

SEPTEMBER 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

# inside *Edgemont*

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Community Association



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September 2017



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# EDGEMONT COMMUNITY ASSOCIATION

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office@edgemont.ab.ca | www.edgemont.ab.ca  
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Twitter: @EdgemontCA  
Instagram: edgemontcommunity

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

## Editorial Submissions

newsletter@edgemont.ab.ca

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

## Advertising Opportunities

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

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Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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

# IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	



# WHAT'S HAPPENING AT ECA



## President's Message

By Paul Clark

As you receive this message we will be entering the busy Fall period of the year. Programs commence, the new school year is getting under way, among others. It's no different for your ECA Board. We have an ambitious slate of activities under way directed by the SMART objectives from our ECA Vision 2022. One thing is clear and that is your board cannot do the work alone. As I mentioned in an earlier message we need your help. Fortunately, we have received notes of interest from some of you offering your talents and service. This is truly appreciated and we look for more interest.

Areas of focus that your board is pursuing include:

- a. Policy Development
- b. Our current policy manual is outdated and incomplete. We are doing a total revamp of this document.
- c. Program Management
- d. We need to create a strategy and policy to guide us in administering this important activity.
- e. Affiliates Relationship
- f. We are developing a strategy and policy to address the affiliated organizations, current and future, that use our facility and other resources
- g. Building Improvements and Expansion

The long list of projects to improve and expand our building needs to be progressed in a more efficient and effective manner.

There is more underway but any involvement by you, our community members, would be most valued. We already have an emerging group of active members we are calling "super supporters".

In other news, I am delighted to tell you that the recent ranking of communities in Calgary conducted by The Avenue magazine has Edgemont in #3 position. This is a dramatic jump from #70 the previous year and a testament to the hard work done in areas such as our LEAF program. Let's continue our efforts to maintain and even further improve our standing. An example is the recent replacement of the pergola connected to

our community centre. This plus revamped landscaping makes the new pergola a delightful place to enjoy. We are already moving on to our next project.

In closing, I hope it is evident that there is a new spirit of vision and renewal in our community and that we all have a part to play. Our rapid rise in community benchmarking certainly attests to this.

As always, your comments and queries are welcome.



## Consider The Edgemont Community Centre

# FOR YOUR NEXT SPECIAL EVENT!

Call 403-239-1211 for more details

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

- Large parking lot
- Playground & playing fields adjacent

### The Panorama Room Capacity 200

- Beautiful mountain view from large windows
- Landscaped gardens
- Full kitchen facilities attached
- Round tables, upholstered seating
- Patio adjacent

### The Mountain View Room Capacity 70

- Mountain view
- Round or rectangular tables
- Wood floor

### The Board Room Capacity 20

#### VOLUNTEER BOARD OF DIRECTORS 2016/17

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

#### VOLUNTEER EDMONT SUPPORTERS

Elaine Scobie	Special Projects	<a href="mailto:specialprojects@edgemont.ab.ca">specialprojects@edgemont.ab.ca</a>
Barb Elms	Safety	<a href="mailto:safety@edgemont.ab.ca">safety@edgemont.ab.ca</a>
Jeff Edwards	Volunteer Coordinator	<a href="mailto:volunteers@edgemont.ab.ca">volunteers@edgemont.ab.ca</a>

#### STAFF

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

#### OTHER CONTACTS

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

## 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**

## Sense of Community Committee

By Elaine Scobie

Hello, it's been a while since I've done an article for the *Inside Edge*. You may not have heard from us, the Sense of Community Committee, since we put together the Jane's Walk last year, but we've been busy, making plans, learning about ways to help build community connections and supporting other events such as 1World. Over the next several months you'll be hearing from us about opportunities to connect with neighbours and others with similar interests. We look forward to hearing your ideas, as well.

"Community" is a group of people who come together due to common interests, attitudes and goals. Benefits include sense of belonging and mutual support, fun, opportunities, inspiration and motivation, strength and influence. This is the "what and why" of our committee!

We want to create and promote opportunities for residents to connect with one another. Check out the *Inside Edge* and [www.edgemont.ab.ca](http://www.edgemont.ab.ca) to see what programs are available now, mostly at our community centre. Then there are ideas we've been exploring which include:

- Pop Up Picnics to give you a fun opportunity to get to know your neighbours and to let us know what your interests and concerns might be.
- Ravine Gazebo Art Project, where a group would work with an artist to plan and execute turning our old gazebo into something beautiful and meaningful.
- Get-togethers at the Community Centre, which would be participant driven – this could be cards or board games, crafts, quilting, physical activities... If there's an interest we'll try to find a way to make it happen.
- Projects such as a Community Garage Sale or Fence Painting Day
- Information evenings on a variety of topics, which could include cooking & nutrition, protecting personal information, disaster preparedness, wine / beer, and so on.
- Articles in the newsletter – as you can see, we've got that one started.

