

OCTOBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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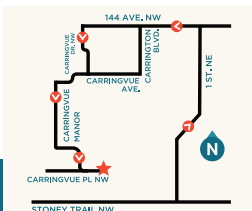


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- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
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TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
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- Schluter base
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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

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President's Message



Usually when October comes around, I pay special attention to those things in my life that I am thankful for. This October is no exception although I have to say, based on the emails I've received, I'm taking a bit of a different view.

Fences. The first things I'm thankful for are those residents who take special care to maintain their fences. If you take a drive along Sarcee Trail, for example, you see residents who have carefully painted and those who haven't. I suspect that one of the reasons some residents haven't is they don't realize that the part of the fence that faces the street is on their property and as a result, its care, and maintenance is the property owner's responsibility. The overall look of the neighbourhood is downgraded by those unpainted fences, not to mention, the value of the property is less because maintenance hasn't been undertaken. If you were buying a home in Edgemont, which would you want? The one with the pristine fence or the one that needs work. Cloverdale Paints in Silver Springs offers a significant discount to Edgemont residents and that location can also advise on the recommended colours for Edgemont fences.

Playgrounds. Note that playgrounds are the responsibility of the City of Calgary. If you find playgrounds in disrepair, call 3-1-1. A picture is helpful to support your concern. If you are not getting results, you can escalate your concerns to our City Councillor, Sean Chu. ECA can advocate for repairs, but we cannot undertake that work ourselves.

Graffiti. ECA has had to deal with those people who think that defacing community property somehow gets a message across to those who view it. The message to most of us is who has the time and energy to create such a mess. Why not put those resources into something that would benefit our sub-division? Graffiti has been spotted at the community centre on more than one occasion and at the disc golf course. We are fortunate to have Rick who is our "superhero" when it comes to graffiti removal. We strive to keep our community looking its best and Rick has several tricks to get that job done, not the least of which is a simple paint can and paintbrush. If you see a person creating graffiti, please call the police.

Community builders. Most of you know that ECA relies on grants and donations to offer its programs. One of the programs that has come under some stress is the food security program. Unfortunately, we lost our sponsor, so this leaves a big hole in our revenue stream. The accumulated funds go to purchasing Good Food Boxes for distribution to those who need them. We are looking for a new sponsor, corporate, individual or a combination, that can provide \$800 a month to purchase food for those Edgemont residents experiencing food insecurity. Yes... we have residents who need a hand up, so children aren't going to school with empty tummies and babies have wholesome nutrition that promotes healthy bodies and minds. If you can help, please contact Barb at barb@edgemont.ab.ca and she will get the process rolling. Purchasing a few boxes each month does a lot of good. If you are an individual or business who can step up to the whole amount, that would be amazing.

Community assets. ECA is beginning a community asset mapping initiative that will extend over the next several months. You can get involved as a volunteer on an organizing committee, help identify neighbourhood strengths, build an interactive map, and participate in an upcoming community Jane's Walk in October in Edgemont. Stay tuned for details as we get to know our neighbourhoods, and each other better, and work together to make our communities even stronger. Want to learn more? Contact Joey Nowak (joanne@edgemont.ab.ca).

Volunteers. We continue to look for volunteers for our Casino Nights (October 31 and November 1). Contact Tina at volunteers@edgemont.ab.ca if you can offer some time.

Until next month, enjoy the colours of fall and Happy Thanksgiving.

Pamela Wilson

President



Spreading Cheer

HOLIDAY HAMPERS



What We Need

Food - Cash & Gift Cards - Gifts - Winter Items - Clothing - etc

Drop off Oct 1 - Dec 15 Online donation available



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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 napls@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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 Phone: 403-239-1211 • Fax: 403-547-5799 • Email: office@edgemont.ab.ca
 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

Pamela Wilson	President president@edgemont.ab.ca
Barb Elms	First Vice President barb@edgemont.ab.ca
Umar Ukukkadi	Second Vice President umar@edgemont.ab.ca
Kieran Fitness	Secretary kieran@edgemont.ab.ca
Rick Weirzbicki	Treasurer rick@edgemont.ab.ca
Shaffic Fazal	Director shaffic@edgemont.ab.ca
Tina Chen	Director tina@edgemont.ab.ca
Kathleen Stewart	Director kathleen@edgemont.ab.ca
Jeff Coombes	Director jeff@edgemont.ab.ca
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



