

OCTOBER 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

# inside *Edgemont*

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



**E.C.A. CRAFT SALE  
SATURDAY,  
NOVEMBER 19, 2016  
10:00 AM – 3:00 PM**

**Edgemont**  
Community Association





# WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today  
**LIGHTTHENIGHT.CA**



## 2016 NATIONAL SPONSORS



Proud Supporter of the LLSC



PUBLISHED BY HEISEN CORPORATION

Presenting Media Sponsor



## 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

# CONTENTS

President's Report	6
Volunteer Coordinator Report	10
Bulletin Board	16
Edgemont Youth Press	25

## NEWSLETTER AD SALES



Great News Publishing Ltd.

403.720.0762 | 403.263.3044

sales@great-news.ca | www.great-news.ca

Cover Photo Credit: photo by Joan McPetridge.  
Fimarzo family home on Edenwold Drive NW



GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING EDMONTON  
FOR 9 YEARS!





33 Edgevalley Circle NW, T3A 4X1  
 Phone: 403-239-1211 • Fax: 403-547-5799 • Email: [office@edgemont.ab.ca](mailto:office@edgemont.ab.ca)  
 Web: [www.edgemont.ab.ca](http://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	<a href="mailto:president@edgemont.ab.ca">president@edgemont.ab.ca</a>
David Middleton	1st Vice President	<a href="mailto:buildingadmin@edgemont.ab.ca">buildingadmin@edgemont.ab.ca</a>
Al Leach	2nd Vice President	<a href="mailto:areaplanning@edgemont.ab.ca">areaplanning@edgemont.ab.ca</a>
Gerry Elms	Treasurer	<a href="mailto:treasurer@edgemont.ab.ca">treasurer@edgemont.ab.ca</a>
Phil Durrant	Past President	<a href="mailto:pastpresident@edgemont.ab.ca">pastpresident@edgemont.ab.ca</a>
Brett Plaizier	Communications	<a href="mailto:communications@edgemont.ab.ca">communications@edgemont.ab.ca</a>
Elaine Scobie	Special Projects	<a href="mailto:specialprojects@edgemont.ab.ca">specialprojects@edgemont.ab.ca</a>
Dora Lam	Director at Large	<a href="mailto:director2@edgemont.ab.ca">director2@edgemont.ab.ca</a>
Barbara Elms	Safety	<a href="mailto:safety@edgemont.ab.ca">safety@edgemont.ab.ca</a>
Jo-Ann Wither	LEAF	<a href="mailto:leaf@edgemont.ab.ca">leaf@edgemont.ab.ca</a>
Paul Clark	LEAF/Signage	<a href="mailto:leaf@edgemont.ab.ca">leaf@edgemont.ab.ca</a>
Barb Ellsworth	Director at Large	<a href="mailto:director@edgemont.ab.ca">director@edgemont.ab.ca</a>
VACANT	Sports	<a href="mailto:sports@edgemont.ab.ca">sports@edgemont.ab.ca</a>
Bruce James	Services	<a href="mailto:services@edgemont.ab.ca">services@edgemont.ab.ca</a>
Jeff Edwards	Social/Volunteers	<a href="mailto:volunteers@edgemont.ab.ca">volunteers@edgemont.ab.ca</a>

#### STAFF

Barbara Meehan	Office Administrators	<a href="mailto:office@edgemont.ab.ca">office@edgemont.ab.ca</a>	403-239-1211
		<a href="mailto:membership@edgemont.ab.ca">membership@edgemont.ab.ca</a>	403-239-1211
		<a href="mailto:rentals@edgemont.ab.ca">rentals@edgemont.ab.ca</a>	403-239-1211

#### OTHER CONTACTS

Cst. Benzy Bawal	Community Resource Officer	<a href="mailto:Pol4617@calgarypolice.ca">Pol4617@calgarypolice.ca</a>	403-567-6742
	LEAF Team	<a href="mailto:AskLeaf@edgemont.ab.ca">AskLeaf@edgemont.ab.ca</a>	403-239-1211
	Inside Edgemont Submissions	<a href="mailto:newsletter@edgemont.ab.ca">newsletter@edgemont.ab.ca</a>	403-239-1211
Cari Middleton	Casino Coordinator	<a href="mailto:edgemont_volunteers@outlook.com">edgemont_volunteers@outlook.com</a>	
Lori Trieu-Low	Edgemont Elementary Rep.		403-239-1211
Asha Nenshi Nathoo	Tom Baines Jr. High Rep.		403-239-1211
Ryan Rahimi			
Michelle Choi	Sir Winston Churchill High Rep.		403-239-1211
Sabrina Wong			
Chelanne Murphy	Mother Mary Greene Rep.		
Keller Strategic	Webmaster	<a href="mailto:support@kellerstrategic.com">support@kellerstrategic.com</a>	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



Consider The *Edgemont Community Centre*

## FOR YOUR NEXT SPECIAL EVENT!

Call 403-239-1211 for more details

[www.edgemont.ab.ca](http://www.edgemont.ab.ca) • [rentals@edgemont.ab.ca](mailto:rentals@edgemont.ab.ca)

- Large parking lot
- Playground & playing fields adjacent

#### 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



Edgemont Community Association

# Christmas Craft Sale

Saturday, November 19<sup>th</sup>

10 am – 3pm

Edgemont Community Centre

♦ unique handmade craft

♦ OVER 90 vendors

vendors still needed ♦ food & beverage concession\*

**Don't Miss It!**

\*all funds generated support Edgemont Community programs like the Hamper Program and Kids Breakfast Club.



## President's Message

By Bev Johnson

Be thankful.

I grew up in Australia and we didn't celebrate the tradition of Thanksgiving, not least because our seasons are the opposite (no point giving thanks for the harvest when it's just being planted). So I found it a novelty when I first came to Canada, but I enjoyed the opportunity to get together with family and friends, and that hasn't changed in 36 years. However, what has changed is how I view Thanksgiving.

Now, I reflect more about what I'm thankful for. In our community I'm thankful for all the people who want to make Edgemont a great place to live. I'm thankful for neighbours who create wonderful Halloween displays

on their front lawn for the community to enjoy, and the one featured on the cover is a home I walk by every week. I'm thankful for the LEAF team and their work with the City to beautify Edgemont, plus the residents who pitch-in to offer information, comments, and praise. I'm thankful for the volunteers who come out and give their time and energy to our committees and events, such as the October 22<sup>nd</sup> fundraiser that our volunteer coordinator talks about in this issue. I'm thankful for the community garden at Edgeburn Lane, which too is featured in this issue. I'm thankful for our board of directors who volunteer their time to keep the community association stable and vibrant. Lastly, I'm thankful that you took the time to read this.

Have a wonderful thanksgiving and a fun and safe Halloween.

*See you in November.*

# EDGEMONT COMMUNITYGARDEN

Article by Barb Elms



The children from Breakfast Club expressed an interest in gardening resulting in several containers being planted in 2015. They were so enthusiastic watching the plants grow that we decided to enlarge our garden this year.

With the kind permission of Calgary Housing we roto-tilled the front lawn up to provide more space to grow plants. Brett Redpath and his crew very kindly roto-tilled in the Fall and again in the Spring when new dirt and manure was added to improve the soil.

The children then talked about what we would plant. They had learned that the bees are in danger and were keen to help "bring back the bees", consequently an area was set aside for wildflowers. The remainder of the space was taken up by lettuce, broccoli, tomatoes, onions and zucchini.

Plants were watered and on occasion weeded by volunteers and the children. The plants grew throughout the summer and by the time school was out the lettuce were ready to harvest for their sandwiches during Lunch Club. Of course it tastes better when you have grown it so it was enthusiastically consumed by the children!

The parents were also interested in our activities and we learned from some of them that zucchini leaves are delicious when cut up and fried with a little butter and garlic!

