

MAY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

inside *Edgemont*

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MAY 6, 10AM – 2PM



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EDGEMONT COMMUNITY ASSOCIATION

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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	511
Gamblers Anonymous	403-237-0654

WHAT'S HAPPENING AT ECA



President's Message

By Bev Johnson

Hello fellow residents,

I am pleased to report that on March 7th, 2017 our new bylaws were approved and filed with Service Alberta. The new bylaws provide the board with a renewed set of guidelines to help them as they go about the business of fulfilling the ECA's mission statement, to "foster a sense of community, provide a leadership forum and enhance social, cultural and recreational opportunities of the community, in a fiscally responsible manner".

Of course it's not all rules and regulations on the board, there is some fun to be had too. Take our recent St. Paddy's Day pub night, for example, which was great fun. We had approximately 40 people attend and at least half were community residents, not connected to the board members. A very big thanks goes to board members Dora Lam and Paul Clark, who manned the ticket desk, the *entire night*. Another big thanks goes to Barb and Gerry Elms who manned the kitchen, the *entire night*. More accolades are due Brett Redpath for manning the bar, the *entire night*. A further heartfelt thank you to board member Jo-Ann Wither for taking on the organization of the event, when Elaine Scobie had to go out of town, which did not stop Elaine from putting together music for the evening and providing the dart boards. Jo-Ann and her husband John did a great job of purchasing all the beverages and making sure we kept on the right side of the AGLC licensing laws (always important and a bit complicated). They also worked hand in hand with Barbara Meehan on the room setup, which looked fabulous with the decorations purchased by Barb Ellsworth. John Wither was an excellent ambassador for the community association, helping with the Trivia games and generally engaging those in attendance, along with Brett Redpath, to promote the value of volunteering for the community association. Jeff Edwards, as always, took the time to engaged with all those in attendance and helped out with the music when needed. David and Cari Middle-

ton, ever ready to lend a hand, made sure the take-down for the evening ran smoothly. A big thank too, to Jane Coates for the door prizes, which delighted those fortunate enough to win one. Another thank you, which must not be forgotten, goes out to Chelsea Wither for donating her time and talent to bake us a FABULOUS Paddy's Day CAKE. It was a hit!! Prasad Panda dropped in, and his executive assistant Bill was also on hand to give out Panda coins that can be used in shopping carts. Freebies are always fun. On a personal note, I'd like to thank my husband Craig for suggesting a PUB night, in the first place, and my family for coming out and supporting the event. A final shout out to our staff: Barb Meehan, Don Larson & Rob Wetherell for all the help they provided on the evening.

As always there are some important dates to remember. May 6th will be our 6th 1WORLD celebration, running from 10am – 2pm. It is a signature event in Edgemont, so make sure you mark it on your calendars. May 15th will be the first board meeting for the newly elected board for 2017/2018, and also when the new executive will be elected. The meeting begins at 7pm and all members, plus invited guests, are welcome.

On a final note, our bylaws now have a provision to promote board renewal, by requiring anyone who has served 3 consecutive terms (six years) to step down from the board, which means its time for me to say farewell to the ECA board and move on to new adventures. I'd like to thank the members of the ECA for giving me the opportunity to represent them and I wish the new board members well, as they chart a new course for the board and the community association.

Take care,
Bev

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

OTHER CONTACTS

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

Edgemont Community Centre

Need a special event room?

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The Mountain View Room: Capacity 70

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

WHAT'S HAPPENING IN EDGEMONT



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



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The Mountain View Room Capacity 70

- Mountain view
- Round or rectangular tables
- Wood floor

The Board Room Capacity 20

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A Message From Your Volunteer Coordinator

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

Hello Edgemont Friends,

I start with thanks...

The St. Patrick's Day event March 17th at the Edgemont Community Association was brilliant (see pictures). Thanks to the volunteers who put it together and to everyone who came. The trivia games were crazy hard, so the prizes were well earned. I thought the green cake was the highlight of the evening.

At our last SGM on March 9th, we passed new By-laws. Congratulations and thanks to the ECA By-law committee which included board members and volunteers from our community. It was a big job and they did excellent work. There were many involved, but a special shout out to John Wither and Dora Lam!

And thanks to everyone who helped with the Community Clean-up, Serve Day, and Charity Garage Sale on April 22nd. I will have a full report with pictures next month, but I will already say thank you to everyone who volunteered and everyone who came to drop off at the garbage trucks and recycle stations. Thanks too for donating to/buying from the charity garage sale. Our orphanage in China continues to do its great work (see picture of this year's team at the orphanage). Also, thanks to Alexandria Shrake and the Canadian Society of Exploration Geophysicists STEM volunteers who came in and did garbage pickup through the ravine!



Upcoming events and volunteer opportunities...

- 1World multi-cultural celebration is May 6th at the Edgemont Community Centre 10AM-2PM. For Canada150 we will have a citizenship ceremony! Please come!
- Our Casino fund-raiser is May 13-14. Contact me to volunteer.
- The Wednesday Breakfast Club (7-9AM) and Wednesday Reading Club (4:30-5:30pm) help children in our neighbourhood. Email me for information.
- Friday Foodbank Deliveries (10AM Fridays) – If you have a car and can occasionally pick-up grocery hampers and deliver them in north Calgary, let me know and I'll add you to my list.

As always, contact me to get on our volunteer email list.

Edgemont loves its neighbours!

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!

Why are we using Planters on medians in Edgemont?

