

AUGUST 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside *Edgemont*

www.edgemont.ab.ca





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August 2017



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EDGEMONT COMMUNITY ASSOCIATION

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 Facebook: Edgemont Community Association
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 Instagram: edgemontcommunity

Delivered monthly to 5,800 households and businesses for 10 years!

Editorial Submissions

newsletter@edgemont.ab.ca

Deadline is the 23rd of each month for the month following e.g. April 23rd is the deadline for the June issue

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

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 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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 T2C 2K2

Check out our website:
www.great-news.ca



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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 any advertisements should not be considered an endorsement of any goods or services.

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	



WHAT'S HAPPENING AT ECA



President's Message

By Paul Clark

By the time this message reaches you we will be well into the summer season and enjoying all the beauty and outdoor activities that our community has to offer. Common areas and green spaces continue to benefit from our LEAF program. As you know we are into our second year of LEAF operation and our board committee is working very hard to meet expectations. We ask for your patience as we move our program forward. Please provide your input and comments to Ask LEAF.

In order to start our board term efficiently and effectively we developed the concept of the "First Sixty Days" to focus our activities. That time span passed at the end of June. In that period, your board conducted two formal board meetings, two action meetings and held its Spring Workshop. There were also numerous sub-committee meetings. I'd like to share some of the highlights of these activities.

Our Spring Workshop was very productive. To start, we reflected on our mandate, then reviewed and revamped our mission. Next, we revisited ECA Vision 2021, which was started by the previous board, and advanced its content. We developed nine long-range objectives to support the vision now called ECA Vision 2022. The themes of these objectives are: community assets, volunteers, governance and compliance, community engagement, membership, green space/environment, communication, partnering/leveraging, and program management. Our intention is to build shorter range plans and programs to accomplish these major objectives. We will certainly be enlisting the support of interested community members to help get this important work done. Next the board worked on an organizational structure to facilitate our efforts and finally an operating model to work in concert with our new structure. I'll be sharing more detail with you in future issues of Inside Edgemont and on our website.

In terms of sub-committee activity, I am pleased to report that we have finally reached a settlement with the insurance company for replacement of the entry sign

that was destroyed at the corner of Edgemont Boulevard and John Laurie Boulevard. This has been an arduous journey and required the dedicated work of a number of community and board members. Once the new sign is in place the sub-committee will turn its efforts to pursuing their sign strategy previously developed. A second committee which has been active is the newly formed affiliate policy sub-committee. This group is charged with creating a set of general principles to guide ECA in contracting the users of ECA assets. First attention has been given to the recreational soccer program and its providers.

Finally, in the area of specific activities, I'd like to highlight the very inspiring Canada 150 Lunch organized by our MP, Michelle Rempel, and her staff. Our community centre hosted this event which drew over 3,000 patriotic residents from the Calgary Foothills federal riding. Our thanks to all who made this a most successful event.

So, with a good headwind of activity in motion by your board, have a safe and relaxing summer and be ready for a busy autumn. As always, your interest and enthusiasm is appreciated.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 28

VOLUNTEER BOARD OF DIRECTORS 2016/17

Paul Clark	President	president@edgemont.ab.ca
Brett Redpath	1st Vice President	buildingadmin@edgemont.ab.ca
Al Leach	2nd Vice President	areaplanning@edgemont.ab.ca
John Wither	Secretary	secretary@edgemont.ab.ca
VACANT	Treasurer	treasurer@edgemont.ab.ca
Brett Plaizier	Communications	communications@edgemont.ab.ca
Jo-Ann Wither	LEAF	leaf@edgemont.ab.ca
Mark McClurg	Director	director@edgemont.ab.ca
Dora Lam	Director	director2@edgemont.ab.ca
Jane Coates	Director	director4@edgemont.ab.ca

VOLUNTEER EDMONT SUPPORTERS

Elaine Scobie	Special Projects	specialprojects@edgemont.ab.ca
Barb Elms	Safety	safety@edgemont.ab.ca
Jeff Edwards	Volunteer Coordinator	volunteers@edgemont.ab.ca

STAFF

Barbara Meehan	Office Administrators	office@edgemont.ab.ca	403-239-1211
		membership@edgemont.ab.ca	403-239-1211
		rentals@edgemont.ab.ca	403-239-1211

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

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**



A Message From Your Volunteer Coordinator

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

Hi Edgemont,

Just a quick August article this time since it is so hot (for Calgary ☺).

Current volunteer opportunities:

- Edgemont Youth Press** – Thanks EYP team for your contributions this year. Your articles were wonderful! EYP starts again in September and the team is looking for new members. Contact me if you are interested.
- Treasurer for ECA Board** – We are looking for an accountant with experience to volunteer. (Note: I missed thanking Brett Redpath in my June article. He was our Board Secretary last year and Building Admin this year, and involved with the financials. Thanks, Brett, for all your tireless volunteering!)
- Wednesday Breakfast/Lunch Club and Wednesday Reading Club – Resuming breakfasts in Sept.
- Friday Foodbank deliveries (10AM Fridays) – We deliver food to needy families in the NW.
- Casino fund-raiser coordinator – Like to coordinate?
- Ice rink volunteers for next fall and winter – Yup, it's hot, but it could snow anytime.
- Our volunteer email list – A good way to hear about new opportunities.

Let me know if you are interested in any of these or anything else. Thank you for loving your neighbours this summer!



Consider The Edgemont Community Centre

FOR YOUR NEXT SPECIAL EVENT!

Call 403-239-1211 for more details

www.edgemont.ab.ca • 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

EXPLORE LORE

The east coast of Canada was settled by Vikings around the year A.D. 1000. Archaeological evidence of a settlement has been found at L'anse aux Meadows, Newfoundland.



MEET YOUR ECA 2017/2018 BOARD!



President:
Paul Clark

A proud 22-year resident of Edgemont, Paul had a successful 38-year career in the chemical industry. He also operates a consulting firm focused on vision and strategy building. Paul has been on many boards and hopes to bring his skills to ECA. He is married with three adult children, one of whom resides in Edgemont.