The remainder of our produce will be harvested soon and given away to the children. Next year we will definitely grow more zucchini as it proved very popular.

Hopefully our efforts will also produce some future gardeners!

# NORTHLAND VILLAGE DENTAL CENTRE

Services are provided by general dentists

*Get a brighter whiter  
smile and book your  
cleaning today!*



**We Welcome  
New &  
Emergency  
Patients**

**Direct Billing  
Available**

**Multi  
Language  
Service**

Dr. Ta Sen Lu DDS  
Dr. Christopher Coe DDS  
Dr. Shora Forootan DDS  
Dr. Renny Lai DDS

*General Dentistry including:*  
**Esthetic Dentistry • Teeth Whitening  
Kid's Space Maintainers & Fillings Dentures  
Crown & Bridge • Dental Implants**

#2003, 5111 Northland Dr. NW  
(2nd floor of Northland Village Mall)

**403-255-6688**

**Mon to Fri 7:30 am - 7:00 pm  
Sat 8:30 am - 5:00 pm**

## Assiniboine.com Christmas Lights Installation



Ask about Snow Removal, Plowing, Sanding

**ASSINIBOINE**  
LIGHTS & LANDSCAPES

CALL NOW **BBB** ~ WCB ~ Licensed ~ Insured ~ Bonded

**403.301.3300**





## EDGEMONT SOCCER

Contributed by: Jonathan Toop, a volunteer with Edgemont Soccer

Edgemont Soccer has completed another successful spring outdoor season. Thanks very much to our more than 100 wonderful coaches who made this possible for these kids, as well as important volunteers Fred Glass, Equipment Coordinator, and Ying Wang, Treasurer. Edgemont Soccer is a local and highly affordable program with friends and neighbors coming together as a show of community. Almost as old as our community, Edgemont Soccer meets the needs of different ages, genders and skill levels, and brings together our community's very diverse residents in a very positive way! Coaches combine fun while teaching soccer skills and the kids make great gains in the short 9-10 week season each spring.

ECA Board Members David Middleton, First VP, and Gerry Elms, Treasurer, deserve very special thanks and recognition for stepping forward to provide board support for the ongoing administration of our soccer program. They plan to create a non-profit organization as an umbrella for Edgemont Soccer and potentially other Edgemont sports which may be organized under this umbrella in the future. This will provide more flexibility around program funding and improved governance and transparency.

Edgemont soccer is a core program for the community which has seen increased participation over recent years. The spring program served 517 kids in 13 divisions. The planned

structure will provide for stability in the program as it continues to grow. The program is a major undertaking to manage given the number of players involved and the requirement for significant volunteer contributions to ensure smooth and efficient operation.

Last year was the very first year of a recreational indoor soccer program. We look forward to our second indoor program which will run from this October to mid-March with gym locations booked so far at Tom Baines School and Mother Mary Greene. **Please see [EdgemontSoccer.ca](http://EdgemontSoccer.ca) for registration details for the indoor season. Or you can register on the ECA's website [www.edgemont.ab.ca](http://www.edgemont.ab.ca)**



Photo by Graham Heeps, an Edgemont community volunteer

## 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
Your Kidney Health 腎臟健康	Oct. 11, 2016 2016 年 10 月 11 日 Mar. 7, 2017 2017 年 3 月 7 日	Tuesday 星期二	9:30 am - 12:30 pm
Diabetes Essentials 糖尿病講座	Oct. 25, 2016 2016 年 10 月 25 日		9:30 am - 4:30 pm
Explaining Pain 闡釋痛楚	Nov. 8, 2016 2016 年 11 月 8 日 Mar. 21, 2017 2017 年 3 月 21 日		9:30 am - 11:30 am
Cholesterol and Blood Pressure Essentials 高血壓和膽固醇	Nov. 29, 2016 2016 年 11 月 29 日		9:30 am - 1:30 pm
Arthritis 101 關節炎	Feb. 7, 2017 2017 年 2 月 7 日		9:30 am - 12:30 pm

### SAVE ALL MONTH LONG WITH THESE COUPONS!

#### 2 for 1 Fish Taco Dinner



Receive two Fish Taco Dinners for the price of one with the purchase of two beverages.  
**Dine-In or Take-Out.**



Not to be combined with other offers or promotions.  
Valid only at Joey's at 20 Crowfoot Cres NW.  
One coupon per customer per visit. Valid until Nov. 30, 2016.

#### \$3 Off Fish & Chips



Save \$3 on any order of Fish & Chips with the purchase of a beverage.  
**Dine-In or Take-Out.**



Not to be combined with other offers or promotions.  
Valid only at Joey's at 20 Crowfoot Cres NW.  
One coupon per customer per visit. Valid until Nov. 30, 2016.

#### \$5 Off Family Pack



Save \$5 on the purchase of any Family Pack or Super Family Pack.  
**Take-Out Only.**



Not to be combined with other offers or promotions.  
Valid only at Joey's at 20 Crowfoot Cres NW.  
One coupon per customer per visit. Valid until Nov. 30, 2016.

#### Show your Pokémon GO catch and save 20% on your bill



Show us your best Water Type Pokémon and save instantly! **Dine-In or Take-Out.**



Not to be combined with other offers or promotions.  
Valid only at Joey's at 20 Crowfoot Cres NW.  
One coupon per customer per visit. Valid until Nov. 30, 2016.

20 Crowfoot Cres NW  
Calgary 403.241.8877

Franchise Opportunities  
1.800.661.2123  
[joeyfranchisegroup.ca](http://joeyfranchisegroup.ca)







## A Message From Your Volunteer Coordinator

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

Hi Edgemont,

It's October! The leaves are beginning to turn and the fall volunteering opportunities are here...

**Wednesday Breakfast Club** – Every Wednesday from 7 to 9 AM a wonderful team of volunteers serves breakfast to a number of children before they head off to school. We can use donations and volunteers to pick-up muffins on Tuesday afternoon or to hard-boil eggs.

**Reading Club and Tutoring** – Wednesday after school

**Food bank deliveries** – Friday mornings

**The Edgemont Networking Group** – connecting local schools, agencies, and churches

**Youth Press** – teens write articles for Inside Edgemont

And special this month!

**Food Festival and Charity Sale** – on **Saturday, October 22, 10AM-3PM, Go Help Go** and the ECA are holding a fund-raiser. See the ad below. Volunteers are needed.

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

*We love our neighbours in Edgemont!*



Halloween is a fun and exciting time of year for kids of all ages, but it can pose some potential hazards. The Calgary Police Service would like to remind parents, drivers and homeowners about a few tips that will make Halloween safe and fun for everyone.

### Tips for Trick-or-Treaters and Parents

- A bright costume with reflector tape will make children more visible to drivers.
- Costumes should not be highly flammable, or interfere with easy walking.
- If children are wearing masks, the masks shouldn't interfere with their vision: better yet, use face paint instead.
- Try to trick-or-treat while it's still light out.
- An adult should accompany younger children.
- Older kids who are mature enough to be unsupervised should travel in a group.
- Parents should help their kids plan a route and set a time to be home.
- Remind children never to go beyond the doorway, and not to talk to strangers.
- Parents should also remind children to stay on the sidewalk and only cross the street at intersections.
- Let your children know not to take shortcuts through alleys and abandoned areas, but to stay in populated, well-lit areas.
- It's a good idea for kids to carry a flashlight and to have a cell phone or some change for a pay phone in case there's a problem.

- An adult should inspect the candy to make sure it hasn't been tampered with.

### Tips for Homeowners

- Turn on your porch light to let children know they're welcome.
- Remove obstacles such as lawn ornaments and gardening tools from yards.
- Place decorations out of the way so that nobody trips.
- The safest way to light a jack-o'-lantern is with battery-powered lights. If you use candles, make sure the flame can't come into contact with a child's costume.