This is just a sampling, and we'd love to hear from you! [specialprojects@edgemont.ab.ca](mailto:specialprojects@edgemont.ab.ca)

For this month, there's a wonderful citywide opportunity to meet people with common interests or just learn about what makes things work. Check out **Doors Open YYC** on September 23rd. General areas of interest include Architecture, Arts & Entertainment, Food & Drink, Green / Sustainable, Manufacturing, Historic, Cultural, Science & Technology, Sports & Recreation. Businesses / groups all over the City are welcoming you in to see what they do and how they do it. Here are some examples:

TV and Radio stations – CJSW, Global Calgary & Corus

Food Bank – history of the program, what's in an emergency food hamper, client stories, how to get involved (<http://www.calgaryfoodbank.com/>)

F&D Scene Changes is internationally celebrated for "transforming ideas into reality" for theatre, museums, retail, etc, including projects for the Calgary Zoo and Disney. (<http://fdscene.com/>)

KidSIM Pediatric Simulation Program at the Alberta Children's Hospital – the largest of its kind in Canada, providing state of the art mannequins and other technology for medical procedure training to medical professionals and families. (<http://www.kidsim.ca/>)



For more information check out <http://www.doorsopenyyc.org/>

Our committee currently includes Deirdre Harris, Lois Uptigrove, Tim Gibbons, Barb Elms, Judy Hunt, Cari Middleton and me.

Watch the *Inside Edge* and ECA website in upcoming months to see other ways to participate, maybe it'll be something you suggest to us! We look forward to hearing from you [specialprojects@edgemont.ab.ca](mailto:specialprojects@edgemont.ab.ca)





## A Message From Your Volunteer Coordinator

Jeff Edwards • 403-616-6480  
pastor@nwcchurch.ca

September is here Edgemont!

I just met someone from a neighbouring community in the northwest and we got talking about our community associations. They had heard about the amazing things going on in Edgemont. Our reputation for volunteering and community spirit is inspiring many in Calgary. So, neighbours, be encouraged!

Volunteer opportunities this fall:

- 1. Wednesday Breakfast Club** – 7AM Wednesday mornings a number of volunteers serve around 50 hungry kids breakfast before they head off to school. This is a very important and well-loved program. Would you like to donate or help out? It's easy.
- 2. Wednesday Reading Club** – After school on Wednesdays, some great volunteers are helping kids with reading and other homework. Again, this is invaluable. Please consider participating.
- 3. Friday Foodbank deliveries** – We deliver food to needy families in the NW at 10AM Fridays. If you have wheels and an occasional Friday morning open for a good deed, let me know and I'll get you on my email list.
- 4. Edgemont Youth Press** – EYP is starting up again and the team is looking for new teen members who are interested in a journalistic experience. This newsletter reaches over 6000 homes! Contact me if you are interested.
- 5. Ice rink volunteers** – September means it's time to think snow. Do you like to flood, shovel, or generally hang out at the rink? We need you!
- 6. Treasurer for ECA Board** – We are looking for an accountant with experience to volunteer with the Edgemont Community Association. This is a very valuable role. Interested?
- 7. Casino fund-raiser coordinator** – This is a great job and very rewarding.

**8. Volunteer email list** – Whenever something new comes up or there's a special event, I email it out. Contact me to get on the list.

The pictures included here are of the **Canada Day celebration** that happened at our Edgemont Community Centre. Thanks to Michelle Rempel, our MP, for sponsoring a great event!





## Leaf Program Report



As fall approaches we will be winding down our community LEAF summer maintenance program.

We have had a very hot summer and our plantings have done extremely well. None of this would have been possible without our amazing City LEAF crew. We have consulted with the crews on a weekly basis, to keep our maintenance to enhanced standards. Through all this they have remained dedicated and so very helpful as we wind our way through the bylaws and the ups and downs of such a huge program.

This spring and summer dealt Edgemont a bumper crop of dandelions and thistles in our green spaces. The City crew have spent many hours trying to eradicate or control the dandelions and thistle patches as requested by many of our Edgemont residents.

You may have noticed many of our natural areas are not being mowed the same as previous years. The City is enforcing their rule of leaving the natural areas just as they should be...all natural.

The previously mowed spaces will be left to fill in naturally. Mowing causes unnatural plants to grow and changes the natural flora. Our residents are used to the mowed look. We have spent many hours discussing this issue in Year 2.

The LEAF Committee is now discussing possible improvements/enhancements for Year 3. We are checking out possible sites for new garden beds and new pot placements. All of these sites must meet with city and utility requirements of safety regulations.

*Jo-Ann (ECA LEAF Director)*

*Helen (LEAF Committee Volunteer)*



## Graffiti in Edgemont

The Leaf Committee continues to monitor our enhancements in Year 2 and we frequently drive around Edgemont to evaluate what needs to be improved. In July, we were assessing the need to report the increased instances of graffiti occurring in our community.

Graffiti is not under the LEAF umbrella however, it does affect the beautification of our community. If you see any graffiti please call 311 and notify the City of the graffiti and the exact location. You can also report it on line to 311 Calgary and you can attach pictures to your report.

