

SEPTEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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President's Message



As September presents itself, we can pat ourselves on the back to tackling the challenges of summer and coming out unscathed, for the most part. Road construction – a summer challenge we've come to accept as a necessary evil. Water rationing – a bigger challenge this year than most. High heat – I think I saw someone trying to bake cookies on a cookie sheet sitting on their truck's dashboard. Fires – as I write this article, the threat of fires is much too close for comfort and leads to poor air quality that causes respiratory issues for many residents. As I watched the news reports on the decimation of Jasper, it was heartbreaking. There are going to be many Alberta residents who will need help.

Fall programs will be ramping up. Check out the calendar for a list of what's available for both children and adults. I know I need to get back to yoga, not only to give my muscles a good stretch but also to find a little calm in the day. The Food Trucks and the Farm Stand will continue at the ECA until the last Thursday of the month. We also have a Sports Swap coming up from 12:00 to 3:00 pm on September 14. Note that you need to go to the website and pre-register if you are planning to set up a table at the event or simply attend. The tables are \$5 each. Entry is free with a donation to either the Food Bank or the Breakfast Club. We are planning a Winter Market for November 16. Vendor registration is also available online. For those looking to shop till they drop by the Winter Market, donations to the Hamper Program are encouraged for entry. Thanks to those vendors who provided feedback from the Spring Market. Your comments are being considered as we hope to improve the experience for both vendors and customers.

We continue to look for volunteers to help with our casino event at the Elbow River Casino on October 31 and November 1. If you can spare a few hours, contact casino@edgemont.ab.ca. Casinos contribute significantly to our overall ability to function and offer programs.

Grants also figure significantly into our program budgets. I'd like to acknowledge the support we received from the City of Calgary through their

micro-grant program for funds and to ATCO for grills without which we couldn't have had our community pancake breakfast. Thank you also to Calgary Nordic Alliance for their support of the Nordic Rodeo. Both funds and access to free resources help us make our community an interesting place to be.

A final thought. Sometimes we have to take joy in the little things. Someone once said to me that if a child gives you a rock, accept it with grace. That rock may be all that child has to give and they have chosen to give it to you. Be kind and make a difference in someone's life.

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



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)

STRONGER TOGETHER. COMMUNITY



JACQUIE HODGE
ECA MEMBER

"I really appreciate all the great community green spaces and beautiful spots to walk my dog. I'm so happy there are safe and well maintained parks areas for us to explore."

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NMC

Mid-Autumn
中秋节
FESTIVAL

SEPTEMBER
20 - 22

DAYTIME ACTIVITIES + EVENING PERFORMANCES

Pop-up Market • Instrument Demonstrations
• Costume Displays • Lion and Dragon Dances • Singing Contest • Matinee Performances by Vancouver Chinese Music Ensemble (Sept 21) and Calgary's Gai Lan Ensemble (Sept 22) • **SEPT 20:** Evening performance by 2023 Western Canadian Music Instrumental Artist of the Year Award Winner, Jasmine Jazz featuring JUNO-nominated bassist and composer, Jodi Proznick Trio and Vancouver Chinese Music Ensemble • **SEPT 21:** Evening performance by instrumental fusion ensemble XIA-3

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33 Edgevalley Circle NW, T3A 4X1
 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
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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



OTHER CONTACTS

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Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
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Some good news just arrived from the City Newsroom! We have graduated to Stage one water restrictions; our home turf and gardens may survive after all with an additional hour of sprinkler use per week! In the meantime, it has been a great learning experience to see how we can save and reuse water for our gardens and perhaps we can continue to do so!



A huge thank you to Foothills Landscaping for keeping the flowers in our community looking amazing despite the water restrictions! Also, hats off for all of the Foothills employees for working so hard during this persistent hot weather! The ailing vines in some of our planters have been replaced with a variety of trailing annuals and it actually is a great opportunity to test out different plants and see where different varieties fare best!

Because of the extraordinary hot temperatures, some activities such as transplanting and pruning have been postponed until cooler temperatures presumably arrive near the end of summer. This includes pruning, as the shrubs are already stressed due to the hot weather.