### Tips for Drivers

- When children get excited, they tend to forget the most basic safety rules, especially around traffic. If you're driving, slow down and be extra cautious in residential areas.
- Drive defensively: expect children to dart out from between parked cars.
- Watch carefully for people using pedestrian crossings.

Stay safe and Happy Halloween!

**Cst. Benzy Bawal**  
**Community Resource Officer**  
**District 7 (403-428-6700)**  
**11955 Country Village Link NE**



## Food Festival & Charity Sale for Children in China



**Saturday, October 22<sup>nd</sup>, 2016, 10AM-3PM**

**Edgemont Community Center (33 Edgevalley Circle NW)**

The Go Help Go Club (of Sir Winston Churchill High School, see [gohelpgo.weebly.com](http://gohelpgo.weebly.com)) in conjunction with the Edgemont Community Association, is holding a "Food Festival and Charity Sale for Children" fund-raising event. You are invited to this food festival and charity garage sale. To donate items or participate in the food festival contact Sunny at [suppliesforsuccess@go-help-go.com](mailto:suppliesforsuccess@go-help-go.com), 403-999-4323 or 587-700-1577 (中文).



# 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**  
(城真光福音教会)  
Mandarin service every Sunday at  
10:30AM.  
Contact: Pastor Chris Xu  
587-703-8443

## CHILDCARE

**Edgemont Edusarc**  
Before and after school age  
program servicing the Edgemont  
Elementary School  
Please call Judy at 403-241-0131  
or email edusarc@gmail.com.

**Kaleidoscope Kids**  
Preschool for ages 3-4 years.  
Mon – Fri. Starts  
Contact: 403-547-1020  
www.kaleidoscopekidspreschool.com

## PROGRAMS FOR CHILDREN & YOUTH

**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

**Art drawing class**  
Thursday, Saturday, Sunday classes  
for ages 5 and up. Includes cartoon,  
sketch, watercolor painting.  
www.calgary.icoc.cc or call  
587-889-8685

**First Serve Tennis**  
Jeff 403-441-6870  
www.firstservetennis.ca

**Sportball**  
Tuesday 9:45-11:30am & 4-6pm  
Children ages 2-8 years  
www.sportball.ca/Calgary

**Drawing @ Young Rembrandts**  
Wed 3:45 -7pm for ages 3.5 to 12  
Brand new Fall session! With over 25  
years of experience and our unique  
step by step drawing process,  
students can expect a fun, new  
lesson every week and improved art  
skills. Parents can expect increased  
attention to detail, improved fine  
motor skills, discipline, persistence  
and patience. Call 403-457-3729 or  
calgary@youngrembrandts.com.

**Zumba Kids**  
**Time change: Wednesdays , 6-7pm**  
Exciting, high energy class for kids  
6-12 years old. Sure to keep them  
engaged while dancing to the  
newest hits and playing fun, active  
games  
Contact: spinchica@hotmail.com

**Music with Joyce:** Cantonese music  
class - adapted from "The Music  
Class (TMC)" program.

For infants to preschoolers. Each  
class has between 6-12 students,  
siblings welcome.  
Each session is animal themed and  
runs for 10 weeks. Class is 45 min  
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**  
Mondays, 4-6 pm  
An enrichment program for  
Grade 6-9 students. Taught by  
experienced and specialized  
teachers following the curriculum  
of the province. Enhances young  
writers' abilities.  
Beyond Education Academy  
403-903-8619 www.beyond-edu.com  
info@beyond-edu.com

**Little Lamb Playgroup**  
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  
adjacent to 7081 Edgemont  
Drive NW: Summer use includes  
basketball, street hockey, roller  
blading, skateboarding and bike  
riding.

## PROGRAMS FOR ALL AGES

**One Step Ahead Dance Studio**  
Ballet, tap, jazz, hip hop. Adult and  
youth  
Contact: Melinda @ 403-247-3607

**LifeSongYoga**  
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**  
Youth and Adults  
Contact Doug at 403-560-4508

**Bunbukan Karate**  
Sensei Alan Colter, has been  
teaching all ages and skill levels for  
more than 16 years, and is a Chief  
Youth instructor at the U of C since  
2007.

Wed. 6-9:30 pm all year long.  
Variety of classes and levels, all  
welcome, try a class FREE. Contact:  
Alan Colter at 403-274-3535 Email:  
info@bunbukan.ca.  
www.bunbukan.ca

**Bollywood Dancing**  
Wednesday 7:30-8:30pm  
Mind, body and soul exercise  
program.  
Adults and children.  
Contact: 403-246-5739  
Email: contact@sparqproductions.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  
Contact: ECA 403-239-1211

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

**Zhan Fitness**  
(in Mandarin)  
Tues. 7:15 – 8:30pm  
Contact: ECA 403-239-1211

**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  
silkoaddance88@gmail.com  
403-510-9059

# Trivia

Jack-o'-lanterns originated in Ireland where people  
placed candles in hollowed-out turnips to keep  
away spirits and ghosts on the Samhain holiday.







## LEAF PROGRAM REPORT

by a LEAF community volunteer

Our LEAF program got off to a whirlwind start this year. We managed to accomplish some major beautifying of our community in this shortened season. We are moving into year two with more time to plan. For those who have not seen many enhancements in your part of the neighbourhood in year one, we sincerely thank you for your patience. These areas will be our priorities for year two. Planters have been ordered and will be placed throughout all of Edgemont on the main arteries. Some of the locations have already been prepped so that we can get started as soon as spring arrives.

At this time we thank our City of Calgary horticulturist for her beautiful designs and the high standards she has set for her crews. We are also very grateful to the landscaping crews who have worked so hard to begin the transformation of our public areas.



## WHAT'S HAPPENING IN EDMONT

Edgemont Community Association  
33, Edgevalley Circle NW Calgary A.B. T3A 4X1  
Phone 403 239-1211 • E-mail: office@edgemont.ab.ca

### Craft Sale Regulations

The **CHRISTMAS CRAFT SALE** will be held on **Saturday November 19, 2016** from 10am-3pm.

The table cost for the sale is \$45 per table.

1. All crafts **MUST** be hand made by the vendor in Canada.
2. Each table is 8ft x 2.5ft, with no covering, and will be set up with 2 chairs.
3. No large displays are allowed that would restrict other vendors in front, beside or behind you. Displays are restricted to approximately 4ft x 6ft. No extra tables are allowed.
4. Set-up begins at 8am and cleanup at 3pm. We request you stay right until 3pm. Other vendors are offended when people leave early.
5. If you need an electrical outlet you must register early to reserve a wall position. All tables in the centre will not have electricity. NO EXCEPTIONS.
6. No refunds until all tables are sold and your table can be filled from a waiting list. A \$10 administration fee will be charged on any refunds.

**Note:** the Edgemont Community Centre will have a concession to provide treats, hot & cold drinks along with a hot lunch option ex: hot dogs \*\* all funds made will go directly back into the Edgemont Community – Hamper program and breakfast clubs are examples of some of our programs.

## Cloverdale Paint Now Offering Discount to Community Association Members!



Cloverdale Paint is now offering wholesale pricing to community association members and organizational members of the Federation of Calgary Communities!

**What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale, show them your Edgemont Community Association membership & the coupon below. You will receive more than 25% off paint and more than 15% off paint accessories!**

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!

## Calgary Registry Services

Ph 403.286.6824  
Fax 403.288.9677

Mon - Fri 9am - 6pm  
Sat 9am - 5pm  
Sun closed

License Plates  
Drivers Licenses  
Learners Permit  
Fine Payments  
Road Testing  
Lien Searches  
Land Titles  
Birth Certificates  
Marriage Licenses  
Corporate Registry  
Boat Books  
Commissioner for Oaths  
Alberta Health Care

Unit 312, 5149 Country Hills Blvd. NW  
(Across from Hamptons Superstore)  
www.calgaryregistry.com

BRAIN GAMES

## SUDOKU

				4			2	
	3	4	7		9			
			2		6			
	8	5			2	6		4
6				5				8
4		1	3			7	9	
			8		1			
			6		3	8	4	
	1			2				

FIND SOLUTION ON PAGE 32

Beautiful Permanent Affordable

## The Most Hail Resistant Roof...Period.

Introducing the NEW Beaumont Shake.  
Our great shake look in a new 9" exposure.

