

JANUARY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside *Edgemont*

www.edgemont.ab.ca

Thank
You



Edgemont
**FOR YOUR HELP WITH THE
HAMPER PROGRAM!**



Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

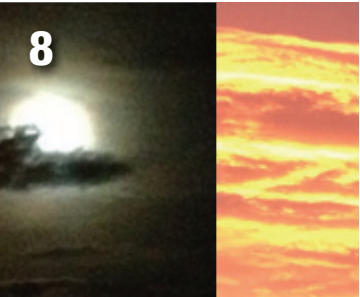
Register today
Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca



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EDGEMONT COMMUNITY ASSOCIATION

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Editorial Submissions

newsletter@edgemont.ab.ca

All editorial content must be submitted by the 20th of the month for the following month's publication.

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91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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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

Edgemont Community Association WHAT'S HAPPENING AT ECA



President's Message

By Bev Johnson

RING OUT THE OLD RING IN THE NEW: 2017 HERE WE COME

A very happy new year to our Edgemont Residents, and I hope that you all had an enjoyable holiday season. The Edgemont Community Association takes a break from their monthly meeting in December, but that doesn't mean our board has taken a break from the work needed to keep things humming in our community. On November 19th we hosted our annual Christmas Craft Sale and I can personally attest that the building was bustling. Many thanks to our office staff Barb Meehan and Don Larson who made sure that it all ran smoothly (no mean feat in itself) and were on hand to man the concession, so crafters and shoppers, alike, could pause and refresh themselves before continuing on with the business of selling and buying. The office was also busy collecting donations of food, gifts and money for our Christmas Hamper program. They, and a team of volunteers, organized and cheered on by our volunteer coordinator Jeff Edwards, then sorted, wrapped and packed it all into separate bins to take to fellow residents, who could use a helping hand this holiday season. Now before you think the other members of the board were sitting around eating too many holiday bon-bons, let me update you on what the rest of us have been doing. Our treasurer has been pouring over the books and our policies, gathering data, to make sure we have the proper procedures in place to effectively utilize both our revenues from the community centre building, and money we receive from the our casino fundraising. Our Building Administration team has been hard at work deciding on the next renovation project the building needs, and I'm happy to report that Elaine Scobie will head up the much needed renovation to our washroom facilities, while Barb Elms will head up the renovation to our vestibule/entrance area.

At our team building retreat in October the board members submitted their ideas for changes to our current by-laws to help us function more effectively, both as a board and for our members. Our by-laws rejuvenation

team (Dora Lam, Jane Coates, Brett Redpath & association member John Wither) has been hard at work compiling the suggestions and putting them into a format to present to our association members at the next AGM. Well done team. Our LEAF committee will now take the winter to plan and consider what they want to accomplish for year 2 of the program. I'm excited to see what spring will bring. I'd especially like to thank the City parks department for the creative addition of tree decorations in our flowerpots for residents to enjoy during the festive season. As for myself, I attended a "fireside chat" with the City of Calgary on November 23rd and was able to both contribute to and learn from the process of helping the City understand how they can best support community associations. I'd like to thank the representatives from Crescent Heights, Dover, MidSun, Montgomery, Willowridge, Tuxedo, and Varsity for generously sharing information and experiences.

As always, thank you for taking the time to read this.

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Web: www.edgemont.ab.ca • Facebook: Edgemont Community Association

Twitter: @EdgemontCA • Instagram: edgemontcommunity

Business Hours: Monday to Friday 9:00 am - 5:00 pm

VOLUNTEER BOARD OF DIRECTORS 2016/17

Bev Johnson	President	president@edgemont.ab.ca
David Middleton	1st Vice President	buildingadmin@edgemont.ab.ca
Al Leach	2nd Vice President	areaplanning@edgemont.ab.ca
Brett Redpath	Secretary	
Gerry Elms	Treasurer	treasurer@edgemont.ab.ca
VACANT	Past President	pastpresident@edgemont.ab.ca
Brett Plaizier	Communications	communications@edgemont.ab.ca
Elaine Scobie	Special Projects	specialprojects@edgemont.ab.ca
Dora Lam	Director at Large	director2@edgemont.ab.ca
Barbara Elms	Safety	safety@edgemont.ab.ca
Jo-Ann Wither	LEAF	leaf@edgemont.ab.ca
Paul Clark	LEAF/Signage	director3@edgemont.ab.ca
Barb Ellsworth	Director at Large	director@edgemont.ab.ca
Jane Coates	Director at Large	director4@edgemont.ab.ca
VACANT	Sports	sports@edgemont.ab.ca
Bruce James	Services	services@edgemont.ab.ca
Jeff Edwards	Social/Volunteers	volunteers@edgemont.ab.ca

