

NOVEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca



**WINTER MARKET
NOVEMBER 16 AT ECA**



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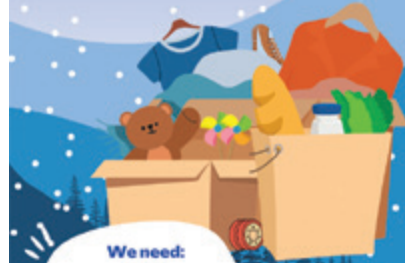
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HOLIDAY HAMPERS



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President's Message



November 11 is Remembrance Day. It is the day we give special acknowledgement to the soldiers who made it their calling to fight for the freedom that Canadians enjoy. There are several ceremonies throughout the city, one of which will be held at the Field of Crosses on Memorial Drive. The display of crosses, each emblazoned with the name of a veteran, is a very tangible reminder of those who made the ultimate sacrifice. Buy a poppy. Wear a poppy. Remember. Thank a veteran.

As you may recall, I introduced the concept of community asset mapping in October. The group has held its first walk around Edgemont and is planning more. The mapping initiative will extend over the next several months with the goal of uncovering neighbourhood strengths, getting to know each other better, and working together to make our community even stronger. You can get involved as a volunteer on our organizing committee, help identify neighbourhood gems through upcoming block walks, create your own mini map reflecting the favourite parts of your neighbourhood, or help build larger interactive maps that bring together the insights we'll gather. Want to learn more? Contact Joey Nowak (joanne@edgemont.ab.ca).

November seems to be the launching point of arts and crafts markets and in Edgemont, it's no exception. Our Winter Market will be held on November 16 from 10:00 am to 3:00 pm at the community centre. Admission is free for attendees with the hope that you will bring a donation to the Calgary Food Bank. More information is posted on the ECA website.

The ELM committee has plans in place for our winter displays to go in the plant pots around the neighbourhood. We like to get those displays up before we get too much frost. However, the frost locks the materials in place until the very early spring, so it has its role to play too. The committee tries to use as much natural materials as possible and considers the length of time that those materials hold their colour and shape. We try to keep the displays looking vibrant for as long as we can, and the committee gets many compliments from residents who enjoy a boost to the holiday season.

MLA Julia Hayter has launched a program to collect diapers and feminine hygiene products for those who need them. ECA strongly supports this effort. We know from our work with the Calgary Food Bank how necessary these items are and how often they are set aside when a family must make tough decisions about its budget. You can support this program by dropping items off at either the Edgemont Community Centre or Julia's constituency office (202-1829 Ranchlands Blvd NW, Calgary, AB T3G 2A7). We accept both products and financial contributions to this cause.

It won't be long until we are setting up the outdoor rink for the season and we need some volunteers to give us a hand. Here's the task:

- Ice Makers and Junior Ice Makers (kids/youth): Assist with simple tasks when you come to play, e.g. throw snow over boards if some is piled inside, pick up garbage and shovels.
- Shifts are generally from 8:00 to 10:00 am.

Whether you're super into skating/hockey or just interested in learning about how the magic of the rink comes to life, this is a great chance to jump in. Please email either rink@edgemont.ab.ca or volunteers@edgemont.ab.ca.

Christmas hampers are on our minds, and we are challenged this year to come up with sufficient resources to support hampers for all the families in our subdivision who need a helping hand. We need help from the community to make this "magic" happen. If you are a company with a business in Edgemont, please consider being a good corporate partner by providing a donation, either funds, services, or products. If you are a resident, any donation of any size will go a long way. We also will need helping hands to put those hampers together and get them delivered. Can we count on you? Do you happen to be in a situation where you have some resources to put toward assisting those in our community who deal with food insecurity and simply not enough money coming in the door to meet daily needs? The holidays are a special time for families to celebrate and it's hard to celebrate when necessities always take first place. Remember, if you have more resources than your neighbour, instead of building a higher fence, why not build a longer table.

Outdoor Ice Rink Maintenance

Share what you can and bring a smile to a child's face. Information about donations will be on the ECA website, you can call the office at 403-239-1211 or email barb@edgemont.ab.ca.

