

DECEMBER 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside *Edgemont*

www.edgemont.ab.ca



**HELP THE ECA WITH OUR
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Edgemont
Community Association

Courtnee C & Jenn L, getting ready to deliver Hampers

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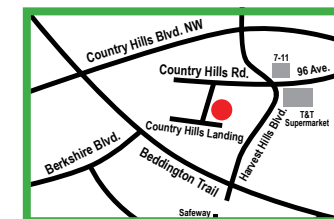
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Alberta

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of Christmas

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Christmas Day Service, 10am-11am

Join us for one of our weekend services: Saturday @ 6pm, Sundays @ 9:30am or 11:15am

www.bpchurch.ca

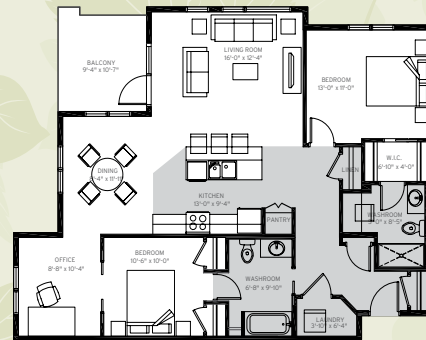
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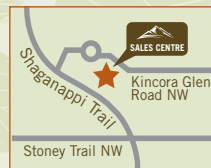


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Sat. & Sun. 12-5 pm
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403.930.1253
KincoraPinnacle.ca



Cover photo by Jeff Edwards

Edgemont Community Association

33 Edgevalley Circle NW
Calgary, AB – T3A 4X1

Phone: 403.239.1211 | Fax: 403.547.5799

office@edgemont.ab.ca | www.edgemont.ab.ca

Facebook: Edgemont Community Association

Twitter: @EdgemontCA

Instagram: edgemontcommunity

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

VOLUNTEER BOARD OF DIRECTORS 2016/17

Bev Johnson	President	president@edgemont.ab.ca
David Middleton	1st Vice President	buildingadmin@edgemont.ab.ca
Al Leach	2nd Vice President	areapanning@edgemont.ab.ca
Brett Redpath	Secretary	
Gerry Elms	Treasurer	treasurer@edgemont.ab.ca
VACANT	Past President	pastpresident@edgemont.ab.ca
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Jane Coates	Director at Large	director4@edgemont.ab.ca
VACANT	Sports	sports@edgemont.ab.ca
Bruce James	Services	services@edgemont.ab.ca
Jeff Edwards	Social/Volunteers	volunteers@edgemont.ab.ca

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		membership@edgemont.ab.ca	403-239-1211
		rentals@edgemont.ab.ca	403-239-1211

OTHER CONTACTS

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	LEAF Team	AskLeaf@edgemont.ab.ca	403-239-1211
	Inside Edgemont Submissions	newsletter@edgemont.ab.ca	403-239-1211
Cari Middleton	Casino Coordinator	edgemont_volunteers@outlook.com	
Lori Trieu-Low	Edgemont Elementary Rep.		403-239-1211
Asha Nenshi Nathoo	Tom Baines Jr. High Rep.		403-239-1211
Emily Gvozdenovic			
Michelle Choi	Sir Winston Churchill High Rep.		403-239-1211
Sabrina Wong			
Chelanne Murphy	Mother Mary Greene Rep.		
Keller Strategic	Webmaster	support@kellerstrategic.com	403-239-1211

Edgemont Community Centre

Need a special event room?

The Panorama Room: Capacity 200

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



For more information call
403-239-1211

The Mountain View Room: Capacity 70

- Mountain view
 - Wood floor
 - Round or rectangular tables
- The Board Room: Capacity 20**



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- Large parking lot
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The Panorama Room Capacity 200

- Beautiful mountain view from large windows
- Landscaped gardens
- Full kitchen facilities attached
- Round tables, upholstered seating
- Patio adjacent

The Mountain View Room Capacity 70

- Mountain view
- Round or rectangular tables
- Wood floor

The Board Room Capacity 20



"For thousands of homeowners, polybutylene plumbing has become a recurring nightmare."

- Ed Bradley, CBS-60 Minutes

Polybutylene (also known as PB or Poly-B) pipe is a flexible, grey pipe that was used in several million homes built from 1970 to the mid-1990s. Due to problems with leaks, Poly-B water pipes are no longer accepted by United States or Canadian building codes and have been the subject of class action lawsuits in both countries. Poly-B fails without warning because it breaks down from the inside of the pipe over time, which can result in sudden catastrophic damage or severe structural damage including mold if a pipe has been leaking for some time without detection. The older the pipe, the more likely it is to fail. Not replacing Poly-B in a home has a 60% probability of failure within 20 years, which further increases over time.

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President's Message

By Bev Johnson

It's The Most Wonderful Time Of The Year

For me, that means the Christmas season and a heightened awareness of "goodwill to all". This is a sentiment shared by all Edgemont residents, regardless of their backgrounds and faith. **The Edgemont Community Association also shares in this sentiment and to that end we are continuing our long held tradition of providing hampers for families in our community who need a hand up. Our intrepid office team will have a list of things that our families need and will happily take donations in the office up till December 12th.**

Speaking of goodwill a very special thank you goes out to Sunny Lin, our young resident who attends Sir

Winston Churchill High, and her family, along with Jeff Edwards for spearheading a very successful and enjoyable fundraising event at the ECA on October 22nd. Jeff Edwards will tell you more about the event in his column.

At the ECA we've been steadily working away on the projects that we believe will add to the quality of life in Edgemont. By the time you read this, there should be skaters enjoying themselves on our newly upgraded rink, the red and white bulbs that will bloom in Spring have been safely tucked in their beds, our LEAF committee will be planning ACT II for 2017, our Reading and Breakfast clubs will every week be helping our young residents fortify and educate themselves for the considerable adventure of growing up, the 1WORLD committee will be planning a special event for Canada 150, our Finance team will be finalizing our priorities and budget to ensure we know the direction we're heading in for 2017, our Building Administration team will be making sure our Centre is running like clockwork and our Vision2021 team will be working on long-term goals and objectives for our board and community.

While we prepare for this special season, and look forward to spending time with the people we care about most (for animal lovers like me, that includes our pet), we hope you will find time to share some fellowship and goodwill.

On behalf of the ECA board, I would like to wish our members and residents, a season full of joy, peace and the very best for 2017.

Bev Johnson

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A Message From Your Volunteer Coordinator

Jeff Edwards • 403-616-6480
volunteers@edgemont.ab.ca

Hello Edgemont,

It's December! And we are again doing **Christmas hampers** for a number of families in our neighbourhood and so we are *accepting donations at the ECA office*. Please have all items to us by **December 12th**. Food donations, presents, and gift cards are welcome. Ask at the office



about other suggested items. We will be *wrapping presents on December 17th at 9AM* and *delivering the hampers that afternoon*. If you are interested to help out, please contact me.



Snow Angels are volunteers who shovel snow for someone else. Again this year a wonderful young man has stepped up to do this for a couple of neighbours. To get involved, simply shovel a sidewalk for a neighbour in need. Let me know if you are interested. *I still need a weekday shoveler and a backup shoveler*. Let me know if you can help, even occasionally.

