

MARCH 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside *Edgemont*

www.edgemont.ab.ca

SGM
MARCH 2nd
6:30PM

PUB NIGHT
MARCH 17th
7PM





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March 2017



ECA rink shot

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EDGEMONT COMMUNITY ASSOCIATION

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Phone: 403.239.1211 | Fax: 403.547.5799
office@edgemont.ab.ca | www.edgemont.ab.ca
Facebook: Edgemont Community Association
Twitter: @EdgemontCA
Instagram: edgemontcommunity

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

Editorial Submissions

newsletter@edgemont.ab.ca

Deadline is the 20th of each month for the month following plus 1 e.g. March 20th is the deadline for the May 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.

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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

AGM

APRIL 26th, 2017

Panorama Room Edgemont Community Centre

REGISTRATION BEGINS AT 7PM

The 2017/2018 ECA BOARD OF DIRECTORS WILL BE ELECTED AT THIS MEETING

A CURRENT EDGEMONT COMMUNITY ASSOCIATION MEMBERSHIP IS REQUIRED TO VOTE

TO RUN FOR A POSITION ON THE BOARD OF DIRECTORS YOU MUST BE A MEMBER IN GOOD STANDING RESIDING IN EDGEMONT

IT IS RECOMMENDED THAT YOU FILE YOUR NOMINATION PAPERS BEFORE THE MEETING

AGENDA

CALL TO ORDER (7:30PM)
ADOPTION OF AGENDA
REVIEW AND APPROVAL OF THE 2016 AGM MINUTES
PRESIDENT'S MESSAGE
INTRODUCTION OF BOARD MEMBERS
SPECIAL GUESTS INTRODUCED
CITY STAFF INTRODUCTION
ECA BOARD OF DIRECTORS REPORTS AND ADOPTION
FINANCIAL REPORT
APPOINTMENT OF THE AUDITOR
ELECTION OF NEW BOARD MEMBERS
ADJOURNMENT
REFRESHMENTS

Edgemont's Annual Recycling Community Clean-up Day

Saturday April 22 9am - 2pm.

\$5.00 Drop off charge
Free with valid membership card.

Electronics, metal, tires, batteries, kid's car seats (upholstery removed), garbage, organic waste, paint: hopefully.

Not accepting household chemicals, home appliances, propane tanks, glass, railroad ties.

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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	secretary@edgemont.ab.ca
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	
Bruce James	Services	services@edgemont.ab.ca
Jeff Edwards	Social/Volunteers	volunteers@edgemont.ab.ca

STAFF

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		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
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



Consider The Edgemont Community Centre

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Call 403-239-1211 for more details

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

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



President's Message

By Bev Johnson

Spring has sprung! Well almost, it is just around the corner.

March is definitely a time when the first shoots of renewal and growth appear, so it is fitting that on March 2nd at 7:30pm, at the Edgemont Community Centre, we will present a renewed set of bylaws to our members. Our Bylaws committee of Dora Lam, John Wither, Brett Redpath, Jane Coates and Jo-Ann Wither worked hard over the winter months to revise our old bylaws and create new ones that should serve us well in the years to come. We hope all our members have taken the opportunity to view the bylaws on-line, or in our office, and will come out to have their say and vote.

Those who visit our building will also be noticing that it too is getting into the Spring thing with a face-lift of its own. By the time you read this, work should have begun to redo our bathrooms and remodel our vestibule area to better meet the needs of our users.

That's not all that is happening in the coming months SO SAVE THE FOLLOWING DATES:

PUB NIGHT: March 17th, 2017 starting at 7pm the ECA will be hosting a PUB night. Early bird tickets are only \$10 a person. Look for the AD in this newsletter.

AGM: April 26th, 2017 at 7pm, which is when the community association's AGM will be held at the centre. For anyone who has attended in the last 2 years they know this can be a lively event, but more importantly it is a chance for community members to listen to what their community association has been doing over the last year and MOST importantly, it gives members the opportunity to vote in a new board of directors.

I know my message has been focusing on Spring but I hope a number of you have been able to embrace winter & enjoy our newly refurbished rink, because I'm sure that even though the weather will soon turn warmer, old man winter will still have enough chilly days to keep that ice going a bit longer.

Cheers,
Bev



**A Message From
Your Volunteer
Coordinator**

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

Hi Edgemontonians,

Thanks again neighbours for being amazing volunteers. Here is the update for this month:

Saturday **April 22, 2017** will be our **Community Clean-up!** Mark it on your calendars. That's when the garbage trucks are at the Edgemont Community Centre and we have all sorts of recycling and we have our charity garage-sale for an orphanage in China. Volunteers needed!