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

OTHER CONTACTS

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

Edgemont Community Centre

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The Panorama Room: Capacity 200

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



For more information call

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The Mountain View Room: Capacity 70

- Mountain view
- Wood floor
- Round or rectangular tables

The Board Room: Capacity 20



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- Large parking lot
- 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



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"All Things Spring":

Canadian Federation of Artists: Calgary Chapter

Juried Art show

Edgemont Community Center

Saturday, March 4, 2017

10:00 am to 4:30 pm.

Free Admission and Parking

Enter a draw for an original painting.

Donations to the Calgary Food Bank are welcome.



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A Message From Your Volunteer Coordinator

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

Happy New Year Edgemont!

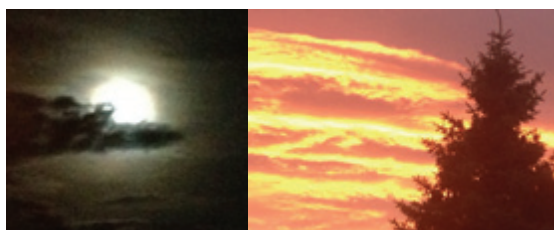
Thanks again to everyone who donated to, wrapped and delivered our Christmas hampers. They were delivered to families in our neighbourhood, to many smiling faces!

Several of you have stepped forward as Snow Angels again. Thank you for shoveling for a neighbour. Let me know if you are interested in joining the team.

We could use a couple more volunteers for the Wednesday Reading Club, helping children out in Edgemont. It happens 4:30-5:30pm Wednesdays helping kids age 5 to 12. Very rewarding!

As always, Wednesday Breakfast Club happens 7 to 9AM Wednesdays. Volunteers serve breakfast to a number of children before they head off to school. Several adult volunteer opportunities are available.

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



Pictures: An Edgemont super-moon and sunrise. Wonderful!

Keep loving your neighbours in 2017.



Message From The Edgemont Casino Chair

Hello Everyone,

The Edgemont Community Casino is coming up; our dates are SATURDAY MAY 13th and SUNDAY MAY 14th 2017 at the ELBOW RIVER CASINO. This is the weekend before the long weekend, so we hope that you don't have any camping plans yet.

Last year we made just over \$70,000 for the community which goes along way helping to support the community building and supporting programs within the community of Edgemont.

You would have to sell an awful lot of chocolate bars or cookies to raise that kind of money. But in order to do that we need the volunteers to support us. That's where you come in. Please consider giving your time to this event. No experience is needed we get a lot of support from the casino advisors and they show you exactly what to do. We also are so grateful for people coming out that we pay for your dinner/lunch. You could make it a date night! It's also a great way to get together with old community friends.

If you can volunteer for us, please contact me by email at: edgemont_volunteers@outlook.com or phone me at 403-239-8423 or you can just pick up the forms at the Edgemont Community office, one is for Alberta Gaming Liquor Control and the other is for my organizational purposes, fill them out and leave them in the Edgemont Community office.

I look forward to hearing from you and most importantly seeing you at the casino.

Thanks for reading,
Cari Middleton
Edgemont Casino Chair

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
Explaining Pain 闡釋痛楚	Mar. 21, 2017 月 21 日	Tuesday 星期二	9:30 am - 11:30 am
Arthritis 101 關節炎	Feb. 7, 2017 月 7 日		9:30 am - 12:30 pm

EDGEMONT SCHOOLS

Canadiana Musical Theatre Company Performs Emily Carr: Small Wonders at Edgemont School

By Erika O, The Edgemont Herald
November 28, 2016, Calgary

On November 24th, the students, teachers, and staff all gathered in the gym to see the Canadiana Musical Theatre Company put on the play "Emily Carr: Small Wonders." The play was meant to inspire students to pursue their interests and embrace their passions.