Wednesday Breakfast Club happens every Wednesday from 7 to 9 AM. Adult volunteers serve breakfast to a number of children before they head off to school. Opportunities to volunteer include getting on the schedule for *a Wednesday or two, picking up muffins on Tuesday at 4:45pm, and donating* (of course!)

Thanks **Edgemont** for your huge support of our **Food Fair and Charity Sale** in October (see pics)! Hundreds came and thousands were raised for school supplies in China. A special thank you to all the volunteers from our Edgemont community, the Go Help Go Club (gohelpgo.weebly.com) of Sir Winston Churchill School, various vendors and local churches, and our ECA board and staff. And bravo Sunny Lin and family for leading the way!

The **Wednesday Reading Club** needs a couple more volunteers to help children after school on Wednesdays. Interested?

As always, if you are interested in any of these or being added to my volunteer email list, contact me.

Merry Christmas neighbours! ☺

Calgary Registry Services

Ph 403.286.6824
Fax 403.288.9677

Mon - Fri 9am - 6pm
Sat 9am - 5pm
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- Birth Certificates
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- Boat Books
- Commissioner for Oaths
- Alberta Health Care

CALGARY CHINESE ELDERLY CITIZENS' ASSOCIATION (CCECA)

Upcoming: Alberta Healthy Living Program organized by Alberta Health Services at Edgemont Community Centre:

Language 語言: Mandarin 國語

Topic 健康講座	Date 日期	Week 星期	Time 時間
Arthritis 101 關節炎	Feb. 7, 2017 2017 年 2 月 7 日	Tuesday 星期二	9:30 am – 12:30 pm
Explaining Pain 痛楚 闡釋	Mar. 21, 2017 2017 年 3 月 21 日		9:30 am - 11:30 am



Nose Hill parkrun Weekly Free 5km Timed Run - comes to Edgemont!

The idea of parkrun started in the UK in 2004 when a group of runners met every Saturday morning for a 5K run. These events have now grown and spread to 14 countries across five continents. This nonprofit making organization had over two million registered park runners globally by December 2015 and currently operate in 946 parks, (see parkrun.com).

Each parkrun event is entirely run by volunteers and is free to take part for everybody. Runners register online in advance to receive a unique barcode number which they print out and bring along. After each run they receive a finisher's token barcode which is scanned along with their own barcode. The times and scanned results are uploaded online and processed. Each runner then receives an email detailing their result. The use of the unique runner number allows the web site to collate historical data including personal bests, overall performance, total number of runs and age graded statistics (i.e. how runners compare with the best runner for their age in the world rankings!)

The beauty of parkrun, as well as being free, is that you don't have to book to take part; you can just turn up and do it! Children can take part too (under 11's need to run with an adult) and runners with 1 dog on a lead are also encouraged. You do

not even have to worry about being last as the volunteer tail runner will help you across the finish line.

The exciting news is that Calgary's first parkrun started at Nose Hill Park on September 3rd and this was the second parkrun in Canada! The number of people registered at Nose Hill parkrun (at the time of writing), was 158 and they have so far achieved 30 new personal bests. After the 9am start (just in the park from the Edgemont Boulevard car park) the runners and volunteers meet up at the "Friends" cafe afterwards to warm up and socialize.

For more information and to register visit www.parkrun.ca. There is also a Nose Hill parkrun Facebook page to keep you connected.

If you want to be part of the wonderful team of volunteers and make new friends please contact nosehillhelpers@parkrun.com.

There is a new parkrun in Vancouver due to start at the end of October and other events are in the pipeline. It's a great community activity and one that is sure to develop further in Canada and be just as successful as it is in the UK and around the world.

Suzanne Brooks
Event Director, Nose Hill parkrun

ECA Hamper Program



Volunteers last year at the ECA to help sort, wrap & box up donations for the ECA Hamper program.

Pictures by Jeff Edwards

The ECA accepts donations of non-perishable food items, toiletries, and money up until December 14th. If you are looking to donate something to this amazing program, please drop off the items at the ECA. Thank-you for your contribution!

the *EDGE*

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PROGRAMS AT EDMONT COMMUNITY CENTRE

Registration for our programs is ongoing.

CHURCH SERVICES

Northwest Community Church
(nwchurch.ca)
Sundays 10:30am -Noon
Contact: Pastor Jeff Edwards @
403-616-6480
Email: pastor@nwchurch.ca

The City of God Ministry
Sundays 2pm-4pm
ESL & Financial Counseling
Contact: Pastor Praise 587-703-8441
Email: faithhouse2011@gmail.com

Calgary True Light Gospel Church
(卡城真光福音教会)
Mandarin service every Sunday at
10:30AM.
Contact: Pastor Chris Xu
587-703-8443

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Please call Judy at 403-241-0131
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Kaleidoscope Kids
Preschool for ages 3-4 years.
Mon – Fri. Starts
Contact: 403-547-1020
www.kaleidoscopekidspreschool.com

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Scouts
Contact Ross at 403-208-8778 or
Neil James 403-288-2705

Flourish Yoga
Yoga classes for youth and teens
Contact Krista at 403.874.4127
Register: www.flourishyoga.ca

Rhythmic Gymnastics
Wednesdays
h.palmer@shaw.ca for info

Philatelic Society
Youth stamp collecting
Meets 2nd Saturday/month
Contact: ECA at 403-239-1211

**The Casey O'Loughlin Academy
of Irish Dance**
Saturday mornings, 9:15 -10:00am
for ages 4 and up.
For more information or to register,
403-520-0059
Email: caseyoloughlin@academy.com

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Exciting, high energy class for kids
6-12 years old. Sure to keep them
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Contact: spinchica@hotmail.com

Music with Joyce: Cantonese music
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For infants to preschoolers. Each
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Each session is animal themed and
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long. www.MusicWithJoyce.com.
Fridays, 6:30 – 8:30 pm

Kids Yoga - The Little Yogi
Wednesdays, 4-5
email: magshull@hotmail.com
Call: Maggie Hull 403-464-4239

English Writing Program
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info@beyond-edu.com

Little Lamb Playgroup
**Drop in times are on the ECA
website, please check.**
For parents and tots (ages 4 and
under).
Come out and play, meet new
friends, bring toys that you are
willing to share.
Call 403-239-1211 for dates in September

Email: office@edgemont.ab.ca
An ECA sponsored community service.

Hap Ki Do Martial Arts class for Kids
starting June 4th from Noon -1pm.
For more info please contact:
Girolamo 403 589-7882 or e-mail
girolamoraimondi@outlook.com.

Edgemont Soccer
www.edgemontsoccer.ca

Northside Soccer
www.northsidesoccer.ca

Mavericks Football
www.mavericksfootball.ca

Calgary Minor Basketball Association
www.cmba.ab.ca

Skating Rink
Skating rink at John Laurie Park
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blading, skateboarding and bike
riding.

