

JANUARY 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

# inside Edgemont

[www.edgemont.ab.ca](http://www.edgemont.ab.ca)



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FEBRUARY 17  
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Dr. Todd Donnelly

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## Outdoor Ice Rink Maintenance

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](mailto:rink@edgemont.ab.ca) or [office@edgemont.ab.ca](mailto:office@edgemont.ab.ca).



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 Web: [www.edgemont.ab.ca](http://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 <a href="mailto:president@edgemont.ab.ca">president@edgemont.ab.ca</a>
Barb Elms	First Vice President <a href="mailto:barb@edgemont.ab.ca">barb@edgemont.ab.ca</a>
Umar Ukukkadi	Second Vice President <a href="mailto:umar@edgemont.ab.ca">umar@edgemont.ab.ca</a>
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Rick Weirzbicki	Treasurer <a href="mailto:rick@edgemont.ab.ca">rick@edgemont.ab.ca</a>
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Jeff Coombes	Director <a href="mailto:jeff@edgemont.ab.ca">jeff@edgemont.ab.ca</a>
Joanne Nowak	Director <a href="mailto:joanne@edgemont.ab.ca">joanne@edgemont.ab.ca</a>

### OTHER CONTACTS

Heather Hubert	Office Manager <a href="mailto:heather@edgemont.ab.ca">heather@edgemont.ab.ca</a>
Cst. Dennis Smithson 4788	Community Resource Officer <a href="mailto:DSmithson@calgarypolice.ca">DSmithson@calgarypolice.ca</a>
Evezi Esiehor	Newsletter Submissions and Communications Coordinator <a href="mailto:evezi@edgemont.ab.ca">evezi@edgemont.ab.ca</a>
Lori Holford	Edgemont Elementary
Genie Han	Tom Baines School Rep <a href="mailto:genieh1@educbe.ca">genieh1@educbe.ca</a>
Anthony Gong	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator <a href="mailto:rink@edgemont.ab.ca">rink@edgemont.ab.ca</a>
Disc Golf	<a href="mailto:discgolf@edgemont.ab.ca">discgolf@edgemont.ab.ca</a>
ELM	<a href="mailto:askELM@edgemont.ab.ca">askELM@edgemont.ab.ca</a>

### EDGEMONT VOLUNTEERS

Tina Chen	<a href="mailto:volunteers@edgemont.ab.ca">volunteers@edgemont.ab.ca</a>
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### OFFICE 403-239-1211

Office Administrator	<a href="mailto:office@edgemont.ab.ca">office@edgemont.ab.ca</a>
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Winter: Jan - Feb

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Visit [edgemont.ab.ca](http://edgemont.ab.ca) to get your membership

## President's Message



2025 is here! I hope everyone had some family time through the holiday season and that you've managed to escape that cold and flu bug that seems to be going around. At ECA, our holiday season was filled with fun and laughter and the knowledge that we helped spread joy to Edgemont residents. The hamper project was successful once again and we had numerous volunteers who gave their time to sort, wrap, and deliver the hampers. Thanks also to the donors who provided cash, gift cards, and in-kind items to help fill up our hampers. The individual donors are too numerous to mention. You know who you are, and we hope that your efforts contribute to that warm feeling that you get from helping others. Thank you. I'd like to also thank the corporate donors and other associations in our community who've helped us along. These include:

- 193 Edgemont Scout Group
- Honourable Julia Hayter, MLA
- All Smiles Dental Care
- Mother Mary Greene School
- Co-op (Dalhousie)
- Mountain Creek Community Church
- Edgemont Community Association
- Real Canadian Superstore (Country Hills)
- Edgemont School
- Starbucks (Country Hills)
- Edgemont Veterinary Clinic
- The Home Depot (Beacon Hill)
- Edgepointe Dental Centre
- Tiffany's Nail & Spa
- Global Pet Foods
- Westminster Presbyterian Church

The list above includes those who have contributed up to and including November 30. If I've missed you in this list, trust that I'll catch up in February. I would encourage Edgemont residents to support these good corporate and association community builders!

While I'm in the "thanking" mood, I want to give a shout out to Carie Middleton and Marty Evans who pulled together a team of volunteers to support the casino

event. These ladies and the numerous volunteers they recruited did an amazing job! It takes about 40 people to work a casino over two days, so this is no small effort!

In November the ECA Board had visitors from the Calgary Traffic Unit. We were updated on the role of the Traffic Unit and how it supports safety in our community. The Calgary Police Service makes it easy to report ongoing traffic issues, including:

- Speeding problems
- School or playground zone violations
- Pedestrian safety risks

Here's how to report it:

- Visit [www.calgarypolice.ca](http://www.calgarypolice.ca).
- Select "Compliments and Concerns" > "Report a Traffic Concern."
- Submit your traffic service request.