Visit [euroshieldroofing.com](http://euroshieldroofing.com) for details.

# Euroshield®

Environmentally Friendly Rubber Roofing

Phone (403) 215-3333  
[www.euroshieldroofing.com](http://www.euroshieldroofing.com)

Give us a call today to arrange a free quote.



## 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 (7-9am)

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

### ECA Wednesday Breakfast Club needs snack donations.

Are you able to donate some breakfast items or perhaps become a regular sponsor? We feed over 60 kids every week in Edgemont before they head off to school.

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

### ECA BOARD MEETINGS

are open to Edgemont residents.

**Join us October 24 at 7pm**

Please verify date and time with ECA office at 403-239-1211 or office@edgemont.ab.ca.

**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

### HOCKEY RINK DEMOLITION

DATE TBD

### 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.

#### ECA Annual Craft Sale

**Saturday Nov 19<sup>th</sup> from 10- 3pm.**

Non-perishable food donations accepted for the annual ECA Hamper program.

## 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 November issue must be submitted by October 20<sup>th</sup>; December issue by November 20<sup>th</sup>.**

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.



## Meal Exchange: Trick or Eat

Want to make a difference this Halloween? Dress up in costume and come join Meal Exchange as we go door-to-door collecting non-perishable food items for the Calgary Interfaith Food Bank and the SU Campus Food Bank.

We will be meeting on October 31<sup>st</sup> at 4:00pm in the MacEwan Ballroom and the event will generally wrap-up by 8:00pm for trick-or-eaters. If you're interested, please register at **trickoreat.ca** under "Locations" and join "University of Calgary Meal Exchange". If you would like to go out with a specific group, please specify your group name when prompted. Come in costume!!

If you are super eager and would like to help us flyer routes near campus from 10:00-1:00 or 1:00-4:00 on October 26<sup>th</sup>, (hot chocolate will be provided) please let us know or if you have any questions, please email calgary@mealexchange.com.



### SERVICES OFFERED:

Fillings  
Same Day Emergency Treatment  
Nightguards and Sportsguards  
Extractions  
Crowns and Bridges

Children's Dentistry  
Teeth Whitening  
Full and Partial Denture  
Root Canal Therapy

Accepting New Patients  
Emergencies Welcome  
We offer direct billing  
Same Day Treatment Provided  
All services provided by a general dentist

**Dr. William Wei**

www.focusdentalcalgary.com



# THANK YOU FOR SHARING!



## Baked Oatmeal recipe

from Edgemont Residents Ed & Sue

Makes: 8-10 servings  
 3 cups steel oats with flaxseed  
 1/2 cup brown sugar  
 1 tsp cinnamon  
 1/2 cups butter or oil  
 2 eggs  
 2 cups milk  
 2 tsp baking powder  
 1 tsp salt

**Optional Add-Ins:** raisins, dried cranberries, blueberries, apples, bananas, walnuts, etc.

**Optional Toppings:** milk, cool whip, ice cream, etc.

Preheat oven to 375°F

Butter a 13x9 inch baking pan. In a large bowl, mix all ingredients together, including fruit and nuts (if you so choose). Pour into the buttered baking pan and bake for 25 minutes. Divide into 9 pieces.

Serve hot with optional toppings as desired.



## EDGEMONT SCOUT GROUP

Well it's been a busy month! School started, and the Cubs and Scouts have had their first camps and the Venturers and Rovers have been helping make all this happen. In the next week or two we will be holding investiture ceremonies for all sections to officially welcome the new comers into each section. This month's programs will concentrate on Thanksgiving (Beavers and Cubs), preparing for another camp (Scouts and Venturers), some fire arms training (Scouts and Venturers), and helping were needed (Rovers).

It's never too late to join Scouting. We currently have room in most sections so if you want to drop by the Edgemont Community Centre on Monday nights from 6:30 - 7:30pm to see the Beavers or from 6:30 - 8:00pm to meet the Cubs. If the weather is good we may be out on a hike so emailing 193Scouts@gmail.com will ensure that everybody ends up in the right place. For information on the Scouts, Venturers and Rovers please email 193Scouts@gmail.com.

The funds from our first bottle drive are in the bank and this month is Scouts' Popcorn! This one fund raising event accounts for about 1/2 of our annual budget so if you missed our door to door campaign and would like to help out your community Scout group please contact us at the above email address and somebody will come by to take your order. If you buy from a friend or relative that is not the Edgemont Group thank you! Everybody needs the help. As always if you missed our bottle drive and want make room in garage for your vehicles you can get a hold of us at edgemontbottles@gmail.com and somebody will make arrangements to come and pick them up.

*Yours in Scouting,*  
 Neil James  
 Group Commissioner  
 193 Edgemont Scouts



# So You Think You Know Edgemont?

Are you up for the challenge?  
 Do you know where this is?



The woods off Edgewold Drive

Thank-you to **Kesari R** who's knowledge of Edgemont is amazing. He correctly answered the August "So you think you know Edgemont" question.

## ABOUT PAINTING

**Professional,**  
 Reasonable & Reliable

20+ Years Experience - Free Estimates & Advice

### Interior Painting

- Cabinet Spraying
- Wood Staining
- Spray Painting
- Ceiling Painting

ALL WORK FULLY GUARANTEED  
 2 YEAR WARRANTY

**403-239-9022**  
 www.aboutpainting.ca

*Caring Hearts*  
  
*Helping Hands*

## Care to Share Senior Service Inc.

- Housekeeping
- Personal Home Care
- Companionship
- Meal Preparation
- Transportation
- Groundskeeping

**Providing compassionate, trustworthy services to Seniors**

Contact us today to arrange a free assessment!  
 Call 403-567-1923 or E-mail: CaretoShare@shaw.ca

**A-Plus**  
 Registry Services Ltd.

*Alberta*  
 Authorized Registry Agent

101, 3604 - 52 Ave NW (next to Winston Churchill High School)  
 403-288-3333 | www.aplusregistry.com

No more government reminders!  
 Visit [www.aplusregistry.com](http://www.aplusregistry.com) and sign up to receive an email or text reminder.

RENEW your vehicle with us today

Mon - Fri: 8am - 7pm; Sat: 10am - 4pm | VISA; Mastercard; Debit Accepted



**the EDGE**  
**Sport Physical Therapy Inc.**  
 7222 Edgemont Blvd NW, Calgary, AB, T3A 2X7  
 403-239-3304 | [www.edgephysio.ca](http://www.edgephysio.ca)

**We provide expert treatment of:**    **Some of our services include:**

- Sports injuries
- Joint sprains/muscle strains
- Neck/back pain
- Headaches
- Concussions
- Chronic pain
- Motor vehicle accident injuries
- Post fracture
- Orthopaedic surgery rehab
- Registered hand therapy
- Post-surgical and post-fracture rehabilitation
- Chi-ball and Pilates rehabilitation
- Craniosacral therapy
- FitforeGolf™ rehabilitation and injury prevention
- Non-surgical facial rejuvenation
- Orthotics

**Monday to Friday 7 am - 7 pm • Saturday 8:30 am - 12 pm**



Calgary's Premier Sports Therapy Location



**Need Your Roof Replaced Before The Snow Flies?**

Find an established, reputable and respected Roofing Contractor to do your repairs!

**The Alberta Allied Roofing Association members have a proven history of integrity, quality, workmanship and products.**

There for you for over 30 years.



