

AUGUST 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca



**ECA MUSIC AND
PICNIC EVENT
AUGUST 10**



**Time to Renew
Your Mortgage?**

Don't Settle – Discover Better Rates
and Options! Get Ready to Save Big!



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Reconnect! Discover! Square Dance Program

Intro to Today's
Square Dancing

Winston Heights Hall

520 – 27th Ave NE
Tuesday, August 5,
12, 19 & 26

6:30 PM to 7:30 PM

FREE



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Don't Settle –
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ROOT PROBLEMS?



BEFORE



AFTER

VOLUNTEER BOARD OF DIRECTORS

Pamela Wilson	President president@edgemont.ab.ca
Barb Elms	First Vice President barb@edgemont.ab.ca
Margaret Anne McCaughey	Second Vice President margaret@edgemont.ab.ca
Deirdre Harris	Secretary deirdre@edgemont.ab.ca
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Jeff Coombes	Director jeff@edgemont.ab.ca
Joey Nowak	Director joanne@edgemont.ab.ca
Charmaine Grills	Director charmaine@edgemont.ab.ca
Jymi Chun	Director jymi@edgemont.ab.ca

EDGEMONT VOLUNTEERS

Jymi Chun	volunteers@edgemont.ab.ca
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OFFICE 403-239-1211

Office Administrator office@edgemont.ab.ca



**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

OTHER CONTACTS

Heather Hubert	Office Manager heather@edgemont.ab.ca
Cst. Dennis Smithson 4788	Community Resource Officer DSmithson@calgarypolice.ca
Evezi Esiehor	Newsletter Submissions and Communications Coordinator evezi@edgemont.ab.ca
Lori Holford	Edgemont Elementary
	Tom Baines School Rep genieh1@educbe.ca
	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

Need a special event room?

The Panorama Room: Capacity 180


- Beautiful mountain view
- Landscaped gardens
- Full kitchen facilities attached
- Round tables, upholstered seating

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



Where do penguins go to vote?

The South Poll.

President's Message



This is going to be a short message for a change! I would like to thank those volunteers who supported the Stampede Breakfast and Nordic Rodeo. Our residents really seem to enjoy these events so please consider volunteering for the 2026 edition.

How are your gardens growing, Edgemont residents? It's so nice to see the flowers and the lush greenery around our community. Our residents do a really good job of keeping their properties looking their best. When you are doing your weeding, be on the lookout for invasive weeds that are sneaking into our gardens. One that comes to mind is the Creeping Bellflower. Although it looks charming and harmless, people should pull it out and dispose of it in the garbage if they have some in their yards. You can find a picture of it at <https://www.calgary.ca/parks/pests/creeping-bellflower.html>. In the ELM report there is more information about invasive plants and what to do when you find them. Invasive plants can cause damage to our ecosystems, so it is important to learn to identify them and know what action to take.

Mark your calendar for August 10. It's a family friendly music and picnic night featuring local artist, Kearstin Pfeifer. The event will begin at 3:30 pm and run until 6:30 pm with food trucks in attendance. If you want to pack your own picnic, feel free to do so and join us at the patio area of the community centre. There are limited picnic tables available so you might want to consider bringing your lawn chairs to make yourself comfortable. There is no need to register for this event.

We are also pleased to be partnering with Sport Calgary for a special "All Sport One Day" event that will take place at our centre on August 16 where kids can try a variety of sports and dance classes for free and will feature some of our very own renters! For more information and registration opens on August 7 at: <https://sportcalgary.ca/all-sport-one-day> and spots fill up fast so be sure to register!

Where has the summer gone? It's already time to be preparing for back to school and the excitement that brings for children and parents alike. Well... before I go too far down that rabbit hole, I need to remind myself that there are still good summer days ahead and much to enjoy in our city.

Enjoy the warm days of August and stay safe.

Pamela Wilson

President



CROCODILE TONGUE



Do you know the difference between an alligator and a crocodile? Well, although there are many reasons these two beauties are unique, one of the most interesting is their tongues. A crocodile cannot stick its tongue out! So, if you are being mocked – it's probably an alligator.

2025 Summer Camps at Edgemont!

Little Medical School

August 11 to 15 | 9:00 am to 4:00 pm | Little Doctor School Summer Camp: Calling All Future Doctors | Ages 6 to 11

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

ABAITC Coding Summer Camps

Python Programming Class | 9:00 am to 3:00 pm | Daily, August 11 to 15 and July 18 to 22

Contact June: 587-926-9005. Email: aitech201905@gmail.com.

