

MAY 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

# inside Edgemont

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



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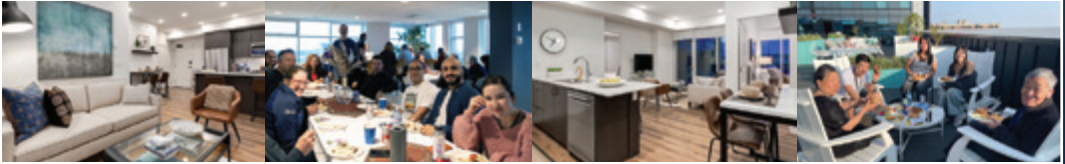
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 Web: [www.edgemont.ab.ca](http://www.edgemont.ab.ca) • Facebook: Edgemont Community Association  
 X (Twitter): @EdgemontCA • Instagram: @edgemontcommunity  
 Business Hours: Monday to Friday 9:00 am to 5:00 pm

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>
Margaret Anne McCaughey	Second Vice President <a href="mailto:margaret@edgemont.ab.ca">margaret@edgemont.ab.ca</a>
Deirdre Harris	Secretary <a href="mailto:deirdre@edgemont.ab.ca">deirdre@edgemont.ab.ca</a>
Rick Weirzbicki	Treasurer <a href="mailto:rick@edgemont.ab.ca">rick@edgemont.ab.ca</a>
Kieran Fitness	Director <a href="mailto:kieran@edgemont.ab.ca">kieran@edgemont.ab.ca</a>
Jeff Coombes	Director <a href="mailto:jeff@edgemont.ab.ca">jeff@edgemont.ab.ca</a>
Charmaine Grills	Director <a href="mailto:charmaine@edgemont.ab.ca">charmaine@edgemont.ab.ca</a>
Jymi Chun	Director <a href="mailto:jymi@edgemont.ab.ca">jymi@edgemont.ab.ca</a>

### EDGEMONT VOLUNTEERS

Jymi Chun [volunteers@edgemont.ab.ca](mailto:volunteers@edgemont.ab.ca)

### OFFICE 403-239-1211

Office Administrator [office@edgemont.ab.ca](mailto:office@edgemont.ab.ca)

### OTHER CONTACTS

Heather Hubert	Office Manager <a href="mailto:heather@edgemont.ab.ca">heather@edgemont.ab.ca</a>
Cst. Shawn Radford	Community Resource Officer <a href="mailto:SRadford@calgarypolice.ca">SRadford@calgarypolice.ca</a>
Vacant	Newsletter Submissions and Communications Coordinator
Lori Holford	Edgemont Elementary
Vacant	Tom Baines School Rep <a href="mailto:genieh1@educbe.ca">genieh1@educbe.ca</a>
Vacant	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>
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**The Board Room: Capacity 20**

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

## President's Message



May is here and the beauty of Spring abounds! We have so much in store for this month and we hope you will partner with us and share in growing our community spirit and neighbourhood together!

We are starting the month with our first ever Mother's Day Magic event on May 9 from 10:00 am to 1:30 pm. This event will host the incredible magician, Christopher Cool with his exciting and entertaining magic show. Along with this show we will have activity stations for kids and their families, door prizes for mom, and delicious treats and refreshments including sparkling juice! This day is all about celebrating mothers and we hope you can join us! Tickets are on sale at [edgemont.getcommunal.com/parent\\_programs/3078](http://edgemont.getcommunal.com/parent_programs/3078). \$5 per adult and \$2 per child. Note: All children must be accompanied by an 18+ guest. Children cannot be left alone or dropped off.

As we head into spring, it's great to see our community coming alive again. One of the initiatives we're most excited about this year is the Community Flag Design Contest, it's a chance for residents to leave a lasting mark on our neighbourhood. This is more than a contest; it's an opportunity to showcase what makes Edgemont special and to contribute to the look and identity of our community. I just wanted to provide a quick reminder the submission deadline is May 15. If you've been thinking about participating, now is the time to finalize your design and submit it through the ECA website. Full contest details can be found at [edgemont.getcommunal.com/parent\\_programs](http://edgemont.getcommunal.com/parent_programs) or email [contests@edgemont.ab.ca](mailto:contests@edgemont.ab.ca).