Our **casino fund-raiser is May 13-14**. Many volunteers have signed up to work a variety of positions. More are needed.

The **Wednesday Breakfast Club** (7-9AM) and **Wednesday Reading Club** (4:30-5:30pm) always help children out in our neighbourhood. Email me if you want information.

Several sports are going strong and getting ready for the next season in Edgemont. Thanks to all the volunteers who make this happen.

City of Calgary Green Initiatives is looking for **parks volunteers** to promote and take care of our parks (training, supplies and support are provided).

Our **Snow Angels** should be just about done (ya think?), but they continue to go strong shoveling walks for several neighbours.

Attached are pictures of my Christmas Eve service in the Edgemont Community Centre's Panorama Room. Beautiful eh? And our patio on Christmas Day. What a beautiful place!

Questions? Want to be on the volunteer email list? Please contact me.

Loving my neighbours in Edgemont



The Gray Partridge

Article by J.G. Turner
Photo by Daniel Arndt (no changes made from <https://www.flickr.com/photos/ubermoogle/18050433104/>)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well a dark u-shaped patch on its belly, a rusty face and chestnut bards on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.
- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!
- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

If you find an injured or orphaned Gray Partridge or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



Desire to help brings Edgemont together

January 4, 2017

Three years ago the principal of the local elementary school in Edgemont came to the community association with a problem. Kids were arriving at school hungry and it was impacting their ability to focus and learn. Edgemont Community Association member Barb Elms says a desire to help led to a partnership with Calgary Housing Company (CHC) that is improving lives and continuing to grow.

"We wanted to do something and it had to have the greatest impact and reach the most children possible," says Elms. "Too many kids were going to class hungry and we felt it was something we could help address."

Elms worked with CHC and Calgary Neighbourhoods to create a breakfast club for hungry students. CHC, which manages more than 80 provincially-owned community housing units in Edgemont, hosts the breakfast club in a resource centre within the community. Tenant demographics in Edgemont include newcomers to Canada, single parent families and people living with a disability.

The club offers breakfast to children each Wednesday from 7 a.m. to 9 a.m.

"Partnering with CHC reduced the stigma of the program with participants and led to greater participation. Fewer kids would come when it was being offered through the school," Elms says.

Now running for three years, an average of about 40 students participate each week.

"What is happening in Edgemont is definitely a shining example of what can be accomplished through community association support," says CHC Tenant Liaison Suzanne White. "The work is breaking down negative stereotypes about affordable housing, bringing the community together and providing tenants with greater connectivity to the community."

Employees of a local bank have jumped on board, making breakfast and meeting tenants once a month. Donations also come in from a variety of other local businesses. Elms says it was clear a few months into the program that it was successful because mothers started coming with their children.

As the breakfast club grew, more parents started to arrive with their children. It presented an opportunity to learn more about what other challenges tenants were having adjusting to a new community and, in some cases, a new country.

"We started to learn more about the needs people had," she says. "It was very clear that trained educators offering English tutoring in addition to what they are learning at school would be a huge value."

A reading group was added. As many as 10 children now meet with two or three tutors every Wednesday from 4:30 p.m. to 5:30 p.m. Volunteers, including a professional librarian and lawyer, help children learn to read.

More recently, the community association created a lending library to increase book sharing among tenants and other neighbours. A space for tenants to garden was also created two years ago growing lettuce, tomato, zucchini and other vegetables.

Elms says they continue to look for other ways to expand, seeking opportunities to provide structured play programs in 2017 and pursuing funds for mental health counselling for those in need.

"It has been very satisfying," says Elms. "We are able to watch children grow, gain confidence and reach their potential."



Refurbished Rink For Edgemont

With funding from the Federal Government, City of Calgary, AGLC and the hard work of volunteers such as Elaine Scobie, Bruce James, Ginger De Boni, Scouts, project manager Tim McComb and others, Edgemont now has a great new rink for residents to enjoy.

Gone are the old wooden light posts: now replaced by new metal poles and energy efficient lighting. The old metal frame has been repaired and new rink boards installed, giving the area a bright new look.

If you have some time stop by and see what has been accomplished, please do so, and while you're at it lace up those skates and take the rink for a test ride.

Great job everyone!



ECA Special General Meeting

March 2nd, 2017

EDGEMONT COMMUNITY CENTRE
33 EDGEVALLEY CIRCLE, NW
Sign in begins at 6:30pm
Meeting 7 – 9:30PM

The meeting is being called to ask members of the Edgemont Community Association, who reside in Edgemont, to vote on a revision to our bylaws. This will be the only item of business

The ECA board looks forward to seeing its members come out to vote on this important initiative. The revision to the by-laws will be available to members at our community centre office and online.

