

MARCH 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

www.edgemont.ab.ca

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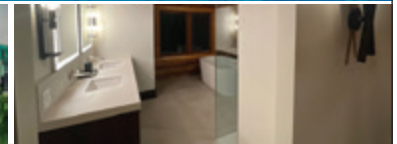
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 Web: www.edgemont.ab.ca • Facebook: Edgemont Community Association
 X (Twitter): @EdgemontCA • Instagram: @edgemontcommunity
 Business Hours: Monday to Friday 9:00 am to 5:00 pm

Submissions to
 Inside Edge due
 on the first of
 every month

VOLUNTEER BOARD OF DIRECTORS

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
Rick Weirzbicki	Treasurer rick@edgemont.ab.ca
Kieran Fitness	Director kieran@edgemont.ab.ca
Jeff Coombes	Director jeff@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

OFFICE 403-239-1211

Office Administrator office@edgemont.ab.ca

OTHER CONTACTS

Heather Hubert	Office Manager heather@edgemont.ab.ca
Cst. Shawn Radford	Community Resource Officer SRadford@calgarypolice.ca
Vacant	Newsletter Submissions and Communications Coordinator
Lori Holford	Edgemont Elementary
Vacant	Tom Baines School Rep genieh1@educbe.ca
Vacant	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
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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

President's Message



Has the luck of the Irish paid a visit to your household? I'm hoping it's going to grace the ECA with some too! We're looking for Board members and volunteers. That's our pot of gold! Each year at our Annual General Meeting in May we elect Directors to our Board. This year we have a number of people whose term of office is expiring, and we are on the lookout for members willing to step up into those roles. In particular, we are going to need a Treasurer before Rick's term of office ends, and it would be nice to see someone take on that position while Rick is around to provide some advice. The Treasurer is well supported by both our bookkeeper and our manager, so the tasks are not as onerous as they once were. For more information about joining the Board contact either Rick or myself.

In the January newsletter I mentioned that Julia Hayter was planning a session on Assured Income for Severely Handicapped (AISH). Due to a set of unfortunate circumstances, that session was delayed. Until it's rescheduled, I would encourage you to contact MLA Hayter's office directly if you have any questions about this program. In addition, we are hoping we will be able to provide some 'Frequently Asked Questions' that we can post on the ECA website. Stay tuned.

In the month of March, we will be launching a Flag Contest. This is new for Edgemont, and we hope it will generate some creative juices in those artistic Edgemont residents we know are out there. The event is meant to highlight what is great about our community and fan the flames of community spirit. There is an advertisement in this newsletter with more information.

Our last Board Game night was a big hit, and we are hosting one again in March. You are welcome to drop in to the community centre between 6:30 and 9:00 pm on March 6. Bring your games, snacks, drinks (no alcohol), and a friendly competitive spirit. Arrive on time to ensure you have a spot!

Are you starting to plan your gardens and flower beds? We'll support you with a seminar on March 15 between 2:00 and 4:00 pm focussing on Seed Starting and Indoor Growing. There are some helpful tips to share to assist

you getting the best results for your efforts. The seminar is free. Register online at the ECA website. Edgemont has a peculiar growing environment when it comes to Calgary neighbourhoods. Knowing a bit about what thrives here will help you determine what to grow.

Save the date for our new Mother's Day event. Mark your calendar for May 9. We're going to be deviating from our traditional tea and trust that more families might join us for the afternoon. As the details become finalized, watch the newsletter, the website, and social media for more information!

Finally, I'd like to remind our residents about security. Edgemont is considered one of Calgary's safer, family-friendly northwest communities (reference mycalgary.com). Although break and enters are not commonplace, they still occur and the media was reporting a team of break and enter thieves operating in both Edgemont and the Hamptons at the end of 2025, beginning of 2026. Be wary! To secure your home and property, the Calgary Police Service recommends the following:

- Establish a 'Secure Your Home and Property Routine' before heading to bed
- Remove valuables from vehicles
- Ensure vehicles are locked, windows and doors are closed and, if possible, park in the garage
- Close garage doors and windows
- Lock any entry/exit doors used by residents coming and going from the garage
- Lock all house doors
- Make sure all windows are shut
- Turn on an exterior light

To report a crime in progress, dial 9-1-1. For non-emergencies, call 403-266-1234. If you prefer to remain anonymous, contact Crime Stoppers at 1-800-222-8477.