The musical was about how the famous Canadian artist, Emily Carr, had a passion for painting, writing, animals, and nature. She was a free spirited child, but her father wanted her to be a proper English girl like her older sister, Dede. Many folk songs were played to tell the story. This play was written by Allen Desnoyers who was also one of the performers.

Students discussed how the musical made them feel and some said that they felt sympathy for the loss of her parents and that the play inspired them not to give up on their interests. Others said that it was a touching story and that the singing and music was entertaining.

The Canadian Musical Theatre has been performing since 2000 and travels across Western Canada to perform. It has performed over three thousand shows for over a million students, teachers, and parents. It combines theatre, music, and singing in the performance.



"It really did make me feel like I could do anything!"

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PROGRAMS AT EDMONTON COMMUNITY CENTRE

Registration for our programs is ongoing.

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
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years of experience and our unique
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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

Kids Yoga - The Little Yogi

Wednesdays, 4-5
email: magshull@hotmail.com
Call: Maggie Hull 403-464-4239

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
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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
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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

Lynda Burgess Yoga Prenatal Yoga

Wednesdays, 6:05-7:20pm
Ease discomforts, stretch your body

and build strength while preparing
your body and mind for your
upcoming birth.

Mom and Baby Yoga

Thursdays 10:30-11:30am
Gently restore and strengthen your
body and relieve discomforts while
spending quality time with your baby.

For more information and registration
please visit www.lyndaburgessyoga.
com

PROGRAMS FOR ADULTS:

Learn Spanish

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

Toastmasters

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

Alcoholics Anonymous

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

Megan Fitness

Wed. 7:45 – 8:45pm

email megankmacdonald@yahoo.ca
to register

Zhan Fitness

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

NW Chinese Senior Support Group of CCECA

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

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



YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the
Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017.
Their personality is observant, hardworking, courageous, talented, frank and honest.
Lucky numbers are: 5, 7, and 8.



Photo by Graham Heepes



Photo by Mariam Gora



Photo by Mariam Gora



Photo by Mariam Gora

ECA Christmas Craft Sale



Photo by Mariam Gora



Photo by Mariam Gora



Photo by Mariam Gora

bulletin BOARD

VOLUNTEERS REQUIRED FOR

Youth Press

Teen reporters prepare articles for Inside Edgemont.

Special Events

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

Friday Foodbank deliveries

Adult volunteers needed to occasionally deliver groceries.

Wednesday Breakfast Club donations

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

ECA BOARD MEETINGS

Monday January 23rd @ 7pm.

Open to all Edgemont Residents. Please call the office to confirm the start time 403.239.1211

THANK-YOU

to all those who helped with the annual Hamper program! By either volunteering or dropping off some non-perishable food donations. You have helped some Edgemont Families, THANK-YOU once again!

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

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

LOOKING FOR TRIED & TRUE COOKIE RECIPES.

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

SPORTS/RECREATION COMMITTEE

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

UPCOMING EVENTS. SAVE THE DATE!

REGISTER FOR A PROGRAM

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

Watch for the date of our annual community clean-up, more information to follow.

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OFFER ENDS FEBRUARY 28, 2017

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OFFER ENDS FEBRUARY 28, 2017

AVEDA

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 19



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Edenwold Drive NW

Shaganappi Trail NW

Nose Hill Park

Dr. Michael Pannell
Dr. Sandra Pannell
General Dentists

403-239-6411

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 February issue must be submitted by January 20th; March issue by February 20th.**

Visit our website for current news on ECA activities.

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

Website: www.edgemont.ab.ca

Facebook: Edgemont Community Association

Twitter: @EdgemontCA

Instagram: edgemontcommunity

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

Letters to the Editor are welcomed:

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

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



Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a baby:

1. Responding to the baby when they cry. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for tiredness, hunger, happy, upset, etc.
4. Being gentle and comforting in times of being upset. Rock the baby, sing a soft song, cuddle, or walk with them.

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.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecm@weconnectyou.ca.

THANK YOU FOR SHARING!