Visit our website to get a list of current members.  
[www.albertaroofting.com](http://www.albertaroofting.com)


**CALGARY PUBLIC LIBRARY**

**Bill's Book Café**  
 It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It, and Other Stories* by Norman Maclean.  
 Quarry Park Library  
 Friday, October 28 | 7:00 pm

**Author In Residence**  
**Get inspired with the Library's Micheline Maylor!**  
*Life Is Strange & Other Brave Leaps In Poetic Impressionism*  
 Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.  
 Central | Wednesday, October 5 | 6:30 pm  
 Improve Your Style & Find Your Voice  
 Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.  
 Louise Riley | Tuesday, October 25 | 6:30 pm

**Understanding Teens & Understanding Aging**  
 Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at [calgarylibrary.ca](http://calgarylibrary.ca).




# Apples Aren't Just For The Teacher

ATCO Blue Flame Kitchen

The start of the apple harvest season has kicked off in B.C., which means it's a perfect time to celebrate the apple. Not only are they a healthy addition to any school lunch bag, but they're also great for cooking with.

Our Apple Cheddar Crisp recipe combines apples with that other lunch bag favorite, cheddar cheese. The pairing works wonderfully, with many tastes and textures coming together in one dish: the sweetness of the apples and brown sugar, the crunch of nuts and oats, the warming fall spices (cinnamon, ginger, nutmeg), and the savory contribution of shredded cheddar. Served warm in a bowl with a generous scoop of vanilla ice cream on top, it makes for a lovely end to a weekend meal.

If you want to pack apple slices in a lunch box instead of a whole apple, you can delay apple slices from turning brown by dipping them in a bath of water and lemon juice. We find a ratio of about 1 cup of water to 1-2 teaspoons of lemon juice is enough to keep apples look-

ing fresh from morning until noon. In this case, bottled lemon juice works just fine, and saves you having to cut and squeeze a whole lemon for only one small task.

## APPLE CHEDDAR CRISP

- 1 1/4 cups (300 mL) old-fashioned or quick-cooking rolled oats
- 1 cup (250 mL) packed golden brown sugar
- 3/4 cup (175 mL) flour
- 1/2 tsp (2 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) butter, chilled and cubed
- 1/2 cup (125 mL) chopped walnuts or pecans
- 8 cups (2 L) sliced peeled apples
- 1/2 cup (125 mL) sugar
- 1/2 cup (125 mL) shredded cheddar cheese
- 1 tbsp (15 mL) fresh lemon juice
- 1 tbsp (15 mL) flour
- 3/4 tsp (3 mL) cinnamon
- 1/4 tsp (1 mL) ginger
- 1/8 tsp (0.5 mL) nutmeg
- Ice cream, optional

To prepare crumb topping, combine oats, brown sugar, 3/4 cup (175 mL) flour, 1/2 tsp (2 mL) cinnamon and salt in a bowl. Using fingertips, rub in butter until mixture is crumbly. Stir in walnuts. Combine next 8 ingredients (apples through nutmeg). Spoon into a greased 3 quart (3 L) baking dish. Sprinkle with crumb topping. Bake at 350°F (180°C) for 50 - 55 minutes or until juices are thick and bubbly and topping is golden brown. Serve warm with ice cream. Serves 8.

**Edgepointe Dental Centre**  
 233, 45 Edenvold Drive NW  
[www.edgepointedental.ca](http://www.edgepointedental.ca)

**Gentle Family Dentistry**  
 Edgemont Blvd NW  
 Shaganappi Trail NW  
 Nose Hill Park  
 Edenvold Drive NW

New Patients Welcome

Dr. Michael Pannell  
 Dr. Sandra Pannell  
 General Dentists

**403-239-6411**



# What is the Edgemont Community Association (ECA)?

It is a non-profit, volunteer-run organization that represents the residents of Edgemont.

Your Community Association is the recognized body that:

- liaises with government officials expressing resident concerns regarding commercial and residential land use development, transportation, traffic, environmental and infrastructure issues.
- supports organized sports
- runs community programs and social programs
- operates the Community Centre
- supports and publishes the community newsletter The Inside Edge
- designs and maintains our Website: [www.edgemont.ab.ca](http://www.edgemont.ab.ca)
- Facebook page: Edgemont Community Association
- Twitter account: @EdgemontCA
- Instagram: edgemontcommunity

**Community associations are dedicated to making sure your community is a great place to live, work and play.**

Your membership is important and ensures new energy to continually address community issues.

- **ECA Membership is only \$30.00 per year per household.**
- **ECA Seniors Membership (65 & over) is \$15.00 per year.**
- **Both Memberships are valid for one year from time of purchase.**

**Please consider becoming a member if you are not already one.**

To purchase a membership in your community association please fill out the form below, attach a cheque made payable to Edgemont Community Association (ECA), and mail it to the following address:

**Memberships, Edgemont Community Association ■ 33 Edgevalley Circle, NW ■ Calgary, AB T3A 4X1**  
**Or drop by in person Monday-Friday 9-5**



## MEMBERSHIP APPLICATION

Your membership is valid for one year from date of purchase.

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Family Name(s): \_\_\_\_\_

First Name: \_\_\_\_\_ Spouse First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

### \*Proof of membership is the member's responsibility

- ☐ General Membership \$30 per household per year. Adult holders in good standing are entitled to one vote each at the Annual General Meeting or Special General Meeting.
- ☐ Senior Membership (65 & over) \$15 per household per year. Members in good standing are entitled to one vote each at the Annual General Meeting or Special General Meeting.
- ☐ Commercial Membership \$40 per business per year. Not entitled to voting privileges.
- ☐ Non-Resident Membership \$30 or \$15 per household per year. Not entitled to voting privileges.

I would like to volunteer my time for

- |   |                                      |   |                                   |   |                                      |
|---|--------------------------------------|---|-----------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Board of Directors | <input type="checkbox"/> Social      | <input type="checkbox"/> Making Posters | <input type="checkbox"/> Casino   | <input type="checkbox"/> Membership           |                                      |
| <input type="checkbox"/> Newsletter         | <input type="checkbox"/> Fundraising | <input type="checkbox"/> Sports         | <input type="checkbox"/> Parkland | <input type="checkbox"/> Ice Rink Maintenance | <input type="checkbox"/> As required |

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*I hereby give permission for the Edgemont Community Association to contact me by electronic media.  
Permission can be withdrawn at any time.*

# CCSD BOARD OF TRUSTEES

Website: [www.ccsd.ab.ca/board-of-trustees](http://www.ccsd.ab.ca/board-of-trustees) • Email: [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

## Learn more about your Calgary Catholic School District Board of Trustees!

As Calgary Catholic School District (CCSD) trustees, we believe in nurturing Catholic education at all of our schools. As such, a central part of our role is ensuring that our rich backdrop of faith is front and centre in all facets of education within our district. To create this context for our community, a faith theme is chosen annually to guide us through the school year.

This theme strengthens our faith; it supports our words and actions in our school communities, in the decisions we make and our actions at all levels - from the board, to senior administration, to the classroom. It creates a common direction and focus for our district.

Last year marked the completion of our three-year faith theme, "Do justice, love kindness and walk humbly with God" (Micah 6:8). During these past three years, we have seen our CCSD community demonstrate faith through social justice, kindness and humility in everyday interactions and in major initiatives that show compassion and support for those in need.

This past year we saw the devastation of the wildfires in Fort McMurray and in true CCSD fashion, our community rallied together to welcome students into our schools and support families by raising over \$155,000 for our "Walk Humbly with Fort Mac" fundraiser. This is not new to us in CCSD, as giving of ourselves and serving others is the fiber of our faith and who we are.

For the 2016 -2017 school year, we are supported by the foundation of the past three-year faith theme while we embrace our new faith theme, "Be merciful, just as your Father is merciful". (Luke 6:36). We are called to continue to give of ourselves to others, support those in need, show kindness and most of all to be merciful to ourselves and others.