Fingers crossed that spring is on its way!

Pamela Wilson

President



Volunteer Spotlight and Community Call-Out

A heartfelt thank you to the amazing volunteer team from Sir Winston Churchill High School for supporting Frost Fest, and to our dedicated Edgemont volunteers who continue to care for our community—especially our Snow Angels, who have been spreading warmth and kindness throughout the neighbourhood this winter.

LEGO Mania was another huge success, and we truly couldn't have done it without our volunteers who helped with setup, on-site support, and dismantling. Your time and energy made the event fun, smooth, and memorable for everyone.

As our Annual General Meeting (AGM) approaches, we invite you—and your family or friends—to consider getting more involved. If you're passionate about our community and would like to contribute in a bigger way, we are looking for enthusiastic residents to join the Edgemont Community Association Board. With more hands and fresh ideas, we can continue to grow, support one another, and share even more love across our beautiful community.

Email us to learn more about the roles and responsibilities, and how you can be part of shaping Edgemont's future!

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!



SUMMER ART CAMPS

Kids ages 9-12 | Teens ages 12-15

AUArts.ca/summercamps

Alberta University of the Arts

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EDGEMONT COMMUNITY PAGEANTRY FLAG CONTEST



THEME: For the Love of Edgemont

WHO CAN ENTER: Edgemont Residents of All Ages!

**Compete to have your flag design on
display in the community!
Prizes for the winners!**



FULL CONTEST DETAILS ON THE WEBSITE
https://edgemont.getcommunal.com/parent_programs

CONTEST LAUNCH: MARCH 1ST
SUBMISSION DEADLINE: MAY 15TH



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

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

New Prices Effective January 2026

Small Box: \$35, 15 to 20 lbs of fruits and vegetables*

Medium Box: \$40, 25 to 30 lbs of fruits and vegetables*

Large Box: \$45, 35 to 40 lbs of fruits and vegetables*

*Please note weights are approximate.

Order by 6:00 pm

March 16

April 20

May 18

June 8

July 20

August 17

September 14

October 12

November 16

Pick Up

March 25

April 29

May 27

June 17

July 29

August 26

September 23

October 21

November 25

Order link: edgemont.getcommunal.com/parent_programs.
Email 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.

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

AI 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)

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.

New! Colour On Fire Art Studio and School (COF)

Kids and adults explore the exciting world of art at COF art education classes! Students learn about sketching, shading, texture, and colour while working with a variety of mediums such as acrylic and watercolour paint, chalk and oil pastels, charcoal and more.

Through artistic experimentation, using a variety of techniques and subject matter, students learn, gain confidence and an understanding of their own art practice.

For more information contact 403-542-0178 or to register visit www.colouronfireartstudio.com.

Adults and Seniors

Gentle Yoga

In-person yoga on Thursdays. To register, email savannah.nocera@gmail.com, or call 403-852-5415.

Fit 4 Change

Adult fitness classes on Tuesdays 6:30 to 7:30 pm | September 2025 to June 2026

Contact Michelle: 403-804-6951 or email yycfit4change@gmail.com. www.fit4change.ca.

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 frank8y@hotmail.com.

Calgary Chinese Elderly Citizens' 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.

continued on next page

Please call
organizers for
more information

It provides a great variety of services and programs including social services, community support, health service, etc.

Visit 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 truelightca.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.

Edgemont Community Association's 1st Annual Pageantry Flag Contest

Registration Opens March 1, 2026

Board Game Night

March 6, 2026

Coffee and Conversations: Seed Starting and Indoor Growing Seminar

March 15, 2026

Jazz Music Event Night

April 17, 2026

Free Drop-In Board Game Night

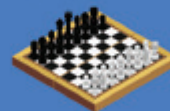


Join Us!