LEAF:
Jo-Ann Wither

My name is Jo-Ann Wither and I have been a resident of Edgemont for 11 years. My profession before retirement was a Registered Dental Hygienist in Ontario. I have been involved with many Dental Hygiene Associations and Societies and my daughter's school functions. After having been a LEAF volunteer and canvasser, I was elected to the ECA Board of Directors in 2016 as the ECA LEAF Director. I was re-elected to the 2017/18 Board at our AGM in April. I am thrilled to be able to carry on with my duties as your representative of the LEAF program.



1st Vice President:
Brett Redpath

I have been a resident of Edgemont for three decades, raising two sons with wife Pat. After a career of 37 years in the Oil & Gas Industry and many years of sitting on volunteer boards, we currently own a small business.



Director-at-Large:
Jane Coates

Jane is a long-time resident of Edgemont and a graduate of MRU in Public Relations; she has broad experiences in media, marketing, amateur and professional sports. A volunteer/fundraiser for several organizations and initiatives, advocating for children and education.



2nd Vice President:
Al Leach
Area Planning

I have been a resident of Edgemont since 1984. I supervised the City of Calgary's Bylaw Enforcement operational aspect for 20 years while being employed in the Section for 34 years. I feel comfortable in handling a variety of community concerns relating to the City's bylaws and operations.



Director-at-Large:
Dora Y. Lam, Q.C.

A lawyer who worked exclusively on pro bono cases for Pro Bono Law Alberta (PBLA) since 2003. She was named in 2017 the PBLA Volunteer Lawyer of the Decade for the Highest Uptake of Pro Bono files. Dora was called to the bar in 1986 and appointed Queen's Counsel in 2000. She is a member of the Alberta Law Society for over 30 years. She has been a member of the ECA board since 2015.



Secretary:
John Wither

My name is John Wither and I have been a resident of Edgemont for 11 years. During my 35 working years, my various roles in private and public business involved financial analysis, negotiation, legal documentation, process assessment and re-design and working directly with business clients in a business development role. I was a LEAF volunteer and canvasser for The Edgemont Community Association during 2015 and 2016. I supported my wife Jo-Ann and her LEAF volunteer team during the 2016 transition year. I am delighted to assist the community with volunteer efforts as well as the challenging role of Board Secretary.



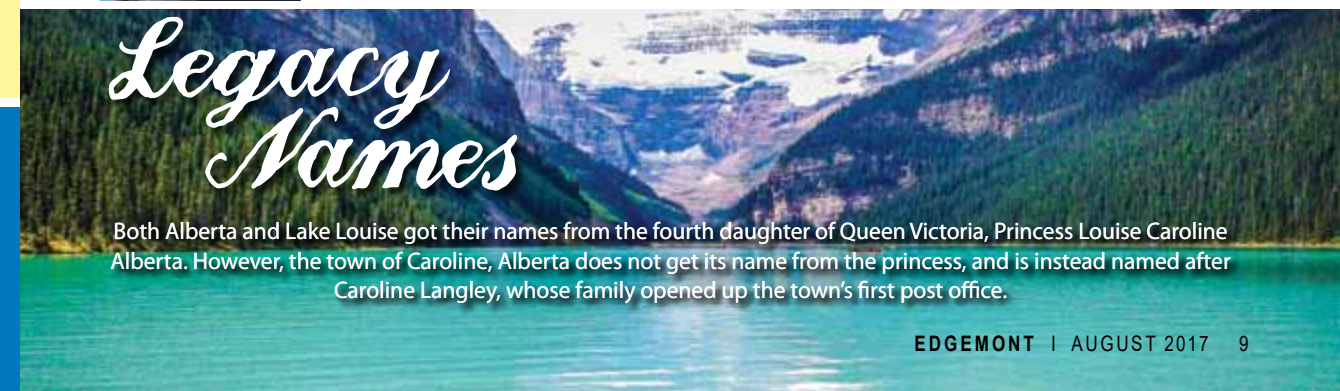
Director-at-Large:
Mark McClurg

Edgemont resident with my wife and son for 4 years. SAIT graduate and Certified Engineering Technologist. Currently working in the oil and gas industry, with over 10 years of experience, both in the field and office. LEAF volunteer.



Communications:
Brett Plaizier

I've been a resident of Edgemont the past 6 years. My wife, our daughter and our dog look forward to living in the community for many more years. I'm also trained as a lawyer and will use this experience to help the Edgemont Board complete great things.



Legacy Names

Both Alberta and Lake Louise got their names from the fourth daughter of Queen Victoria, Princess Louise Caroline Alberta. However, the town of Caroline, Alberta does not get its name from the princess, and is instead named after Caroline Langley, whose family opened up the town's first post office.



Leaf Program Report

EDGEMONT IS BLOOMING ONCE AGAIN

Happy 150th Anniversary Canada!

Edgemont is honoring our country with red and white flower displays in our new white planters and the ribbon bed at the entrance of Edgevalley Drive and Edgemont Boulevard.



- The 3 tier pot groupings of different heights at the entrances of some of our areas, were designed to be artistically and aesthetically different from the other aggregate pots, as a distinct entrance feature to welcome you to that particular neighborhood.

The planters are filled with red and white wave petunias, red coleus, red begonias, white bacopa, geraniums and alyssum.



More floral displays in public green spaces

- In Year 2 we wanted more public green spaces that did not have flowers in Year 1, to receive floral displays.
- The new rectangular white planters were placed along the main arteries of Edgemont that are also bus routes.
- Every homeowner and resident should enjoy passing by some floral displays as they walk in their neighborhood, or drive to their homes.
- The rectangular planters have alternating red and white topiary rose bushes to honor Canada's 150th Anniversary. The base of the rose standards are accented by begonias, geraniums, wave petunias, licorice, and alyssum.



New flowerbeds

- Two new flowerbeds were planted at the base of the Edgemont Estates 1 signs. We hope that the residents of this area of Edgemont are pleased with this year's enhancement.



- One new flowerbed was planted across from the community center, in a rock garden setting.
- Many weddings and celebrations are held at the community center, and we anticipate that our beautiful flowerbeds surrounding this area will attract photos to be taken at these sites.

Planter Features

- The planters along Edgemont Boulevard have Vanilla Strawberry hydrangea tree standards alternated with Japanese Cutleaf Maple as center focal points. These maples will turn to a vibrant red in the fall, so keep watch for the change in the season of cooler weather.
- Flowers surrounding the hydrangeas are various shades of spreading pink petunias and lime green potato vines.