The LEAF Committee has received a number of comments regarding the use of planters on medians, as opposed to flowerbeds. The use of planters has been carefully researched in order to make this decision.

This spring, you will soon see more planters being added in parts of Edgemont.

The reasons for using planters are:

The cost:

- Flowerbeds are costly due to site preparation, additions of loam mixture, bigger areas require more flower materials.
- The flowerbeds are subjected to the high use of salt/sand mixture on the roads in the winter, which makes the soil too alkaline for growing flowers.
- Depending on the location of the flowerbeds, the soil could need replacing every few years.
- Some communities have removed their flowerbeds and replaced them with planters, for this reason. (i.e. Citadel community) We were proactive in avoiding this circumstance to happen in Edgemont.
- Much of the runoff from rain and hand watering flowerbeds (which contains fertilizer) ends up in the gutters.
- Flowerbeds in Edgemont are planted in areas that are further away from the roadways, so that they are not subjected to the high use of salt/sand mixture.

Advantage of pot inserts

Planters allow for inserts of flowerpots that have been pre-planted earlier, and already have a head start to growing in our short spring/summer season.

Safety issues:

- Planters and flowerbeds must meet the requirements of the City of Calgary Road regulations and must have a safety clearance on all sides depending on the site.
- Safety is a huge concern to landscape crews working on flowerbed medians that are in the middle of major thoroughfares and intersections.
- Raised flower planters are easier to work in and will reduce repetitive injuries from working at ground level.
- Flowerbeds require more maintenance due to the catching of litter strewn by winds, and more weed seeds being spread.

- Edgemont Boulevard has several utilities throughout the median, including a gas line, fiber optics, sanitary sewer, telephone and cable. This does not allow for digging flowerbeds in this median.

Reasons for using Aggregate Planters:

Planters of various materials and shapes were researched prior to choosing the Aggregate Planters. Why did the committee choose aggregate planters?

Cost

- There are a limited amount of planters available that would stand up to our winter conditions.
- We researched getting a different planter shape/material made, but this would require new molds to be made just for us, and they proved to be very costly.
- Some materials of the planters that are available, develop cracks at the base after several years of use. Some materials are prone to nicks and gouges from being moved or from landscape equipment.
- Smooth surface materials show the dirt/salt/gravel of our winter weather and would need to be cleaned every year and eventually painted in future years (more labor costs).
- Planters can be used for multiple season displays like winter displays. Depending on our budget costs, some seasonal displays will be used in future years.

Longevity

We wanted longevity for the planters, as these are a significant investment for the LEAF program. For example, Hawkwood has had their aggregate planters for 12 years, and they have retained their appearance and quality.

Use of Smooth-surface Planters

This spring you will see some new smooth-surface planters in certain locations. The reasons for this are:

- Variety will be added at certain street entrances, medians and boulevards, to enhance the aesthetic appeal of our community.
- Different themes of planters and flowers will be used as accents to make our community uniquely different from other LEAF communities.

We have had more time to plan enhancements for Year 2, and we hope that Edgemont residents will appreciate some welcome additions that will enhance their surroundings.

JoAnn & Helen
LEAF Committee



Summer Program Brochure 2017

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

Registration for Mr. D's camps begins **May 8th 9am walk-ins**. Registrant can register a maximum of 3 children. Call ECA office to register after May 9th. Phone in's will be contacted. **If space is still available.**

July 3rd-7th

Mr. D's Teen Drama Camp

Gr 6 - 12 Cost: \$235 9am - 3pm

My 21st yr. of Summer Drama Camps and we are performing "Shrek", so come on down and have some fun. We will play "X-treme- Survivor", with new games, challenges prizes for all. Camp t/shirts, pizza/texas donut talent show, summer comic book. Mr. D's awesome cooking show Friday is blockbuster day so parents can come and see the show. Your favourite camp counselors are back. Bring lunch every day except Thursday. Register early as camp fills up fast.

Rhythmic Tank Music Camp

9am - 4pm Cost \$250/week Half day \$125

Help spark your child's passion for music. Create and perform a live action silent movie. Create your own musical instrument to play at home. Will work together to create a family showcase that will celebrate your week at camp. For more details or to register go to www.rhythmtankstudio.ca or call Jess 587 434-3564.



Stars Basketball

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

Gr 4-6 1-4pm

Each camp will teach the fundamentals of various skills needed to be successful

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

July 10th - 14th

Mr. D's Junior Drama Camp

Gr 6 - 12 Cost: \$235 9am - 3pm

In a galaxy far, far away, yes Star Wars is back this year and we are going "Rogue". Favourite camp counselors are back. So much fun with games, prop building, magic. Awesome week of survivor, light sabre battles, bounty hunter breakfast, comics and much more. Pizza/Death Star donut movie day, t/shirts. Visit for TK-197 and his close friend Boba Fett. Bring a lunch every day except Thursday. Register early as this camp fills up fast.

Byte Technology Camp

9am-. 4pm Ages 11-14yrs

3D Animation

Dreaming of a career with Pixar? Come and have fun learning how 3D animated

movies are made, learn and have fun modelling, animating, tell your own stories, make your own short animated movie. For more details or to register go to www.bytecamp.ca

Mad Science Radical Robots

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

Robot Camps are back this year, so much fun; build either Kingli Dragon Bot or Hydraulic Arm bot or both. Have hours of fun at camp and get to take home so plenty of battle fun with friends. Campers will also learn programming, coding and so much more.