### The City of Calgary Bylaws related to Graffiti state:

"The impact of graffiti - it ruins the natural and architectural beauty of a city"

Where graffiti has occurred:

There were large red graffiti markings spray painted at the entrance of Edgemont Boulevard, off John Laurie Boulevard. These were on the large white Carma sign on the right, in John Laurie Park, the traffic signal box on the road island on John Laurie Boulevard and the back of a City of Calgary sign attached to a sign on the median of Edgemont Boulevard. An Edgemont Resident/homeowner called the ECA office after noticing it on their morning walk, and reported it to the Community Association. The ECA office in turn reported it to the LEAF Committee. 311 was called and the graffiti was removed immediately.

There was also 1 white planter on Edgedale Drive that had the same red graffiti spray painted on it. Luckily a Resident/homeowner noticed this as well and it was reported to the ECA who in

turn reported it to the LEAF Committee. It was removed immediately as well.

Graffiti is now prevalent on many of our garbage cans that are in our mini parks and on some super mail boxes. Much of this graffiti is on the backside of the mailboxes and garbage cans so it is not easily visible from the street. Walk around to the back of these structures to see if any graffiti exists.

Many of our electrical and utility boxes have graffiti on them

Graffiti is also on some of our signs. Again, it may be on the back of the sign.

We are requesting that all Residents and Homeowners help to **STAMP OUT** the graffiti as soon as you see it. Call 311 and ask that it be removed.

Please have a discussion in your family about graffiti, and the impact it has on our community. If your children see graffiti, please ask them to tell you about it so you can report it.

Please go the City of Calgary Bylaws to read up on the Bylaws related to GRAFFITI. There are fines for violation of the bylaw regulations and they range from between \$150 for failure to remove graffiti to \$5000 for applying graffiti.

If the graffiti is in progress, call 911

If the graffiti is not in progress, call 311 (from within Calgary) or 403-268-CITY (from outside Calgary)

This is not under the LEAF umbrella so we are asking the community as a whole to help keep our community beautiful.

*Jo-Ann (ECA LEAF Director)*

*Helen (LEAF Committee Volunteer)*

## Bylaws Related To Signage

The LEAF Committee has been keeping watch of illegal temporary signs that continue to keep appearing on our medians and boulevards. Some companies attach their signs to street light poles, STOP signs, median signs, electrical posts, etc. All of these signs are illegal, unsightly and distract drivers. We have many crosswalks in our community and they require a driver's full attention span. These signs make our community look cluttered and detracts from the overall beautification of our community. Signs are also being placed right in front of our beautiful planters.

The LEAF Committee cannot be in every area of Edgemont every day to see where these signs are being placed so we are asking for your help spotting them.

We are requesting that if a Homeowner/Resident sees a new sign pop up in their area to please call 311 and let the City know the exact location of the sign. Include the name of the street and the closest house number. The only way we can keep these signs from continuing to be placed in these locations, is by having them removed by the City sign bylaw department as soon as possible. You can also report it to 311 on line and you can attach a picture for the Bylaw Officer.

There are strict bylaws that must be met to post signs legally and for a restricted amount of time. Signage includes temporary signs, mobile signs, election signs and signs that advertise a service. All these are regulated under the Temporary Sign Bylaw.

As Residents of Edgemont it is worth your while to become familiar with the signage bylaws so you can recognize when signage is illegal. You can refer to the bylaws related to signs by going to the City of Calgary Temporary Signs on Highways bylaw. There is also a site for signage for Parks and Pathways Bylaws.

Signage does not come under the LEAF scope but these things detract from our major community goal of beautification.

Thank you for your help in this matter.

*Jo-Ann (ECA LEAF Director)*

*Helen (LEAF Committee Volunteer)*





# PROGRAMS AT EDMONT COMMUNITY CENTRE

## CHURCH SERVICES

### Northwest Community Church

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

### The City of God Ministry

Sundays 2pm-4pm  
ESL & Financial Counseling  
Contact: Pastor Praise 587-703-8441  
Email: faithhouse2011@gmail.com

### Calgary True Light Gospel Church

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

## CHILDCARE

### Edgemont Edusarc

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

### Kaleidoscope Kids

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

## PROGRAMS FOR CHILDREN & YOUTH

### Scouts

Contact Ross at 403-208-8778 or  
Neil James 403-288-2705

### Flourish Yoga

Yoga classes for youth and teens  
Contact Krista at 403.874.4127  
Register: www.flourishyoga.ca

### Rhythmic Gymnastics

Wednesdays  
h.palmer@shaw.ca for info

### Philatelic Society

Youth stamp collecting  
Meets 2nd Saturday/month  
Contact: ECA at 403-239-1211

### The Casey O'Loughlin Academy of Irish Dance

Saturday mornings, 9:15 - 10:00am  
for ages 4 and up.  
For more information or to register,  
403-520-0059  
Email: caseyoloughlin@academy.com

### Art drawing class

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

### First Serve Tennis

Jeff 403-441-6870  
www.firstservetennis.ca

### Sportball

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

### Drawing @ Young Rembrandts

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

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

For infants to preschoolers. Each  
class has between 6-12 students,  
siblings welcome.  
Each session is animal themed and  
runs for 10 weeks. Class is 45 min  
long. www.MusicWithJoyce.com.  
Fridays, 6:30 – 8:30 pm

### Edgemont Soccer

www.edgemontsoccer.ca

### Northside Soccer

www.northsidesoccer.ca

### Mavericks Football

www.mavericksfootball.ca

### Calgary Minor Basketball Association

www.cmba.ab.ca

### Skating Rink

Skating rink at John Laurie Park  
adjacent to 7081 Edgemont  
Drive NW: Summer use includes  
basketball, street hockey, roller  
blading, skateboarding and bike  
riding.