- Planters along Edgebrook Drive and the medians on Edenwold Drive have Canna lilies, zonal geraniums, petunias, verbena, begonias and lime green potato vines.



- Planters along Edgepark Boulevard are alternated with focal points of Canna lilies and red spike dracaenas, surrounded by a variety of colored petunias, osteospermum, geraniums, daisies, verbena, lime green potato vines, Creeping Jenny and Vinca vines.



New Perennials

There are many Edgemont residents who enjoy walking through the multitude of pathways in our parks and ravines. As you are strolling through our beautiful neighborhoods, keep watchful eyes to see if you can iden-

tify some of the new perennials that have been planted in various shrub beds.

Perennials that have been added:

- Hydrangeas
- Rose standards
- Rose bushes
- Mock Orange
- Snowball Bush
- Azaleas
- Rhododendron
- Junipers
- Daylily
- Hostas
- Irises
- Grasses



Dandelions

Calgary was a sea of yellow everywhere this spring. Edgemont also had some green spaces of many dandelions, even though these areas were sprayed twice last year.

However, our medians and boulevards were mostly dandelion free this spring, due to 2 applications last year.

The City of Calgary "takes an integrated pest management approach to manage weeds (including dandelions) through various techniques to encourage healthy grass/turf growth."

Please check this City of Calgary website for further information on dandelions:

<http://www.calgary.ca/CSPS/Parks/Pages/Planning-and-Operations/Pest-Management/Dandelions.aspx>

Because we have our LEAF program in place, we do spray our dandelions on medians and some public boulevards and park areas.

This spring, we did spray some areas for the dandelions. There will not be a second spraying this year, as it is very costly. We hope that one application will help to keep the dandelions in check.

John Laurie Park between Edgemont Boulevard and Edgemont Drive cannot be sprayed on the hill, due to a reservoir that sits beneath it. The area surrounding the rink and the soccer fields can be sprayed.

Abundant August

As you read this LEAF update, it will be August. Continue to enjoy the beauty of our public green spaces and the flower displays, as they should be blooming in abundance at this time of year. The planters and flowerbeds will be showing a verdant mix of blooms, enhanced with the vibrant colors of Mother Nature. Take a closer look at focal points, varying heights and textures, types of blooms and the variety of flower sizes.

And remember to stop and smell the roses.

Your LEAF Team
Jo-Ann & Helen



PROGRAMS AT EDGEMONT COMMUNITY CENTRE

CHURCH SERVICES

Northwest Community Church

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

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.

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

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.

Play2Learn

Play2Learn Education is a new
education provider who aims to
bring STEM educational program
with high tech facilities and new
entertainment methodology to
boys and girls in local communities.
Play2Learn Education 8-Week
FunNight LEGO Challenge Program
in Edgemont is one of the most
popular programs we are running
right now. With LEGO® Kits, students
(age from 6 to 11) grasp a better
understanding of the fundamentals

of physics and engineering
concepts, and mathematics
knowledge, can better interpret
basic arithmetic learned in school
with an intuitive active learning
process. This is a FUN class where
children LEARN along with having
FUN in building bricks!

When: Wednesday Evening 6 -8 PM
Where: Edgemont Community
Association

Who: director@play2learn.ca
@Play2LearnEdu in Facebook/
Twitter/Instagram on Twitter

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

Monday 7:30-8:30pm
Mind, body and soul exercise
program.
Adults and children.
Contact: 403-246-5739
Email: contact@sparqproductions.com

Lynda Burgess Yoga

Prenatal Yoga - Wednesdays

6:05pm-7:20pm
Ease discomforts, stretch your body
and build strength while preparing
your body and mind for your
upcoming birth.

Mom and Baby Yoga -

9am-11:30am
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: Shaile Khan
speakersedgetoastmaster@gmail.com

Alcoholics Anonymous

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

Zhan Fitness

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

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
silkraddance88@gmail.com
403-510-9059

Al-Anon Family Group

Meets every Thursday 10am - 11am.
Contact: ECA 403 239-1211.



Honeybees can count, catego-
rize similar objects like dogs or
human faces, understand "same"
and "different," and differentiate
between shapes that are sym-
metrical and asymmetrical.

WHAT'S HAPPENING IN EDMONTON



About Edgemont

By Graham Heeps

The northwest community of Edgemont is one of Calgary's largest, with over 16,000 residents according to the 2014 census. Founded in 1978 and covering 6.6 square kilometers (2.5 square miles), Edgemont enjoys easy access to the city and beyond from the bordering routes of John Laurie Boulevard to the south, Sarcee Trail to the west, Country Hills Boulevard to the north and Shaganappi Trail to the east. Public buses provide a direct connection from Edgemont to the CTrain light rail system at Dalhousie Station, making it easy to reach Downtown and southern Calgary.

Largely a northwest extension of Nose Hill, Edgemont has steep escarpments at its southeast end, where it adjoins Nose Hill Park, which is popular for walking and cycling. Due to its elevation (up to 1,245m), Edgemont is exposed to more wind than the surrounding communities, but this elevation also provides spectacular views of Calgary to the south and the Rocky Mountains to the west.

Edgemont is primarily a residential neighbourhood and is popular with families. There are three schools in the district: Edgemont Elementary and Tom Baines Junior High in the public system, and Mother Mary Greene Elementary in the Catholic system. Elementary students also take the school bus to Captain John Palliser school, and high school students to Sir Winston Churchill High

School in the public system, or St. Francis High School in the Catholic system.

There are many recreational opportunities for residents including a brand-new children's playground and several smaller toddler play areas, tennis and basketball courts, soccer pitches and baseball diamonds, and a health and fitness club. In the winter there is sledging and skating on a community-maintained rink. Walkers are well served by a network of pathways, green spaces and natural ravines, as well as by the proximity to Nose Hill Park. Edgemont is a part of the LEAF program, which aims to beautify and enhance the community.

Edgemont is home to a number of small businesses and amenities including cafes and other food outlets, two veterinary clinics and three gas stations. There are supermarkets, restaurants, healthcare centers and other amenities at Sarcee Hills on Edgemont's northwest corner, and across Country Hills Boulevard in the Hamptons to the northeast. The retail park at Sarcee Hills and the Northland and Market Malls are within a 10-minute drive.