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



July 17th - 21st

Mad Scientists Inventors Camp

9am - 4 pm. Ages 6 -11yrs \$350 + GST

Go on an incredible scientific journey through the ages, Leonardo da Vinci to Outer space, medieval times to science fiction. This camp covers lots of ground but you have fun at the same time. You

have challenges; construct things like catapults, forts and even a working Light Saber. Too many things to list. Interested contact Details or to register 403- 263-4140 <https://register.madscience.org>

Byte Technology Camp

9am - 4pm Ages 9-12yrs.

Introduction to Coding

Discover how much fun it is to build your own game. You will be introduced to basic coding skills, learn how to create your own 2D vector artwork making characters and levels that are entirely their own. Lastly you make a game that you take home on USB that you can share with friends online.

For more details or to register go to www.bytecamp.ca

July 24th - 28th

Mad Science Jr Brixology Camp

9am - 12pm. Grades K-2 \$175+ GST

Details and to register 403 263-4140 or Learn to construct engineer themed projects using Lego bricks, you will learn about aerospace whilst building a space station, find out about nautical and mechanical engineering as you build boats, vehicles and so much more.

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

Mad Science Junior Explorers Camp

1pm - 4pm. Grades K-2 \$175 +GST

Learn what it is like to be an astronaut, learn about dinosaurs, robots, mini mad lab day or watt up day. Too many things to list. Interested and want to find out or to register 403- 263-4140 <https://register.madscience.org>

Fearlessly Confident Camp

12.30pm -3.30pm Ages 8-11yr

Want your child to be more confident and fearless speaking in front of a group of people, learn how to speak out, say what you mean, no more stage fright and making friend through use

of games and hands on activities, then this is the camp for you.

To find out more info or to register go to: www.leadership-matters.biz/events



Sportball Camp

9am - Noon

Action packed camps introduces children to variety of ball and activities, arts, crafts, snack time and more.

Coaches focus on basic skills like bal-

ance, co-ordination, stamina and timing in a fun, supportive non- competitive setting that emphasizes teamwork. For more details or to register go to www.sportball.ca.

July 31st - Aug 4th

Stars Basketball

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

Gr4-6 1-4pm

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

To register www.starsathletics.ca/summer.html

Yoga Camp

9am - Noon

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

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

August 8th -11th

Byte Technology Camp

9am - 4pm Age 11 - 14

2D Video Game Design

Learn how to build an HTML5 game from ground up by using our tools and equipment. This is a coding camp so be prepared to challenge yourself and learn new skills. You will create advanced 2D vector artwork and animated character sprites to make your game look great. You get to take your game home on USB to share with friends online.

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

August 14th -18th

Mad Science Inventors Camp

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

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

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



August 21st-25th

Rhythmic Gymnastics Camp 9am - 4pm

Ages 5-7yrs Half Day Camp \$120

Ages 8- Full Day Camp \$235

Come and have fun activities include rhythmic gymnastics, acro-skills, dance, and yoga. You will create your own rhythmic ribbon to practise at home.

Please bring your own lunch and snack.

~cont'd next page~

Summer Program Brochure

For more details, or to register contact h.palmer@shaw.ca. Or visit the website www.RGCalgary.ca

Stars Basketball Camp

9am – 4pm. Ages K-Gr3 9-Noon
Gr4-6 1-4pm

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

Sportball Camp

1pm – 4pm

Action packed camp introduce children to variety of ball and activities, arts, crafts, snack time and more. Coaches focus on basic skills like balance, co-ordination, stamina and timing in

a fun, supportive non- competitive setting that emphasizes teamwork. For more details or to register go to www.sportball.ca

August 28th – Sept 1st

Rhythmic Gymnastics Camp

9am – 4pm. Ages 5-7yrs Half Day Camp \$120

Ages 8- Full Day Camp \$235

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

Park n Play/ Stay n Play

Free City run program

July 24th – 28th at ECA

For more info contact 311



Skate park dates

Outdoor Sportball Program

Beginning

May Sportball is running an Outdoor Program. Introduces fundamental concepts of gameplay teaches basic skills required to Bend it like Beckham in a non-competitive, supportive environment. Classes run outdoors and parents are required to remain on the sidelines for the children's safety. Registration fees include a Sportball soccer ball and jersey.

For more details and to register contact www.sportball.ca

SCHOOLS AROUND EDGEMONT



Of course, these acts of service do not require any compensation, but we are very grateful to all of our community sponsors including: Famoso Neapolitan Pizzeria, Mint Nails and Spa, Country Hills Superstore, Hamptons Co-op, Country Hills Dairy Queen and Ms. Dora Lam. They have all generously donated gift cards that we used in our weekly draws for students who have completed their three pledges as a little thank you from their community.

We are encouraging all of our Edgemont neighbours to join this initiative. Let's all give a gift of Three Things - three acts of service. Just ask yourself: What am I passionate about? What can I do to help? After all, with every "thing" we do, we are able to improve our neighbourhood, our nation, and our world. The power to make extraordinary changes lies with everyday people doing everyday things.

Tom Baines Does Three Things for Canada

Imagine if every Canadian did Three Things for their neighbourhood, their nation, and their world this year for Canada's 150th birthday. We will then have over 100 million acts of community building and our world will never be the same.