Make sure you have your ECA membership card up-to-date.

"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.

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



Get Your Irish
On

Tickets at ECA office
\$15 / ticket
Early bird price until March 3 \$10
Get your friends and neighbours out. If you buy a table (8 tickets) you'll be entered for a prize draw.
Call 403-239-1211

Pub Night
Edgemont Community Centre
Friday, March 17, 2017
7 pm - midnight
Games and great company
Cash bar (beer, coolers, wine) finger food

ATCO Blue Flame Kitchen



Healthy Snacking with Yummy, Easy to Make Dips

Are raw vegetables a tough sell in your household? Add some zip to your veggies with a homemade dip you can put together in a snap with help from your little sous-chef.

Our Roasted Red Pepper and Feta Dip is a great introduction to savoury flavours and ingredients like feta cheese and roasted red peppers. Serve with carrots, celery, broccoli and cauliflower, or any other favourite dippable vegetable. You can store it for up to two days in the fridge, so you don't have to use it all up at once.

Our Honey and Lime Yogurt Dip uses both lime juice and lime zest to add some fresh citrus taste to a snack of sliced fruit. The lime zest adds a boost of lime flavour and keeps the amount of juice used in check, while the honey helps balance out the sourness of the lime juice. Whip it up in five minutes, serve it with sliced apples or granola, and let the dipping begin.

When making our red pepper dip, make sure little fingers are kept at a safe distance from the sharp blades of the food processor, and that the unit is unplugged when not in use.

Both dips make a great Sunday afternoon snack, and they're perfect to pack in a lunch bag with veggies or fruit.

If you're packing your dip with sliced apples, help keep your apple slices from going brown in your lunch bag by tossing them in water with a splash of lemon juice. Different apples brown more easily than others, so experiment with different types.

Honey and Lime Yogurt Dip

- 1 cup (250 mL) plain yogurt
- 1 tbsp (15 mL) liquid honey, agave nectar or cane sugar
- 1 lime, zested
- 1 tsp (5 mL) lime juice

Combine all the ingredients in a bowl until blended. Serve with freshly cut fruit. The dip can keep for up to three days in a sealed container in the refrigerator.

Yield: 1 1/4 cup (300 mL)

Roasted Red Pepper and Feta Dip

- 1 cup (250 mL) shredded feta cheese
- 1 cup (250 mL) drained canned roasted red peppers
- 1 tsp (5 mL) garlic paste
- 1/8 tsp (0.5 mL) cayenne pepper
- 1 tbsp (15 mL) extra-virgin olive oil or canola oil

Place all ingredients except oil in a food processor; process until combined. Add oil and process until smooth. Transfer to serving dish. Cover and refrigerate for at least 1 hour or up to 2 days. Do not freeze.

Yield: 2 1/2 cups (625 mL)

Joanne Ellard | Supervisor | Marketing Communications

T: 403.245.7625 | F: 403.245.7674

ATCO Blue Flame Kitchen

Main Level, 909 - 11th Ave S.W., Calgary, AB T2R 1L8
ATCOBlueFlameKitchen.com



PROGRAMS AT EDGEMONT 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
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

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
Drive NW: Summer use includes
basketball, street hockey, roller
blading, skateboarding and bike
riding.

PROGRAMS FOR ALL AGES

One Step Ahead Dance Studio

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

LifeSongYoga

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

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

Karate

Youth and Adults
Contact Doug at 403-560-4508

Bunbukan Karate

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

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

Bollywood Dancing

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

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

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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 April issue must be submitted by February 20th; May issue by March 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.

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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 preschool child:

1. Help them give a name to their emotions. Big emotions can be scary; having a name helps calm the scary.
2. Play games that teach emotions and body language
3. Calmly talk to them about what is troubling them and discuss the problem.
4. Teaching family values and how to have a positive attitude.

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: nwecccoalitions@gmail.com.

Calgary Police Service

Changes to Calgary's alarm bylaw

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75 for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were responding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations.

Blue Cart Recycling Tip Of The Month

Bag your bags!

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.

Learn more tips for preparing your recyclables at calgary.ca/recycling.

YES! Bundle all stretchy plastic bags together in one bag and tie the handles closed. Acceptable plastic bags include:



- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap

NO. Do not recycle these types of bags:

- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches



Suggested Tweet:

Did you know you need to bag your plastic bags before recycling in your blue cart? Make this easy change and recycle right! #yyc

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, March 20 @ 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.