OTHER CONTACTS

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Evezi Esiehor	Newsletter Submissions and Communications Coordinator evezi@edgemont.ab.ca
Lori Holford	Edgemont Elementary
Genie Han	Tom Baines School Rep genieh1@educbe.ca
Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
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August is nearly over and what an extremely challenging month for gardening it was in Edgemont! If you live in the more northern part of Edgemont, you may have experienced the devastating effects of huge hail stones and strong winds early August. Several of our planters in these specific parts of Edgemont also experienced the thrashing



effects of this severe storm. Foothills Landscaping tidied up the flowers to the best of their ability and it is truly amazing to see some brave bright flowers in the affected planters again. And if these challenges weren't enough, having had the luxury of fewer water restrictions for many weeks, we are back at prioritizing what needs to be watered with our precious rain barrel water and any grey water we can save! Foothills Landscaping is back to using non-potable water to water our planters.

Just as well that planting of new materials in the naturalization pilot project was scheduled for the fall all along, when we can hopefully water more liberally again. Should you read this article on our website before the paper copy is available and if you would like to be part of the volunteer team doing the final cleanup and planting, the planned dates for these events are October 3 and 8 respectively (9:00 am start). Contact us at askElm@edgemont.ab.ca or volunteers@edgemont.ab.ca!

Our ELM coordinator asked us to share some information on the potential dangers of foxtail barley, a plant that poses a serious risk to pets and local environments. See picture included with this article.

Foxtail barley seeds have arrow-shaped awns with razor-sharp needles, which allow them to burrow into the ground. The seeds can attach to a dog's skin, be inhaled or ingested, and can get lodged in their ears, leading to serious health issues. If any plants are found, it's crucial to remove them completely. After mowing, the spikelets that contain the foxtail should be raked up and disposed of properly. It is advisable to wear gloves for protection. While not typically necessary when removing this plant, wearing a mask can provide an added layer of protection if you are concerned about inhaling any particles or allergens associated with the

plant. Early detection and removal can help prevent larger infestations in the future.

In addition, we want to draw your attention to the update to the Community Standards Bylaw addressing the hazards posed by foxtail barley. A specified penalty of \$500 may be imposed for violations, similar to other nuisance property infractions. Please keep an eye out for foxtail barley in your yards and the community. Use the links below (including pictures) for more information on Foxtail Barley and on the amended Community Standards Bylaw:

- Foxtail Barley: <https://www.calgary.ca/parks/natural-areas/foxtail-barley.html>
- Bylaw amendment to help mitigate foxtail barley harms now in affect: <https://newsroom.calgary.ca/bylaw-amendment-to-help-mitigate-foxtail-barley-harms-now-in-affect/>
- Bylaws related to grass: <https://www.calgary.ca/bylaws/grass.html>

Have a great summer and please contact us at askElm@edgemont.ab.ca with any concerns or questions.

Kathleen Stewart, Rick Wierzbicki, Shari Pitka



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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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

October 21

November 18

Pick Up

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 | 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/ 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

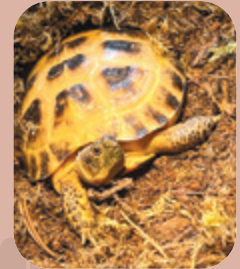
Holiday Hampers

Drop off October 1 to December 15 at ECA

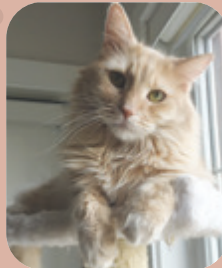
Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



Dry Bones,
McKenzie Lake



Harper Lee, *Beddington*



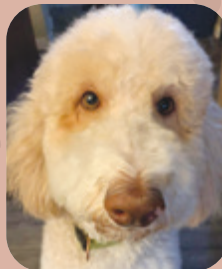
Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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Replacing Screens for Pages: A Celebration of National Book Month

by Genie H, a volunteer with the Edgemont Youth Press

It is a truth universally acknowledged that Gen Zers are chronically attached to their beloved hand-sized screens. With the average Gen Z spending 7 hours and 18 minutes on their phones daily, approximately one-third of a typical lifetime is spent away mindlessly scrolling. However, as disheartening as that may sound, a rising trend appears to be encouraging Gen Z to read more novels, adjusting the format of their leisure time activities from digital, blue light-emitting screens to the pages of a physical book. Potentially marking the beginning of a new era filled with avid readers, both book sales and borrowed library novel numbers have increased drastically since the pandemic.