### Play2Learn

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

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

When: Wednesday Evening 6 - 8 PM

Where: Edgemont Community  
Association

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

## PROGRAMS FOR ALL AGES

### One Step Ahead Dance Studio

Ballet, tap, jazz, hip hop. Adult and  
youth

Contact: Melinda @ 403-247-3607

### LifeSongYoga

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

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

### Karate

Youth and Adults  
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speakersedgetoastmaster@gmail.com

### Alcoholics Anonymous

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

### Zhan Fitness

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email zhanwendy@shaw.ca

### NW Chinese Senior Support Group of CCECA

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### Al-Anon Family Group

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Contact: ECA 403 239-1211.



Under the ancient Hawaiian code  
of conduct, *'Ai Kapu*, women were  
not allowed to eat pork, coconuts,  
bananas, and some types of fish.  
*'Ai Kapu* was ended when King  
Kamehameha II invited the wom-  
en of his court to share a  
symbolic meal with him  
where he served the for-  
bidden foods.

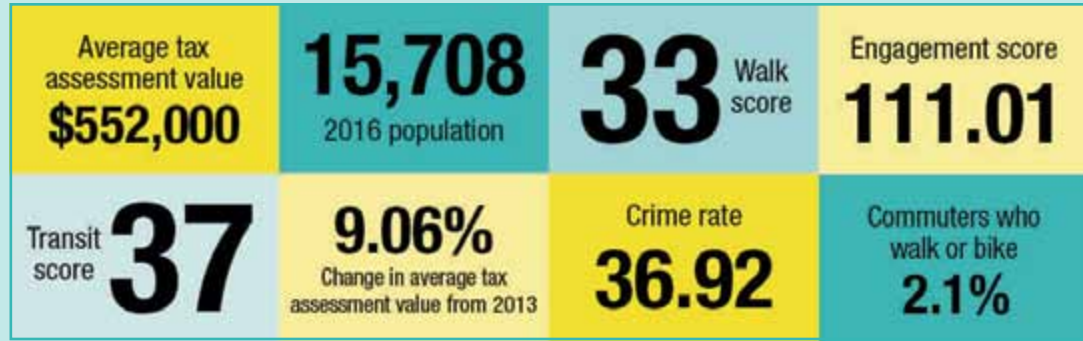
# WHAT'S HAPPENING IN EDMONT

## Avenue Magazine Feature

**Congrats to Edgemont! Our community was ranked as the third best neighbourhood in Calgary in the latest neighbourhood rankings edition of Avenue Magazine. The write up, as it appears in Avenue Magazine, is listed below. For a complete review of the top 50 neighbourhoods in Calgary go to <http://www.avenuecalgary.com/Best-Neighbourhoods>.**

Nose Hill Park, the expansive prairie-grassland preserve in the city's northwest, is a huge asset (literally) to the neighbourhoods nestled around its borders. It's one of the key reasons why Edgemont, which tucks up against Nose Hill Park to the west, edged up into the top five this year.

### BY THE NUMBERS



### ROOM TO IMPROVE

Easy access to arteries such as John Laurie Boulevard and Shaganappi Trail is a boon for car commuters, but outside of that, the picture gets bleak. With strikingly low scores in both walkability and transit access, just over two per cent of Edgemont residents walk or bike to work.

But Edgemont has more going for it than just its proximity to this favoured destination of cyclists, runners and owners of energetic dogs. The community association's membership count of 780 exceeds that of top-ranked neighbourhood Varsity, and Edgemont also scores high in the area of community-supported projects. These, and other indicators of healthy community involvement, could be due to the fact that the neighbourhood is comprised primarily of single-family homes, with the majority of dwellings (86 per cent) occupied by the homeowners. That pride of ownership, in both home and community, is likely one of the reasons Edgemont can also claim a reassuringly low crime rate, well below any of its fellow top-five. —S.A.

## Editors' Note

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

### Edgemont Board of Directors

Unless otherwise indicated, all editorials are produced by the ECA Editorial Board.

The compilation of material submitted to Great News Publishing is the responsibility the Newsletter Committee [newsletter@edgemont.ab.ca](mailto:newsletter@edgemont.ab.ca). and must be provided one month in advance. **Material for the July issue must be submitted by May 23<sup>rd</sup>; August issue by June 23<sup>rd</sup>.**

Visit our website for current news on ECA activities.

Our website and social media accounts are evolving under the direction of Brett Plaizier, [communications@edgemont.ab.ca](mailto:communications@edgemont.ab.ca).