As stewards of Catholic education in Alberta, and CCSD in particular, your Board of Trustees supports the integration of this important new faith theme into every aspect of our school communities' lives.

We look forward to further exploring our faith theme of mercy with our Calgary Catholic community throughout this school year.

# breathe hot yoga

breathe life. breathe love. breathe peace. breathe yoga.



## Nolan Hill NOW OPEN

7 Studios  
4 Locations

One Price

Avenida - McKenzie Towne - Airdrie - Nolan Hill

Over 250

hot & non-heated

drop-in classes per week!

PLUS registered programs,  
workshops & wellness services\*  
\*additional fees apply

## New to Breathe?

Receive your FIRST class on us!\*

\*One per person. Photo ID required.





## News from the Friends of Nose Hill

by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at [www.fonhs.org](http://www.fonhs.org). Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was mostly used for dairy farms, while the pla-

teau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.

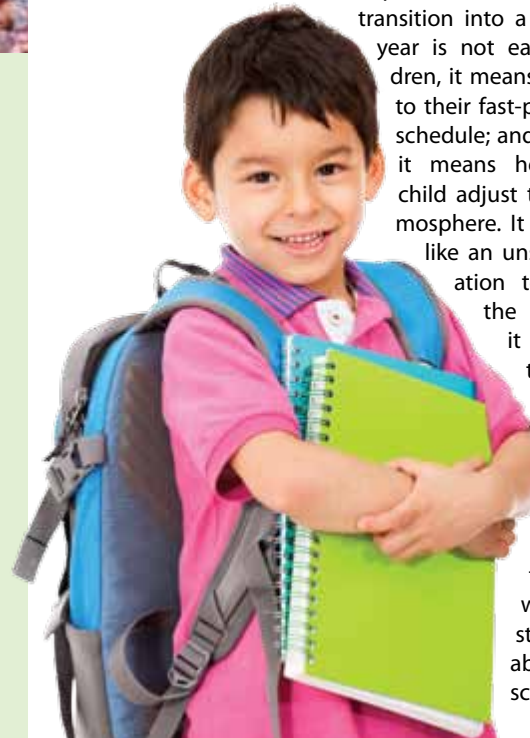


Article by Astha Burand, a volunteer with Edgemont Youth Press

Vacations are over! Now, it's time that we are all back in school. It sounds dreadful but along with that, excitement fills us all, be it parents or children. We are all thrilled for the new school year, looking forward to the new stationery and the school events that will take place over the course.

However, between all the excitements, comes a little bit of anxiety, especially after the long haul of dog days during the summer. It happens to be a tough time for both, parents and children as the

transition into a new school year is not easy. For children, it means going back to their fast-paced school schedule; and for parents, it means helping their child adjust to a new atmosphere. It might seem like an unsettling situation to some, so the way around it is to take the time to adjust to the new school year. A way to ease into the situation would be to stay positive about the new school year.



Optimism shown improves a person's performance and health, which are a key set of qualities needed for commencing a fun-filled school year. Along with holding a positive outlook, it is essential to be involved in the school activities all year around because it can open up opportunities to learn new things and make new friends. Both these factors can contribute to enhancing a person's school experience and making it memorable. In order to further contribute to the enrichment effect of the school year, schools itself have started to offer programs to their new group of students to help them transition smoothly into a new environment. Every school designated for the community, offers a 'Back-To-School' assembly to each new class of the year, welcoming them back from their summer and helping them adjust to the new school year with ease.

The Edgemont community's designated high school, Sir Winston Churchill High School, is offering a Mentorship Program to help the new grade 10 students adjust better to a high school setting. The Mentorship Program of SWC consists a group of grade 11 and grade 12 students, who will offer support to the grade 10 students to help them settle into the new school. In a similar manner, the school's designated junior high school, Tom Baines, offers a free taco lunch to all the grade 7 students on their first day in their new educational facility. The lunch offers the students an opportunity to mingle with other new faces and also get familiar with Tom Baines. Like the high school and the junior high school designated to the area, the elementary school, Edgemont School, offers an orientation for the kindergarten children and also their parents, in order to help the newcomers of the educational society to smoothly start their first-ever day of school.

Therefore, we can see that a new school session marks an important time frame of the year as all members of the community are involved in making the children feel comfortable in their new classes. The principal, the teachers, the students and the parents, are all engaged tremendously during the fall trying to prepare and enhance learning for the future generation. Therefore, back-to-school time is just an important individual time; it is an important community time as well!








**the Gutter Doctor**  
Home Exteriors  
Install/Repair/Clean  
EAVESTROUGHS | DOWNSPOUTS  
FASCIA | SOFFIT | ROOFING | SIDING  
15,000 happy customers since 2003!  
403-714-0711 [gutterdoctor.ca](http://gutterdoctor.ca)



**TRIVIA**  
Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him “creature” and “demon”.



**HorizonDental**

TRICK OR TREAT  
GIVE ME SOMETHING CLEAN TO EAT!

**NEW PATIENTS WELCOME**  
Made you smile? We can do more!  
FULL FAMILY DENTAL SERVICE  
DENTAL IMPLANTS  
ORTHODONTIC TREATMENT  
SERVICES ARE PROVIDED BY GENERAL DENTISTS  
[HorizonDentalGroup.ca](http://HorizonDentalGroup.ca) | 403-202-9295



## IN & AROUND CALGARY

### October Fire Prevention Week. October 9-15<sup>th</sup>

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will “chirp” when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit [Calgary.ca/CSPS/Fire](http://Calgary.ca/CSPS/Fire)

Please watch and share our new fire safety video with your family:



Fire Safety Tips with Flint  
<https://youtu.be/QbE3tCBzeY0>



**DID YOU KNOW:** that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

*Calgary Fire Department. Yours for life.*

## CALGARY



## WILDLIFE

## The Brown Creeper

By J.G. Turner  
Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

### Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the female (a high thin trill) from nearby while the female works.
- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a

tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

**Northland Volkswagen now Offer AIR MILES® Reward Miles!**

**GET 250 AIR MILES® REWARD MILES\***  
With every NEW or USED PURCHASE

**Northland Volkswagen**

\*Some conditions apply. AIR MILES Collector Card must be presented at the time of purchase to get Miles. See dealer for details. © 2016 Trademarks of AIR MILES International Trading B.V. Used under license by Northland Volkswagen. © 2016

[WWW.NORTHLANDVOLKSWAGENCALGARY.COM](http://WWW.NORTHLANDVOLKSWAGENCALGARY.COM)  
**1.888.329.0506**





## New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5-year-old comes home from school with a red rash on their arm. Your 10-year-old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online. Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmeem Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment," says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>



## Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



**BACK TO SCHOOL  
SPECIAL!**

**\$99 + GST INCLUDES FREE  
UNIFORM**

**MHKTAEKWONDO.COM  
MHKTKD83@GMAIL.COM  
403 400 2426**



# CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

It's October, and students are settled into the school year. The mornings are colder, the leaves are falling and we start to think about the Thanksgiving holiday and reflect on all that we are grateful for.

We have much to be thankful for this year. We are grateful that we live in a city that highly values education. We see this through the increasing number of families choosing Calgary Board of Education schools for their children each year. We also see the value placed on public education by the City of Calgary and our communities, who provide tremendous support for our students. Your support helps our students succeed, and for you, we are grateful.

We are grateful for our employees. Nearly 14,000 people from all across the city of Calgary choose to work with the CBE and their efforts and passion make a difference in the lives of our students every day. Some are faces you see in our schools, and some work behind the scenes, but each employee contributes to our success.

We are grateful for our families and communities. By getting involved in school councils, volunteering in

classrooms, supporting schools with their fundraisers and projects and sharing your experiences you make our school system better.