Explore nonfiction books with your child and discover... anything and everything!

Children love to read about real people, places, and events. Nonfiction books present real information in engaging and interesting ways. However, most children read a lot more fiction than nonfiction, so spend some extra time helping your reader learn how to navigate a nonfiction book.

Nonfiction books do not have to be read from cover to cover. Readers can use the table of contents and index to jump right to the information they are most interested in.

As natural learners, young readers are drawn to books that give information about something or explain something they've always wondered about. With a little help and guidance about 'how-to' read nonfiction, you can feel good about introducing your child to a new world of information and great new vocabulary words.

Explore these nonfiction books or ask your school or public librarian for other suggestions:

First Human Body Encyclopedia by DK Publishing
This beginner's encyclopedia shows what's inside the human body and how things fit and work together — through fascinating facts and close-up photographs. (Age 6 and up)

Frogs by Nic Bishop
Stunning color photographs of frogs as well interesting and quirky facts show how these beautiful, creatures survive in the wild. (Age 4-8)

Our Solar System by Seymour Simon
This beginner's guide to our solar system is filled with facts, engaging text, diagrams and charts, maps, and remarkable photographs. (Age 6-9)

With thanks to Reading Rockets

*Calgary Reads helps children learn to read with confidence and joy. Help further our work by supporting our annual fundraiser, the **CBC Calgary Reads Big Book Sale** happening **May 12-14, 2017 at the Calgary Curling Club.** Please donate used books for our sale starting Monday April 17 to Friday April 28 at the Calgary Food Bank and Tuesday May 2 to Sunday May 7 at the Calgary Curling Club. For full details of where and when and what we can accept, visit: calgaryreads.com*

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ESSO MINOR HOCKEY WEEK

NORTH WEST WARRIORS is pleased to announce we had 3 Teams win Esso Minor Hockey Week.

Midget 3 (Div 4)

Players: Tristan Ing, Adam Coyte, Dane Christensen, Jerald Yuan, Aiden Lee, Ryan Weir, Connor Christensen, Will Munro, Jack MacIntyre, MacIntyre Young, Daniel Rayment, Aaron Fishleigh, Charlie Masciangelo, Brett Bayne, Casey Michael. Goalies; Sydney Paquette, Ryan Richardson. Head Coach: Sandy Munro, Bill Ing, Marc Coyte, Cameron Williscroft, Daniel Alarie. Team Manager: Colin Young. Go Warriors!

Midget 2

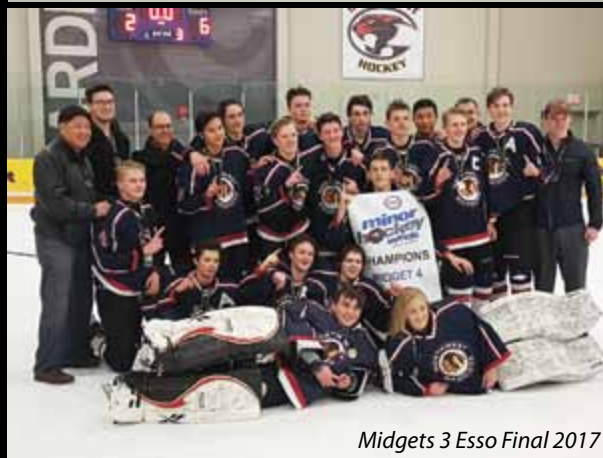
Players: Jack Mazzei, Jack Falcone, Owen Perfect, Mitch Andreou, Jackson Gray, Sam Overend, Connor Christensen, Nelson Avern, Louis Ferraro, Jared Mueller, Simon McLeod, Jeffrey Ramsay, Jacob Iles, JP St.-Pierre, Johnathon St. Pierre, Ian Johnston, Goalies: Ryan Sorensen, Julian Chua. HC Olaf Mueller; ACs Todd Mazzei, Mike McLeod, Denis St. Pierre, Dave Ramsay; TM: Rebecca Isles

Novice 1

Novice 1: Blake Francis, Ben Zimola, Jack Holowachuk, Andrew Cross, Rylan Patterson, Ray Ritchie, Jordan Wilson, Dom Fortin, Nolan Torhjem, Van Logel, Cole MacInnis, Logan Clavette, Luca Rimmer, Ben MacBeath, Owen Hayden, Orson Peddlesden, HC: Rob Zimola. ACs Doug Wilson, Chris Clavette, Steve Torhjem, Steve Hayden, Mark Ritchie, Matt Rimmer.