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 to get your membership

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

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



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So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



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 Web: www.edgemont.ab.ca • Facebook: Edgemont Community Association
 X (Twitter): @EdgemontCA • Instagram: @edgemontcommunity
 Business Hours: Monday to Friday 9:00 am to 5:00 pm

Submissions to
 Inside Edge due
 on the first of
 every month

VOLUNTEER BOARD OF DIRECTORS

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Joanne Nowak	Director joanne@edgemont.ab.ca

EDGEMONT VOLUNTEERS

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

Office Administrator office@edgemont.ab.ca



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Vacant	Mother Mary Greene Rep
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- The Mountain View Room: Capacity 70**
 - Mountain view
 - Wood floor
 - Round or rectangular tables
- The Board Room: Capacity 20**

For more information call 403-239-1211

Word of the Month

Accismus:
 noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.

It is hard to believe that the flowers in the planters and flowerbeds are still looking great, four months after they were planted! Foothills has done an amazing job of keeping our flower beds and planters looking great despite this season's challenges. Foothills has been wonderful in all aspects and even dropped off non-potable water at the community centre at no cost. The flowers at the ECC are technically not part of the ELM jurisdiction and Foothills' efforts to keep Edgemont looking beautiful illustrates their commitment to our community!



Edenstone

At the time of writing, we are just days away from doing a final weed pull before volunteers will be planting native plants in the naturalization pilot project on October 8. Many thanks to the enthusiastic volunteers who kindly donated their time to help with this project.

Weather conditions and water restrictions forced us to be flexible this summer with regards to planned projects. Accordingly, pruning of the lilacs along Edenwold Drive and planting of additional lilacs to fill some gaps has been postponed until next year to make sure the shrubs will have the best survival chances.

However, weather permitting, Foothills will still be doing some aerating and fertilizing in a couple of our parks before the end of the season.

As you are taking stock of your own yard at the end of the season, please remember that ELM would very much appreciate donations of perennials in the spring for distribution throughout the community! Residents are required to dig up these perennials and our ELM coordinator, Shari Pitka, will arrange for pick-up of your ready-to-go donations. Please contact Shari at askElm@edgemont.ab.ca.

Saving the best news for last: Foothills will be planting daffodils in about seven flower beds in Edgemont including at the entrance sign off John Laurie Boulevard and 53 Street NW. The bulbs will be planted behind rows of existing perennials to hide the daffodil foliage once

the daffodils are done flowering. Watch for these pops of beautiful yellow in the spring. Daffodils symbolize rebirth and new beginnings and the end of the long and sombre days of winter.

Please contact us at askElm@edgemont.ab.ca with any concerns or questions.

Kathleen Stewart, Rick Wierzbicki, Shari Pitka



ELM Flower bed at bus stop

Joke of the Month

Dogs can't operate MRI machines.

But catscan.



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ECA EVENTS & PROGRAMMING

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

Edgemont Community Centre, 33 Edgevalley Circle NW or online.

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

Please note that some programs are only offered during the school year while others are year round.

Self-Development 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

November 18

Pick Up

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

Please call
organizers 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.

Casino Volunteers

Needed for October 31 and November 1

Winter Market

November 16, 10:00 am to 3:00 pm at ECA

Holiday Hampers

Drop off October 1 to December 15 at ECA



News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.

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EDGEMONT CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Remembrance in Community

by Sofia N.

Canada is one of the most diverse and pluralistic countries in the world. The people who live here come from a variety of different backgrounds, cultures, and communities - each with their own unique identity. I could not be prouder to call Canada my home. I'm so grateful to live in a country where I am accepted for exactly who I am.

However, these freedoms, opportunities, and privileges did not come easily to this country. As we conclude the month of November, it is the perfect time to reflect on the history of this country and remember those who sacrificed their lives and fought for this land so that we are able to live the lives that we do today. To commemorate Remembrance Day, there are a few actions we can take to express our gratitude for this country and for those who fought for it.

First, we are fortunate to have incredible online resources available at our fingertips that will aid us in developing a broader understanding of the history of Canada. Some of these resources include the Canadian Virtual War Museum, pieces of literature, and a number of films, movies, and interviews which highlight remembrance in our communities. Not only do these resources allow us to learn about those who risked their lives for us and their tremendous courage, but they will also allow us to find a new outlook on life and realize that the lives we have right now should never be taken for granted.