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Ballet, tap, jazz, hip hop. Adult and
youth
Contact: Melinda @ 403-247-3607

LifeSong Yoga
Classes for the whole family.
Gentle Yoga- Tuesday 2pm-3pm
Core Conditioning - Friday 9am-10am
Family Yoga- 1st Saturday of the
month

For more classes, info and
registration: www.lifesongyoga.ca
Contact: Wanita@lifesongyoga.ca

Karate
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Contact Doug at 403-560-4508

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Sensei Alan Colter, has been
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more than 16 years, and is a Chief
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Email: contact@sparqproductions.com

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Ease discomforts, stretch your body
and build strength while preparing
your body and mind for your
upcoming birth.

Mom and Baby Yoga
Thursdays 10:30-11:30am
Gently restore and strengthen your
body and relieve discomforts while
spending quality time with your baby.
For more information and registration
please visit www.lyndaburgessyoga.
com

PROGRAMS FOR ADULTS:

Learn Spanish
Take the challenge of learning
Spanish.
For details, pricing and class
schedules: www.spanishmania.ca
or 403-475-6162

Toastmasters
Every Saturday from 9:30 to 11:30
Contact: Shaila Khan
speakersedgetoastmaster@gmail.com

Alcoholics Anonymous
Meet every Friday 7pm-9pm
Contact: ECA 403-239-1211

Megan Fitness
Wed. 7:45 – 8:45pm
email megankmacdonald@yahoo.ca
to register

Rose Ngan Fitness
Mon. 7:45 – 9:15pm
Contact: ECA 403-239-1211

Zhan Fitness
(in Mandarin)
Tues. 7:15 – 8:30pm
email zhanwendy@shaw.ca to
register

**NW Chinese Senior Support Group
of CCECA**
卡城華人耆英會西北關懷小組
Drop-in for those who are 50+
and speak Chinese (Cantonese/
Mandarin).
Singing, dancing, exercise, news
reporting, sharing games and pot
luck.
Contact: 403-269-6122

**Silk Road Chinese Folk Dance
Class NEW CLASS** Thurs 6-8 pm
silkroaddance88@gmail.com
403-510-9059





Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- **Two of every five** home decoration fires are started by candles.
- **Nearly half** of decoration fires happen because decorations are placed too close to a heat source.

Editors' Note

The editorial board of Inside Edgemont consists of:

Brett Plaizier
ECA Board of Directors, Communications

Bev Johnson
ECA Board of Directors, President

Elaine Scobie
Board of Directors, Special Projects
Communications Committee Member

Unless otherwise indicated, all editorials are produced by the ECA Editorial Board.

The compilation of material submitted to Great News Publishing is the responsibility the Newsletter Committee newsletter@edgemont.ab.ca. and must be provided one month in advance. **Material for the January issue must be submitted by December 20th; February issue by January 20th.**

Visit our website for current news on ECA activities.

Our website and social media accounts are evolving under the direction of Brett Plaizier, communications@edgemont.ab.ca.

Website: www.edgemont.ab.ca
Facebook: Edgemont Community Association
Twitter: @EdgemontCA
Instagram: edgemontcommunity

Make your voice heard. Share your views. We are listening.

Letters to the Editor are welcomed:

1. Keep your letter to 200 words maximum.
2. Include your name and contact information.
3. You may be edited for space and to ensure a balanced and respectful tone.
4. Publication is not guaranteed.

Inside Edgemont appears online on www.edgemont.ab.ca about a week before it appears in your mail box.



Trivia
Xmas Volunteers
Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

THANK YOU FOR SHARING!

My sister Michelle shared this recipe with me and it was SO easy. I thought I'd pass it along to you. The recipe came from <http://damndelicious.net/2015/06/05/slow-cooker-honey-garlic-chicken-and-veggies/>

Slow Cooker Honey Garlic Chicken And Veggies

INGREDIENTS:

- 8 bone-in, skin-on chicken thighs
- 16 ounces baby red potatoes, halved
- 16 ounces baby carrots
- 16 ounces green beans, trimmed
- 2 tablespoons chopped fresh parsley leaves

FOR THE SAUCE

- 1/2 cup reduced sodium soy sauce
- 1/2 cup honey
- 1/4 cup ketchup
- 2 cloves garlic, minced
- 1 teaspoon dried basil

- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper

DIRECTIONS:

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper.

Place chicken thighs, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 7-8 hours or high for 3-4 hours, basting every hour. Add green beans during the last 30 minutes of cooking time.

OPTIONAL: Preheat oven to broil. Place chicken thighs onto a baking sheet, skin side up, and broil until crisp, about 3-4 minutes.

Serve chicken immediately with potatoes, carrots and green beans, garnished with parsley, if desired.



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Grandma's Kitchen

By Angel Nong, Edgemont Youth Press

Each year, Canada welcomes over 250,000 immigrants from all over the world to their new home. Although individuals are excited to start their new lives in Canada, immigrants are often faced with numerous obstacles upon their arrival. These obstacles include the challenge of learning a new language, adapting to a new culture, integrating into society and establishing a means of income. In order to tackle these challenges, a local non-profit organization called the Calgary Immigrant Women's Association (CIWA) works to meet the needs and concerns of immigrants, especially those of refugee women, youth, children, and families. CIWA's mission is to engage and integrate immigrant women and their families into the community.

Among the vastly diverse immigrant demographic, senior citizens immigrating to Canada find it especially difficult to adapt to an alienating environment -- which is why CIWA established the program called Grandma's Kitchen, a program that takes place in our very own community of Edgemont. Through this monthly program, local immigrant grandmas are able to meet up for a few hours, make new friends over tea, share a meal together and learn a bit more about Canada and each others' cultures.

Grandma's Kitchen in Edgemont is run by Mojnura Khan, who is a dedicated member of CIWA and an immigrant herself. Back in June, I was able to attend one meeting and learn more about the program from Mojnura. I learned that Grandma's kitchen was established with the goal of bringing local seniors

together, integrating them into society and of course, making them happy. Considering these factors, and the fact that many Grandmas share a passion for cooking, Grandma's Kitchen was founded. Mojnura mentioned that while in the kitchen, grandmas feel happier and more uplifted since they are able to connect with one another through their common love of cooking. The sharing of food breaks down the barrier of language and allows each grandma to experience and share a part of their culture with others.

During the meeting, the group was very lively and the sound of conversation and laughter could constantly be heard. In the group, there were Chinese school teachers, a dance teacher, and others who have come to Canada for the promise of security and economic prosperity. They expressed that they are happy to have moved to Canada because of its acceptance of diversity and its high standard of living. I also learned that as their children and grandchildren get older, attend university, and start their own families, they cannot help but sometimes feel alone. Because of this, the Grandmas are glad they have an opportunity to connect with individuals who are in a similar situation. They are happy to be able to make new friends, share food and even learn a bit more about Canada's culture as well. The atmosphere around was warming and despite their differences in cultures and languages, the grandmas tried their best to converse with one another. At noon, Mojnura and fellow grandmas prepared a Pakistani inspired fish dish that everyone enjoyed.