Midget 2



Midgets 3 Esso Final 2017



Novice 1



LEAF PROGRAM REPORT

Over the winter months the Edgemont LEAF team has been very busy putting together informative projects to be displayed on our ECA web site.

We will be presenting in depth information about the LEAF program and answering many questions the community might have. This project is too large for newsletter reporting so our web site will have the most detailed information and pictures.

We hope to have everything completed and on the web site by the end of February.

We will continue to report in our newsletter, put articles up on the ECA bulletin -board and update the web site.

Stay tuned for information on the completion date.

Jo-Ann (ECA LEAF Director)

Helen (ECA LEAF Volunteer)

Emergency/ Safety Card

As we know, Edgemont is a wonderful community made up of people of diverse backgrounds, and for many English is not their first language. Sometimes, people slip and fall, injuring themselves, or for those of us getting on in years, sometimes we forget things, like our phone number, and when you find yourself in a position where you are unable to communicate what is wrong, then a minor incident can become a big problem. At the suggestion of a community member, the ECA will have small cards available at the office for people to fill in essential information, such as name, phone number, address etc. You can fill in as much or as little information as you feel you need. Hopefully, these cards will help keep our community members safe and provide necessary information to first responders or members of our community trying to render assistance.

Let's do our best to keep all our community members SAFE!



U8 to U18 REGISTRATION 2017 Outdoor Soccer

On-Line Pre-Registration available February 13, 2016
www.NorthSideSoccer.ca

Outdoor soccer registration is available for all ages from six (U8) to eighteen years old (U18) – birth years 1999 to 2010 and available to players from all communities.

For registration details and information about our City league soccer program, please go to our web site or email us:

Website: www.NorthSideSoccer.ca

Email: Registrar@NorthSideSoccer.ca

or info@NorthSideSoccer.ca



Calgary Co-Op Upcoming Elections

Author: Jennifer Lewis, jenplewis@gmail.com, www.bakeitorleaveit.com/about

The Calgary Co-op elections are fast approaching and this is your opportunity to vote! With so many grocery, gas bars and pharmacies in Calgary NW, these stores really make an impact on surrounding communities – Make your voice heard!

Co-operatives are unique because members are empowered! Members drive the direction of the organization, influence the quality of products and collectively prosper with membership returns.

The Calgary Co-op is embedded in YYC food culture and community events. I encourage you to take the time to shape your local community and vote. Election materials will arrive in the mail by late February, with online and in-store voting available throughout March.

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

- Ed Bradley, CBS-60 Minutes

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

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Here is some of what we were up to November and December, and some upcoming events in January.

Our district covers the communities of: Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood and Sage Hill. We have units for all age groups – Sparks (ages 5-6), Brownies (ages 7-8), Guides (ages 9-12), Pathfinders (ages 12-15) and Rangers (ages 15-17).

***I had someone recently ask me when registration starts for next year. You can register online through www.girlguides.ca - open registration starts the first week of June (re-registration for current members starts in April/May).*

Sparks

The 70th, 145th and 165th Spark units and our 37 girls have already had a busy 2017 with our Sparks and have a lot of fun meetings planned for the upcoming months.

The Sparks worked on their "Being Healthy" keeper by learning about Canada's food guide, eating healthy and being active. We had a fun jammie night and conducted our meeting in a tent singing campfire songs around our indoor campfire! Our "Unbirthday Party" at Superstore was so much fun making and eating our own pizza and birthday cupcakes.

We have a visit to the Sage Hill firehall coming up with the fire-fighters, a night of Zumba dancing our feet off, and then our sleepover at the Telus Spark Science Center.

Sparks is so much fun!!

Brownies

229th Brownies (Monday nights) - had a trip to Loblaws City Market for their Heathy Aisles program. We are having a career night, Valentine's Day party and a sleepover with the 4th Brownies at Flip Factory!!

151st Brownies (Thursday nights) - For January - We had Zumba this month and learnt some new moves. We invited Michelle Head from training centre who taught us lots of new songs on our bridging night with the 170th sparks. Everyone had a blast!

We celebrated Chinese New Year, east coast facts and wrote valentines cards for vets. Our first meeting we assembled lots of donations for Inn from the Cold.

In February we have brownie academy and will have valentines celebrations and thinking day (Feb 22, where Girl Guides and Scouts celebrate Lord and Lady Baden-Powell's birthday, founders of Guiding and Scouting).

85th Brownies (Monday nights) are busy working on the Key to I Can. We have been learning how to stay safe indoors and out-

doors, how to call for help in an emergency and some basic first aid. We are having fun planning a special party for Valentines Day and we are looking forward to our upcoming sleepover at the Flip Factory.