The Three Things for Canada program originated here in Calgary and is now nation wide to celebrate the sesquicentennial of our great nation. We launched this initiative at Tom Baines School in February by asking every student and teacher to pledge to do Three Things to make their community a better place. These "things" can be as small as shovelling a neighbour's walk, holding the door for an elderly person, or as big as volunteering for a non-profit organization that is changing the world. We also have a few "grand pledges" where groups of students or certain classes are getting together to do something bigger for the community (ie: knit a blanket for Inn From the Cold, volunteer at the Drop in Centre, etc.)

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FIND SOLUTION ON PAGE 32

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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

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

Bollywood Dancing

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

Lynda Burgess Yoga

Prenatal Yoga - Wednesdays

9am-11:30am
6:05pm-7:20pm
Ease discomforts, stretch your body and build strength while preparing your body and mind for your upcoming birth.

Mom and Baby Yoga -

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

Zhan Fitness

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

NW Chinese Senior Support Group of CCECA

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Drop-in for those who are 50+ and speak Chinese (Cantonese/Mandarin).
Singing, dancing, exercise, news reporting, sharing games and pot luck.
Contact: 403-269-6122

Silk Road Chinese Folk Dance

Class NEW CLASS Thurs 6-8 pm
silkoaddance88@gmail.com
403-510-9059

AI-Anon Family Group

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

Play To Learn

Play2Learn Education is a new education provider who aims to bring STEM educational program with high tech facilities and new entertainment methodology to boys and girls in local communities.
Play2Learn Education 8-Week FunNight LEGO Challenge Program in Edgemont is one of the most popular programs we are running right now. With LEGO® Kits, students (age from 6 to 11) grasp a better understanding of the fundamentals of physics and engineering concepts, and mathematics knowledge, can better interpret basic arithmetic learned in school with an intuitive active learning process. This is a FUN class where children LEARN along with having FUN in building bricks!

When: Wednesday Evening 6 -8 PM
Where: Edgemont Community Association
Who: director@play2learn.ca @Play2LearnEdu in Facebook/ Twitter/Instagram on Twitter



- Jessica Therrien, former smoker and Run to Quit Champion

JESSICA DID.

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- Ed Bradley, CBS-60 Minutes

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The editorial board of Inside Edgemont consists of:
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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 June issue must be submitted by April 23rd; July issue by May 23rd."**

Visit our website for current news on ECA activities.

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

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

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

Letters to the Editor are welcomed:

1. Keep your letter to 200 words maximum.
2. Include your name and contact information.
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Helping Your Children with Social and Emotional Skills for Kindergarten

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

Social emotional milestones at age 5 are:

- most concerned about family but are reaching out and making friends
- they are starting to learn about rules and behaviours outside of the home; they like rules as rules provide order
- becoming more independent and in control of their behaviour
- they better understand logic which leads to less tantrums and arguments
- sharing is better and they are starting to develop empathy
- they play mostly with the same gender, but are noticing more differences between genders
- may become clingy, bossy or show mixed emotions when tired
- can state family values and know that families have different values
- understanding the world around them better

Working with your child to reach these milestones is critical to a great start to school. Don't worry if your child reaches these milestones after his/her peers. Children develop differently; a guideline is that you should see these milestones be reached before they are 6 years old.

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.

Make a difference in the life of a family...

Are you looking for a way to give back to your community? Our Home-Start program is looking for volunteers!

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

East Calgary: 403-660-6809
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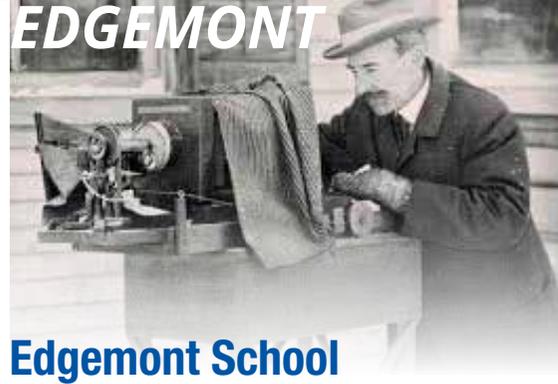
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SCHOOLS AROUND EDGEMONT



Edgemont School

Our Edgemont Grade 5 Students have been exploring the question "How are we connected by water?" and this journey has taken them into a study of snowflakes, the work of Wilson "Snowflake" Bentley (who spent his life studying and photographing snowflakes) and the mathematical beauty of snowflakes. It has also inspired our students to write poetry and this month, we offer Morgan's reflections in "If Snow Could Speak."



IF SNOW COULD SPEAK

I stand upon frost bitten ground
A freezing breeze
Grazes my cheek
Slight whispers
Echo throughout my mind
Conjuring
A question
I start to think
If snow could speak
What would it say?
Would it say
Words
Of great fear
For the heated months
Which lie ahead?
Would it be
Singing calmly
As it drifts
Towards the ground?
Or would it be
Preparing
To become 1 stitch
In winter's knitted blanket
Whether happy
Or filled with sorrow
The difference
Cannot be told
Though I may never know
The striking question still remains
If snow could speak.

by Morgan, Grade 5
Edgemont School



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New Patients Welcome

SCHOOLS AROUND EDGEMONT



Byte Camp Adventure at Edgemont School

By Simrah

Summer camps are always fun to join, but what better than having an hour of camp right at school? Recently, Byte Camp came to Edgemont School, to give the grade six classes an experience of what Byte Camp is like. Each class had individual time set aside to work with Scratch.