Aside from the delicious food, each meeting has an educational component that teaches grandmas about an important aspect of society. This can include health,

family life, cultural diversity and related topics. During this component, the grandmas are able to be informed about interesting aspects of Canadian society as well as share how these topics are perceived in their native cultures. At the meeting in June, the topic discussed was body language. One fact that we all found very surprising is the fact that crossing one's legs is a sign of politeness in Western culture. However, in Middle Eastern and East Asian countries crossing one's legs, especially in front of authority figures, is found to be rude and impolite.

Although I was sad that I could not stay for the whole meeting, I was delighted to have been able to meet Mojnura and the group of grandmas. I am glad that Grandma's Kitchen offers an opportunity for grandmas around the community to get to know one another through food and conversation and perhaps to find their transition into Canadian society a little smoother. It was inspiring to see individuals, regardless of where they're from, accept one another, learn from one another and help each other in accepting Canadian culture as well.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 27

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bulletin BOARD

VOLUNTEERS REQUIRED FOR

Youth Press

Teen reporters prepare articles for Inside Edgemont.

Special Events

Join a committee to plan community events that will bring the residents of Edgemont together.

Friday Foodbank deliveries

Adult volunteers needed to occasionally deliver groceries.

Wednesday Breakfast Club donations

starting in September, drop off items to help feed breakfast to some hungry kids in Edgemont at the ECA office

Write an article about your Families' traditions that make the holiday season special. Your article may be featured in an upcoming issue of the Inside Edgemont newsletter, so include pictures!

ECA BOARD MEETINGS

are open to Edgemont residents.

**No December ECA Board meeting.
See you in the New Year!**

The annual Hamper program has started. Please come by the ECA to drop off some non-perishable food items. Wondering what else to get? Come in and see our display with items listed for you to choose from to help Edgemont Families in need.

SHARE your favourite 'preserves' recipes!
Jams, jellies, pickles, etc.

Email photos, recipes & your contact information to newsletter@edgemont.ab.ca

LOOKING FOR TRIED & TRUE COOKIE RECIPES.

Please submit recipes & photos to newsletter@edgemont.ab.ca

SPORTS/RECREATION COMMITTEE

Adult volunteers to assist our ECA Sports Director in promoting our recreational programs, connecting to the community sports groups & the City, coordinating sharing of assets like fields & storage. Jeff Edwards
volunteers@edgemont.ab.ca 403-616-6480

UPCOMING EVENTS. SAVE THE DATE!

REGISTER FOR A PROGRAM

at Edgemont Community Centre! Most programs run from September to June. There are a variety of programs to choose from.
www.edgemont.ab.ca Under program tab.



EDGEMONT SCOUT GROUP



The end of another year is upon us. The Scouts had 2 camps and the Cubs and Beavers had one each. The Venturers went to 3 camps, the first 2 helping the Scouts and the last one for themselves. The Rovers made some time for their own fun after helping with the Beaver, Cub, and Scout camps. There will be a slight pause to catch our breath and then we will be out skiing up to Lake O'Hara in Feb.

All these activities take a lot of support so please save your festive bottles for our **bottle drive on Jan. 14, 2017**. As always if you need to make room in your garage before then you can contact us at edgemontbottles@gmail.com and we will make arrangements to pick up your bottles. For those who ordered Scout popcorn you should be getting it soon. If there are any problems you can contact me at the below email address.

Before we say good bye to 2016 I would like to **thank all of the Scouters** (leaders) that help to make our programs possible, Scouters Jill, Robbie, Amanda and Ross with the Beavers. Scouters Kelly, Linda, Heiko, Wendy, Alison, Thomas, Ed and Patricia with the Cubs, Scouters Ferlin, Patricia and Jeff with the Scouts, Scouter Scott, Linda, Roger and Marcus with the Venturers and Scouters Mike, Jamie and Roger with the Rovers. These men and women volunteer their time and energy to make the Edgemont Scouting program the success that it is. To all of them, their families and all of you reading this I wish the safest and happiest of holidays!

Yours in Scouting,
Neil James
Group Commissioner
193 Edgemont Scouts

Women's English & Social Group – Meet Your Neighbours & Practice English!

The New Friends and Neighbourhood Group program is a safe and fun environment for immigrant women to improve their English and meet new women in the community.

- Registration is FREE and there are no minimal English requirements.
- Groups meet once a week for 2 hours to practice English, make new friends and have fun!
- Free childcare is also provided (6 months – 6 years).

JOIN ANYTIME!

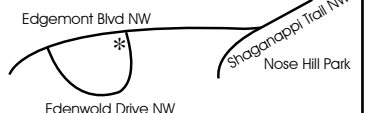
Edgemont Group: 224 Edgeburn Lane NW
Wednesdays: 10:00am - 12:00pm
Or throughout the city, please contact:
Debra Colley, Program Coordinator
Calgary Immigrant Women's Association
Email: debrac@ciwa-online.com
Phone: 403-444-1752
Website: www.ciwa-online.com



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Christmas Food Drive Sponsor



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Northland Volkswagen is a sponsor of the annual Mayor's Food Drive for the Calgary Interfaith Food Bank.

Bring in a non-perishable food item from December 1 to December 15 & Northland Volkswagen will match your donation!!!

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Money Saving Tips

by ATCO Blue Flame Kitchen

A trip to the grocery store can be costly, but even with rising prices it doesn't mean you have to be breaking your budget. By planning ahead, being an informed shopper and being careful in your food preparation, you can save money. Here are some tips to get you out of the grocery store without breaking the bank:

1. Make a menu plan for the week.
2. Stick to your list. Don't add extra things to your basket if you don't need them.
3. Check paper flyers or online. Get to know prices so you can do comparison shopping.
4. Look for sale patterns. Some items routinely come on sale every few weeks, so resist the urge to buy at full price.
5. Don't shop on an empty stomach. You will be more prone to buying snacks and other impulse items.
6. Only buy items on sale if you normally use them. A real deal means nothing if you throw it out.
7. Avoid most convenience foods. You'll pay extra for the convenience and the packaging.
8. If you have a freezer, stock-up when your favourite meats are on sale.
9. Plan ahead for leftovers when shopping and cooking. For example, leftover chili can be used in a wrap if you have tortillas on hand. A roast chicken one day can be used in a salad, on a pita pizza or in a quesadilla the next day. Plan ahead.
10. Substitute more costly fresh herbs with dry herbs.
11. Different types of fresh fruit regularly go on sale, so tailor your fruit snacking to what you can afford that week.
12. Purchase less expensive frozen fruit and vegetables.
13. Try new things. If the items you regularly buy are getting more expensive, look at other ingredients and find new recipes to try.
14. Bring your own bags. Some stores charge for bags and it's a simple way to avoid those extra costs and reduce plastic.

EDGEMONT SCHOOLS

Edgemont Outdoor School Adventure

By: Jane, Cindy, Brandon, Laura, and Winston



Students, teachers and counsellors on the last day

On October 18th, 2016 the grade six students of Edgemont School left for Outdoor School at YMCA Camp Chief Hector near Exshaw, AB. They spent four busy days and three nights at the camp. They were joined by some students from Sunnyside School who arrived earlier on Monday, October 17th, 2016. Outdoor

school was an opportunity to learn and connect with nature while being outside. The students also went to Outdoor School to learn about being responsible and being independent.