The Edgemont Community Association (ECA) has been bringing residents together for over 35 years. ECA shares space with Edgemont Elementary School, to whose gym it has access in the evenings. The Community Center has many rooms, one that feature hardwood floors popular for yoga and dance, and one that hosts a preschool, another which comes with the use of a commercial kitchen. A long established Chinese elderly citizens group meets at the community center weekly— as do local Scouts, Toastmasters, karate groups and gymnastics groups. Some of the programs offered at the Edgemont Community Association are soccer, basketball, yoga, writing program, and before and after school programs. Edgemont offers a number of summer programs as well, including basketball camps, teen drama camps, and a summer program for children in partnership with Calgary Parks and Recreation. This program offers games, sports, crafts, music, creative writing, drama, day camps, babysitter training, and bug science courses. ECA also produces a community newsletter, *Inside Edgemont*, which is delivered monthly to all residents.



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
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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For info contact Daniel at
403-239-9467 or dverzotti@shaw.ca
www.calgarykarate.net

Edgemont Soccer Camp
August 14th - 18th

Edgemont Soccer is offering a multi-option camp for 6-14 year olds at the Edgemont Community Association. The camp will focus on fun games, exercise, and soccer learning with choices suitable for recreational and competitive players.

For more details or to register please go to EdgemontSoccer.ca

bulletin BOARD

ECA Board Meeting dates for 2017:

August 21
September 18
October 16
November 20
December 18
Jan. 15, 2018
Feb. 19, 2018
Mar. 19, 2018

Annual General Meeting (Open to the public; voting by Voting Members only)
Apr. 25, 2018

All Board meetings are held at the Edgemont Community Centre at 7:00pm, unless otherwise noted.

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.

Adult volunteers needed to assist and promote our recreational programs. Jeff Edwards
volunteers@edgemont.ab.ca 403-616-6480



Scenic Acres Canada 150

Saturday August 26th between 10am and 11pm

Join us in Scenic Acres to celebrate Canada's 150th!

Join us for a fun filled day* for all ages celebrating Canada's 150th Birthday that includes:

- Flag Raising Ceremony
- 3km Fun Run and Outdoor Yoga
- Decorated Bike Parade
- Amazing Race within Scenic Acres
- Indoor Memorabilia and Historical Showcase
- Food Trucks
- Outdoor Kids Activity Area
- Sports Demonstrations and Fun Competitions including football, hockey, basketball, tennis and volleyball
- Free Public Skating at Crowchild Twin Arena
- Multicultural Entertainment Stage
- BBQ Supper and Cake
- Magic Show
- Movie in the Park
- Fireworks!

Visit us at www.scenicacres.ca/canada-150 celebration for

- Detailed schedule and locations
- Event registration
- Purchase BBQ tickets
- And more!

Register to volunteer at the event at www.volunteer-signup.org/B9FRX

- This project is funded in part by the Government of Canada.
- Ce projet est financé en partie par le gouvernement du Canada.



Canada

Editors' Note

The editorial board of Inside Edgemont consists of:
Brett Plaizier
ECA Board of Directors, Communications

Edgemont Board of Directors

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 July issue must be submitted by May 23rd; August issue by June 23rd.**

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.



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-Ed Bradley, CBS-60 Minutes

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Summer Program Brochure 2017

Mr. D's Summer Drama Camp • Technology Byte • Mad Science • Sportball • "STARS" Basketball • Rhythmic Tank Music • Rhythmic West Gymnastics • Kids Yoga Camp

July 31st - Aug 4th Stars Basketball

9am - 4pm. Ages K-Gr3 9-Noon

Gr4-6 1-4pm

Each camp will teach the fundamentals of various skills needed to be successful including; shooting, passing, ball handling, 1 on 1 skills, moving without the ball, as well as defensive concepts. Camp ends with daily with games. Stars b/b is a fun filled environment, with great coach to student ratio. To register www.starsathletics.ca/summer.html

Yoga Camp

9am - Noon

Have your child experience the joy of yoga. We build confidence, concentration and community through poses, games, art projects, learn to relaxation techniques and simple breathing.

To register or find out more info, please contact. Marnie 403 988-4400 or e-mail shantigardenyoga@gmail.com

August 8th -11th

Byte Technology Camp

9am - 4pm Age 11 - 14

2D Video Game Design
Learn how to build an HTML5 game from ground up by using our tools and equipment. This is a coding camp so be prepared to challenge yourself

and learn new skills. You will create advanced 2D vector artwork and animated character sprites to make your game look great. You get to take your game home on USB to share with friends online.

More details or to register go to www.bytecamp.ca

August 14th -18th

Mad Science Inventors Camp

9am - 4pm Ages 7-12yrs \$350 + GST

Go on an incredible scientific journey through the ages, Leonardo da Vinci to Outer space, medieval times to science fiction. This camp covers lots of ground but you have fun at the same time. You meet challenges; build things from catapults, forts and even a working Light Saber.

Details or to register 403- 263-4140 <https://register.madscience.org>

August 21st-25th

Rhythmic Gymnastics Camp 9am - 4pm

Ages 5-7yrs Half Day Camp \$120

Ages 8- Full Day Camp \$235

Come and have fun activities include rhythmic gymnastics, acro-skills, dance, and yoga. You will create your own rhythmic ribbon to practise at home. Please bring your own lunch and snack. For more details, or to register contact h.palmer@shaw.ca. Or visit the website www.RGCalgary.ca

Stars Basketball Camp

9am - 4pm. Ages K-Gr3 9-Noon

Gr4-6 1-4pm

Each camp will teach the fundamentals of various skills needed to be successful including; shooting, passing, ball handling, 1 on 1 skills, moving without the ball, as well as defensive concepts. Camp ends with daily with games. Stars b/b is a fun filled environment, with great coach to student ratio.