Calgary Stars Basketball Camps

August 8 to 22 | 9:00 am to 12:00 pm

Keep an eye out in our newsletter and on our website or social media as more summer camps become available for registration!



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A Message from Your Volunteer Coordinator

I'm very glad to have taken on the role of Volunteer Coordinator—it's been a truly rewarding experience! Summer is the peak season for community events, and I've sent out several volunteer calls for the Nordic Rodeo and Stampede Breakfast, Reading Club, Lunch Club, Weed Pulling, and Food Truck Night. It's been amazing to receive such a positive and enthusiastic response from the community. I can genuinely feel the love, care, and willingness to help that our volunteers bring. Let's keep the momentum going and continue working together to create positive change in Edgemont!

Be Part of Our Volunteer Team

Volunteering is a wonderful way to support the community and make new friends! We offer year-round opportunities through ECA programs and events. Interested in getting involved? Email us at volunteers@edgemont.ab.ca to be added to our volunteer mailing list!

Loving our neighbourhood,

Jymi Chun

volunteers@edgemont.ab.ca



Soccer in the Community

Partnered with 

Players ages 4 - 19 

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Summer has arrived in full bloom, bringing colour and life back to our community. The flowers that our landscapers have planted are finally thriving, brightening our parks and streets. But, along with our beautiful annuals, some of you may have noticed some plants that are less welcome taking root in our shared spaces.

If you are unsure about a plant in your yard or in our community, I encourage you to check out the Alberta Invasive Plant Identification Guide. This guide outlines prohibited noxious weeds in Alberta.

Below are a few of the more common ones that you may notice:

Creeping Bellflower: *Campanula Rapunculoides*

Despite its beauty, the Creeping Bellflower is a master of survival and spread. It competes aggressively with native plants for resources, spreading both by seeds and through an extensive root system that makes it difficult to eradicate once established. This resilience, while admirable, poses a threat to our local biodiversity.



Nodding Thistle: *Carduus nutans*, Asteraceae (Sunflower Family)

Nodding Thistle is considered invasive due to its ability to outcompete native plants, reduce forage for livestock and wildlife, and impact soil and water resources. It is a prolific seed producer, with each plant capable of generating thousands of seeds that can remain viable for years, contributing to its rapid spread.



Black Henbane: *Hyoscyamus niger*, Solanaceae (Nightshade Family)

Black Henbane is considered invasive in Alberta because it's a toxic plant that can harm humans and animals, and it's spreading due to favourable conditions like dry weather. It's classified as a noxious weed under the Alberta Weed Control Act, meaning its spread is actively discouraged.



Friendly Reminder: While it's important to manage invasive species like the Creeping Bellflower, it's equally crucial to approach this task with care for our environment and each other. Chemical treatments are rarely recommended due to their potential harm to other plants and wildlife. Instead, persistent manual management is the most effective and environmentally friendly method.

If you would like further information on noxious weeds in our city you can take a look at the Alberta invasive species council, the City of Calgary website as well as the Alberta Invasive Plant Identification Guide. If you notice an invasive plant species, please report to 3-1-1.



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

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.

Good Food Box

Small Box: \$30, 15 to 20 lbs of fruits and vegetables*

Medium Box: \$35, 25 to 30 lbs of fruits and vegetables*

Large Box: \$40, 35 to 40 lbs of fruits and vegetables*

*Please note weights are approximate.

Order by 6:00 pm

August 18

September 15

October 13

November 17

Pick Up

August 27

September 24

October 22

November 26

Order link: edgemont.getcommunal.com/parent_programs.
Email GFB@edgemont.ab.ca for information.

Farm Stands at the ECA

Location: Edgemont Community Association, 33 Edgevalley Circle NW.

Weekly farm stands at the ECA starting May 22. Every Thursday, 3:30 to 7:00 pm.

In partnership with The City of Calgary and Edgemont CA, FreshPal Farms is running a farm stand in our community. Get some fresh Alberta veggies to spice up your dinner plans!

Food Trucks at the ECA

Location: Edgemont Community Association, 33 Edgevalley Circle NW

Indulge and enjoy a variety of cuisines.

Monthly, May to September, 5:00 to 8:00 pm.

Dates: August 21, September 18.

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/.

ABAITC

Al Junior Coding Class | For more information or to register call 587-926-9005 or email aitech201905@gmail.com | abaitc.org.