We are grateful for our students. Their commitment, excitement and energy fuels our system. They are the reason we are here. Every day, we see our students learn, grow and challenge themselves and others. Our students inspire us and help us realize how much the work we all do to make this world a better place truly matters.

As community members, parents and educators, we have a chance every day to make a real difference in a child's life. We have a chance to engage children and encourage their lifelong learning. The moments we get to spend with our children and students matter. For that, we are grateful.

If you are interested in learning more about how the Board of Trustees advocate to protect public education and student success, we'd love to speak with you. Contact us at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca).

Follow the Calgary Board of Education on Twitter @yycbedu



## Writings about Reading

Nourishing a child's mind, body and spirit so they can learn!

Look for the Nourish van in your community! We may be coming to a neighbourhood near you soon. This colourful van will be 'stopping by' and 'popping up' at schools, parks and community events starting—now!

The Nourish van's lively team leads free, fun activities and games – and shares snacks, information, books and more with families and young children. The aim is to help nourish elementary-school-aged children—mind, body and spirit, so they can learn!

Calgary Reads is involved in Nourish, together with Brown Bagging for Calgary Kids, Humanity in Practice (HiP Kids), Kids Up Front and 'NSTEP. Each of the partners already provides a range of services and resources to help Calgary children thrive. Now, through the Nourish collaborative – we will bring fun activities, resources, nutrition, activities, event tickets, volunteering opportunities and books to families and children who might not otherwise have access to these.

We are grateful to community funders who have made the Nourish van possible, including Rotary Club of Calgary, KAYAK Foundation, Calgary Foundation, and Marlborough Ford.

Donations of new and gently-used books for children aged 0 to 8 are always welcome through the Calgary Reads Book Bank and they will be shared through the Nourish van with children who have few or no books of their own at home. Or, if you would like to help the Nourish collaborative in another way, please be in touch to: [info@nourishyycc.org](mailto:info@nourishyycc.org)

For resources to help your child develop critical literacy skills and the joy of reading, visit [calgaryreads.com](http://calgaryreads.com).



Landscaping and Tree Services!

We are in your neighbourhood

Fall Cleanups • Snow Removal • Christmas Lights  
Tree Pruning/Removals • Patios • Pathways  
Decks Fences • Sod • Eave Troughs  
Junk Removal and more...

Matt 403 816 8324 Josh 403 827 5185  
[www.landscaperscalgary.ca](http://www.landscaperscalgary.ca)



ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?



RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11.30.15, 100.011



9	6	8	1	4	5	3	2	7
2	3	4	7	8	9	1	5	6
1	5	7	2	3	6	4	8	9
7	8	5	9	1	2	6	3	4
6	9	3	4	5	7	2	1	8
4	2	1	3	6	8	7	9	5
3	4	9	8	7	1	5	6	2
5	7	2	6	9	3	8	4	1
8	1	6	5	2	4	9	7	3



It's all about "U"

Transfer your prescriptions to Universal Health and enjoy the benefit of your  
**Rx Loyalty Program** and earn **\*\$30 worth of gift cards.**  
\*See Instore for Details.

**Our Everyday Health Centre Services:**

- Direct billing of Almost All Drug Plans
- Easy Prescription Refills and Transfers
- Immunizations, Vaccination and Free Injections
- Service for Travel Vaccines
- Medication Reviews
- Diabetic Care Supplies
- Blister and Dosette Packaging
- Free Flu Shots 7 days a week
- No Appointment necessary

**6 LOCATIONS TO SERVE YOU**

**Southwood Pharmasave**  
10233 Elbow Dr SW  
403.255.2354

**Woodlands**  
Unit 1 & 2,  
523 Woodpark Blvd SW  
403.259.5506

**Ranchlands Pharmasave**  
Unit 137,  
1829 Ranchlands Blvd NW  
403.452.5554

**Scenic Acres Pharmasave**  
8555 Scurfield Dr NW  
403.547.4323

**Beacon Hill**  
Unit 250, 12024 Sarcee Tr NW  
587.755.7955

**Forest Lawn**  
#03, 1704 61 St SE  
587.470.7751

**FREE DELIVERY IN CALGARY**  
All locations conveniently located within the walk-in clinic and accepts new patients



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News  
Publishing at 403-263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Edgemont. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**WOMEN'S FITNESS & NUTRITION:** Ready to change your life? Come train with us! At BBT we help elevate your most important asset, your health. After all, what else is there? Personal or small group training, circuit bootcamp training, treadmill interval training. Certified strength coach, sprint/run coach: Tracy Halasz. bbtfitnut@gmail.com.

**DO YOU NEED AN EXTRA SET OF HANDS?** C & L Helping Hands can provide them! We offer handy-man services, personal assistant, kitchen helper, cleaning and much more! Email: cl@clhelpinghands.ca. Call Craig or Laurie at 403-880-7125 or 403-510-8551.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

**TILE AND STONE INSTALLATION:** 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

**ALOE VERA BOTANICAL SKIN CARE:** Look younger longer. Independent Consultant for 35 years with GRACE ALOE VERA SKIN CARE. Product contains no water, beeswax, mineral oil, lanolin, alcohol, perfume or chemicals. Try before you buy. Phone Alice at 403-282-5411 or email aliceearl@shaw.ca.

**WATERCOLOUR CLASSES:** offered in the Dalhousie area for adults. These are held weekly, usually on Tuesday mornings at a local community centre. All skill levels are included and small class size. For more information please e-mail me at eakovacs@telus.net and feel free to browse my website, www.estherkovacs.com.

**ARE YOU LOOKING FOR A LOCAL, PROFESSIONAL ELECTRICIAN?** FCC Electric is well established, insured, certified and happy to assist with all your residential and commercial projects. FCC Electric offers free estimates, home inspections, kitchen/basement/garage renovations, repairs/troubleshooting panel/service changes, retail development at fair rates with references. 65+ discounts. Call us 403-462-8801.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, based in the NW, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. cejelectric.com or call Clayton at 403-970-5441.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

**LONDONDERRY PAINTING AND DECORATING:** Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.

**LOOKING FOR A NEW FAMILY DOCTOR?** Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Lee (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

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

**WINDOW AND DOOR CLADDING:** Window and door cladding! Great prices and outstanding workmanship! Sale on this month only. Book now! Low Cost Exteriors Ltd. 403-606-8372.

**HOW DOES YOUR GARDEN GROW?** October is the time to put your garden to bed for the winter. Dead-heading, pruning and advice on protecting your garden through the tough Calgary winter. Please contact Kathy at 403-874-4142.

**PERSONALIZED CLEANING SERVICES LTD:** Let us help you in this busy time of the year by giving you the gift of time! Residential, move outs, one time, commercial, we meet all your needs! All supplies provided! Insured and bonded! 100% Satisfaction guaranteed! Simply call, text, or email Kim at 403-875-6219, info@pcscalgary.com. Also visit us at www.pcscalgary.com.

**COMPUTER AND SMARTPHONE HELP:** Windows PC problems, repairs, upgrades, security, backups, file recovery, virus removal, printers, wireless, routers, questions (internet, on-line purchases, banking, email). Sync email on Smartphones and Tablets. 30 years' experience (Windows 10, 8, 7, Vista). Small business and in home or pickup service (day time or evenings). Seniors discount. Contact Dave at 587-323-7304, PCHelpYYC@outlook.com.

**SITTING SERVICE:** Retired, reliable, house sitting, cat and dog sitting, dog walking. Very competitive rates, references available. Please Call Elena at 403-247-6205.

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.