**Website:** [www.edgemont.ab.ca](http://www.edgemont.ab.ca)  
**Facebook:** Edgemont Community Association  
**Twitter:** @EdgemontCA  
**Instagram:** edgemontcommunity

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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](http://www.edgemont.ab.ca) about a week before it appears in your mail box.



## 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](mailto:debrac@ciwa-online.com)  
Phone: 403-444-1752  
Website: [www.ciwa-online.com](http://www.ciwa-online.com)



Scandinavian Youth Choir director and local resident Grace Yuen pictured with her group.



## Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.



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# What to Do When a Lost Dog is Sighted

Source: [www.luckydoganimalrescue.org](http://www.luckydoganimalrescue.org)

The most important rule to understand when the lost dog you are looking for is sighted, is not to chase. By chasing the dog – even a dog you know – you scare it away from familiar ground. A lost dog is in flight mode – if they don't respond and come to your voice, chasing the dog will only make matters worse. These steps are designed to inform you how to catch the dog without chasing. If the dog runs, however, re-assess whether these general guidelines fit your situation. Before you start out on a sighting call, make sure your phone is on vibrate or silent.

## 1. Assume a nonthreatening position

- You should be seated with your back to the dog, keep the dog in sight using peripheral vision and soft glances over your shoulder.
- Never look the dog straight on.
- You should never make eye contact with the dog.
- Move as little as possible, all movements should be slight
- All searchers who are within eye sight of the dog or who can see the dog, should assume a nonthreatening position and stop all movement!

## 2. Get another dog into the area

- Ideally the search dog should be a dog that the lost dog knows
- A search dog should: be confident, calm, relaxed with the handler
- A search dog should not: be dog aggressive or have resource guarding issues, or reactive

## 3. Get treats

- Start by feeding the treats to the dog you have with you to give the lost dog an example. It also shows that other dogs do not find you threatening.
- You want to toss high value treats to the dog, gently, so you don't spook the dog.

- If the dog spooks, remain where you are and give them a chance to come back and investigate
- High value treats are generally soft and have a meaty smell. Ideal high value treats include: Zuke's, hot dog, lunch meat, etc.

## 4. Approaching the dog

- This should only be attempted by one person at a time
- Do not start to approach until the dog is in a sitting position. If the dog is standing, it will just run off when you start moving
- All movements should be slow, stay as low to the ground as possible, you should remain facing away from the dog
- It is best if you can move while the dog is eating the high value treats, you will likely have to alternate forward movement with giving the dog treats
- The key is to move slowly and to not rush the process, it can take over 45 minutes to get into a position to catch the dog
- If the dog runs off but has eaten at this spot, make note, this is now a great spot to set up a feeding station.

## 5. Catching the dog

- You should not attempt to catch the dog until you are within arm's reach from your sitting position. If you can get the dog to come to you, when you get close, using high value treats, this is ideal.
- If the dog is still wearing their collar, try and grab the chain or connector piece of the martingale, this tightens the collar. If you grab the regular part of the collar, the collar will not tighten and you risk popping the collar off of the dog!
- If the dog spooks and backs away, give the dog a chance to relax and begin approaching again.

## Tips and Tricks for Catching a Lost Dog

- Try and avoid cornering the dog if possible, the dog is in flight or fight mode, so avoid taking away its' option of flight
- Avoid trying to surround the dog, this will make the dog edgy, and will be harder to get it calmed down enough to catch
- Don't rush, this process can take over 45 minutes.
- A regular leash makes a good slip lead, don't try and do collar adjustments after catching the dog. Use a slip lead to get the dog in a car or building then make adjustments

## If we know where the dog is why don't we just trap it?

Sometimes we do, but if we can grab the dog, that's the ideal solution. Trapping is stressful and in a standard trap, if the dog isn't in the right spot, the dog can be badly injured when the trap shuts. In extreme weather conditions, traps MUST be checked every 3-4 hours. You are also likely to catch a variety of wildlife. Be careful when releasing wildlife (raccoons, skunks, foxes are considered part of the rabies vector and must be released near where they are trapped. Squirrels and opossums are not rabies carriers, but they still bite hard).



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## WHAT'S HAPPENING AT ECA

# bulletin BOARD

### ECA Board Meeting dates for 2017:

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

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

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

### SPORTS/RECREATION COMMITTEE

Adult volunteers to assist our ECA Sports Director in promoting our recreational programs, connecting to the community sports groups & the City, coordinating sharing of assets like fields & storage.

Adult volunteers needed to assist and promote our recreational programs. Jeff Edwards  
[volunteers@edgemont.ab.ca](mailto:volunteers@edgemont.ab.ca) 403-616-6480





# News from the Friends of Nose Hill

by Anne Burke

Become an Entrance Keeper of Nose Hill, while you go about your ordinary routine. A member reported he just returned from a walk on Nose Hill and spotted some vandalism on the stainless-steel artwork on the North end of the Walkway over John Laurie Blvd. "It is a 'tag' in white paint presumably someone's initials or symbol. I reported this to the city but thought you might like to know."