4th Brownies (Tuesday nights) – in January, we also had a Zumba trainer come in to our unit -whew, what a workout, a lot of fun! We also attended the Brownie STEM day at the Guide Centre, and went snowshoeing – while we still had snow! In February, we are attending the Brownie Camp Academy, where the girls will start learning camping skills, and also going to Flip Factory (trampolines) for a sleepover.

Guides

110th Guides (Monday nights) started the New Year off with a family skate night at the Olympic Oval where we worked on earning the skating badge and doing more community service work by supporting the Calgary Food Bank. We also taught a Brownie Unit some traditional and modern campfire songs and participated in a sing along with them as we continue to be involved in our community. Our unit will be participating in a Virtual 5K walk and we will also be celebrating Canada's 150 Birthday by holding a Canada Night to highlight what makes Canada a great Country. We are very excited about having visits from a Pathfinder and Trex Unit where the older girls will mentor us as we learn the importance of Thinking Day and World Association of Girl Guides and Girl Scouts (WAGGGS), and discover what exciting adventures a Trex unit plans and how these girls continue to challenge themselves. We are also gearing up to start selling our Spring Cookies next month.

Pathfinders

91st Pathfinders (Thursday nights) had a fun fall and have been busy in the new year! In December we participated in a service project, donating items a Christmas hamper that went to a family in need through a Calgary school, and also tested our teamwork and problem-solving skills at the Locked Room with the Ranger unit. In January, we enjoyed our Amazing Race sleepover where our girls spent the night at the Guide Center and the next day solving clues to explore landmarks and hidden gems in our beautiful downtown Calgary. In February we will be spending a weekend at the Banff Scout-Guide Hall and exploring around Banff. We have also been busy planning activities to lead for two of our Guide groups, and planning international and environmental service projects for the upcoming months.

The 90th Pathfinders (Monday nights) started off this year with a great challenge. We attended the Calgary Fire Department Training Center where we learned about fire safety, recruiting and the cadet program. The girls and the leaders were then put through the paces of the combat challenge, which consisted of a four-story climb with fire hose, a crawl through a long pipe, a 6 foot wall, 100 m. fire hose pull and then a 100 m. dummy carry. What a great night and a big thanks to the Calgary Fire Department for the opportunity. In the next month or so, we will be celebrating Thinking Day by bridging with the Guides and the Brownies. We have a sleepover for the girls to let their hair down and to have some fun together, and then a Mexican Madness cooking class.

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Maximize your RRSP today and reap the rewards!

by Janine Rea, BA Economics

There are a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

1. Remember, taking full advantage of your unused RRSP contribution room could help to build your portfolio.
2. Understand how much contribution room you have. Move money into your RRSP sooner rather than later.
3. Work your RRSP contribution into your monthly budget.

OVERVIEW

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their registered retirement savings plan (RRSP). If your annual income tax assessment includes a notice from the Canada Revenue

Agency (CRA) that details how much unused contribution room you have left in your RRSP from previous years, the time to act is now.

For example, contributing \$10,000 into an RRSP that generates a 6% return, compounded annually could turn into \$57,435 over the span of just 30 years. Plus, contributing the full amount creates a larger income tax deduction that could result in a significant tax refund.

KNOW YOUR LIMITS

It's important to know how much contribution room you have, prior to sitting down with us to discuss your RRSP strategy. Each year, the CRA identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. CRA's website can also provide that information.

INVEST SMART

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner, rather than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill – but it also allows you to maximize growth inside your RRSP, without generating immediate taxable income. It's important to remember that interest earned on savings accounts and both realized and unrealized capital gains on non-registered investments, will be taxed prior to when they are moved into your RRSP. You can also withdraw from a tax-free savings account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are added to the available TFSA contribution room for the following year.

INVEST REGULARLY

Consider working your RRSP contribution into your budget. Our monthly investment plan automatically deducts a specified amount from your savings or chequing account on a regular basis, and invests it into funds held inside your RRSP. Monthly investment plans can be customized to work best for you. We will work with you to help determine the appropriate dollar amount and frequency.