**MP CALGARY NOSE HILL**  
**HON. MICHELLE**  
**REMPEL**

201-1318 Centre Street NE, Calgary, AB, T2E 2R7  
Phone: 403-216-7777  
Email: michelle.rempel@parl.gc.ca  
Website at www.michellerempel.ca

Parliament resumed in September and I have been in Ottawa working hard on behalf of our community. I would like to thank those of you who took the time to complete the survey on Electoral Reform and send me your thoughts on this important issue. I will continue to keep you informed on the Federal Government's plans on this important issue. I have continued my work as the Official Opposition Critic for Immigration, Refugees and Citizenship as we push the Federal Government for answers on the costs and implementation plans for their refugee program. The genocide of Yazidis in Syria and Iraq continues to be of great concern and as you know, I successfully pushed the government to study "Immigration Measures for the Protection of Vulnerable Groups" over the summer. I encourage you to visit my website for more information on the committee's findings and my response to the Federal Government. Finally, my primary focus of concern remains the economic situation here at home and the impact it is having on Albertans. I believe the Federal Government can be doing much more to encourage investment and support skilled workers. I will continue to speak out loudly on the economic crisis facing Alberta and demand action from this Government.

There are many important pieces of legislation that are being debated in the House of Commons and I appreciate your feedback and thoughts on issues important to you. If you are not already signed up to receive email updates from me I encourage you to do so. It is the best way for me to stay in regular contact with our community. You can sign up at www.michellerempel.ca/subscribe. As always, you can contact my office at any time. Phone: (403) 216-7777, Email: michelle.rempel@parl.gc.ca, Website: www.michellerempel.ca.

**VOLUNTEERING....**  
*Good for the Soul*



# Start Fall Off On The Right Foot

By Paula Trotter  
The Canadian Cancer Society, Alberta/NWT Division

Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at [cancer.ca/prevention](http://cancer.ca/prevention).

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

## 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 the Edgemont Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Edgemont Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**THE UNIVERSITY OF CALGARY IS CURRENTLY RECRUITING PEOPLE WITH TYPE 2 DIABETES, AGED 35 YEARS OR OLDER** for a research study. All participants will increase their aerobic exercise (walking or jogging) and some will complete resistance band training. Please call 403-955-8116 for more information.



## CALGARY MOUNTAINVIEW LIONS CLUB

**Meets at the Triwood Community Hall on the second and fourth Tuesday of each month.**  
Serving Northwest Calgary, open to all men and women of legal age.  
**For more info please call: John Wilson 403-932-6043**

**Published by:**



**ADVERTISE YOUR BUSINESS NOW!**  
REACHING OVER 415,000 HOUSEHOLDS  
ACROSS 141 CALGARY COMMUNITIES

**DELIVERED BY  
Canada Post**

**Phone: 403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)**



**"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.

Modern West Plumbing & Heating specializes in the complete turn-key removal of Poly-B in your home by a professional, courteous, and experienced team including a Master Plumber. Replacing this pipe in your home will protect your investment and your personal belongings, save thousands on repairs, and add significant value to your property.

Call today to schedule your **FREE** consultation & evaluation

**Erwin Knoll**

**Modern West Plumbing & Heating**

Specializing in Fixtures, Repipe, Hot water tanks, Boilers & Custom Home Renovations

**403-988-5945**

**"Making your home better than new!"**



**MODERN WEST  
PLUMBING & HEATING**



**"Making your home better than new"**

**\$500<sup>00</sup>  
OFF** **ANY HOUSING  
REPIPE OR  
BOILER SYSTEM**

**Limited Time Offer - Call Today!**



**COUNCILLOR, WARD 4  
SEAN CHU**

**403-268-3727 • ward04@calgary.ca  
www.calgary.ca/ward4 • www.seanchu.ca**

Greetings Residents,

**Check your smoke detectors**

Did you know that smoke detectors should be replaced every 10 years?

Fire Prevention Week is Oct. 9-15 and this year's theme is Don't Wait – Check the Date: replace smoke alarms every 10 years.

For more information on how to check the expiration date of your smoke alarms, and special events happening during Fire Prevention Week, visit us at [calgary.ca/fire](http://calgary.ca/fire) or contact 311.

**A park worthy of exploring**

Home to the historical Lawrey Gardens, a seasonal cafe, four playgrounds and two off-leash areas, Edworthy Park has something for everyone.

Bring your family and friends for our free A Walk in the Park event on October 1 from 10 to 11:30 a.m. to discover (or re-discover) Edworthy Park. Come explore its rich history, learn about the plants and wildlife in the area and enjoy the breathtaking views of Calgary's north-west and beyond.

To participate, simply put on your walking shoes and meet at 5050 Spruce Dr. S.W. — no registration required! Wheelchairs, strollers and park enthusiasts of all ages are welcome. Hope to see you there.

For more information, visit [calgary.ca/parksevents](http://calgary.ca/parksevents).

**Leaf & Pumpkin composting program is underway!**

Bring your leaves and pumpkins to a depot near you until November 6.

Fall is in the air – and on the ground. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit [calgary.ca/leaf](http://calgary.ca/leaf).

# OWN IN THE BEST LOCATION IN EVANSRIDGE

**ASK ABOUT OUR QUICK  
CLOSE CASH INCENTIVE  
ON REMAINING HOMES**

**Own from only \$1344/Month**



**2 & 3 BEDROOM TOWNHOMES  
WITH GARAGE**

**STARTING FROM THE \$290s**

*Avira*



**REALTORS WELCOME**  
Visit [jayman.com/avira](http://jayman.com/avira) for more.





# Kirby Cox REALTOR® & Associates

A customized plan to get more for your home. **Quicker.**

Ranked the **#1 Team in Calgary** and **#9 in Canada** for Royal LePage in 2015, Kirby and his team can confidently provide the results you demand. Call 403.247.5555 today for your **free evaluation**.



EDGEMONT 2016 STATS	# OF SALES	AVERAGE PRICE
Bi-Level/Bungalow	16	\$533,213
Two Storey/Two Storey Split	84	\$630,148
Split-Level	11	\$455,764
Townhouse	9	\$374,833
Condo	5	\$229,600
Villa	6	\$449,667
<b>TOTAL</b>	<b>131</b>	
Average days on Market	<b>33 days</b>	

## 402, 88 ARBOUR LAKE RD NW



**\$349,900**

WEST in Arbour Lake!

- top floor 2 bedroom+den / 2 bath condo
- granite, vaulted ceilings, ensuite laundry
- 2 U/G parking stalls, mountain views

## 144 HAWKDALE CLOSE NW



**SOLD!**

**\$464,900**

Close to Schools & Playgrounds!

- lovely 4 bedroom two storey walkout
- vaulted ceilings, main floor den, A/C
- oak kitchen, fenced yard, mountain views

## 16 ARBOUR BUTTE WAY NW



**\$509,900**

New Roof & Exterior

- Sterling Homes 4 bedroom bungalow
- vaulted ceilings, fully finished, 3 full baths
- extra RV parking, huge deck, oak kitchen

## 8 EDGE PARK ROAD NW



**\$559,900**

Close to School & Shopping

- renovated 4 bedroom two storey split
- maple floors, fully finished, vaulted ceilings
- new driveway, granite counters, new paint

## 58 EDGEBROOK COVE NW



**SOLD!**

**\$799,900**

Backing onto Ravine!

- Shane Homes 4 bedroom+den two storey
- A/C, 2 fireplaces, newer roof & windows
- granite, finished walkout, cul-de-sac

## 23 WATERMARK ROAD



**\$1,499,000**

Stunning Trickle Creek Home!

- extensively upgraded 4 bedroom home
- 3 car garage, designer kitchen, A/C
- fully finished, West backyard, media room

## 272 EDENWOLD DRIVE NW



**\$1,209,900**

Sweeping Mountain Views!

- custom 4 bedroom two storey walkout
- 3 car garage, fully finished, central air
- extensive extras, prime ridge location

## 310 EDGEBROOK PARK NW



**SOLD!**

**\$639,900**

Backing onto Greenbelt

- Cardel 4 bedroom+loft two storey, A/C
- newer roof, fully finished, tile floors
- white kitchen, two storey great room



[www.kirbycox.com](http://www.kirbycox.com)

403.247.5555