Second, we can make a donation to the Veterans Food Bank of Alberta. As we talk about how important it is to honour those who fought for us and those who continue to fight for our country today, donations to the Food Bank are a tangible action which we can take to honour and show our appreciation and respect for veterans. 100% of the donations you make to the Food Bank are directly invested in providing veterans with necessary assistance and services.

Last, but perhaps most importantly, we can take the time to express our gratitude by doing a good deed, volunteering in our community, taking a risk, or simply just treating the people around us with kindness and

respect. Those who fought for us all those years ago were fighting for a diverse, accepting, and united country, where individuals would be able to chase their dreams and pursue their passions without fear or regret. The best way we can show gratitude for their heroism is to ensure our everyday actions are guided by these values and principles.

As American author Melody Beattie once said, "Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." This month, let us come together to express our gratitude for those whose shoulders we stand upon, and work toward creating an even better country for future generations.



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Girl Guides

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AURORA SKY DISTRICT

(Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)



The 110th Calgary Guides in Aurora Sky district have started off the Guiding year with a bang! After a few introductory meetings, they spent an evening swimming and doing some swim evaluations needed for canoeing. The first weekend in October, they had a full day camp at Camp Westover, a wilderness campsite and Girl Guides of Canada property. Most of the day at Westover was spent on the lake getting an introduction to canoeing.

This unit is a large unit with lots of active Guides who like crafts. The Guiders try to keep the regular meetings as active as possible with games and hands-on activities. The Guides will help plan the remainder of the Guiding year, and so far, have asked for cooking or baking lessons, sleepovers, and a spring tenting camp.

There are several third year Guides in the unit who will be working on their Lady Baden-Powell awards this year - the highest award you can earn in Guides. Among many other requirements, the Guides will be planning and undertaking their own service projects. Keep an eye out for them supporting others!

The Guides have been out in the community selling the chocolatey mint Girl Guide cookies and are very appreciative of the community support. The fundraising helps them buy regular meeting supplies, earned badges, fun crests, and lowers the costs for camps and outings. Thank you to everyone who has purchased cookies and helped with the fundraising efforts!

Cats, Canines, & Critters of Calgary



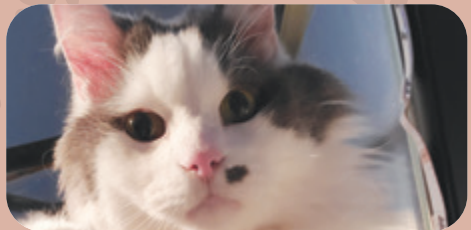
Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email news@mycalgary.com

A Message from Your Volunteer Coordinators

Happy November, Edgemont Volunteers!

Here's the latest update...

Casino Volunteers

A huge thank you to all of our amazing casino volunteers! Your time and efforts have greatly supported the biggest fundraiser of the year. The funds raised will go towards facility maintenance, rink operations, programming, and special projects. We truly appreciate your contribution!

Snow Angels

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

Wednesday Breakfast Club

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

Good Food Boxes

Distribution and delivery volunteers are essential in keeping fruits and veggies flowing out of our ECA kitchen. Your help is greatly appreciated!

Be Part of Our Volunteer Team

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

Loving our neighbourhood,

Tina Chen and Jeff Edwards

volunteers@edgemont.ab.ca



November 16, 10am - 3pm

WINTER MARKET

Edgemont Community Association
33 Edgevalley Cir NW

Customer entry is by donation to the Christmas Hamper Program
In need of: Gifts, gift cards and cash, non-perishables, clothing, winter items and more



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

BRAIN GAMES SUDOKU

						5	6	
	8		5		6	7		3
		3						
								7
		2		1	3			4
	1		4		2	3		
7		1		2				
8			1	4				
	6							

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(house calls and after-hours appts. still available)

Soccer in the Community

Players ages 4 - 19



northsidesoccer.ca



UNIVERSITY OF CALGARY

Were you in a NAPLS study?

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

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

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



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