A big thank you to the great group of volunteers who came out in the hot weather on July 9 to pull weeds in the naturalization pilot area on the northeast corner of Edgevalley Drive and Edgemont Boulevard near the ECC. A couple of enthusiastic representatives from the city were there to help out and guide our volunteers through the process of what to pull and what to leave! We are grateful to the city of Calgary for providing equipment, water and sunscreen. We are not quite done yet with this project and are planning with the city for one more weed pulling session, probably in September, prior to planting in October! As soon as the dates are confirmed, we will publish them on the ECA website. Interested in helping us out with this project? Email us at askElm@edgemont.ab.ca or contact the ECA Volunteers group via email at volunteers@edgemont.ab.ca to receive emails regarding upcoming dates for this project.

On a different note, have you noticed some insects in your yard lately that you don't immediately recognize? Chances are that they are ladybugs in different stages of their lifecycle. Our ELM coordinator, Shari Pitka, provided a very informative article about ladybugs including pictures of their various stages of development. The article has been posted on our website and social media channels.

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

Kathleen Stewart, Rick Wierzbicki, Shari Pitka



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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

September 2
September 23
October 21
November 18

Pick Up

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

Please call
organizers for
more information

SAFE AND SOUND

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.

Weekly Farm Stand

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

Monthly Food Trucks

September 26, 5:00 to 8:00 pm at ECA

Sport Swap

September 14, 12:00 to 3:00 pm at ECA

Casino Volunteers

Needed for October 31 and November 1

Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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EDGEMONT CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Cats, Canines, & Critters of Calgary



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Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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An Amazing Life

Ladybug eggs are very small, oval, and pale yellow. The mother ladybug usually lays her eggs on the undersides of leaves to protect them from predators. She will leave her eggs close to food (aphids) so they will have plenty to eat once they hatch. She then moves on. It takes approximately three to four weeks for a ladybug egg to hatch and become an adult.



Ladybug Life Cycle

Baby ladybugs (ladybug larvae) are long and black with orange markings. They can eat up to 50 aphids a day and 400 aphids in a two- to three-week period. Ladybugs can devour up to 5,000 aphids in a lifetime. After filling their bellies and growing, they attach themselves to a leaf and pupate. In approximately one week, they will transform into an adult ladybug.

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SPORTS SWAP

SEPT. 14TH
12pm to 3pm
@ ECA

Ski Equipment • Dance Gear • And More!

- FREE entry - breakfast club/food bank donations encouraged
- Want to sell your old gear? Tables are only \$5!
- Register at edgemont.ab.ca

Swap or Buy
Sports Gear



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

FOOD TRUCKS

@ ECA



MONTHLY MAY TO SEPTEMBER

5:00 PM – 8:00 PM

SEPTEMBER 26

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

33 EDGEVALLEY CIR. NW



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

A Message from Your Volunteer Coordinators

Hi Edgemont Volunteers,

Here's the update...

Casino Volunteers

Our upcoming casino fundraising event will be held at Elbow River Casino on October 31 and November 1. This earnings from this event are crucial for supporting ECA facility maintenance and repairs, rink operations, community programming, and special projects. If you're interested in helping with our biggest community fundraiser, please contact us at casino@edgemont.ab.ca.

Wednesday Breakfast Club

Breakfast Club resumes in September. Our volunteers 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!

Summer Lunch Club

Thank you to our volunteers for assisting Lunch Club for children in our neighbourhood throughout July and August!

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!

Volunteer Recognition Event

Stay tuned for updates on our 2024 Volunteer Recognition Event, which we plan to host this month. Check the ECA website and social media for more information.

Be Part of Our Volunteer Team

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

Loving our neighbourhood,

Tina Chen and Jeff Edwards

volunteers@edgemont.ab.ca



November 16, 10am - 3pm

WINTER MARKET

Edgemont Community Association
33 Edgevalley Cir NW

Customer entry is by donation to the Christmas Hamper Program

Interested in being a vendor?
Apply today on our website!



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



Farm Stand Program



Edgemont Community Association

Thursdays 3:30pm-7pm

33 Edgevalley Cir NW

Started June 13th

In partnership with The City of Calgary and the Edgemont Community Association, Fresh Pals Farms is running a farm stand in our community! Stop by and grab some fresh Alberta veggies to spice up your dinner!



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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

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PR HANDYMAN: All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

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**Samaritan Club
of Calgary**

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

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Calgarians in need

For More Information:
samaritanclub.ca





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