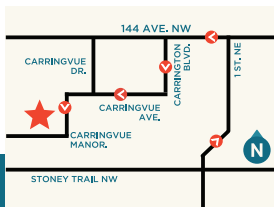
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President's Message



The hours of daylight are noticeably longer and we're bracing ourselves for springing forward on March 10. Personally, I wish we could pick a time model and stick with it. Moving forward and backward makes me cranky! Several places in the world (Saskatchewan, Hawaii, etc.) have mastered it and seem well adjusted. Why not Alberta? Okay...enough of that!

Before I highlight what ECA is involved with in March, I would like to thank Tina and her team of volunteers who worked on Frost Fest. It's always a challenge. The weather is sometimes too cold and sometimes too warm. We always hope for "just right."

Lego Mania will be hosted at the community centre on March 9. Entry is by donation with those funds raised going to support Breakfast Club. Breakfast Club supports providing nutritious breakfast to families in our community that experience food insecurity. It's a very important program that supports setting up children for educational success. It's hard to concentrate on learning when your tummy is hungry. We've found that donations to our social programs like Breakfast Club and Christmas Hampers have dwindled somewhat and we need to increase our efforts to raise new funds. Come and participate in a fun day and support our community in the process. If you want to make a donation to our programs, contact Barb at barb@edgemont.ab.ca to make those arrangements.

Spring Market is happening on April 27 from 10:00 am to 3:00 pm. Want a table? Contact the ECA Office at 403-239-1211 or email office@edgemont.ab.ca. Markets are always a fun time and it's interesting to see what craftsmen and artisans are creating.

Have you been paying attention to the City's rezoning efforts. ECA has. Both Tina and Jeff are involved in the online information session. The City posts information online. Visit <https://engage.calgary.ca/rezoningforhousing> to stay up to date.

The Farm Stand Project will be back. The opening date has not been confirmed so watch the ECA website as the plans evolve. Residents have supported this effort and seem to appreciate the fresh produce that's offered.

A reminder that the ECA is recruiting for the Board. Our AGM is coming in May and there will be Director positions available. We've had a few people join our Board meetings as guests to get a sense of how we operate and the goals we are working toward. If that is something that interests you, please get in touch with me at president@edgemont.ab.ca or reach out to Rick at rick@edgemont.ab.ca for nomination forms. Directorships are two-year terms.

March is the month that may come in like a lion and go out like a lamb. Let's see what happens.

Pamela Wilson

President



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- 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)

Submissions to
Inside Edge due
 on the first of
 every month

VOLUNTEER BOARD OF DIRECTORS

Pamela Wilson	President president@edgemont.ab.ca
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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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

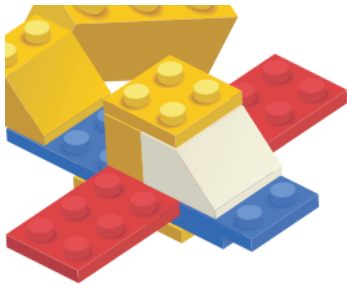
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SCAN HERE TO VIEW ADDITIONAL EDGEMONT CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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PRESENTS

LEGO MANIA COMPETITION

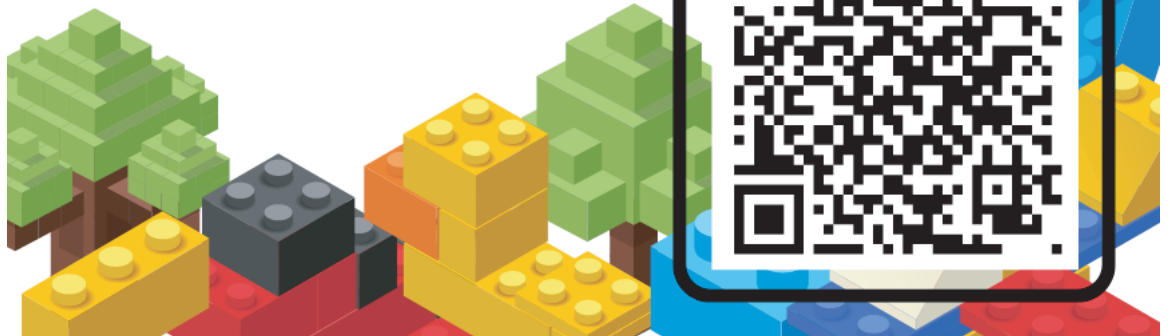
Public viewing, live builds, + prizes!