While there, the students learned about the YMCA Core Values, which are: honesty, caring, respect, and responsibility. The students got to do many different activities from hiking to team building trust exercises, many of which involved working together as a team. This trip happened because parents supported it by paying the fees, and the grade six teachers gave up their own time to support the students going to Outdoor School.

When asked about the experience, grade six student Sara responded, "I learned about the trees, how birch bark peels easily and that poplar bark has an SPF of about 5." Edgemont students and their teachers thank Camp Chief Hector and all of the staff for the fantastic trip!

ELF JUNIOR COMES TO TOM BAINES SCHOOL!

Presented by your Tom Baines Community Liaisons
Asha N. and Emily G.

Peter Pan, Shrek, The Lion King. Every year students and teachers at Tom Baines School come together to put on an amazing musical production. This year for the play's twentieth anniversary, the Tom Baines community is thrilled to present its first ever winter performance, Elf Junior!

Close to 200 students are involved in putting the show together, whether it be through directing, acting, light & sound, set & props, hair & makeup, front of house, or dessert committee.

Based on the hilarious holiday movie, this entertaining musical features the journey of Buddy the Elf. As an orphan who mistakenly climbed into Santa's sack and was raised as an Elf at the North Pole, Buddy always felt slightly out of place with his enormous size and very slow toy-making abilities. This play depicts Buddy's trip to New York City to find his dad, and the struggles he faces after realizing his father doesn't believe in Christmas.

So come out, bring your friends and family, and share the holiday spirit with your neighbours at Tom Baines School! Evening shows will take place on December 14 and 15th at 7pm. Tickets are now on sale through the Tom Baines School office at (403) 777-7190.

Along with showing his dad the true meaning of Christmas, Buddy will be sure to share some of his joy and cheerfulness with you to brighten up your festival season.

"The best way to spread Christmas cheer, is by singing loud for all to hear!" - Buddy




Image Source
Elf Jr. [Photograph Retrieved from Music Theatre International]

Community Care Services Greene Team

Elisé Saraceni, Principal
Mother Mary Greene School

On October 12, twelve students from the Community Care Services Greene Team, joined forces with Revera Seniors Home to clean up the flower beds and plant the 150 Commemorative Tulip Bulbs donated to our Mother Mary Greene School to commemorate Canada 150 – not a single bulb was left unplanted. Let's hope the squirrels and rabbits let them come to life!

On behalf of Revera Seniors Home and Mother Mary Greene School, we would like to thank the Edgemont Community Association for their bulb donations.

With great appreciation,
Elisé (Mother Mary Greene) and Andries (REVERA).



ATCO Blue Flame Kitchen

Whether it's for a pizza, a sandwich or stirred into a soup, food always tastes better with a little cheese. If you go through cheese quickly like my family does, consider buying it in larger quantities. Firm cheese, such as cheddar or mozzarella, usually lasts for about 3-4 weeks when kept in the refrigerator. When bought in large sizes, part of it may be stored in the freezer. Blocks of cheese may become crumbly after freezing; however, shredding the cheese before freezing makes it easily accessible and extends the quality of the cheese for many months.

Parmesan cheese will last longer than cheddar and mozzarella in the refrigerator. If used infrequently, it may be stored in the freezer and grated from the frozen state.

When measuring shredded or grated cheese, it should be piled into a measuring cup and gently tamped down to fill in any air pockets. Take care not to pack the cheese too firmly into the cup as should be more fluffy than packed.

For a cheesy dinner idea after a long winter day, try Slow Cooker Italian Bean Soup paired with Caesar's Bread from ATCO Blue Flame Kitchen. It's sure to warm up the hearts of your whole family.



SLOW COOKER ITALIAN BEAN SOUP

4 cups (1 L) canned chicken broth
3 cups (750 mL) cubed red potatoes
2 cups (500 mL) sliced carrots
2 cups (500 mL) diced ham

1 cup (250 mL) sliced celery

1 cup (250 mL) chopped onion
2 cloves garlic, crushed
2 cans (19 oz/540 mL each) Romano beans, rinsed and drained
1/2 tsp (2 mL) each basil and oregano, crumbled
1/4 tsp (1 mL) rosemary, crumbled
1/4 tsp (1 mL) red pepper flakes
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) chopped fresh parsley
Freshly grated Parmesan cheese

Combine all ingredients except parsley and Parmesan cheese in a 4 1/2 or 5 quart (4 or 5 L) slow cooker. Cover and cook on low heat setting for 8 - 9 hours. Stir parsley into soup. Ladle into bowls and sprinkle with Parmesan cheese. Serves 6.

CAESAR'S BREAD

3 cups (750 mL) shredded mozzarella cheese
1/2 cup (125 mL) thick Caesar salad dressing
1/4 cup (50 mL) freshly grated Parmesan cheese
1 loaf Calabrese or French bread, halved lengthwise

Combine mozzarella cheese, salad dressing and Parmesan cheese. Wrap bread halves individually in foil, leaving cut side open. Spread mixture over cut side of bread halves. Bake at 400°F (200°C) for 10 - 12 minutes or until cheese is melted and bread is golden around edges. Slice bread and serve. Serves 8 - 10.

Cook's Note: The ATCO Blue Flame Kitchen used Renee's Gourmet Caesar Dressing and Dip in this recipe.



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Food Festival & Charity Sale

by Sunny Lin

The fundraising event, Food Festival & Charity Sale, was a big success! We have raised over \$4000! These terrific results came from all of us working together, doing our part and supporting each other. I would like to thank Jeff Edwards, the volunteer coordinator who helped and supported us and made it all possible. I would also like to thank all the ECA staff, volunteers and members from Go Help Go; who were so kind to sacrifice their own personal time to contribute to this event. Thank you very much! Of course, we cannot forget all the people in the community who rented a booth and the ones who came to pay a visit. You all made this event possible and successful! I would like to congratulate everyone! The event was a big hit because of your love and contributions!

I would like to announce some big news. In March, during the spring break, the Go Help Go members are going to travel to YunNan to pass all the donations and our love and caring to the children to help them gain confidence and help them push forward on their path to chasing their dreams!

Thank you everyone! Thank you very much!

THE WORLD IS BEAUTIFUL BECAUSE OF YOU!

**Want to see what we have done in YunNan? Please continue to follow us on Go Help Go's website (gohelpgo.weebly.com) All the updates will be made and shown in the website as soon as possible.*



The True Meaning of Christmas

by: Astha Burande, Edgemont Youth Press



In the 4th century, a shy but generous bishop in Turkey named Saint Nicholas left goodies for children. The Dutch kids started calling him Sinter Klass and hence came the tradition of putting shoes by the fireplace for goodies. When these Dutch settlers came to North America, they told the Legend of Sinter Klass, and from there, our admirable red and white suited man came into being- Santa Claus.