CONSIDER THE BENEFITS OF BORROWING

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year, and tax-deferred potential growth for many years to come. Using this strategy can make it beneficial to borrow for a short period to maximize your plan. ** As your Consultant, I can help you determine whether a loan fits into your plan by looking at the following factors:

- Your age: The impact of compound growth increases depending on the time that money is invested. While borrowing to invest may have more impact at a younger age, I can prepare an illustration that shows it's never too late to save for your retirement.
- Your ability to repay: We would never recommend that you borrow more than you could possibly repay, because it could make it difficult to save for next year's RRSP contribution. Together, we will create the right plan to make sure you can pay off the balance of your loan quickly and then start a regular investment plan to automatically take care of future RRSP contributions. In addition, contributing to an RRSP generates an income tax deduction that may result in a significant tax refund that could be used to help paydown a portion of the loan almost immediately.
- Your ability to borrow: An RRSP loan or line of credit available through Solutions Banking™, like any other use of credit, will increase your debt service ratio (the percentage of your monthly income that goes to pay off debts) and lenders rely on this ratio to determine your loan eligibility. When preparing your plan, we'll be sure to take your complete financial picture and other monthly commitments into account.

IN & AROUND CALGARY

EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

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News from the Friends of Nose Hill

by Anne Burke

The Friends of Nose Hill Society is often contacted by individuals concerned about loss of green space, such as linear parks, golf courses, and other connectors used as wildlife routes. People need the outdoors for healthy lifestyles. In a recent media interview, I was asked to describe what Nose Hill means to the quality of life in North Calgary. In addition to hiking, walking and cycling, I thought of wildlife sighting and plant studies, especially in the spring. Nose Hill has been the subject of photography for decades and there are numerous paintings of the park in different seasons.

Two other Calgary parks with City-wide significance were recently re-designated as Municipal Historical Resources under Section 26 of the Alberta Historical Resources Act. These are Confederation Park and the Reader Rock Garden. The aim is to protect both sites in perpetuity, since they are eligible for provincial grant funds supporting on-going conservation.

Confederation Park was once known as the rough and featureless North Hill Coulee. This park was added to Calgary's inventory of evaluated historic resources in 2010, based on the community effort to establish the park on the centennial of Canadian Confederation in 1967. Harry Boothman, a Superintendent of Parks, and Eric Musgreave, founder of the Centennial Ravine Park

Society in 1965, were influential in its 18th-century garden design. Boothman was a long-time supporter and board member of the Canadian Parks and Recreation Association. There is a bursary operated in his name. Information can be found on the Canadian Parks and Recreation website: (<http://www.cpra.ca/UserFiles/File/EN/sitePdfs/initiatives/HBB%20Application%20Form%20-%20Final.pdf>).

William Reader, a garden designer, was City Parks Superintendent from 1913 to 1942. Reader Rock Garden, established in 1914, and added to the inventory in 2007, was created with native plants and local materials. Its gardens and rock pathways reflect the optimism in Calgary's early 1900s. It was the first Legacy Park to open. (www.readerrock.com).

The bylaw protection provided by the designation as a Municipal Historical Resource is intended to prevent demolition, but will also ensure any future changes or conservation work within the parks will follow best practices in handling historical resources. The change has no impact on City operating or capital budgets. The conservation of cultural landscapes can often have significant environmental benefits. Their conservation contributes to conservation biodiversity in Calgary.

What is the Edgemont Community Association (ECA)?

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

Your Community Association is the recognized body that:

- liaises with government officials expressing resident concerns regarding commercial and residential land use development, transportation, traffic, environmental and infrastructure issues.
- supports organized sports
- runs community programs and social programs
- operates the Community Centre
- supports and publishes the community newsletter The Inside Edge
- designs and maintains our
Website: www.edgemont.ab.ca
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Or drop by in person Monday-Friday 9-5



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Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

"Most children learn to use the toilet between the ages of two and three," says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they're peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children's education in toileting began only "when they had an interest in it and they seemed ready." Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: "Oh, oh." But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There's no need to rush.

"Prepare yourself mentally and put all the other things aside for a couple of weeks until it's dealt with," Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. "You don't want to push it so it turns into a negative thing."

Readers recommend

Have a book you would like to recommend? The more books you recommend, the more personalized this list becomes. Email us at news@great-news.ca

BEST BOOKS OF 2016

(compiled by Goodreads)

Fiction

Truly Madly Guilty, Liane Moriarty
End of Watch, Steven King
The Underground Railroad, Colson Whitehead
Harry Potter and the Cursed Child, J.K. Rowling
It Ends with Us, Colleen Hoover
Morning Star, Pierce Brown
The Fireman, Joe Hill
The Girl with the Lower Back Tattoo, Amy Schumer

Nonfiction

Hamilton: The Revolution, Lin-Manuel Miranda, Jeremy McCarter
When Breath Becomes Air, Paul Kalanithi
Leonard: My Fifty-Year Friendship with a Remarkable Man, William Shatner, David Fisher
Are We Smart Enough to Know How Smart Animals Are, Frans De Waal
Cravings, Chrissy Teigen
Adulthood is a Myth, Sarah Andersen
The Princess Saves Herself in this One, Amanda Lovelace

Young Adult Fiction

Salt to the Sea, Ruta Sepetys
Court of Mist and Fury, Sarah J. Maas

Middle Grade and Children's

The Trials of Apollo, Rick Riordan
The Thank You Book, Mo Willems

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Last month my colleagues and I presented the government with our Alberta Jobs Taskforce report. The report was a result of our collective effort to consult with Albertans who have been affected by the jobs crisis here at home. For those of you who have not yet read the report, you can read it here: www.michellerempel.ca/alberta_jobs_report.