Thank you to Jazz Niks for performing at our first ever Live Jazz Event! Please let us know what you thought or if you would like to see more live music events and what type.

Our Annual General Meeting will be on Wednesday, May 20, at our centre in the Panorama Room. Doors open at 7:00 pm and the meeting begins at 7:30 pm. We really want to encourage you to come out and engage with us at this important meeting. We are also looking for more Board of Directors to join our team. For more information, please go to [www.edgemont.ab.ca/annual-general-meeting/](http://www.edgemont.ab.ca/annual-general-meeting/).

Farm Stands at the ECA parking lot starts May 21. After multiple successful years serving the Edgemont community, the beloved FreshPal farm stand is once again launching on May 21. Come and find those super sweet tomatoes you've been dreaming about all winter, which will pair well in a salad with FreshPal's crunchy cucumbers, sweet peppers, and more. Grown in fields and passive solar greenhouses in nearby Olds, Alberta, the farm stand offers a direct connection to your farmer and a convenient, community-focused way to access healthy food close to home. Find Jianyi and his team on Thursdays from 3:30 to 7:00 pm, starting May 21!

The Nordic Rodeo and Stampede Breakfast is back on June 13! Keep checking for more details and registration to get a spot—registration will open May 15. This year all events will take place front and centre in our main parking lot and area outside our front doors. We will have SkipTime doing fun demos with the kids and other activities for kids—stay tuned for more details!

Parents looking for summer camp programs would be wise to check out the list of what's available. We listed the full information for these in last month's issue—this month, please see the limited version and more details can also be found on our website at [edgemont.ab.ca/programs-summer-camps-2026/](http://edgemont.ab.ca/programs-summer-camps-2026/).

We look forward to a wonderful month of May and hope you will partake in our events! If you have any concerns or anything you would like to share or need help with—please contact our office at 403-239-1211 or [office@edgemont.ab.ca](mailto:office@edgemont.ab.ca).

*Heather Hubert*

Manager

*for Pamela Wilson,*

President



## Volunteer Coordinator's Message

It's hard to believe that it is already May, and that I have now completed my first year as an ECA Board Director and Volunteer Coordinator. Over the past year, I have had the pleasure of meeting so many kind and caring residents who have shown incredible love and support for our community.

From Good Food programs that supported families in need, to volunteers helping with fun programs, community gatherings, and seasonal activities, every contribution has made a positive difference in Edgemont. No matter how big or small the role, every volunteer has helped make our community stronger, warmer, and more connected.

We are also especially grateful to see more youth volunteers stepping up and getting involved. During March and April, we worked closely with a group of amazing student volunteers from Sir Winston Churchill High School to help create an exciting Mother's Day gathering at ECA. Their creativity, teamwork, and enthusiasm have been inspiring, and we hope everyone enjoys the event!

As summer approaches, we are looking forward to many more fun programs and community events. Of course, we will continue to need volunteers to help keep everything running smoothly.

If you haven't signed up to be part of our volunteer team yet, we would love to have you join us. We always need helping hands, fresh ideas, and caring hearts in our community! Please email [volunteers@edgemont.ab.ca](mailto:volunteers@edgemont.ab.ca) for more information.

*Jymi Chun*

Volunteer Coordinator



Calgary 2016

# Weekly Farm Stands

Support local [calgary.ca/localfood](http://calgary.ca/localfood)



**Edgemont Community Association**  
Thursdays 3:30pm-7pm  
33 Edgevalley Cir NW  
Starts May 21st!

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

## Soccer in Edgemont

- CMSA League – Ages 6 to 19
- Community – Ages 4 to 19

The Edgemont Community Association (ECA), in partnership with Calgary Northside Soccer (CNS), is pleased to announce that registration for the 2026 Outdoor Community Soccer League is open!

The Community program is run by PASS staff. This program is structured towards lifestyle flexibility for those families who have other commitments and need a flexible schedule.

The outdoor season runs from April to September. The season is broken into two sub-seasons:

- Spring: April to June
- Summer: July to September

Registration is open: [northsidesoccer.ca](http://northsidesoccer.ca).

Dates, times, and locations are shown on the CNS website.