The instructor, Professor Brandon Cathcart, showed the students how to code a maze game. They learned basic coding, using "Scratch." The main coding technique the students used was if, then statements. They also used show and hide, if ___ touching ___ then ____, and many other techniques. Each individual chose a "Sprite", better known as characters to use for their maze game. The basic maze was drawn by the students (on Scratch), making sure they had some challenges included. They also coded to have treasures to collect. Mr. Thomas kindly offered his room, Room 26 in Edgemont School, for coding. Some students had already used Scratch before, so they were more familiar with the coding. Although, after touching on the basics, everyone became much more comfortable with the program. The Grade six teachers and some guest teachers came along to watch. Some even participated by making their own mazes. Simrah, a Grade Six Student, stated, "Even though I've used Scratch before, Byte Camp refreshed my memory. I learned many things, and overall, I had a great time."

"I was having so much fun, I didn't even know that I was using math!" said Simrah. The Cartesian Plane (X and Y axis) was used to configure the way the Sprite would move. Positive and negative integers were used to define the amount of space the Sprite would move within (eg., Y -10, X 10), and so forth. Although the students were working offline, they saved their projects into folders, to access it again.

The teachers and Professor Cathcart are the reason the students had the experience of Byte Camp. Byte Camp came to Edgemont because they wanted to educate the kids; they wanted to introduce (or refresh) them to programming.

Byte Camp is a Vancouver Island based, non-profit organization running since 2003. Byte Camp runs programs in the summer and during the school year. The activities are programmed for ages 9-14. Byte Camp offers animation, SCRATCH coding, video game design, FLASH animations, and introduces computer hardware design. If you are interested check out the Byte Camp website : <https://bytecamp.ca/>. This was an incredible experience, and the students are hoping Byte Camp comes back to Edgemont.

Edgemont Soccer Spring Season

It is spring and Edgemont Soccer is in full swing. As of writing there are an expected 475 kids participating in community soccer in the fields around Edgemont, from ages 3-14 in 13 leagues. We could not do this with the continuing support of many great coaches and other volunteers.

This year, in particular, it is worth thanking Fred Glass and his family for seven years of doing an extremely dedicated and efficient job of managing equipment for the program as he passes the baton to new volunteers.

A special thanks also goes out to Gerry Elms, David Middleton, and Bev Johnson for their assistance this year in helping the program apply for non-profit society status. They put in a lot of work simply on behalf of the kids of our community, and it is appreciated.

This year, for the first time, we hope to provide summer camps, something that parents have been asking for many years. Please keep your eye on EdgemontSoccer.ca for further details.

Regards,
Jonathan Toop
Edgemont Soccer



Yoga - the path to inner peace

By Astha Burande, EYP

Yoga was originated in India in ancient times, prior to the Vedic period. The word "yoga" in the Sanskrit language, means "union" which suggests that practicing yoga teaches us about discipline by connecting the body and the mind, thus creating a balance between the two while performing the exercises. During the earlier period, the Hindus, Buddhists, and Jains practiced yoga as a form of meditation because of its spiritual nature.

In the 1980s, yoga started to trend across to the Western world. The first Hindu Teacher to advocate the beneficial aspects of yoga to the western audience was Swami Vivekanand. In the 1890s, he toured Europe and the United States extensively and grew popular by building actively upon the interest of scholars. Thus, by evoking interests from official and intellectuals like Hegel, Karl Wilhelm, and Lax Mueller, he was successfully able to spread the knowledge of the spiritual art of yoga to the West.

Yoga is believed to be a science of living a healthy life forever. It is like a medicine, which treats various diseases

gradually by regularizing the functioning of body organs. Yoga is a practice of controlled body part movements and breaths. The various stretches and exercises performed with this art form are known to enhance the inner and outer body strength, by connecting them strongly to mother nature. It is considered as not only a physical practice but also a mental, emotional and spiritual practice which enriches the experience of the yogi/yogini.

In order to draw the attention of people around the world towards the holistic benefits of yoga, the Indian PM, Mr. Narendra Modi, put forward his views for adopting a day especially for yoga while addressing the United Nations General Assembly. He asked the world leaders to adopt an International Yoga Day, in order to deal with the declining health of the world's population. He also described international yoga day as "not about exercise but to discover the sense of oneness with yourself, the world and nature." In other words, it can be seen as a day, which connects people around the world through their interest in yoga.

In less than three months after Modi's proposal, the United Nations General Assembly declared 21st June as 'World Yoga Day'. This has been the first-ever initiative in history where a country's proposal has been implemented by the UN body within 90 days. The UN Global Health and Foreign Policy describes International Yoga Day as a method to provide a holistic approach to the people worldwide for their health and well-being.

World Yoga Day is celebrated by more than 170 countries including Canada, USA, China, etc. It is celebrated to let people know that regular yoga practice leads to better mental, physical and intellectual health. Therefore, the practice of an ancient art form originated in India is the reason why people around the world join together as one on the 21st of June to celebrate their mental and physical wellbeing.

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

May 15, 2017

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

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.

1World Celebration

May 6th, 2017



In the fragmented world that we are living in today, it is more important now than ever before that we are able to talk with, learn about, and support our fellow neighbours. As residents of Edgemont, we are very lucky to be living in a place where we are able to see this

type of community building every single day.

One of the greatest ways to show your spirit of inclusiveness, as well as foster a better sense of community, is to come out to this year's sixth annual One World Celebration. This event celebrates the immense cultural diversity of the Edgemont community through amazing performances, interactive activities, interesting conversations and, of course, delicious food!