MARCH 9, 12-3



Spectators welcome!
Entry by donation

SCAN ME





Here we are at the end of January and the winter displays are still looking great despite the huge fluctuations in temperature this past month. So far so good, at least we think so. However, your feedback via email at askElm@edgemont.ab.ca will be very much appreciated.

At this point, there is not a lot of news to report on some of our potential projects (e.g. the naturalization pilot), as we are still waiting for updates from the city etc. However, by the time the March newsletter is dropping into your mailbox, at least the flowers for the 2024 season will be on order!

Right around the time the March newsletter arrives, you may be starting your seeds indoors to get a head start on spring! Some of the nurseries around Calgary publish free articles on their websites about all aspects of gardening in our city. In addition, you can browse the city of Calgary's or the Calgary Horticultural Society's website for articles on gardening in Calgary.

Just a final reminder to please contact us as soon as possible if you would like to donate any perennials to the community in the spring so our ELM coordinator, Shari Pitka, can take your donation into account when planning flower bed layouts. Please note that the perennials need to be removed by residents themselves. If you would like to donate, please send an email to askElm@edgemont.ab.ca.

More reminders as we are getting ready for planting season! As in previous years, the city will offer the free Green Cart compost giveaway starting in April. As of February 1, 2024, the webpage pertaining to this program has not been updated with dates for 2024. If you are interested in the free compost, just continue to check for updates as you have to book an appointment through the city website if you would like to take advantage of this. Since this is a very popular program, check the city website regularly and book as soon as possible. Here is the link: <https://www.calgary.ca/waste/residential/green-cart-compost-giveaway.html>.



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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goodtimesmultisport.ca

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ECA EVENTS & PROGRAMMING

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

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

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

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 AI-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.

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

Free Ballroom Dance Classes

Professionally taught Ballroom Dance for Kids with showcases - all free for kids 8 to 12, twice a week. Please register and take advantage of this opportunity! Email inspire.dancestudioyc@gmail.com or call 587-839-3575 for more information.

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.

continued on next page

To register for programs, call 403-239-1211

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 403-20-3988 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 nwchurch.ca.

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

LEGO Mania Competition

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

Spring Market and Perennial Exchange

April 27, 10:00 am to 3:00 pm at ECA.



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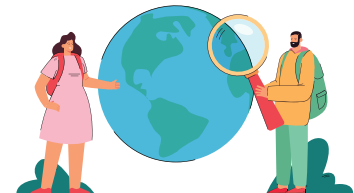


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GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



SCAN THE QR CODE FOR THE ANSWERS!

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

It's time! The Jedi Return to the Edgemont community centre. With all new games, prop building, magic, and fun you do not want to miss out. It's a week of awesome Jedi Challenges, lightsabre battles, Bounty Hunter games with special guests, comics, and dramatic good times. Our stage play will be off the charts with lights, sound and you, the star! We'll have our own sci-fi convention. Don't miss the movie day, death star donuts, awesome camp t-shirts and your friendly neighbourhood Stormtrooper.

Ages 8 to 15 | July 8 to 12 | 9:00 am to 3:00 pm | \$265

Mr. D's Camp registration starts April 1.

Register early at edgemont.getcommunal.com as this camp sells out fast.

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.littlemedicalschool.com/calgary
| calgary@littlemedicalschool.com | 403-755-2151
| Check our Facebook page: www.facebook.com/littlemedicalschoolcalgary.

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 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@closer-to-home.com.

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.

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!

A Message from Your Volunteer Coordinators

Hello Edgemont,

Tina Chen and I (Jeff) are successfully sharing the role as Volunteer Coordinators for Edgemont. It's going great and you can feel free to contact either of us about anything.

Here's the latest on volunteering...

Edgemont Rinks – Thanks to you all for another great season. Great cleaning, fixing, and flooding!

Snow Angels – Shovelers, your neighbours thank you again for keeping sidewalks clear for another winter!

Wednesday Breakfast Club – We continue to help children out in our neighbourhood Wednesday mornings before they head off to school. Email us if you would like to donate.

Good Food Boxes – Distribution and delivery volunteers keep fruits and veggies flowing out of our ECA kitchen.

ECA Board – Are you interested in helping direct all the great things that happen in our community? This is a great team to join.

Casino – We need a casino coordinator who will help recruit volunteers for our ECA fundraiser in Q4 2024. There are existing veterans to show the way and volunteer lists to reach out to. Contact us for more information.

Other – There's ongoing volunteering with social events, the Edgemont Networking Group, Youth Press, ELM team, and other ECA programs. Email with inquiries.