March 6th, 2026

6:30 - 9:00 PM

At Edgemont Community Association, 33
Edgevalley Circle NW



Drop in and bring your own snacks and games for a fun evening of friendly competition!

No Alcohol Please!



OFFICE@EDGEMONT.AB.CA | 403-239-1211

Seed Starting and Indoor Growing Seminar

By Tracy Grills

Founder of Eco Lighting & Electrical & Growtronics™



Get a head start on your garden with this informative and interactive session!

Learn about:

- Seed starting basics (soil, timing, trays, humidity)
- Why lighting matters most
- Hands-on demos & Q&A
- Practical tips for healthy indoor growing

DATE: March 15th, 2026

TIME: 2:00 PM - 4:00PM



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





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Why “Studying Harder” Fails, and What Actually Works

by Jia J., a volunteer with the Edgemont Youth Press

For most students, academic struggles trigger a predictable response: studying more. When grades do not improve, the obvious conclusion is, “I didn’t put in enough effort.” However, this logic falls flat for many high-achieving students. Studying harder will not necessarily produce a better academic outcome, but rather may lead to feeling overwhelmed, frustrated, and utilizing methods of studying that are ineffective.

The issue is not with students’ efforts, but rather how those efforts are being utilized.

When students refer to studying harder, they typically mean they are putting in additional time, not necessarily improving strategy. Re-reading a textbook, re-writing notes, and highlighting a page may appear productive. Students often feel confident they understand this material due to how many times they have read or highlighted it.

However, simply re-reading material passively does not develop the necessary neural pathways, nor does it allow students to be in a position to recall what they know during an examination. Students may recognize the material when they take the examination, but that does not mean students have retained the information.

Likewise, recall is not sufficient in order to transfer what students have learned or studied into practical application.

Cramming for exams is revealing regarding how poor methods of studying are. Although a student may be able to complete a quiz using cram techniques, the information that was studied will be lost within days after the exam. This is primarily the result of the brain never having learned how to recall the information or how to apply it.

A psychological trap exists for students that tie effort to self-worth, while making studying harder an emotional response, instead of a thoughtful strategy. By working more hours, it creates a situation where students feel as if they earned their grade. However, science has proven that cognitive learning increases as a result of increased effective effort, not as a result of never ceasing to physically study an idea.

We need to learn strategies for studying material as effectively as possible.

First, we must engage in “active” recall, which means testing ourselves on the material prior to the actual test by creating brainstorm sheets, answering quiz questions without note access, and teaching the concept as if you were teaching someone else. Discomfort is what allows it to work.

Secondly, we must engage in spaced practice, which means re-studying a specific topic at intervals of several days or weeks rather than doing all the studying on one single day. Spaced practice creates a “desired difficulty” aspect in that it allows for easier long-term retention and application of the material.

Third, error analysis. When students finish a test, most will ignore mistakes. The quickest way to improve understanding is to analyse the reason for a chosen response. Was this due to a misunderstanding of content, misinterpreting the question, or an absent relationship between concepts? Correcting mistakes helps students to better understand the content.

Finally, students learn better when they connect related concepts. A focus on how concepts are related (their patterns, assumptions, and their underlying mechanisms), rather than just on memorizing material, encourages the student to reason rather than memorize.



Studying more will not help students succeed since the way they learn is not linear. The same input may produce different outcomes depending on how that input is used. Quality over quantity, strategies over endurance, and students can succeed with less work by learning the best ways for their brains to learn.

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



EDGEMONT HAMPERS APPRECIATION

Thank You!

Thank you to all the businesses, residents, organizations, and volunteers that so generously gave gifts and their time to make this year's Edgemont Hampers program a success!



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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.

BIG SKY VENTURES: Terry Raabis, Certified Master Electrician with over 50 years' electrical experience ~ home renovations, house re-wiring, troubleshooting, smoke and carbon monoxide detectors, breaker panel upgrades, fans, cooktops, range hood installs and much more! Fully licensed and insured. Customer satisfaction guaranteed. Call Terry at 587-228-9371 or email bigskyventures@shaw.ca.

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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.

BUSINESS CLASSIFIEDS

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

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