As in past years, this will be a joint venture, with students from many of our community schools participating, including the fashion show from Edgemont Elementary, the seniors weaving project from Mother Mary Greene, the cultural booths and jazz band from Tom Baines, as well as language displays and photo booth from Sir Winston Churchill. Local agencies including the Calgary Chinese Citizens Elderly Association and the Calgary Immigrant Women's Association will also be there to raise awareness about their important work and share some of their own stories. As well, the Calgary Public Library will be on hand to tell stories and promote reading.

However, this year, instead of being held in the evening, One World will take place during the day on Saturday May 6th at the Edgemont Community Association and Edgemont School (33 Edgevalley Circle NW) from 10am - 2pm both indoors and outdoors with the breathtaking mountain panorama. To celebrate the sesquicentennial of our great nation, this year's One World will also be commemorating Canada's 150 years of Confederation.

In honour of our country, many Canadian projects will also be displayed. The Grade Four students at Edgemont Elementary have spent hours researching Canadian sports and recreating them to give you a chance to test your skills at games including lacrosse, hockey and

curling. Students at Mother Mary Greene have been very busy building 3D models of some of the most famous Canadian landmarks. Tom Baines students will be sharing their Three Things for Canada initiative in which every student and teacher has been encouraged to pledge to do Three Things to make their community a better place. These projects are all representing the rich history and diversity of our Canada.

From 10am – about noon the Stampede board will be providing some western atmosphere and serving a pancake breakfast. There is a small charge for this.

What you truly don't want to miss is the highlight of this year's event - starting at 11am - the One World Citizenship Ceremony! Forty new Canadians will receive their official certificates with a stunning Canadian Rockies backdrop, surrounded by their welcoming Edgemontonian neighbours.

So come on out, bring your family and friends, learn a little something about a different culture, watch a beautiful Citizenship Ceremony, chat with a neighbour, and celebrate the birthday of our extraordinary nation! Looking forward to seeing you on May 6th!

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IN & AROUND CALGARY

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

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

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

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

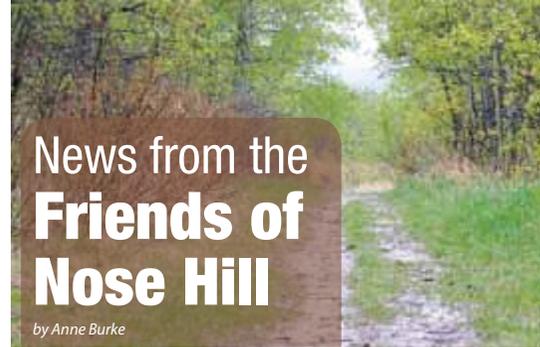


Servants Anonymous 15th Annual Calgary Book Drive & Sale

15th Annual Calgary Book Drive & Sale
Outpost Tent at Crossroads Market
(Junction of Blackfoot Trail and Ogden Road SE)
Book Sale begins Thurs May 4 3:00 - 8:00 pm and
continues

Friday through Sunday May 5-7 and May 12-14
10:00 am – 6:00 pm.

Proceeds support Servants Anonymous Society of
Calgary (SAS)



News from the Friends of Nose Hill

by Anne Burke

May Flower Count

The May Flower Count will be May 25 to 31. The Alberta Count Compiler is again Kim MacKenzie. Email all count results to kim.mack@goldpaw.ca. We will post a count package on our new website.

Photo Contest

The Society's first amateur annual photo contest invites submissions of photos taken in Nose Hill Park between October 1, 2016 and September 30, 2017. Guidelines and entry forms can be found at www.fonhs.org or by email request friendsofnosehill@gmail.com with the subject heading "Photo Contest". Winners will be announced at our Annual General Meeting in November 2017. Please preserve sensitive areas in the Park. Consult the City of Calgary Parks and Pathways Bylaw at calgary.ca for guidelines.

North Calgary Water Services Project

(Please see the April 2017 issue of the Bugle for more information on this project.)

We heard from the City Project Engineer that the North Calgary Water Services project must follow the Alberta Wildlife Act, the Migratory Bird Convention Act, and the Alberta Environment & Parks Integrated Standards and Guidelines. The project workers must observe restricted activity periods for wildlife. Calgary Heritage Authority received a response from Calgary Parks. The soil tests were in part to check for archaeology, as the drilling route should not impact any known sites. The province has approved the proposal. This means that wildlife surveys were done and drilling work in the winter should reduce impact to plants. Thawing could alter the schedule. There are buffers for wildlife and setbacks for rare plants. Almost half of the Park grassland area has native species. Parks-approved restoration seed mixes will be used for reclamation. Bird species (known or having the potential to occur) were identified. The Ward 4 Councillor can be contacted at ward04@calgary.ca.

Crews will use established pathways for transport of equipment whenever possible. Notwithstanding any other provision in the Parks and Pathways Bylaw, "no Person shall leave a Pathway or Trail while in the escarpment zone in Nose Hill, compromising that area from the Nose Hill Park Boundary up to (but not including) the multi-use Pathway or Trail." There is a multi-use zone on the top of Nose Hill.



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TRIPLE A

For the past 6 years, groups of University of Calgary nursing students have been working in partnership with the Montgomery Community Association (MCA) to support Seniors' Health Programming in the Montgomery community. Through collaboration with a number of community-based organizations and interested community members, we have helped create and support a monthly seniors' social, which is held out of the MCA on the last Monday of each month from September - May. A planning committee, comprised of community volunteers, takes a leadership role in organizing this monthly event.