Recently, it seems we have found a new and unique way to enjoy the things we do, which is to “romanticize” or “glamorize” an activity, so that it makes it more endurable. Hence, people have been romanticizing everything from studying to reading, and for some, even their entire lives. Another aspect that has played a significant role in making books “appealing” again is BookTok—a TikTok subsection where people share their favourite novels.

Furthermore, influencers, celebrities, and models alike have been pushing the idea that “reading is cool” by promoting various novels or book clubs on their social media. For Gen Z, appearing “cool” is quite necessary, so seeing their role models endorse a certain book is enough to encourage them. Earlier this year, the *Guardian* wrote an article explaining how less than a day after a photograph of Kendall Jenner reading a book had been published, the novel was sold out on Amazon.

Despite the rise of reading being generally perceived as a positive step for Gen Z, there have been conversations about the deeper issue regarding overconsumption and unsustainability. With more people preferring to buy copies of certain trending books, only to read them once and have them collect dust on their bookshelves, these concerns certainly are valid. One solution would be to utilize libraries and build bookish communities.

In addition, individuals are better bonded to others in their community by their love of reading, turning this into a win-win situation.

Fundamentally, there is a noted change in the very nature of how or why books tend to become “trendy.” Nevertheless, it is extremely beneficial for society to promote reading as an admirable activity for younger generations. Particularly for those of a carefree nature, to further encourage critical thinking skills and strengthen the progressing issue of short attention spans. Re-prioritizing reading is crucial in being valuable for numerous reasons. Sparking social connections through discussions, preventing the harmful impacts of social media, and even motivating students to venture outside their respective homes and into communal libraries. This new “reading is cool” trend is an inspiring example of an influential movement where people can harmonize over a shared subject. This national book month, let us all proactively attempt to read more.



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Girl Guides

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September is a very busy month for Girl Guides. Units are starting their Guiding year, welcoming new girls into the unit, playing getting-to-know-you games and learning their Promise and Law. The older branches (Guides/Pathfinders/Rangers) will be choosing what they will be doing this coming year, and some have fall camps booked – fall is a great time of year to take advantage of the (usually) warmer weather. The younger branches will typically be booking sleepovers/indoor camps in September and October.

To keep us even busier and on our toes, we also will have chocolatey mint Girl Guide cookies delivered the second or third weekend of September. Watch out for us in local stores and door to door. It is our main fundraiser, and we thank you in advance for buying our yummy cookies and helping to support our activities! We have been selling cookies for almost 100 years, and it all started in Regina: "In 1927, a Girl Guide leader in Regina baked and packaged cookies for her girls to sell as a simple way to raise money for their uniforms and camping equipment. Little did she know that she was starting one of Canada's best-loved traditions - Girl Guide cookies!"



If you'd like to register your daughter, please visit www.girlguides.ca and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching "all" units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email any-calgaryaurorasky@girlguides.ca.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

A Message from Your Volunteer Coordinators

Happy October, Edgemont Volunteers!

Here's the latest update...

Wednesday Breakfast Club

Breakfast Club has resumed! Thanks to our amazing volunteers who 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 making donations, please contact us!

Food Truck Nights

A huge thank you to all volunteers who helped with setup, monitoring, and cleanup at our Food Truck Nights!

Edgemont Pilot Naturalization Weed Pulling and Planting

We're grateful to everyone who participated in the final weed pulling and planting day for our pilot naturalization project.

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. With Snow Angels and Christmas Hampers just around the corner, 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



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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



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

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4



Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



BUSINESS CLASSIFIEDS

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the Gutter Doctor 403-714-0711
gutterdoctor.ca

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