It is that time of the year again. It is snowing, the roofs of the houses are draped in white sheets, and the stockings hang over our fireplaces. December has come and with it, all the joys of our long-awaited Christmas holidays come too! But what is the real meaning of Christmas? Is it the presents under the Christmas tree, the huge family dinners, the snow in the backyard or the letters in the mailbox?

To everyone, Christmas means something different. For children, it is the time when they can open their gifts under the tree on Christmas morning. For some people, it may mean the soothing music of Christmas carols. To others, it may mean spending a relaxed day at home. Christmas has one common goal- to celebrate and cherish time with loved ones. It can be seen as a time when healing and renewed strength takes place. A season where giving and sharing is valued more than ever. But most importantly, it is a day of the year when people forget their sorrows to celebrate the auspicious occasion by filling it with hope and happiness.

We all know our good old Santa Claus. He has been the favorite person for all of us, especially during our childhood days because he fills them with magic and delight. His amazing gifts have met many of us under our decorated tree. But have you ever wondered where Santa originally came from? The story extends more than just to the North Pole.

Usually Santa wore different coloured suits but the Coca-Cola ad artist, Haddon Sundblom, popularized red outfit on Santa through Coca-Cola's campaigns. That is how our round bellied and white bearded Santa Claus has evolved through time, spreading smiles on everyone's face.

Therefore the true spirit of Christmas lies in spreading smiles around the community. Our community does this by organizing our traditional Christmas Hamper Program. A program designed to make a difference in people's lives at Christmas. This program aims at donating non-perishable food items to supplement food hampers for needy families in our community, thus helping these families to have a better Christmas. These families also receive gifts for each member, which allows their Christmas time to be just as enjoyable as anyone else's. In this way, a joy is shared by both – the people who receive the hampers and those who give them.

Hence, December is filled with colours. From the various colourful decorations on the Christmas tree to the colours it brings in people's lives. The colours decorate all our lives as we later head towards the New Year. For now, let us all sing along to jingle bells and spread the true meaning of Christmas everywhere.

Merry Christmas!



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ATCO Blue Flame Kitchen



Tasty Treats to Tempt Kids into the Kitchen

While the weather turns colder, it's also a great time to get your kids to learn a bit in the kitchen. These three recipes are easy to make at home on a Saturday afternoon with assistance from young kitchen helpers. Get out the aprons, bring out the measuring cups, and learn something in the kitchen.

CHICKEN NUGGETS WITH SWEET AND SOUR DIPPING SAUCE

- 1 1/2 cups (375 mL) panko (Japanese-style bread crumbs)
- 3 tbsp (40 mL) sesame seeds
- 2 tbsp (25 mL) chia seeds, optional
- 1 1/2 tsp (7 mL) paprika
- 3/4 tsp (3 mL) salt
- 4 boneless skinless chicken breasts
- 1/3 cup (75 mL) mayonnaise

Sweet and Sour Dipping Sauce (recipe follows)

- Combine panko, sesame seeds, chia seeds, paprika and salt in a pie plate; set aside.
- Cut chicken breasts in half lengthwise. Cut each chicken piece crosswise into 1 1/2 inch (3.75 cm) chunks.
- Place chicken in a bowl. Add mayonnaise and toss to coat.
- Working with a few chunks at a time, place chunks in panko mixture, pressing lightly so that panko mixture adheres; turn to coat all sides.
- Nuggets may be prepared to this point and frozen for up to 1 month. If freezing, layer nuggets with wax paper in an airtight container. Do not thaw before baking.

- Preheat oven to 425°F (220°C).
- Place nuggets in a non-stick foil-lined large rimmed baking sheet.
- Bake until nuggets are completely cooked and coating is golden brown, about 15 minutes if fresh and 20 minutes if frozen. Serves 6.

Sweet and Sour Dipping Sauce

- 1/3 cup (75 mL) rice vinegar
- 1/4 cup (50 mL) chicken broth
- 1 tbsp (15 mL) cornstarch
- 1/2 cup (125 mL) packed golden brown sugar
- 2 tbsp (25 mL) finely chopped green bell pepper
- 2 tbsp (25 mL) finely chopped red bell pepper
- 1 tbsp (15 mL) soy sauce
- 1/2 tsp (2 mL) grated fresh ginger
- 1 clove garlic, finely chopped

- Whisk together vinegar, broth and cornstarch in a small non-reactive saucepan over medium heat. Add brown sugar, bell peppers, soy sauce, ginger and garlic; stir to combine. Bring to a boil, stirring frequently.
- Reduce heat and simmer, stirring frequently, until thickened, about 5 – 7 minutes. Serve warm. Makes 1 cup (250 mL).

CHEWY GRANOLA AND CRISPY RICE BARS

- 1 pkg (400 g) marshmallows
- 1/4 cup (50 mL) butter
- 1 tsp (5 mL) vanilla
- 4 cups (1 L) granola
- 1 1/2 cups (375 mL) crisp rice cereal
- 1/2 cup (125 mL) sunflower seeds
- 1/2 cup (125 mL) dried cranberries

Combine marshmallows and butter in a Dutch oven. Cook over low heat, stirring frequently, until marshmallows are melted. Remove from heat and stir in vanilla. Stir in granola, cereal, sunflower seeds and cranberries. Press mixture into a greased 9x13 inch (23x33 cm) baking pan. Cover and refrigerate until firm. Cut into bars. Wrap bars individually in plastic wrap. Store in a cool dry place for up to 1 week. May be frozen. Makes 24.

CHOCOLATE CHIP BANANA MUFFINS

- 1 1/2 cups (375 mL) flour
- 1 1/2 tsp (7 mL) baking powder

- 1/4 tsp (1 mL) ground ginger
- 1/4 tsp (1 mL) salt
- Pinch nutmeg
- 1 cup (250 mL) mashed ripe bananas
- 1/2 cup (125 mL) sugar
- 1/2 cup (125 mL) butter, melted
- 1/4 cup (50 mL) milk
- 1 egg
- 1 tsp (5 mL) vanilla
- 3/4 cup (175 mL) mini semi-sweet chocolate chips

Combine flour, baking powder, ginger, salt and nutmeg in a bowl. Stir together bananas, sugar, melted butter, milk, egg and vanilla until blended. Add banana mixture to flour mixture and stir just until combined. Fold in chocolate chips. Spoon batter into paper-lined muffin cups, filling cups three-quarters full. Bake at 350°F (180°C) for 30 - 35 minutes or until a cake tester inserted in centers comes out clean. Cool muffins in pan for 5 minutes. Remove from pan and cool on a rack. Makes 12.

BRAIN GAMES SUDOKU

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9	3	4	6	1	8	5	7	2

Fairtrade

Danielle Wiess

Fair Trade Calgary is a not-for-profit organization focused on educating the citizens of Calgary as to the benefits of fair trade and by making available, through several outlets and retailers, fair trade products available for purchase by Calgarians. Their mission for 2016/ 2017 is to achieve Fair Trade Town Status, a designation that acknowledges leadership and commitment of municipalities to fair trade.

Read on for a bit more insight into fair trade and their goal for Calgary to become a Fair Trade Town.