To register www.starsathletics.ca/summer.html

Sportball Camp

9am - noon

Action packed camp introduce children to variety of ball and activities, arts, crafts, snack time and more. Coaches focus on basic skills like balance, co-ordination, stamina and timing in a fun, supportive non- competitive setting that emphasizes teamwork. For more details or to register go to www.sportball.ca

August 28th - Sept 1st

Rhythmic Gymnastics Camp

9am - 4pm. Ages 5-7yrs Half Day

Camp \$120

Ages 8- Full Day Camp \$235

Come and have fun activities include rhythmic gymnastics, acro-skills, dance, and yoga. You will create your own rhythmic ribbon to practise at home. Please bring your own lunch and snack. For more details, or to register contact h.palmer@shaw.ca. Or visit the website www.RGCalgary.ca



first2000days
Early Childhood Development Network
North West Coalitions

Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

Kindergarten is right around the corner and this is such a fun (yet stressful) time for kids. Here are some tips to help your child look forward to starting school.

1. Visit the school playground and have fun playing!
2. Ask him/her to draw a picture of how they think the first day will be. Answer any questions that they may have.
3. Set up a goodbye and pick up plan. And stick to the plan as much as you can!
4. Plan what they will wear on the first day!
5. Walk your child to the door on the first day.
6. Talk about the day after school is done. Ask if they remember something fun they did, or was there something important they learned.
7. Listen to their feelings and respond with kindness and concern. Showing empathy is important!

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children - Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.



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Community Preparedness Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

1. Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

2. Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

3. Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

- Ambulance, Fire, Police, Hazardous Materials Spills: 9-1-1
- Gas Emergency – ATCO Gas: 403-245-7222
- Electrical Emergency - ENMAX Power: 403-514-6100
- All other City services: 3-1-1
- Poison & Drug Information Service: 1-800-332-1414
- Calgary Emergency Management Agency 3-1-1: calgary.ca/cema



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News from the Friends of Nose Hill

by Anne Burke

The Off-Leash Ambassador Pilot Program was funded through the Council Innovation Fund, in 2013; there was a recent report on the overall outcomes and expenditures. The launch was in Egerts and Bowmont, and then the program was offered to parks across the city, including Nose Hill. The program is expanding to all quadrants of the city and ambassadors are needed city-wide. If you are interested in volunteering, please register online at www.calgary.ca or call 3-1-1.

Over 200 volunteers act as positive role models, promoting responsible pet ownership, positive pet-interactions and safety, in off-leash-parks and at community events. Community associations have requested that Ambassadors educate residents about behaviour concerns and volunteers will initiate small events such as park cleanups.

Ambassadors are active in 151 off-leash parks throughout the city and volunteer recruitment is ongoing. There is an off-leash park near you. For example, there was a P.U.P.P.Y event from noon to 3 p.m. July 15 - Nose Hill Park (Edgemont entrance to off-leash area), Edgemont Blvd. and Shaganappi Tr. N.W.

The program aligns with Calgary City Council Priorities from Action Plan 2015-2018, including N12: Promote and strengthen community standards through facilitated compliance. Ambassador efforts increase the public's adherence to bylaws and allow another mechanism to gather information about parks maintenance concerns and areas needing further investigation from Community Peace Officers. Additionally, this program aligns with the Responsible Pet Ownership Bylaw, specifically around owners having control of their dogs and ensuring their dogs' waste is picked up.

The Priorities and Finance Committee approved \$75,000 to pilot the program. The budget spending for 2013-2016 can be found in the report on volunteer, program, special event, and training expenses. Overall, the main items were: jackets, backpacks, nametags; pet waste bags, meeting supplies, signs; rental of fence and audio-visual for Dog Recall and Working Dog events; pay for trainers and pet first-aid courses. This does not include staff support time. As a result of its success, the program will continue into 2018. Calgary Community Standards (CCS) will bring forward this program for further resources as part of the Business Plan and Budget Cycle for 2019-2022.

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FOR ART'S SAKE

Festivities in August

By Alex Bonyun

August is a great month to get out and experience art in our community for free! Whether it's an outdoor festival, or an indoor celebration, there's so much for you to see! Downtown you can take in Olympic Plaza on a warm August day with the Spaghetti Western Music Festival (August 20, noon - 9pm), Canada's alt-country music festival, or celebrate Canada 150 with Happenings (August 18, 5 - 9pm), the free visual art party with live music and creative activities inside Arts Commons. Another way to enjoy music outdoors this summer is at Calgary ReggaeFest (August 17 - 19), a three-day festival in Shaw Millennium Park.

For anyone looking for a bit of theatricality in their August, the Calgary Fringe Festival (August 4 - 12) returns to Inglewood this year with a unique line-up of unexpected, unforgettable performances. Calgary Opera's Opera in the Village festival is making the move from East Village to the newly unveiled Enmax Park with the hit show South Pacific (August 10 - 20, 8pm nightly).

If you're looking for a stroll through some of Calgary's character neighbourhoods Inglewood's Sunfest (August 5) and Marda Loop's Marda Gras Festival (August 13) are back again for another great year.

For something a little quieter with a slice of nature, the Calgary Dragon Boat Race & Festival (August 12 - 13) is a fun way to kick back on the banks of the Glenbow Reservoir and root for your favourite team! And, if you've never checked out GlobalFest (August 15 - 26), Calgary's largest display of fireworks is a fantastic way to enjoy music and culture from around the world, while being wowed by a truly explosive display.

For a full list of Calgary's festivals this August, indoor and outdoor, you can visit calgaryherald.com/life/swerve/swerve-festival-guide-2017-august.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.



Guides Canada
NITANISAK DISTRICT

Girl Guides in the Summer

Our units are still on hiatus for the summer. By the time this article is published (mid August) though, units will be starting to think about start dates, and doing beginning-of-the-year start-up planning.

One year-end activity all of our older units (Guides/Pathfinders/Trex) were able to participate in June was a Learn to Kayak night. It was run by Aquabatics Calgary, a local kayaking/SUP/canoeing outfit experienced working with youth in a variety of settings.

The first night was a bit of a bust - we only got out on the water for about a half hour before a MAJOR thunderstorm hit with thunder and lightning (the lightning forced us off of the water). The second night was better though - they got a full hour on the water after gearing up and having some land-based lessons. They were a bit chilled when they got out of the water, but all in all, a successful night. Calgary weather - always changing, especially in June!

The best part of the whole night was watching the girls paddle under the large water fountain in the middle of the lake - you could hear their screams and laughter across the lake! BTW, it was their *choice* to go under/through the fountain. I think there were some lifelong kayakers made that night. Great to see youth heading out onto the water. The next step - trying some water with a bit of a current and some waves, perhaps in September.

Here's to another great year in Guiding!