The nursing students' role in the community is to promote overall community engagement, health, and well-being. The monthly seniors' social is an opportunity for seniors in the community to come together to socialize and to make new connections. Through establishing relationships with a number of community partners, the nursing students and planning committee have strived to make each month's social unique and entertaining. Highlights from 2017's Seniors' Socials include performances by the Wilson School of Highland Dance and Foundations for the Future Charter Academy choir. The March social's feature presentation will be a sexual health creative presentation to be performed by the nursing students themselves.



If you would like to attend the next Seniors' Social, please join us at the Montgomery Community Association on the last Monday of the month from 12:30 - 3:00 p.m. If you have any questions you can contact the MCA directly at 403-247-3116 or mcac@telus.net.

We hope to see you there!

Below is the comprehensive list of Triple A Activities by day of the week:

MONDAYS

- **Ladies Social Coffee Craft Club at SACA:** April 3 & 24 9am to Noon, April 10 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:** 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
- **Country Line Dancing at VCA:** 11am to Noon
- **Zumba Toning Gold at SSCA:** 11am to Noon
- **Senior's Yoga at SSCA:** 12:15 - 1:15 (Registration Required)
- **Seniors Card Club at VCA:** (Canasta and Bridge): 12:30 - 3:30pm
- **Senior's Social at MCA:** Last Monday of the month 12:30 to 3:00pm. Join us for a pot luck lunch and then a presentation and/or cards and games.
- **Fun & Games at SSCA:** 1:30 to 3:30pm
- **HATHA Yoga at VCA:** 8:15 - 9:15pm

TUESDAYS

- **Zumba Gold at DCA:** 9:15am
- **Seniors Yoga at VCA:** 10:00 - 11:30am
- **Single Ladies Get Together at SACA:** April 11 & 25 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:** Noon - 3:00 pm
- **Varsity Artist Colony at VCA:** Noon - 3:00pm
- **Book Club at SACA:** April 4 1 to 3pm
- **Quilting Group at SACA:** April 19 9am to 3pm
- **Qigong at SSCA:** 12:15 to 1:15pm (Registration Required)
- **Pickleball at SSCA:** 1:30 to 3:30pm \$5 Drop in fee
- **Varsity Book Club at VCA:** 1st Tuesday 7:00 - 9:00 pm

TRIPLE A

WEDNESDAYS

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

THURSDAYS

- **Walking Group at VCA:** 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
- **Tai Chi at VCA:** 11am to Noon
- **Laugh & Learn at SACA:** April 6 1:00 to 2:00pm - FREE! **Smart Phone & Internet Safety**
- **Mah Jong at SSCA:** 12:45 - 3:30pm
- **Artist Gathering at SACA:** April 13 & 27 1:00 to 3:00pm \$2 Drop in Fee
- **Intermediate Line Dancing at SSCA:** 1:00 to 2:00pm (Registration Required)
- **Beginners Line Dancing at SSCA:** 2:00 to 3:00pm (Registration Required)
- **Pickleball at SSCA:** 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 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
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LOOKING FOR A NEW FAMILY DOCTOR? Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Ho (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

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 ☎ 403-216-7777
 ✉ michelle.rempel@parl.gc.ca
 🌐 www.michellerempel.ca

On March 22nd, the federal government released its budget for 2017.

Many of you have contacted me expressing concern over the level of federal spending, the deficit, and the lack of a plan to return to balanced budgets in the foreseeable future. Unfortunately, the latest federal budget does not do anything to alleviate your concerns. In fact, the projected deficit for 2017 is \$23 billion and, at this current rate of spending, the budget will not be balanced until 2050.

Statistics released from the Parliamentary Budget Officer's (PBO) 2016 Labour Market Assessment show that despite the massive deficit spending the federal government has undertaken, between Q3 2015 and Q3 2016 there were no net full time jobs created. For those of you who are unaware of the role of the PBO, they provide non-partisan, independent, and arms-length fiscal and economic analysis of government activity.

Of further concern is the fact that the government's own Gross Domestic Product projections continue to decline despite the increased deficit spending. Canadians are right to be questioning the logic of huge deficits, with no end in sight, which are not creating jobs and are not increasing Canada's competitiveness economically or creating future growth. This is not to mention the scrapping of tax credits, including the public transit tax credit, and delays for investments in critical job training programs, infrastructure, defence, and child care.

I will continue to fight for the interests of Alberta families, workers and seniors who are being impacted by this economic downturn.

I recently sponsored petition e-983 which is currently open for signature. The petition is in response to the government's discussion paper regarding changes to the way the House of Commons operates. These proposed changes would eliminate Friday sittings in Parliament, set permanent limits to debate in the House of Commons and committees, and only require the Prime

Minister to attend Question Period once per week.

I believe these proposed changes are not in the best interest of Canadians. If you agree I would ask you to visit my website, www.MichelleRempel.ca and sign the petition today.

As a reminder, I am hosting a Career Services event on May 13. For more information, and to RSVP, please visit www.MichelleRempel.ca.

As always, if you have comments or questions on any issue, please do not hesitate to contact me.

BRAIN GAMES SUDOKU

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

COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

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Councillor, Ward 4
Sean Chu
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Hello Ward 4 Residents,

Save the date! Thursday, May 25th 2017
 Ward 4 Traffic/Pedestrian Safety Meeting

As your Ward Councillor I am dedicated to keeping our streets safe for users of all modes of transportation. As such, I would like to invite you to the City of Calgary, and Calgary Police Service (CPS), annual Community Traffic/Pedestrian Safety meeting on:

Thursday, May 25th 2017 from 6:30 to 8:30 p.m.