**SCAN HERE TO VIEW ADDITIONAL  
EDGEMONT CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



## Edgemont's ELM Program Spring Update

Spring is taking hold in Edgemont, and your ELM Program is in full swing! Flowers are completing their last-minute growth spurts before being planted in their new homes in our community. The logistics of doing so are finalized and will be pending the best estimate for frost-free nights with our sights set on the end of May or beginning of June.

Planters will receive levelling touch-ups and soil amendments as necessary, and flower beds are being prepped for hosting their summer shows of colour. If watering restrictions take hold in Calgary, we are prepared to continue watering flowers with secured sources off the city's water system.

In conjunction with City of Calgary Street sweeping, our green spaces will also receive their share of spring cleaning too. Weekly mowing will begin, and eligible parks will likely see the return of irrigation again pending any water restrictions. This spring will also see a fresh application of turf fertilizer in all eligible green spaces, which is almost all of them.

If you see anything that needs tending to, please send me a note to [askElm@edgement.ab.ca](mailto:askElm@edgement.ab.ca).

Please enjoy all that Edgemont has to offer; the natural beauty and environmental reserves, the manicured parks, homeowners taking pride in their own properties, and the friendly people we meet in our community. It is truly a very special place to call home!

ELM

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

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# ECA EVENTS & PROGRAMMING

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

#### 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 Deadline by 6:00 pm

May 18

June 8

July 20

August 17

September 14

October 12

November 16

### Pick Up

May 27

June 17

July 29

August 26

September 23

October 21

November 25

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).

\*Location of events and programs are at the Edgemont Community Association unless otherwise specified.\*

## Babies, Children and Youth

### 193 Edgemont Scout Group

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 [edgemontscoutsgroup@gmail.com](mailto:edgemontscoutsgroup@gmail.com).

### Fencing Calgary

Programs for children and youth ages 7 to 14 (equipment included) at [www.fencingcalgary.com](http://www.fencingcalgary.com). Learn to play the fencing way!

### 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).

### 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.mavericksfootballclub.com](http://www.mavericksfootballclub.com)

### 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**

### **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](mailto:office@momentumdanceacademy.ca) for more information. [www.momentumdanceacademy.ca](http://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](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).

### **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](http://www.colouronfireartstudio.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.

### **Fit 4 Change**

Contact Michelle: 403-804-6951 or email [yycfit4change@gmail.com](mailto:yycfit4change@gmail.com). [www.fit4change.ca](http://www.fit4change.ca).

### **Second Sixties Outdoor Club**

Open to age 50+. If you enjoy any of hiking, walking, snowshoeing, cross-country skiing or 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).

### **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](mailto: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. It provides a great variety of services and programs including social services, community support, health service, etc.

Visit [www.cceca.ca/](http://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 [truelightca.com](http://truelightca.com).  
Chinese Service. Contact 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.

## 2026 Summer Camps at Edgemont!

Please check out full posters and registration details on our website at [edgemont.ab.ca/programs-summer-camps-2026/](http://edgemont.ab.ca/programs-summer-camps-2026/).

- Mr. D Summer Camps
- Little Medical School
- Sewing Camps and Crochet Camps-Goldyn Studio
- Mad Science Camps
- Engineering For Kids Summer Camps
- ABAITC Coding Summer Camps
- Calgary Stars Basketball Camps
- Colour On Fire Art Studio and School Camps
- Alien In-Line Skating Camp

## Upcoming Events and Projects

Check [www.edgemont.ab.ca](http://www.edgemont.ab.ca) for more information.

### Mother's Day Magic Event

May 9 from 10:00 am to 1:30 pm with Magic Show at 10:40 am. Adults \$5 each and children \$2 each.

### Edgemont Community Association's First Annual Pageantry Flag Contest

Registration Closes May 15, 2026.

### Annual General Meeting (AGM)

May 20, 2026. Meeting starts at 7:30 pm.

### Annual Nordic Rodeo and Stampede Breakfast - June 13

Registration opens May 20. Tickets are free and go fast. Look out for more details soon!

**MOTHER'S DAY MAGIC EVENT**

Food, Special Crafts, Hand Hennas, Face Painting, Temporary Tattoos, and Prize Draw!

**MAY 9TH**

**10:00 am to 1:30 pm**

This is a family-friendly event

Doors open at 10 am for fun activity stations for kids and their parents, a door prize for mom to enter and a lovely assortment of treats and refreshments!