I would like to thank the many of you who have taken the time to write me and share your personal stories about how you, your families, and businesses have been impacted by various economic and financial stresses. I am continuing to work hard on your behalf to advocate for our community and its needs.

Unfortunately, there are many in our community who are still hurting due to the jobs crisis. That's why I will once again be hosting a "Career Services event" next month. For more details and to sign up please visit my website: www.MichelleRempel.ca.

A positive piece of news I received for our community, earlier this year, was Huntington Hill's successful application to the Canada 150 Infrastructure Program. The Huntington Hills Community Centre has been undergoing a large capital project to expand and renovate a portion of the facility that adds some much needed recreation space to our community. Congratulations to all the association volunteers and staff who have undertaken a great deal of work in order to make this project and application a success.

As always you can contact me at my office, about issues important to you, using the contact information above.

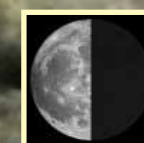
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On March 2nd, the Alberta Legislature will resume sitting after a long 12 week recess. The Lieutenant Governor will deliver this government's third throne speech. That will be followed by a budget some days later. Given the dynamics of Alberta politics these days, I expect it to be a very interesting session.

I take my role as Shadow Minister for Economic Development and Trade very seriously. As the official opposition's critic on matters relating to major industries, economic & market diversification, market access (including pipelines) and international trade, I find this position very challenging yet quite intriguing. As a proud 28-year veteran of the petroleum industry, I am convinced that not only Oil and Gas but also Petrochemicals will contin-



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ue to drive a significant portion of our economy and job creation for decades to come. I also believe that diversification into other industries is a good thing, as this can only help soften the inevitable blows of the downward side of the commodity cycle.

This past January, at my own expense, I was able to meet some key government and industry leaders in India and Japan. These included numerous federal Cabinet Ministers and MPs, a state Premier (Chief Minister), Legislature Speakers, as well as Cabinet Ministers and Legislators of Andhra Pradesh and Telangana states. I also met the Canadian Trade Commissioners and Alberta's international trade representatives in Delhi, Mumbai, Hong Kong and Tokyo.

I once worked for India's largest company, Reliance Industries. I had a chance to converse with former colleagues who are now rolling out a \$20 billion 5G wireless network across India as well as commissioning over \$30 billion in petrochemical projects.

I also met with the Executive Officer of Tirumala Tirupati Devasthanam, the most visited religious centre in the world, and discussed the opportunity to build a temple here in Calgary.

In India, the value of higher education is held in high esteem, yet seems almost unattainable for much of the population due to scarcity of funds and availability of seats in schools. Here in Alberta, many of us take it for granted that we can go to university, college or learn a trade if that's our ambition. Much work is taking place in India to give opportunities to more people to attain their educational dreams.

Indian leaders in higher education related to me that, although there are some very good schools in India, they could really use help from institutions in Alberta as they expand their programs into areas that they are not traditionally strong. I see these opportunities as a win-win, as Alberta creates new linkages into a 1.3 billion person economy, and India gains from our unique strengths and perspectives.

Japan is another promising and rich market for Alberta's energy, agriculture and forestry products.

Watch for details about my upcoming spring town hall. I am eager to share many thoughts and ideas with you about the best course of action over the next few exciting years in Alberta's development.



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Greetings Residents,

City crews ready for spring street sweeping program

Spring is just around the corner! That means The City's annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

Once the program begins, visit Calgary.ca/sweep to:

- Find answers to all of your questions on our FAQ
- Track sweeper progress across the city on a live map
- Learn if there will be a parking ban in your neighbourhood, and

- Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood once the program begins.

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.

Year-Round Programs

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Councillor Sean Chu, Ward 4.

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Two Storey	117	\$625,384
Split-Level	19	\$483,826
Townhouse	14	\$387,179
Condo	10	\$222,200
Villa	8	\$455,813
TOTAL	193	
Average Days on Market	38 Days	

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