Here is one that is a great side dish for buffet lunches or dinners:

Wild Buffet Rice

From Grand Slam More Recipes from the Best of Bridge

- 1 cup wild rice (I mixed ½ cup wild rice, ¼ cup red or wehani rice, ¼ cup brown rice)
- 1-10 oz. can chicken broth
- 1-10 oz. can water
- 10 pork sausages, browned, drained and cut into small pieces
- ½ lb. fresh mushrooms – sliced
- 1 large onion – finely chopped
- 2 tbsp. flour
- 1 cup whipping cream
- 1 tsp. salt
- ¼ tsp. oregano
- ¼ tsp. sage
- ¼ tsp. marjoram
- ¼ tsp. thyme

½ cup blanched almonds, slivered (I omitted these for the school luncheons)

Wash wild rice (a couple of times) and combine with other rice and broth and water in a large, covered pot. Bring to boil and reduce heat to a slow boil for 1 hour or until rice begins to open and is soft. Now, sauté onion and mushrooms in skillet after sausage is cooked (I cleaned the pan and sautéed the onion and mushrooms in olive oil, because I think pork sausage grease is gross!). Add sausage and onion mixture to rice. In same skillet on medium heat, combine flour and cream, stirring constantly to make a creamy sauce, adding more cream or water if necessary. Bring mixture to a boil for three minutes. Add seasonings. Pour over rice mixture and stir in almonds if using in a large casserole. Mix well and bake at 350° for 30 minutes. Serves 10 to 12.

I doubled this for the school luncheons. I made it up the night or day before and just baked or warmed it before serving.



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Triple A January Update!

Happy New Year! We hope 2017 will be your best year yet! What are your hopes for 2017? If they are to meet new people or try a new club or program, look no further we can help! Please note fees vary by community association (CA) so we suggest you call ahead for more information.

Here is a message from our Single Ladies Group:

Hello Single Ladies,

We are a small group looking for new friends to join us every other Tuesday morning. Come for coffee, companionship and conversation. Many of us have found friends to socialize with, go out to movies with or travel with. Please don't be intimidated as we've all had to pluck up the courage to come out for the first time. We promise to be friendly and welcoming and look forward to meeting you on Tuesday January 17th at 10:30am!

Pickleball continues to grow in popularity in our city. To meet demand for this fun tennis like game the Silver Springs CA is adding an extra session on Friday afternoons 1:30 to 3:30pm. For all other sessions please refer to the schedule below.

January Triple A Activity Schedule

MONDAYS

- **Ladies Social Coffee Craft Club at SACA:** Mondays – Jan 9, 23 & 30 9am to Noon, Jan 16 9am to 3pm bring a lunch
- **Senior Fitness at VCA:** 9:15 to 10:15am
- **Zumba Gold at SACA:** 10:30 to 11:30am Drop-ins welcome
- **50+ Chinese seniors gathering at ECA:** Mondays 10am - Noon, Cantonese & Mandarin spoken, come and meet some new friends and sing, dance, share games, pot luck lunches. For more information contact 403 269-6122
- **Zumba Toning Gold at SSCA:** Mondays 11am to Noon
- **Senior's Yoga at SSCA:** Mondays 12:15 – 1:15 (Registration Required)
- **Seniors Card Club at VCA:** (Canasta and Bridge): Mondays 12:30 – 3:30pm
- **Senior's Social at MCA:** Last Monday of the month 1:00 to 3:00pm. Join us for a pot luck lunch and then a presentation and/or cards and games

- **Fun & Games at SSCA:** Mondays 1:30 to 3:30pm
- **HATA Yoga at VCA:** Mondays 8:15 – 9:15pm

TUESDAYS

- **Zumba Gold at DCA:** at 9:15am
- **Seniors Yoga at VCA:** Tuesdays 10:00 – 11:30am
- **Single Ladies Get Together at SACA:** Jan 17 & 31 10:30am to Noon
- **Beginner Dancing at SACA:** 10:30 to 11:30am Drop-ins welcome
- **Intermediate Dancing at SACA:** 11:35am to 12:35pm Drop-ins welcome
- **North Ladies Duplicate Bridge at VCA:** Tuesdays 12:00 – 3:00 pm
- **Varsity Artist Colony at VCA:** Tuesdays 12:00 – 3:00pm
- **Book Club at SACA:** Tuesday January 10 1 to 3pm
- **Quilting Group at SACA:** Jan 24 9am to 3pm
- **Qigong at SSCA:** Tuesdays 12:15 to 1:15pm (Registration Required)
- **Pickleball at SSCA:** Tuesdays 1:30 to 3:30pm \$5 Drop in fee
- **Varsity Book Club at VCA:** Tuesday's 7:00 – 9:00 pm