If your concern is more urgent, call 3-1-1 and ask the operator to put you through to the Traffic Unit. You will be connected directly.

Mark your calendar to participate in Frost Fest on February 17. Go to the ECA website to register. There is no charge to participate, but we like to keep track of how many people to expect so we don't run out of treats!

Stay warm and enjoy our outdoor rink up at John Laurie Park. Thanks to the volunteers who maintain the facility for the pleasure of our residents.

*Pamela Wilson*

President



## Joke of the Month

*Why did the pony get detention?*

*Because he was horsing around.*

Edgemont Community Association's

# Frost Fest

*It's a Fun Winter Time!*



Monday,  
February 17

*Come enjoy winter activities  
and games, grab a warm drink,  
and spend time with the family  
and beloved neighbours!*

at John Laurie Park  
from 11:00am to 2:00pm

Ice Skating - Snow Games -  
Ice Bocce - Hot Chocolate -  
& Much More

Cost: **FREE**



**Registration Is Open!!**

Confirm your  
attendance



**Edgemont**

PHONE: 403-239-1211 | [WWW.EDGEMONT.AB.CA](http://WWW.EDGEMONT.AB.CA)



## News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

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



# 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](http://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](mailto: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

January 6  
January 27  
February 24  
March 17  
April 21  
May 19  
June 9  
July 21  
August 18  
September 15  
October 13  
November 17

### Pick Up

January 15  
February 5  
March 5  
March 26  
April 30  
May 28  
June 18  
July 30  
August 27  
September 24  
October 22  
November 26

Order link:

[edgemont.getcommunal.com/parent\\_programs](http://edgemont.getcommunal.com/parent_programs).

Email [GFB@edgemont.ab.ca](mailto:GFB@edgemont.ab.ca) for information.

## Childcare

### Edgemont EduSARC

Before and after school-age program serving the Edgemont Elementary School. Please call 403-241-0131 or email [edusarc@gmail.com](mailto:edusarc@gmail.com).

### Kaleidoscope Kids

Preschool for ages 3 to 4 years. Monday to Friday.  
Contact 403-547-1020, or visit [www.kaleidoscopekidspreschool.com](http://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](mailto: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](http://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/](http://www.artsstc.com/).

### ABAITC

AI Junior Coding Class | For more information or to register call 587-926-9005 or email [aitech201905@gmail.com](mailto:aitech201905@gmail.com) | [abaitc.org](http://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/](http://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](mailto: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](http://www.mavericksfootball.ca)



## **Rhythmic Gymnastics**

We offer rhythmic and acro gymnastic classes for ages 5 and up. For information, email [h.palmer@shaw.ca](mailto:h.palmer@shaw.ca) or visit [www.rgcalgary.ca](http://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](http://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](mailto:info@starsathletics.ca).

## **Suzuki Baby**

Music classes for ages 0 to 2. Visit [www.suzukibaby.ca/](http://www.suzukibaby.ca/).

## **Thunder Basketball**

Tykes to U18  
[www.thunderbasketball.ca](http://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](mailto:info@seiwakai.ca) or call 403-560-4508. Visit [www.seiwakai.ca](http://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](mailto: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](mailto:koalateaconversations@gmail.com).

## **Adults and Seniors**

### **Gentle Yoga**

In-person yoga on Thursdays. To register, email [savannah.nocera@gmail.com](mailto: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](http://www.secondsixties.ca) for more information.

### **Speakers' Edge Toastmasters**

Meets Saturdays.  
Contact [speakersedgetoastmasters@gmail.com](mailto: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](mailto:cstqg1@gmail.com).

### **Cricket Friends XI Adult Cricket Team**

Contact [anadeemus@yahoo.com](mailto: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](mailto: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](http://nwcchurch.ca).  
Contact Pastor Jeff Edwards at 403-616-6480 or [pastor@nwcchurch.ca](mailto:pastor@nwcchurch.ca).

*continued on next page*

Please call  
organizers for  
more information

### 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](http://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](mailto: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](http://www.edgemont.ab.ca) for more information.

### Frost Fest

February 17, 2025



# A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes.

Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.





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While we set a record this year by hanging on to the flowers in our planters until the end of October, nature definitely got even with us in November, delaying us getting our winter displays in place! Now that the first serious cold snap appears to be behind us, Edenscapes can hopefully get our planters populated with beautiful winter greenery and decorations. We are asking for your help once again: should you see anybody remove anything from the winter displays, please let us know right away by emailing [askElm@edgemont.ab.ca](mailto:askElm@edgemont.ab.ca). Once in place, no adjustments to the planters should be necessary! Record license plates and/or take pictures of offenders if possible!