Cost: \$5/parent \$2/child  
Limit 3 children per adult registered.

We will have an amazing, well-known magician, Christopher Cool, for a fun 40-minute show starting promptly at 10:45 am.

NO child is allowed to be left unattended-all children must be with a parent.

**EDGEMONT COMMUNITY FLAG DESIGN 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](https://edgemont.getcommunal.com/parent_programs)

CONTEST LAUNCH: MARCH 1<sup>ST</sup>  
SUBMISSION DEADLINE: MAY 15<sup>TH</sup>

Edgemont (403)-239-1211 | [contests@edgemont.ab.ca](mailto:contests@edgemont.ab.ca)



# Annual General Meeting (AGM) 2026 Notice

Date: Wednesday May 20, 2026

Time: Registration 7:00 PM MDT

Meeting 7:30 PM MDT

Location: Edgemont Community Centre  
33 Edgevalley Circle NW

In order to vote at the AGM, our bylaws require that you hold a current membership prior to the start of the meeting. **Edgemont residents may purchase a membership at the door before the meeting starts.**

A membership can also be purchased or renewed in advance on our website [www.edgemont.ab.ca](http://www.edgemont.ab.ca) or by phoning or visiting our office between 9AM - 4:30PM Monday - Friday.

If you don't have an ECA membership, or are no longer a resident of Edgemont, you are welcome to attend the meeting, but are not eligible to vote.

April 15 is also the deadline for submitting a special resolution. Please go to [www.edgemont.ab.ca](http://www.edgemont.ab.ca) for more information including the agenda, by-laws and reports. AGM details will be updated regularly over the next few weeks. The audit has not been completed at this time, but the Audited Financial Statements will be posted when finalized.

On behalf of the ECA board of directors, we look forward to seeing you at the AGM!

403-239-1211

33 Edgevalley Cir NW,  
Calgary, AB, T3A 4X1

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

## The Meaning of Mother's Day

by Genie H., a volunteer with the Edgemont Youth Press

What is the meaning of Mother's Day? For many, despite the famous notion behind the date, it appears on the calendar as merely another day to celebrate. Essentially acting as an annual milestone to testify the passing of another year. However, this day is not just another "world-recognition-of-some-event, thing, or person" type of day, but in fact, possesses far greater nuances that are critical to recollect and recognize to revive its truth.

More recently, Mother's Day has taken up lighter associations: flower bouquets, decorated notecards, a passing remark at Sunday morning brunch before moving about the rest of the day. All these little traditions, while thoughtful, lack insight into the occasion. Historically, Mother's Day is a grounding into a far deeper, more intrinsically tied notion of peace-making, as opposed to being a day of thanks to the very people who constructed the most integral parts of our identities. Emerging from the activism of women such as Anna Jarvis and Julia Ward Howe, among others, they envisioned Mother's Day as a call to action for peace amid what was a war-torn nation. Howe believed that mothers were in a unique position to advocate against violence and division. The day was meant to be a solemn reflection of sacrifice, endurance, and moral leadership.

The personal and social work that mothers do is often the invisible yet formative kind that teaches us to speak, and cry, and have faith in the world. Providing emotional education enabling us to be resilient and to stand back up in the face of hardships. Mothers are also the figures we turn to in times of uncertainty or adversity, and somehow, they always know just what to say to restore peace in our lives. This quiet work influences us in ways more profound than any formal schooling or educational method might. Most importantly, it teaches us to be human and to embrace our humanity.

Hence, "Thank you, mom" could never be enough to encompass the holistic impact of what it means to nurture peace, understanding, and empathy in a world so full of division. It feels particularly relevant nowadays, with everything going on in the world. Motherly love

is extraordinarily both deeply personal and socially profound, making it one of the most unique feelings of its kind.

This year, as Mother's Day rolls around, allow us to revive the deeper significance of the celebration, and raise awareness of its historical foregrounding. From historical education, supporting organizations that uplift mothers in need, to advocating for the protection of families, we can all take part in further empowering the day. Perhaps most crucially, however, take the time this Mother's Day to sit or call your mother, and listen to what she has to say. Mother's Day was never intended to be ordinary, and neither are our mothers.



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