Organized chaos (learning how to paddle for the very first time ever)



Finally - they're able to raft together...



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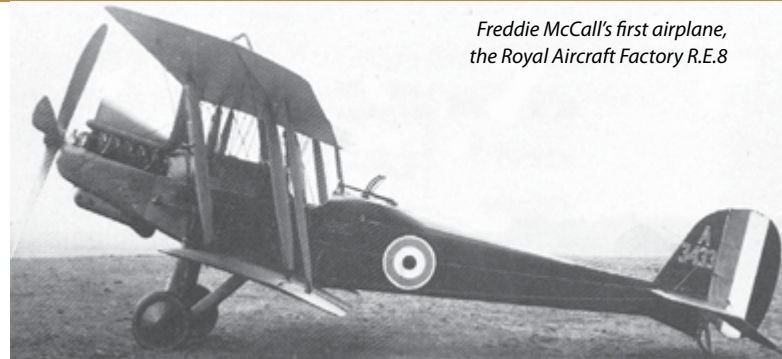
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CALGARY RENOWN



*Freddie McCall's first airplane,
the Royal Aircraft Factory R.E.8*

Frederick McCall Canadian Air Ace, WWI and WWII (4 Dec. 1896 – 22 Jan. 1949)

Born in Vernon, BC, McCall and his family came to Calgary in 1906. As a young man looking to serve the country, he enlisted with the 175th Battalion of the Canadian Expeditionary Force (CEF) in 1916. Eight months later, he was in France overseeing the battalion as sergeant. In 1917 McCall received a commission as a lieutenant pilot trainee, and in December was assigned to No. XIII Squadron RAF on the Western Front.

McCall's assigned airplane was the Royal Aircraft Factory R.E. 8, a scrappy little two-seater craft that had improved speed and climb over its inferior predecessor, the B.E. 2. It allowed for better payload delivery over longer distances, an essential strategy in the wide-ranging and many battle fronts of WWI. The craft would serve McCall well in that first World War.

McCall's first aerial victory occurred while flying the R.E.8, shooting down a German aircraft. McCall was awarded the Military Cross "for conspicuous gallantry and devotion to duty," and two weeks later the accompanying Bar for downing an enemy scout aircraft while on a mission to take photographs.

After his third victory while flying the R.E.8, McCall was next transferred to No. 41 Squadron RAF and began flying the Royal Aircraft Factory S.E.5. He was awarded the Distinguished Flying Cross after scoring four "kills" in May 1918. On June 28th, 1918 McCall downed four enemy aircraft, including one shared with Eric John Stephens. Just two days later, on June 30th, Captain McCall downed five more Germans, four in the morning and

the fifth that evening. For this McCall was awarded the Distinguished Service Order.

Following the armistice, the pilot embarked upon a variety of civil aviation ventures, beginning with the risky and audacious profession of stunt flying. On July 5th, 1919, while barnstorming, he crash-landed when his engine failed while he was taking off. His landing site was the top of the merry-go-round at the Calgary Exhibition and Stampede. He and his two passengers walked away from the jaw-dropping mishap.

He founded his own company, McCall Aero Corporation Limited, in 1920. With this company McCall flew commercial freight and passengers across Canada, pioneering air travel to Banff. Later, he founded another aviation company, Great Western Airways. One of his more spectacular achievements was the flying of 200 quarts of nitroglycerin from Shelby, Montana to Calgary in 1928. The following year, he ignored bad weather to fly a doctor to the Skiff oil fields to treat two seriously injured workers.

As the Second World War began, McCall was recalled to service with the Royal Canadian Air Force as a Squadron Leader, based at numerous western Canadian bases. He died in Calgary in '49 at the age of 52.

Freddie McCall appears in exhibits in several museums in and around Calgary, such as the Glenbow Museum and the Calgary Aerospace Museum. In 1939 the Calgary Airport was named after him but has since been renamed Calgary International Airport.

If you make your way to McCall Industrial Park, McCall Way leading to and from the Airport or McCall Lake golf course, remember this remarkable Calgarian for a moment or two as his legacy survives in our bustling city.

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Summer Safety

Happy August, everyone!

With summer in full swing we hope you have been enjoying long days, warm sun and family holidays! If you are planning to hit the road with your pet here are a few simple tips to make the holidays run smoother.

- 1. Never, ever, leave an animal in a car.** Hot cars are dangerous for pets and people alike. On summer days, the temperature inside a parked vehicle begins to climb immediately and can reach dangerous levels in as little as 10-15 minutes. Even a few moments in a hot car can lead to heat stroke and even death. Cracking the windows or leaving water in the car is not enough to keep the heat manageable. If you know you will be stopping leave your pet at home or bring someone else along who can take your pet for a walk in the shade while you pick up what you need.
- 2. Watch out for Fido at the BBQ!** As with your kitchen at home, if you are cooking or carrying hot foods it pays to keep your pets out from under foot. In the case of social gatherings, ask your guests not to share food with your pets and to pick up any food that is dropped. Rich summer foods like ice cream, hamburgers, hotdogs and chips can cause digestive upset or even problems like pancreatitis in some pets.
- 3. Think safety when it comes to social situations!** Just like people not all pets are keen to be friends.

When out for a walk, keep your dog on a leash and under control at all times. Avoid letting your dog greet other dogs without first asking the owner. When at a location like a dog park, pay attention to the body language of your dog and any other dogs in the area to watch for signs of stress or conflict. Unsure about what to look for? Check out our free animal training resources at www.calgaryhumane.ca.

- 4. Travelling? Plan ahead!** Summer road trips can be fun for both pets and people, but they do require some advance planning. Before hitting the road, visit your vet to update any necessary vaccines or health certificates and ensure your pet's microchip/tattoo information is up to date. Load your pet's information, including a photo or two onto your smart phone just in case your pet gets lost. When you are packing include extra food and medication for your pet in case you are delayed in getting home. Finally, the safest place for your pet in a vehicle will be in a crate or restrained by a seatbelt harness. Bringing your pet's bed or some favorite toys will provide comfort for the ride.

Do you have more questions about summer safety and your pet? Curious about some behaviour you saw at the dog park? Want to find out more about adopting a new family member? Check out our website at www.calgaryhumane.ca for information and resources!