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)

<https://www.mavericksfootballclub.com>

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

Momentum Dance Academy

We offer Ballet, Jazz, Lyrical, Acro, Hip Hop, and Tap! Come dance with us! We offer both recreational and competitive options.

Contact office@momentumdanceacademy.ca for more information. www.momentumdanceacademy.ca.

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.

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.

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.

Spiritual

Mountain Creek Community Church (formerly Northwest Community Church)

10:30 am Sundays. See nwcchurch.ca.
Contact Pastor Jeff Edwards at 403-616-6480 or pastor@nwcchurch.ca.

Calgary True Light Gospel Church 真光教会

10:30 am Sundays. See calgarytruelight.com.
Chinese Service.
Ke Wang 587-717-5826.

Gospel Church

Sunday evening services
Visit www.edgemont.ab.ca for details.

continued on next page

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.

Music and Picnic Event

August 10



Weekly farm stands

Support local calgary.ca/localfood

Thursdays 3:30-7pm

Edgemont: Community Association, 33 Edgevalley Circle NW
In partnership with The City of Calgary and Edgemont CA, **FreshPal Farms** is running a farm stand in our community. Get some fresh Alberta veggies to spice up your dinner plans!



News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.



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BSFLifestyles.ca/CambridgeManor

Applies to new residents taking possession of an Assisted Living Suite by August 31, 2025.
Subject to successful assessment by our care team confirming eligibility.
Offer valid while supplies last. Credit to be applied after 3 months' occupancy.



Featuring Local Artist, Kearstin Pfeifer ECA Music and Picnic Event!

Join us for free live music in a family friendly environment.

We will also have food trucks on site!

Date: August 10th, 2025

For more information:

Time: 3:30pm to 6:30pm

Location: Patio area of the
Edgemont Community Association
33 Edgevalley Circle NW



(403)239-1211 | office@edgemont.ab.ca



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HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just "appear." Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.



(403)239-1211 | office@edgemont.ab.ca

PICKLE BALL INDOOR DROP-IN



18+

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**FIRST GAME: SUNDAY JUNE 29TH 3PM - 5PM
AND EVERY SUNDAY THROUGHOUT THE SUMMER**

Come join us, bring your paddles and come!!!!

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JOIN US ON AUGUST 21ST, 2025!
5:00 PM - 8:00 PM

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CANADIAN BEAR BALLS / FOOD AND DESSERTS

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COOKIE DOUGH STAND

Vendors Are Subject To Change

33 EDGEVALLEY CIR NW

November 29, 10am - 3pm

WINTER MARKET

Edgemont Community Association
33 Edgevalley Cir NW

Vendor Registration opens
July 28th 10:00am!
Limited Spots Available!




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



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

Happy Birthday

Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?

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EDGEMONT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CPA IS LOOKING FOR A PART TIME INTERMEDIATE ACCOUNTANT: (10-15 hours per week) to do general accounting in SAGE 50 Premium accounting software for a home-based property management business in Hawkwood. Looking for an individual that is self motivated, detailed oriented and has had at least 5 years of book-keeping experience. Email: accounting@guardianag.ca.

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.

A+ CANADIAN CLEANING: A private, residential, customized cleaning service, established in 2007. References available from longstanding clientele. Got pets? No problem, we love all animals. To schedule an estimate, call or text Laura at 403-370-5885 or visit www.apluscanadiancleaning.com.

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GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

MUSIC LESSONS! RCM GUITAR, PIANO, UKULELE, THEORY AND HISTORY! Stephen Demaer is a Calgary-based RCM Certified (guitar, piano) private music instructor currently accepting new students. Lessons are given in-person in Edgemont or through an online platform. Certifications: BMUS & MMUS Guitar Performance Degree, RCM ARCT Performer Diploma. Please contact me at 403-703-1388. www.stephendemaermusic.com.

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.

OUT ON A LIMB PROFESSIONAL PRUNING: Tree and shrub pruning, shaping and restoration. Tree removal and stump grinding. New tree and shrub selection and installation. Fertilizing and insect pest management. Licensed & Insured. Journeymen Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email outonalimbprofessionalpruning@live.ca.



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News, Events, & More



Crime Statistics



Real Estate Statistics





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4 Bdrms + Den, South Backyard
\$919,900



302, 16 Varsity Estates Circle NW

2 Bdrms, The Groves of Varsity
\$499,900

SOLD!



10 Hamptons Cove NW

4 Bdrms, Walkout on Golf Course
\$1,988,000



7047 Edgemont Drive NW

4 Bdrms, Fully Finished, on Park
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