Our perennials and shrubs may be in a dormant state right now, Foothills Landscaping and Shari Pitka, our ELM coordinator, have been busy optimizing designs for planters and flower beds for the 2025 season. It may be hard to believe that the orders for next summer have now been submitted!



We are extremely pleased to let you know that both Shari and Foothills will continue to look after the ELM projects in our community in 2025! Our heartfelt thanks to both Shari and the staff at Foothills Landscaping for a fabulous year of landscaping in our Edgemont community.

Should you start planning yard renovations for next year, please remember that ELM would very much appreciate donations of perennials in the spring for distribution throughout the community prior to planting the annuals! Please dig up these perennials in the spring and contact Shari Pitka at [askElm@edgemont.ab.ca](mailto:askElm@edgemont.ab.ca) to arrange for pickup of your ready-to-go donations.

Wishing you happy gardening in 2025!

*Kathleen Stewart, Rick Wierzbicki, Shari Pitka*





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# A Message from Your Volunteer Coordinators

Happy New Year to all Edgemont volunteers!

As we step into 2025, we want to take a moment to reflect on the incredible contributions you've made this past year. Whether it was lending a hand at events, supporting community programs, being a Snow Angel for your neighbour, helping to maintain the rink, or participating in the casino fundraising team, your dedication has truly strengthened our community.

This year, we're excited to build on that momentum, create new opportunities to connect, and continue making a positive impact together. Thank you for your kindness, passion, and commitment—you are the heart of everything we do.

Here's to another successful year of giving back! If you'd like to join our volunteer email list, don't hesitate to reach out.

Loving our neighbourhood,

Tina Chen and Jeff Edwards

volunteers@edgemont.ab.ca



(Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood and Sage Hill)



The 9th Trex have gone canoeing, and tent camped with 110th Guides, participated in Nite Trek (an area camp where they do a night hike and do tasks along the way), went to Colour Me Mine and painted lovely bowls. We finished stuffing and closing up about 30 Izzy dolls (kind of like African Comfort Dolls) and sent them off to be used in packing for medical supplies for remote areas. The dolls are given to children when they get vaccinations or other medical care. The girls also learned how to start a crochet chain so they can work on making the Izzy Dolls themselves! We also wrote postcards to Navy personnel on the HMCS Calgary for Remembrance Day. We did a Banff day where the participants went to the Historic Cave and Basin, did a Scavenger Hunt downtown, visited the Whyte Museum, Banff Park Museum National Historic building, and of course, the hot springs! In December, our service project was to help with Stephen's Backpack's and had a Winter PJ party! The girls have a list of things they would like to do in the New Year that include a hostel stay in Kananaskis, tubing and swimming! We have a yurt camp already planned for May!

If you'd like to register your daughter, please visit [www.girlguides.ca](http://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](mailto:any-calgaryaurorasky@girlguides.ca) for more information.



## Word of the Month

*Cynosure*: noun (SIGH-noh-syoor)  
A center of attraction or attention.

*The bride was the cynosure of all eyes at the wedding.*





# Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



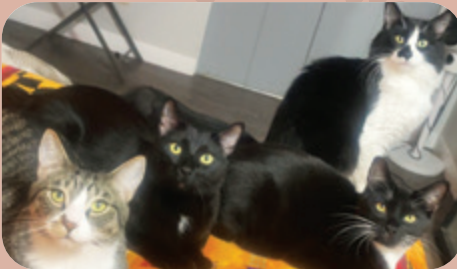
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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## How Social Media Impacts Polarization in Youth: A Reflection

by Julia M., a volunteer with the Edgemont Youth Press

As I write this, thousands of posts, reels, and tweets are being created. Someone is sharing fake news, while someone else is calling real life fake. Social media, once designed to foster connection, has become the world's biggest echo chamber. How did something meant to unite us become so divisive?

Perhaps, we can blame it on the algorithms which prioritize sensationalism and promote emotionally charged content to reinforce biases rather than encouraging productive dialogue. During elections, this effect intensifies as everyone, including myself, is bombarded with content that vilifies opposing ideas instead of encouraging critical thinking.

As you read this, a new president of the USA has likely already been inaugurated. Canada will probably face an election this year. For young people still shaping their identities, this environment is both empowering and overwhelming. As they face pressure to pick sides, nuance and details disappear in the race for likes and retweets.

Abraham Lincoln once asked, "Do I not destroy my enemies when I make them my friends?" Perhaps, I'm being overly optimistic in believing that finding common ground despite the divide is possible. If connection was the goal of social media, reclaiming it would require courage—the courage to engage with differing views, think critically, and most importantly listen with empathy.

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