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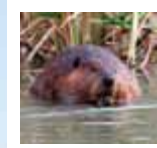
Who Am I?



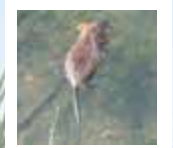
**Northern
Leopard
Frog**



Mink



Beaver



Muskrat

Chugga-chugga-chugga-chugga, swimming in the pond,
Head above the water to see what lies beyond.
Chugga-chugga-chugga-chug... stopping for a bite;
Nibbling on cattails, I'm hidden out of sight.

Tail up, tail down, steering while I swim,
Like a skinny rudder, my tail's long and thin.
Eyes up, eyes down, chugga-chugga, splash...
I dive below the water in an unexpected flash!

Turn Page Upside-down for Answer

I'm a Muskrat © Rosemary Gell, 2017

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

SAFE & SOUND

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for Fire Pits:

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fir pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide.
5. **A mesh screen or "spark guard" is now required** in order to reduce the spread of embers. The openings of the mesh must not be greater than 1.24 cm.
6. Only burn clean, dry firewood.
7. **Do Not Burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
8. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
9. All fires in your fire pit must never be left unattended.
10. Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000.

For more information go to Calgary.ca/fire.

YOUR CITY OF CALGARY



Calgary's Largest One Day Food Drive - It's a Community Affair

Community service is what it's all about when it comes to the annual City-Wide Food Drive. On Saturday, September 16, some 7,000 volunteers of all ages and backgrounds will spread across the city collecting non-perishable food donations in support of the Calgary Food Bank.

For the Clark and Anderson families, three generations of family members will be getting in on the act again this year. Brent and Judy Clark have volunteered for the City-Wide Food Drive for the past 10 years. "We've gone with our grandchildren a couple of times, and it was great!" says Judy. "We drove, and they ran and collected the bags. Sometimes folks were so generous, it took three kids to collect the bags from a single house, and that really impressed the kids! It was a joy to establish a family tradition with them of helping our communities."

The Clark's 8-year-old grandson, Erik Anderson, says, "I think about how people will like all the good food, and how they'd be happy to see all the kinds of foods!"

Big sister Lauryn adds, "Everyone collects so much food, and then we fill semi-trucks full of food, and it really adds up. It must make such a difference."

Now in its 13th year, the City-Wide Food Drive is an easy and convenient way for you to help fill the shelves at the Food Bank as seasonal need for food hampers increases.

Starting the week of September 11, you'll see volunteers drop off donation bags on doorsteps across the city. During that week, these bags can be filled with non-perishable food items, and on Saturday, September 16, those same volunteers will travel back through their neighborhoods to collect the bags. They won't ring your doorbell or disturb you, but will happily collect the filled donation bags from your doorstep, and take them to a central drop-off for transport to the Calgary Food Bank.

This year's City-Wide Food Drive target is to collect a half million pounds of food in one day! It's a lofty goal, but Calgarians are known for their good and generous hearts, especially during tough times. When it comes to neighbor helping neighbor, the City-Wide Food Drive really is a community affair!



Keeping Food Safe This Camping Season

So you are hitting the trails and planning on taking some lunch or perhaps you are doing an overnight hike. It's important to pack your food properly, both before you leave and when you're on the trail.

Bacteria that can make you sick (e.g., salmonella) need certain conditions to survive. They grow well in foods that are moist and rich in protein (e.g., meat, poultry, dairy products) and between the temperatures of 4 to 60 °C (40 to 140 °F). In the right conditions, bacteria can multiply every 20 minutes. This can quickly make your food unsafe to eat.

To keep your food cool in the backcountry:

- pre-cook all perishable foods and plan to eat them first
- freeze food before you leave and try to pack it all together
- pack perishable foods in ice or with freezer packs
- store food in lakes or streams when you're at your campsite (remember to use airtight plastic bags to keep the water out)

Other tips about food in the backcountry

- **Always** wash your hands or use hand sanitizer before handling any food.
- **Do not** handle or prepare food if you're not feeling well.

- Bacteria don't grow well on dry or acidic food. Bring dry foods (e.g., nuts, fruit) and packaged foods that can be rehydrated.
- Pack food in reusable containers that can be cleaned and used for repacking (this'll help create less waste).
- If you have to mix ingredients, do it just before eating them.
- Take food that doesn't need to be kept cool (remember that canned food is heavy and the cans will have to be carried back out).
- Ultra High Temperature (UHT) milk doesn't need to be kept cold when it's unopened (but it must be used right away or kept cold after it's opened). You can also use powdered skim milk. Mix the powder with water you've already filtered and boiled. See Drinking Water in the Backcountry to learn how to make your water safe to drink.
- You can buy dehydrated meals in some stores. Plan to eat the whole meal right after you rehydrated it. Don't keep any rehydrated food to eat later.
- Store food away from animals, in food storage lockers, on high platforms, or hung in a tree with rope or cable. Never bring food into tents or sleeping areas.

For more information on staying healthy while in the backcountry visit: <https://myhealth.alberta.ca/Alberta/Pages/packing-food-backcountry.aspx>

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call (403) 220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>

RELIVE CALGARY'S VIBRANT HISTORY: with Chinook Country Historical Society during the 27th annual Historic Calgary Week. From July 28th- Aug 11th get to know people's stories while visiting historic sites in the Calgary area.

CALGARY 55+ GAMES: From August 10th to 12th 2017, Calgary 55 Plus Games Association will be hosting the Calgary 55 Plus Provincial Championships. There will be 11 events. We need new members and volunteers. Go to www.calgary55plus.com for information.

27th ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS: August 26-27. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E. Food donations to the Veteran's Food Bank are accepted during the Festival. Bring your pins to trade or sell, or purchase pins from vendors from across Canada. We have hourly door prizes and a silent auction.

LOVE TO SING? Vocal Latitudes may be the choir for you. A non-audition, World Music community choir, Vocal Latitudes meets Tuesday evenings from September-May in a convenient central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. For more information, see www.vocalitudes.org.

PRACTICE ENGLISH: Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com, 403-444-1752.

Mail-in ballots for the 2017 Election

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. Your community is shaped by the outcome of an Election. If you are unable to vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting www.electionscalgary.ca, by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit www.electionscalgary.ca.

Outdoor home improvement project on your mind?