There was a free guided botany walk on Nose Hill (2 hours) in June to identify summer flowers. Walks are popular, so watch for more events at our website [www.fonhs.org](http://www.fonhs.org) and/or join us on Facebook. For example, our first Nose Hill Photo Contest is open to all. Guidelines and entry forms are on our website. Email contest entry forms and photo(s) to [friendsofnosehill@gmail.com](mailto:friendsofnosehill@gmail.com) with the subject heading "Photo Contest" by September 30th. Only photos taken October 2016 – September 30th, 2017 are eligible. The judges will convene in October and winners announced at the annual general meeting in November.

There will be a second edition of the **Rare Vascular Plants of Alberta** (Alberta Native Plant Council). Vascular means that the plant can move water and minerals. The list has changed. Some species were removed and many added. If you would like to submit photos, images

for the book will be chosen from those submitted. For a list of plants and instructions go to: [www.anpc.ab.ca](http://www.anpc.ab.ca) and, if you have questions, email: [ABRarePlantBook@gmail.com](mailto:ABRarePlantBook@gmail.com).

As previously reported, motion-activated cameras will be installed in 11 Calgary parks, including Nose Hill Park and one provincial park, to monitor wildlife. However, there may be privacy concerns. Any such cameras legally allowed in national parks are locked, so the memory cards cannot be tampered with and images of people are properly disposed of.

Parks Canada issued a restricted activity order, so only people with a research permit can set up remote cameras in national parks. As cameras become less expensive and more accessible to the general public, sometimes staff find unauthorized cameras and take them down.

Use of motion-activated trail cameras by the public for wildlife images is banned. Anyone caught deploying such cameras without a permit may be charged under the Canada National Parks Act. Wildlife officials say they want to prevent disturbance to wildlife at sensitive locations and protect the privacy of people whose images may be collected.

## BRAIN GAMES SUDOKU

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	6		8	5				3

FIND SOLUTION ON PAGE 27

## SAFE & SOUND

### Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

#### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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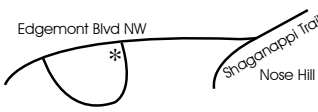
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## Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are starting Kindergarten and developing so many more skills!

Children are becoming more independent and are capable of learning the rules and behaviours for getting along with others. Adults can help build self confidence by providing clear and consistent instruction about what is expected of them. Encourage and support them as they take on more "grown up" responsibilities. Self confidence comes from caring and consistent relationships with parents, teachers and other adults that play an important role in their lives. Let the child know you love them and value his unique traits and abilities. Also having regular routines at home and school help children to anticipate and prepare for events.

At home, you can have a sharing circle. A sharing circle supports good communication and promotes respect and kindness at home. Sit in a circle and say one nice thing about the person next to you. Once you said something nice about that person, say something nice about yourself. You can do this activity once or twice a month.

Another way to build self confidence is to let a different person pick a movie or activity to do for a weekly family night. Children can make choices for the family that show their individual style.

*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: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).*



## Blue-winged Teal – a Little Dabbler

Article by J.G. Turner, image courtesy of [www.naturespicsonline.com](http://www.naturespicsonline.com)

The Blue-winged Teal is a small, dabbling duck that is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g). The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye.

### Fun Facts:

- A dabbling duck feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation

- The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *dis-cors* or "disc about the mouth" which may refer to the face pattern of the male.

- This is the most common teal in Alberta's grassland and parkland areas. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

- This dabbler is most often found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water.

- This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters.

- In the late summer, the Blue-winged Teal undergoes a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies.

- These dabblers are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America – a Blue-winged Teal banded in Alberta was found in Venezuela a month later!

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



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## YOUR CITY OF CALGARY

### Fish Compensation project in Bowmont Park

Following the 2013 flood, The City undertook a number of projects to repair and reinforce riverbanks along the Bow River. These projects helped protect critical City infrastructure but in some cases, had compounding impacts on sensitive fish habitat along the river. In order to appropriately compensate for the loss of habitat, The City identified a number of sites that could supplement lost habitat at other locations. A project in Bowmont Park was one of the sites chosen.

The project is located adjacent to and partly within Bowmont Natural Area Park (Bowmont Park) on the north bank of the Bow River. Work will entail:

- Reopening historic side channels
- Re-establishing flow to the side channels, through excavation and re-contouring, to provide year-round connectivity from and to the main channel of the Bow River
- Constructing additional fish habitat structures using large trees and boulders
- Re-planting of all areas disturbed and the new channel banks with native plants and grasses;
- Providing additional bank and channel enhancement and protection to promote natural channel function while protecting infrastructure and the environment.

The City will also replace the existing (North) pedestrian bridge with a longer single span bridge. When the existing pedestrian bridge was constructed in the early 1990s, the channel width was reduced from 35 m to 15 m, which has severely limited flood water flow under the bridge. This has likely contributed to the significant amount of gravel and river cobble that has accumulated upstream of the pedestrian bridge. Widening the channel at this location will help achieve our goal of creating healthy fish habitat.

Work on this project will begin this fall and continue through the winter. For more information on this project and The City's fish compensation program, visit [Calgary.ca/fishcompensation](http://Calgary.ca/fishcompensation).