Edgemont Volunteers Email List – If you want to hear about other opportunities and events email us to get on the list.

Loving our neighbours in Edgemont,

Jeff Edwards and Tina Chen

volunteers@edgemont.ab.ca



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!



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northsidesoccer.ca

Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using
#postyourpurple




epilepsy
association
OF CALGARY

MARCH 26
Purple Day

epilepsycalgary.com

The Rise of Culturalism

by Genie H, a volunteer with the Edgemont Youth Press



Have you ever considered what makes you, you? For many, the answer would vary depending on particular viewpoints. Scientifically, it would be

your atoms and DNA sequence. Psychologically, your past experiences, childhood memories, and interactions form crucial components of you as an individual. What role exactly does culture play in distinguishing the unique differences between people? Or is it even a differentiator? A culture does not consist of solely one person - rather it is shared among a great group of people. Would it be fair to say then, that culture is merely a representation of collective identity? These are all questions that continue to be explored upon in our quest for finding identity.

Culturalism is a culture-centric ideology, and we are beginning to see a rise in the trend of appreciation for differing cultures. Some would argue that it is easier now more than ever to get involved in your culture and realize this aspect of your identity due to increased awareness. On February 9 and 10, for example, the Annual Ethnik Festival of Arts and Culture took a key part in celebrating Black History Month (February) and Zero Discrimination Day (March 1). As we approach the International Day of Happiness (March 20), it would be empowering to see heightened curiosity in becoming a more accepting community, embracing all cultures and identities.

It is inspiring to witness how, on many fronts, people from diverse backgrounds are emerging into various fields. In the performing arts, there evidently has been a rise in the sharing of more traditional works - one's audience members would not otherwise have actively sought out. Certain forms of historical styles, such as dancing, have been making recent reappearances. For instance, Uganisha dancing (meaning 'connection' in Swahili) has been gaining more attention through performances, promoting the universal language of dance. This upward spiral of culture-based events introduces people to cultures they are less acquainted with, especially kids of younger ages.

Additionally, we are seeing historical styles being integrated into more modern programs, leading to artistic evolution. The Calgary Youth Orchestra performed a concert revolving around Black composers. We see communities incorporating diversity in their programs, deepening people's appreciation for contrasting cultures. Stimulating a newfound spark in people to learn more about others within their community, incorporating culture in the arts is a wonderful way to share and celebrate history.

Ultimately, the crucial component to getting to know both yourself and others is the ability to do so through the building of healthy human connections. These connections stem from having an open mindset towards things you are unfamiliar with, and we should all be encouraged to respect differences amongst ourselves. Take a moment to consider how lucky we truly are to be able to call such a diverse and vibrant place home. We have the privilege of interacting with and learning more about so many other cultures, developing new relationships, and broadening our individual worldviews.

Edgemont Spring Market + Perennial Exchange

April 27th, 2024
from 10am to 3pm
at the ECA
33 Edgevalley Cir NW

Crafts • Jewellery • Clothing
Fine Art • Housewares
Sweet Treats • & Much More

Entry by donation
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Girl Guides

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AURORA SKY DISTRICT

The 110th Calgary Guide unit in Aurora Sky district has been having a great year! We have a large unit with 24 guides, four Guiders, and many parent volunteers. We still have a large waitlist for our unit and need more adult volunteer Guiders to open another Guide unit. If you are interested in getting involved in Guiding, please contact our District Commissioners: any-calgaryaurorasky@girlguides.ca.

The 110th Guides got out camping early in the year with a tenting camp at Camp Jubilee in Cochrane at the end of September. We were lucky with a beautiful, sunny, warm weekend. It was the first time sleeping in a tent for many of the guides and they all did great! Overnight events are popular with this group, so we have a sleepover planned at Heritage Park and another weekend camping in tents in May.

The eleven first year guides were enrolled into our unit during a ceremony in November. For some of our other highlights, the Guides have enjoyed an after dark night hike at Big Hill Springs Provincial Park, a high school musical theatre performance, a public library scavenger hunt, and a Taylor Swift party. Our upcoming plans include some STEM (science, technology, engineering, math) activities using Let's Talk Science Canada programming, as well as some service projects. The unit will choose a service project to work on as a group and third year guides will organize a service project if they are working towards the Lady Baden Powell award. Our third-year guide is organizing the preparation of scent hearts for babies in the NICU.

We sold out of the 100 cases of mint Girl Guide cookies we ordered in the fall. Thank you to the many community members who support Guiding by buying our cookies!



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