Planning on building a garage, expanding your deck or maybe installing a hot tub? You might be wondering what permits do I require? How long it will take? Or what bylaw and code considerations do I need to know about?

Before you pay for materials, hire a contractor or do it yourself, let The City help guide you on permitting and inspection requirements. We know the process can be confusing, but we're here to help answer your questions to ensure your project meets Alberta's safety codes and city bylaws.

Visit calgary.ca/myhome for answers regarding our most popular outdoor home improvement projects, or give us a call directly.

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

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HOW DOES YOUR GARDEN GROW? Is your garden looking tired or neglected? If so, consider an on-site evaluation and consultation for next steps to rejuvenate, maintenance, transplanting, pruning and design of your new, overgrown or old perennial and shrub garden beds. Please contact Kathy at "A Garden Thyme" at 403-874-4142."

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Calgary Nose Hill Canada 150 Award

Do you know someone who has made a significant difference in our community?

In celebration of Canada's 150th Anniversary, I am proud to announce the Calgary Nose Hill Canada 150 Awards to recognize residents who work tirelessly to make our community a great place to live. Nominations for this recognition are open to deserving individuals including teachers, artists, athletes, researchers, coaches, entrepreneurs, emergency responders, community volunteers, and anyone who makes a contribution to our community.

If you know someone who is deserving of this award, please nominate them for consideration. Nominations will be reviewed by an independent volunteer panel who will recommend recipients. To respect the privacy of nominees, we will be keeping nominations confidential and request that nominators do the same. Please note that to be eligible, a nominee must be an individual who resides, or has volunteered, within the boundaries of the Calgary Nose Hill electoral district.

The deadline to submit nominations is **August 31, 2017**. All nominations must be emailed to: Michelle.Rempel@parl.gc.ca. For more details on the nomination process, eligibility and to download the Nomination Form, please visit: http://www.michellerempel.ca/canada_150_awards.





**MLA Calgary-Foothills
Prasad Panda**
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403-288-4453
calgary.foothills@assembly.ab.ca



**Councillor, Ward 4
Sean Chu**
403-268-3727
ward04@calgary.ca
www.calgary.ca/ward4

As soon as the Legislature rose for summer recess in early June, I put my walking shoes on and visited more than half the homes in Calgary-Foothills. At the doors, many constituents, including Albertans formerly from British Columbia and Saskatchewan, were adamant that we need to change the government at the next election for the sake of the long-term prosperity of Alberta. I agree and that's why I'm committed to making sure the unity agreement between the Wildrose and PC parties becomes a reality. The vast majority of Albertans want a single, big tent, conservative option on the ballot for next election.

At the doors, I heard concerns about the growing debt in Alberta. The province ended 2016-17 with a \$10.8 billion deficit, \$263 million higher than estimated in Budget 2016. The NDP's borrowing binge has left Alberta on track to be more than \$90 billion in debt **by the end of 2020**, according to the latest estimates from credit rating agency, Standard & Poor's.

I also heard complaints about the Calgary Green Line. North Central Calgarians are not getting the much-needed rapid transit on time or as advertised. Wildrose supports the Green Line, but Calgarians need to know why the cost of tunneling under the downtown was not factored in right from the start. Transportation Minister Brian Mason needs to ensure that provincial tax payers are not left on the hook for cost overruns. We were promised 46 km of track for \$4.6 billion, now we are only getting 21 km. Solutions need to be found to get the entire length built.

As Calgary takes the traditional summer pause to honour our agriculture industry with the Calgary Stampede, I turn to the crop report in the Western Producer to see how that other bright light in the Alberta economy is doing. While 78% of crops were rated good to excellent, this number is expected to drop a little and be closer to the 5-year average of 73%. It seems Alberta is getting too much moisture up north and not enough moisture in the south.

As you hit the road for vacations this summer, please drive carefully out there. Please visit my Facebook page @ PrasadPandayyc for updates or follow me on Twitter.

Prasad Panda, MLA Calgary-Foothills

Dear Ward 4 Residents,

Fire pit regulations help create good neighbour relationships

When you ask Calgarians what they love about this city, the answer is often "the people". While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in.

Did you know that the Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits? The regulations for fire pits include:


- Using a mesh screen or spark guard to reduce the spread of embers and sparks
- Extinguishing the flame by midnight on weekdays and 1 a.m. on weekends
- Restricting the height of the flame to one metre
- Building a fire pit within maximum size limits
- Listing materials that cannot be burned
- Ensuring the fire pit is at least two metres from other structures and is not under a tree or overhanging branches
- Ensuring you have a means of extinguishing the fire on hand and that you put it out before you leave it unattended

Fines for unsafe fires and burning prohibited materials have recently been increased, so it pays to understand the bylaw. For more information, visit Calgary.ca/firepits. If you have a concern or complaint about fire pits, call 311.

2017 Election Ward Boundary Changes

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. During the 2017 Municipal Election, new ward boundaries will come into effect, which could change who the candidates are on your ballot and your voting station location. A total of 58 communities were impacted by the ward boundary changes. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2).

Have an AweSome Summer!



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EDGEMONT 2017 STATS	# SALES	AVERAGE PRICE
Bungalow	9	\$631,389
Two Storey	67	\$656,564
Split-Level	2	\$405,625
Townhouse	3	\$535,796
Condo	3	\$229,333
Villa	2	\$402,250
TOTAL	86	
Average Days on Market	27 Days	

7 Bedrooms

\$714,500

139 Edgehill Court NW

- custom two storey, fully finished, hardwood
- oak kitchen & built-ins, sunroom, skylights
- 4 full baths, estate area, pie lot, cul-de-sac

South Backyard

\$599,900

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- sunny 4 bedroom bungalow, fully finished
- gorgeous yard, 3 full baths, gas fireplace
- city & mountain views, backs on park

Central Air

SOLD!

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1032 Edgemont Road NW

- renovated 3 bedroom+den two storey
- heated garage, fully finished, hardwood
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Golf Course Home

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Beautifully Renovated

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119 Edelweiss Place NW

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- fully finished, granite, cul-de-sac, pie lot

Extensively Renovated

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130 Scenic Park Crescent NW

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- Brazilian cherry floors, granite, 2 fireplaces
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- custom 4 bedroom two storey walkout
- 3 car garage, fully finished, central air
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Mountain Views

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