Fair trade empowers marginalized producers to improve their own living conditions. With the proper resources, capacity, and access to key relationships, disadvantaged producers can earn their own means to a better life for themselves and their communities.

A fair trade town requires the support of a number of community groups or workplaces, local municipality, retail and grocery locations, and food establishments.

In Canada there are 22 fair trade towns, and over 1700 worldwide. Calgary is aiming to achieve Fair Trade Town status in 2017 and planning to host a celebration in conjunction with those for Canada's 150th birthday.

Retailers selling Fairtrade products include Calgary Co-op, Community Natural Foods, and Ten Thousand Villages. There are over 200 fair trade retail locations in Calgary!

Tea is one of the most common fair trade products, along with Chocolate and Coffee. Purchase a fair trade beverage at your next caffeine stop.

Reduce your environmental footprint by purchasing fair trade. Fair trade supports sustainable practices.

Ask your local restaurant of choice to consider offering Fairtrade products. Fair Trade Town status requires over 67 locations offering at least two categories of Fairtrade products (such as coffee, tea, chocolate, and bananas).

Demonstrate your support by purchasing fair trade. By choosing Fairtrade products, you are not only accessing high quality products, you are making a difference in the lives of the people who grow the food you eat and the goods you use.

Each fair trade purchase connects you with other cultures. Fairtrade products are unique to the places they come from and the people who make them. Farmers and artisans are involved in the entire process, and Fairtrade products reflect the people and cultures they come from.

Learn more about Fair Trade Calgary and how you can support via their website, twitter, facebook or Instagram.



Full Circle. Our Story

by Jean Smylie

One year, I needed help to make Christmas happen for my three daughters. As a single Mom I was struggling. My daughters were 7, eleven, and sixteen. We needed help. What my seven year daughter Courtnee, remembers was 'that Christmas we had a turkey dinner and the Christmas tree was overflowing with presents.'

Fast forward twenty years. We wrote our story sitting around the dinner table, reminiscing. Of course there were applications to be filled out and outside resources were involved to make it happen. Over the past twenty years my girls have grown up and have partners, and children of their own. My husband Gerry says 'gratitude is a way of living.'

We now get to make Christmas a wonderful time for a family. Courtnee's partner, Kaelen, says 'when times were tough your family survived it; when you can, you give back bringing things full circle.'

My oldest daughter, Jenn, remembers 'watching Santa and his elf helper carry in two boxes of food and watching my Mom take a whole breath in, in what had seemed like forever. I could actually see the weight coming off her shoulders as they carried the food into our house.'

My eldest grandson, Benton, says 'In the beginning I did not like it. I wasn't getting any of the gifts, and they were all going to other families. My mom kept telling me that what we were giving might be the only items

the family would be receiving. The more I thought about it the more I understood. I wanted to help out, my attitude changed. Knowing that I was solely responsible for making a child's Christmas made it more exciting and impactful. I could do this! My first adoptive family member was a six year old boy and his favourite colour was red, so is mine. I thought, okay I can do this...he will need a red winter coat, and a size too big so that he can wear it next year too. Everyone needs warm clothing. Oh and he loves puzzles, so

do I. Now I get it. It is important.'

My middle daughter, Michelle, says 'It gives us the opportunity to make Christmas really special for another family. We choose a family member from the adoptive family to "spoil". It takes the consumerism out of the season. There are no buying gifts just for the sake of getting someone crossed off your shopping list. **It's no longer simply a list of items to get, it's a Christmas memory we are giving them.'**

My youngest daughter, Courtnee, says 'Hearing back from the families on how the gifts impacted their lives, I know that I have paid it forward. It connects me to the family and to the community. Giving and feeling gratitude for what you are doing really matters. Pouring my passion into this adopted family, I feel involved and it has a profound effect on the family. Individually we cannot do this; together we can do to it and share the experience.'

Build a family tradition of giving and gratitude. We get so much pleasure and camaraderie when we are shopping for our adoptive family. Checking to see which gifts have been purchased and what great toys have been found. What deals we scored. Getting together to go shopping or picking up another gift that we know needs to be bought. Sharing our stories as we wrap the gifts and deliver them to the family.

In a day and age where we are all consumers to excess, our family has never lost sight of where we have come from. Everyone is capable of doing this. Your family can do this, my sister and my nephew and his wife are now part of the giving traditions we have created. A group of friends or coworkers can be a family.

I am immensely proud of the legacy that is our family.

News from the Friends of Nose Hill

by Anne Burke

This summer some residents had concerns about pet rabbits released into the wild. Would this problem be part of the City's jurisdiction, as it was in Canmore? The General Manager of Community Services reported to City Council that most of the rabbits in communities are jack rabbits, which are feral (wild) animals.

The City does have authority over pet rabbits, under the Community Standards Bylaw, for example. Feral animals are up to the province's Animal and Wildlife Services. The Community Services Department at the City will work with Council to provide information on how to direct residents and ensure that their concerns are properly addressed.

At a council committee on Community & Protective Services, a motion was passed to propose bylaw changes in order to use livestock grazing as a land management and weed control tool on City lands in 2017.

Natural areas provide multiple ecosystem services, which are of value to city residents. For example, there is computer

software to measure the urban forest in at least 3 environmental services: cleansing the air; storing carbon; and reducing storm water in the City.

So far, it was found that the average benefit per tree in Edmonton's urban forest was US \$74.73 (\$97.96 Canadian). The cost for caring for each tree is US \$18.38 (\$24.09 Canadian), resulting in a net benefit of US \$56.35 (\$73.87 Canadian).

Cities and local governments play a crucial role in the pursuit of a greener existence through efficiently integrating urban development and biodiversity management at the local level. With rapid human development and expansion, biodiversity is being lost, but there are some new urban biodiversity guidelines.

In the fall of 2016, the Mayor signed the Durban Commitment. Calgary is the 3rd Canadian city, after Edmonton and Montreal, to formally join an international program directed by Local Action for Biodiversity, for local governments from across the world to improve biodiversity planning and management. It is estimated that 90% of the world's population will live in urban areas by 2100.

By 2025, Calgary will:

- Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors.
- Restore 20% of Calgary's current open space to increase biodiversity.
- Identify invasive species in Calgary's open space and complete strategies for their management.

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Greetings Residents,

City launches online street light outage application

The City of Calgary has launched an online application that will allow citizens to easily report street light outages in their community.

The application allows people to locate the street light on a map and report it instantly to The City of Calgary. This process avoids duplicate reports, reduces the number 311 calls, and provides more detailed and more accurate updates to citizens about each light service request.

The City of Calgary is committed to providing a higher level of service and better customer service to its citizens.

Under the service agreement with Enmax, it can take up to 30 days to repair street light outages. In the event of damages or something more complex like underground wire faults, repairs could take much longer. Citizens are asked to call 311 to report damaged street lights.

Please visit calgary.ca/streetlights to report an outage near you.

Be prepared for snowfall to keep everyone moving safely

When snow is forecasted in Calgary, crews are available 24/7 to respond and keep our roads safe. That means apply anti-icing solution to our roads before the snow falls, and plowing and sanding after the snow starts falling. Crews focus on high-volume roads first in order to keep the highest number of Calgarians moving safely.