WEDNESDAYS

- **Walking Club at SACA:** Wednesdays departing from SACA at 9:15am sharp. FREE!
- **Senior Fitness at VCA:** 9:15 – 10:15am
- **Ladies Bridge at VCA:** Wednesdays 12:30 – 3:00pm
- **Fun & Games at SACA:** Wednesdays Dec 7 & 14th 12:45 to 3:45pm - \$2 Drop in Fee
- **Cribbage at DCA:** Wednesday at 1:30 to 3:30pm

THURSDAYS

- **Walking Group at VCA:** Thursday's 9:15 to 10:00 am
- **Zumba Gold at DCA:** at 9:15am
- **Yoga Basics at SACA:** 9:15 to 10:45am Drop-ins welcome
- **Qigong at SACA:** 9:30 to 10:30am Drop-ins welcome
- **Laugh & Learn at SACA:** Thurs Jan 12 1:00 to 2:00pm – FREE! EMS Safety Tips including the Capsule of Life program with Adam Loria of AHA
- **Mah Jong at SSCA:** Thursdays 12:45 – 3:30pm
- **Artist Gathering at SACA:** Thurs Jan 19 1:00 to 3:30pm - \$2 Drop in Fee
- **Intermediate Line Dancing at SSCA:** Thursdays 1:00 to 2:00pm (Registration Required)
- **Beginners Line Dancing at SSCA:** Thursdays 2:00 to 3:00pm (Registration Required)
- **Pickleball at SSCA:** Thursdays 7:00 to 9:00pm \$5 Drop in fee

FRIDAYS

- **Zumba Gold at SACA:** 9:15 to 10:15am Drop-ins welcome
- **Seniors Yoga at SSCA:** 11am – Noon (Registration Required)
- **Pickleball at SSCA:** Thursdays 1:30 to 3:30pm \$5 Drop in fee

LOCATION LIST WITH CONTACT INFORMATION

- **DCA - Dalhousie CA** 403.286.2555
admin@dalhousiecalgary.ca
- **ECA - Edgemont CA** 403.241.9493
office@edgemont.ab.ca
- **MCA - Montgomery CA** 403.247.3116
mcac@telus.net
- **SACA - Scenic Acres CA** 403.547.9589
scenicacresca@shaw.ca
- **SSCA - Silver Springs CA** 403.288.2616
ssca@shaw.ca
- **VCA - Varsity CA** 403.288.9001
vcapros@telus.net

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



Well it's that time of year again when we resolve to do something, a little (or a lot!), better than last year. One thing that seldom makes the list is volunteering. This not only gets you out and about, meeting new people and making new friends, but also helps you contribute to the community, and in the case of Scouting, the lives of young people. We currently have openings for Scouters in both the Beaver and Cub sections. No experience necessary, we supply the training, the spiffy red shirt and an abundant supply of youth looking for adventure. If you are interested you can reach me at 193Scouts@gmail.com.

In Scouting we teach a number of simple skills and when applied to the fertile imagination of a Scout you're never quite sure what will result! The picture is one of the structures made at the Tom Pratt skills camp in September. The Scouts were given instruction in 3 lashings, square, diagonal and tripod. Then they were given a barrel full of ropes and a pile of poles. The result, as you can see, may not be that pretty, but it is effective and completely Scout designed and built.

All this fun needs funding. Our next bottle drive is on **January 14th** so please save your bottles and we will come and pick them up.

Wishing everybody a Happy and fulfilling New Year,

Neil James
Group Commissioner
193 Edgemont Scouts

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- » Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- » Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- » If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- » Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- » On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- » For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- » Just get out! When you leave, close the door behind you to help contain the fire.
- » Call 9-1-1 or the local emergency number from outside the home.



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Cooking and Kids

Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ! The leading cause of fires in the kitchen is unattended cooking.
- ! Most cooking fires in the home involve the kitchen stove.