Thornccliffe Greenview Community Association (5600, Centre Street North)

The meeting will give residents an opportunity to hear about the [Calgary Safer Mobility Plan](#) and learn how we are keeping Calgary's roads safe for all users. At this event residents will also be given the chance to voice their ongoing concerns.

As a 21 year veteran of the Calgary Police Service, traffic safety is of paramount concern to me. This issue also consistently appears as a top concern in citizen satisfaction surveys so I also know it is of great importance to you. That is why the Traffic Safety meeting is open to all Ward 4 residents and will be a forum that fosters discussion, raises awareness, and leads to real solutions.

CPS who utilizes both education and enforcement to ensure the safety of drivers and pedestrians, rely heavily on traffic safety requests, as a key indicator of where targeted enforcement and education are needed, to address traffic concerns. So, based on your feedback at this meeting, CPS will be able to conduct additional enforcement in our Ward and report-back their findings. The City's Transportation Department will then be able to research and recommend specific engineering measures that could be applied where issues other persist.

For more information about the sessions, visit Calgary.ca/trafficsafety or calgary.ca/ward4

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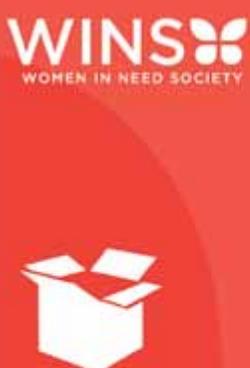


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I've received overwhelmingly positive feedback from you and many other Albertans about my Private Members Motion 505. Timely construction of pipelines is the means to secure energy independence, economic prosperity, good paying jobs, and the rejection of dictator oil!

As businesses in Alberta are struggling, and the size of our government keeps getting bigger, our government has decided that now is the time to review our labour laws. This opens up the door to new rules such as allowing non-secret union certification votes and limiting the ability of employers to hire replacement workers during a strike. As if our investment climate wasn't bad enough, this NDP government is causing further instability and providing less incentive for job creators to invest in Alberta. With only a five-week consultation process, I fear that the decisions have mostly already been made and new labour legislation is sure to follow.

One thing that concerns me is the emerging oligopolistic character of the Alberta oil patch. By way of mergers and acquisitions, a handful of local oil companies are dominating business in Alberta. My assessment is that given the low price of oil, and a comparatively unfriendly business climate here, many multi-nationals are choosing to redeploy their scarce capital into more favourable geographic markets like Saskatchewan and Texas. Alberta based companies are spending billions to buy these producing and near-producing assets, but this means they now have far less money to invest in new development projects. Many of the job losses we have seen in Calgary are from engineering, construction and support services directly related to cancelled and delayed oil sands projects.

Speaking of consolidation, unification of political parties of various stripes is a hot topic these days. The Alberta Legislature currently has members elected from five different parties, the most of any province. It seems to be the will of many people that a consolidation of political parties and their leadership should occur over the next few months, well in advance of the next provincial election. I encourage anyone who is concerned about the future of this province to get involved in the political process and have your say in determining the outcome.

I always feel secure and blessed when I think of my mother, always watching and blessing me from up above. I encourage you to do think about and do something special for your own mother on May 14!

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EDGEMONT 2017 STATS	# SALES	AVERAGE PRICE
Bungalow	7	\$600,929
Two Storey	19	\$621,444
Split-Level	2	\$405,625
Townhouse	0	-
Condo	2	\$243,000
Villa	2	\$402,250
TOTAL	32	
Average Days on Market	36 Days	

Pie Lot on Park



\$839,900

34 Edgebrook Heights NW

- renovated 5 bedroom+den two storey
- designer kitchen, hardwood & granite
- fully finished, 3 fireplaces, cul-de-sac

3 Car Garage



\$759,900

604 Royal Court NW

- fully finished 5 bedroom+den two storey
- maple kitchen, granite, hardwood floors
- media room, backs on reserve, cul-de-sac

Built by Cardel



\$569,900

34 Tuscany Summit Grn NW

- original owner, 3 bedroom+flex two storey
- granite, hardwood floors, maple kitchen
- bonus room, cul-de-sac, tiered deck

Golf Course Home



\$1,378,000

39 Hamptons Close NW

- custom 5 bedroom+loft two storey, A/C
- cherrywood kitchen, heated 3 car garage
- finished walkout, media room, hot tub

Close to Schools



\$599,900

112 Edgebyne Crescent NW

- custom 5 bedroom+den two storey split
- fully finished, built-ins, vaulted ceilings
- concrete tile roof, newer paint, oak kitchen

Huge 1/3 Acre Lot



\$769,900

125 Edgebrook Grove NW

- Jayman 3 bedroom+bonus two storey
- hardwood & granite, fully finished, A/C
- maple kitchen, backyard sports court

Sweeping Mountain Views



\$1,209,900

272 Edenwold Drive NW

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

Varsity Estates



\$999,900

57 Varsity Estates View NW

- custom 4 bedroom+den two storey
- oak kitchen, 3 car garage, fully finished
- built-ins, 2 fireplaces, close to LRT/schools



Royal LePage Benchmark
308, 5149 Country Hills Blvd. NW, Calgary, AB

403.247.5555