You can help us keep the roads and sidewalks safe this winter, too. Here's a few ways to keep everyone moving safely:

- Slow down and drive or cycle defensively during winter driving conditions.
- Keep a safe distance - help our crews do their jobs by staying three car lengths behind sanders and plows.
- No sudden moves (braking, lane changes, etc.)
- Provide enough distance between you and the vehicle in front of you.
- Ensure you have appropriate tires and footwear.
- Keep your sidewalk clear of snow and ice within 24 hours after the snow has stopped falling.

For information on winter driving, safe shovelling, and more, visit calgary.ca/snow.

Fall/Winter Programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.



MLA CALGARY-FOOTHILLS PRASAD PANDA

Suite 104, 3604 – 52 Ave NW
Calgary, AB T2L 1V9
403-288-4453
calgary.foothills@assembly.ab.ca

It has been another tough year for Albertans, especially here in Calgary. If you haven't been directly affected by the downturn, you certainly have friends or family dealing with loss of income and an uncertain future. As we enter the holiday season, let's help lift the spirits of those around us and be hopeful for a better year in 2017.

My job as the Official Opposition's Shadow Minister of Economic Development and Trade has kept me focused on what needs to be done to get Alberta back on its feet. In the months of August and October, I toured most of this great province. I consulted with regional leaders about their concerns and their ideas for improving their own local situation. What I heard time and again is that the government should not make a bad situation worse. Now is not the time to be implement-

ing policy that discourages business investment and increases everyday costs to struggling families.

All year I have been asking tough questions of NDP Ministers. I am on record stating my opposition to the carbon tax because I believe it will cause even more job losses and will slow our recovery. I have implored them to support our energy sector by fighting harder for pipelines in all directions. When they create programs to diversify our economy, I requested that they spend taxpayer money wisely and not pick winners and losers. The Notley government seems bent on pushing through their favourite ideologically policies without care for regular Albertans.

I am proud that the Wildrose Official Opposition commissioned an Equalization Fairness Panel made up of experts from Alberta, Ontario, and Nova Scotia. They have produced recommendations to make equalization fair. You can find their report at www.wildrosecaucus.ca. For too long the taxpayers of this province have grossly over-contributed to the rest of the confederation through this program. At the same time, the level of our own services in health care and education have not kept pace in comparison to the recipient provinces. This transfer program enables have-not provinces to stay the course rather than helping themselves by lifting bans on economic development in areas such as fracking and uranium mining. As the current terms of equalization expire in 2019, you can count on us to press for changes that are fair to Albertans.

My amazing volunteers and I have been very active in the riding. You may have met us door knocking as we listened to your concerns or collected non-perishable food donations for the Veterans' Food Bank. We always appreciate your honest feedback and generosity for those in need.

I wish you a very Merry Christmas and a Happy New Year!

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Website at www.michellerempel.ca

Year-end update – December 2016

It's hard to believe that we will soon be saying goodbye to 2016 and ushering in a new year. It has been a busy and productive year, as your Member of Parliament, and I have been working hard on your behalf. There are a few important issues I would like to update you on:

1) The Alberta jobs crisis continues to be a primary focus for me. As you may know, my colleagues and I launched the Alberta Jobs Taskforce this fall. I have been consulting with community members and employers to get their feedback regarding policy solutions and budget requests that we will be presenting to the government. If you, or anyone you know, would like to be involved in the Taskforce's work please contact me at michelle.rempel@parl.gc.ca or visit www.AlbertaJobsTaskforce.ca.

2) Earlier this year I presented a motion in Parliament calling on the government to respond to the Yazidi genocide. After months of inaction and enormous pressure, the government finally agreed to support my motion to save Yazidis. I am proud to report that this motion passed unanimously in the House. This is a testament to sexual slavery survivors like Nadia Murad, who was present in Ottawa to witness the vote. I encourage you to visit my website to watch this historic vote and a tribute to Nadia.

3) Over 1300 of you provided your input on the issue of electoral reform during my consultations over the course of the year. 91.91% of respondents to the survey indicated that a referendum should be held prior to any changes being made to Canada's electoral system. 79.13% of respondents did not think we need to replace our current system of voting. I have conveyed the feedback received via a letter to the chair of the Special Committee on Electoral Reform. You can also find a copy on my website: www.MichelleRempel.ca. I will continue to keep you informed about this important issue as the committee reports back to Parliament.

I understand that this Christmas season will be challenging for many due to unemployment. There are many important organizations that will be stretched further than most years and I encourage you to take some time to volunteer or donate financially to these organizations. For those that are struggling with the mental and physical challenges associated with unemployment, and the added stress the holidays can present, please reach out to an organization like the Distress Centre. They have 24 hour support and can be reached at their crisis line at 403.266.HELP(4357). I will be hosting a Christmas Open House on December 10th at the Berkshire Citadel (222 Sandarac Drive N.W.) from 2:00 PM – 5:00 PM. I will be collecting non-perishable food items for the Calgary Food Bank and chatting with constituents. Please feel free to stop by, drop off your donation, and say hello. And while an RSVP is not required to attend, you may do so at www.MichelleRempel.ca or by calling 403-216-7777. I hope you all have a Merry Christmas, a Happy New Year and a joyous holiday season.

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dialogue)))



Learn About the Future Use of Learning Space at Area I & II Schools

Join us as we present the proposed changes for the future use of learning space at some Area I & II schools. Come review this proposal, which was developed from feedback gathered in 2016.

date	January 17, 2017
time	5:00 – 8:00 p.m.
location	Senator Patrick Burns School 2155 Chilcotin Road N.W.

To learn more about what we've heard so far, visit cbe.ab.ca/dialogue

 **Calgary Board of Education**

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Bungalow	20	\$511,395
Two Storey	103	\$622,976
Split-Level	16	\$486,888
Townhouse	12	\$379,958
Condo	7	\$215,143
Villa	7	\$441,857
TOTAL	165	
Average Days on Market	36 Days	

Calbridge Beauty



\$849,900

112 Arbour Butte Cres NW

- custom-built 5 bedroom+den two storey
- designer kitchen, granite & hardwood
- 2 fireplaces, fully finished, West backyard

Walk to School



\$574,900

13 Citadel Crest Place NW

- Shane Homes 5 bedroom+den home
- white kitchen, granite & hardwood
- 2 fireplaces, cul-de-sac, huge pie lot

Backs onto Park



\$829,900

402 Edgebrook Rise NW

- renovated 4 bedroom+den walkout bung
- granite & hardwood, vaulted ceilings
- fully finished, 2 fireplaces, upgrades

South Backyard



SOLD!

\$729,900

101 Hamptons Grove NW

- Cedarglen 4 bedrooms up two storey
- renovated kitchen, 3 car garage, granite
- 2 fireplaces, fully finished, built-ins

Former Showhome



SOLD!

\$479,900

136 Citadel Drive NW

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- 3 skylights, granite counters, hardwood
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