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IN & AROUND CALGARY



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STEP INTO WINTER



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



News from the Friends of Nose Hill

by Anne Burke

For the Nose Hill Trail and Pathway plan (2004) there was a commitment of \$4.5 million from the Enmax Legacy Parks Program of the total \$6.6 million. From 2007-2012, this was for ongoing trail repairs, renewing degraded land, restoring damaged habitat, adding interpretive and orientation signs. Trail work was expected to continue for several more years. The paved pathways were intended to manage use and help protect the prairie grasslands (plants and wildlife).

There was a recent urgent item of business for City Council from a Community Services Committee report which was received for information. An update on City Parks Projects contains more information about capital funding for Nose Hill Park.

Council created the ENMAX Legacy Parks Program in 2003. The purpose was to develop new regional parks and improve existing ones, local community parks, and open spaces. A steering committee is responsible for managing the funds, including an investment plan for infrastructure, in some cases. City Council invested over \$135 million through this program. In addition, Council approved \$75 million for more projects to 2017.

Due to the economy, part of the 2016 ENMAX dividend is no longer available. So, there are shortfalls in funding for future priority projects. Some projects are already in progress and others are on hold, although design work was already done.

There is no shortfall for Nose Hill, because the Legacy-funded portion is complete and the construction in north and south zones is underway and ongoing. The total amount was \$4.4 million from phases 1 and 2; the non-Legacy budget was \$1 million and total project budget is \$5.5 million. The total actual cost to date is \$4.6 million, in addition to about \$54 thousand for existing purchase orders not yet invoiced. The remaining allocations are \$800 thousand.

An action plan for Calgary will enhance the urban forest and landscape, protect the environment by encouraging public awareness, and ensure that we have access to nature. In general, parks support biodiversity: a variety in the number and types of plants and animals in a particular area, such as Nose Hill, or in the world. Our parks network and open spaces offer recreational opportunities and help to offset carbon in urban spaces.

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As this is the first newsletter for the New Year, and since I've been on the job as your MLA in Calgary-Foothills for a full year now, I thought I'd summarize the kinds of things that my staff and I have been working on for you:

- Improvements to the Shaganappi Trail and Stoney Trail interchange including painting of an extra southbound lane to improve commuter traffic flow, and also encouraging significant progress toward allowing direct access to northbound Shaganappi Trail and Stoney Trail for Hidden Valley motorists
- Helping individuals with their dealings with Alberta government departments like Human Services, Alberta Health, and the Solicitor General
- Advocating in the Legislature on issues important to families in the riding, such as supporting infrastructure spending on the new Cancer Centre at Foothills Hospital and the Green Line LRT, plus fighting against the carbon tax and policies that hurt the economy and jobs
- Helping individuals to navigate through the different levels of government, including federal, provincial, municipal and the school boards
- Organizing a Veterans' Food drive in November each year – thanks to our volunteers and the generous people of Hidden Valley we raised about \$5000 worth of food donations for veterans and their families
- Attending countless events including: Community Association board meetings & AGMs; community & cultural celebrations; and of course Stampede breakfasts & BBQs
- Staying in touch by inviting you to our town halls & open houses, knocking on your doors, and sending out newsletters, surveys & emails

Perhaps due to my background as a professional engineer and as a manager of major projects, I take pride in working collaboratively, yet fearlessly fighting when necessary, to help solve the problems that affect the people and communities of our riding.

You can always count on me to look after the interests of the residents of this riding, no matter who you may have voted for. After all, you are my bosses.

I'd like to remind you of our office hours. We are open 9:30AM to 5:30PM Monday-Friday, except on statutory holidays. Contact us by phone, email or in person. It is best if you call ahead for an appointment, but feel free to stop by and say hello to my staff if you are in the area.

May 2017 bring you renewed prosperity. Happy New Year!

"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.

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Greetings Residents,

Sunny side up! New map shows the solar potential of your roof

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's Solar Potential Map to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA), which has an online member directory.

Solar energy isn't just for homes. Various City facilities already have solar systems installed to off-set some of their electricity needs and costs. You can find the particular locations on the solar potential map using the information icons on the map or scrolling through the project listings on the left side bar. To find your home on the map, simply type your home address in the search bar.

Visit maps.calgary.ca/SolarPotential/ to check out the City of Calgary's new Solar Potential Map.

RBC Dominion Securities Inc.



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