## YOUR CITY OF CALGARY



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

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

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

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

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

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

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

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



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## CBE BOARD OF TRUSTEES

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

September brings new faces to our schools, eager to start the year. Our hallways are once again full of excitement with friends seeing each other after summer break. Our teachers are brimming with new ideas and fun opportunities for learning. The beginning of a school year brings endless opportunities for parents and students alike. While students are joining clubs, activities and sports, families also have the chance to connect with schools and their child's learning.

Whether this is your first September with the CBE, your child's last "Back-to-School" season, or you simply are reminded of your own experiences, September is an exciting time. As this Board completes our term and our city looks forward to a Municipal Election in October, it is a wonderful time to reflect on what we have achieved and plan for a fresh start.

It's also a natural time of year to think about the role we each play in public education. The CBE Board of Trustees, CBE administration, school staff, families, community members and the Government share a common goal – creating a strong school system that supports student success.

Public education plays a critical role in our society. Our students are truly one of the best investments that tax payers make – as successful students become successful citizens who contribute their ideas, passion and economic energy to society in ways that benefit us all.

We believe that learning is a partnership and that the success of our students relies on the energy, thoughts and commitment of everyone in our community. When you share your perspectives and expectations, we are able to learn and improve.

As an elected Board of Trustees, we have had the privilege of meeting with many parents, families, community members and partners over the past four years. We value your voice, and we would like to thank each one of you who contribute to the success of our students and the CBE.

*The CBE Board of Trustees*



## Back-to-School Safety Tips

For the youngest of Calgarians, September means time for a brand-new school year. School zones in September often bring more congestion, distraction and more pedestrians than in the summer. Here are three tips to keep in mind when in school zones this September and all year around. Exercising caution and care, we can make our communities safer.

**Follow the speed limit:** First and foremost, follow the posted speed limit with is 30 km/h. School and playground time zones are between the hours of 7:30 a.m. – 9 p.m. A collision with a pedestrian at 30 km/h is more likely to end injury than a possible fatality going at residential speed of 50 km/h.

**Stay in between the lines:** We want to set good example for young pedestrians. Stop, look both ways, always good practice to look one more time to the left then walk across the street between the cross walk. Attempt to make yourself as visible as possible. These are all good habits to role model.

**Follow directions:** Listen and watch for directions from the school safety patrollers. Follow the direction of signals, signs and the specific rules that the school has implemented. These directions are for your safety, reducing congestion and reducing risks.

For more resources, check out our website at [calgarycommunities.com](http://calgarycommunities.com)



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CALGARY HERALD



# “Scary” Investment Moves to Avoid

By Kevin O’Hagan, PFP, FMA, CIWM

If you have young children or grandchildren, you know what’s really important. Yes, it’s Halloween time again, which means you’ll see plenty of witches and vampires scurrying around. You’ll no doubt find these characters more amusing than frightening, but you don’t have to look far to find things that are a bit more alarming — such as these scary investment moves:

**Paying too much attention to the headlines** — Some headlines may seem unnerving, but don’t abandon your investment strategy just because the news of the day appears grim.

**Chasing “hot” investments** — You can get “hot” investment tips from the talking heads on television, your next-door neighbour or just about anybody. But even if the tip was accurate at one point, by the time you get to a “hot” investment, it may already be cooling down. And, even more importantly, it simply may not be appropriate for your individual risk tolerance and goals.

**Ignoring different types of investment risk** — Most investors are aware of the risk of losing principal when

investing in stocks. But if you shun stocks totally in favour of perceived “risk-free” investments, you’d be making a mistake because all investments carry some type of risk. For example, with fixed-income investments, including GICs and bonds, one risk you may encounter is inflation risk — the risk that your investment will provide you with returns that won’t even keep up with inflation and will, therefore, result in a loss of purchasing power over time. Another risk you can incur is interest-rate risk — the risk that new bonds will be issued at higher rates, driving down the price of your bonds. Bonds also carry the risk of default, though you can reduce this risk by sticking with bonds that receive the highest ratings from independent rating agencies.

**Failing to diversify** — If you only own one type of investment, and a market downturn affects that particular asset class, your portfolio could take a big hit. But by spreading your dollars among an array of vehicles, such as stocks, bonds and government securities, you can reduce the effects of volatility on your holdings. (Keep in mind, though, that diversification cannot guarantee profits or protect against loss.)

**Focusing on the short term** — If you concentrate too much on short-term results, you may react to a piece of bad news, or to a period of extreme price volatility, by making investment moves that are counterproductive to your goals. Furthermore, if you’re constantly seeking to instantaneously turn around losses, you’ll likely rack up fees, commissions and possibly taxes. Avoid all these hassles by keeping your eyes on the future and sticking to a long-term, personalized strategy.

You can’t always make the perfect investment choices. But by steering clear of the “scary” moves described above, you can work toward your long-term goals and hopefully avoid some of the more fearsome results.

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# 2017 Election Ward Boundary Changes

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

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

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## Risks of Dehydration

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

### Dehydration in babies and small children:

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which

increases the chance of getting an illness that causes vomiting and diarrhea.

- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.

### Dehydration in older adults:

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
  - Hard to drink or hold a glass.
  - Painful to get up from a chair.
  - Painful or exhausting to go to the bathroom.
  - Hard to talk or communicate to someone about their symptoms.
- Take medicines that increase urine output.
- Not have enough money to adequately feed themselves.

Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor or call Health Link at 811.



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September means a new school year and lots of exciting new beginnings for students, teachers and staff. As this year is a municipal election year, it also means new beginnings for the Calgary Catholic School District (CCSD) Board of Trustees. As trustees are elected officials, some of whom are retiring, while others are running again, there will be a new board in the fall.

The deadline to file nomination papers, which will confirm a candidate's intention to run as a local school board trustee, is Monday, September 18, 2017. The municipal election takes place on Monday, October 16, 2017 and will determine the mayor, city councilors and school board trustees for Calgary, as well as all municipalities in Alberta including the City of Airdrie, City of Chestermere and Town of Cochrane, also served by the CCSD.

Alberta school boards help shape the future of local communities by governing the education of students enrolled in kindergarten through Grade 12. The provincial government, through the Minister of Education, grants school boards the authority to make decisions regarding the direction and quality of local public education. Accountability to the public is entrenched through the election of local school board trustees every four years.

To be a Catholic school trustee represents a dual challenge: trustees must ensure that students are provided the very best educational opportunities, while at the same time ensuring that Catholic principles and values are reflected in policies and practices of the school board, thus establishing an education system that is permeated by faith. In practice, this plays out in trustees being accountable to both government legislation, as well as Canon Law (Church Law).

The success of Catholic schools depends on everyone in the faith community. While some are called to run as candidates for trustee, others are called to be supporters of Catholic education. Whether it is in the classroom, home or parish, every member of the faith community has a responsibility to ensure the vibrancy of our Catholic schools today and far into the future. An election is an opportune time for the community to have its say in Catholic education.

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I have had the opportunity to connect with many members of our community over the last few weeks and I have heard about issues that are important to you. I remain focused on advocating for policy that creates jobs and helps the individuals in our community that need it most. I will continue to work hard on your behalf when the fall session of Parliament begins later this month.

I also wanted to take the opportunity to update you on my efforts as the Critic for Immigration, Refugees and Citizenship. I have been closely following recent reports regarding the draft copy of the Liberal's new citizenship guide. Citizenship guides tell the story of Canada to people who want to help our country grow and prosper. I am particularly concerned that the draft copy tells newcomers that it is only "voluntary" to respect human rights in Canada. Human rights are enshrined in our laws and are something we should expect from every Canadian. This should be made clear in our citizenship guide. It was also very concerning to hear that the draft copy has removed mention of female genital mutilation (FGM) from the guide. Given the troubling reports in the media of Canadians impacted by FGM practices, I have called on the government to acknowledge the growing trend of FGM and inform Canadians of the steps they will take to protect victims from this practice.

I continue to work with the Yazidi community in Canada to push the government to act when intervention is necessary. On August 3rd, Yazidi communities in Canada commemorated the genocide of the Yazidi people in Northern Iraq. I hope that on this day, Canadians across the country took a moment to reflect on the atrocities committed and what more we can do to help. As you may know, I have been working with the Yazidi community since appointed to my Critic position, to help bring to light the plight of their people and ensure that Yazidi refugees could come to Canada after surviving genocide at the hands of ISIS. I look forward to continuing my work with the Yazidi community and pushing the government to act when persecuted groups are in need of our help.

As always please do not hesitate to contact me about any issue.



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**Councillor, Ward 4  
Sean Chu**  
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We did it! We actually managed to unify small “c” conservatives into one United Conservative Party to challenge the NDP in the next provincial election. A lot of hard work went into ensuring this happened. I door knocked and sold memberships throughout my constituency and into neighboring ones to ensure that unity was the result.

The caucus of 29 MLAs has come together around Nathan Cooper, MLA Olds-Didsbury-Three Hills, as interim leader. I have joined the caucus leadership team as Chairman of UCP Caucus. This includes priorities and planning, setting the agenda and conducting the Caucus meetings. Come this fall, on October 28th we will find out who the first permanent leader of the party will be.

While the leadership contest carries on, I still have my important work to do as the MLA for Calgary-Foothills and as Shadow Minister of Economic Development and Trade.

In August, I travelled in North-West Alberta to communities like Hinton, Grande Cache, Grande Prairie, Beaverlodge, Valleyview, and Whitecourt, to hear the economic concerns of the community. This area is affected by the NDP government’s coal phase out, and the latest softwood lumber dispute with the USA.

But there are bright lights in the economy there like tourism in Jasper, the Philip J. Currie Dinosaur Museum in Wemby, and Lithium extraction for electric cars in Valleyview.

*Dear Ward 4 Residents,*

#### **Make a difference, one straw at a time**

Did you know? Plastic straws and cutlery **can’t** be recycled in the blue cart. These small plastic items are too small to be sorted at the recycling facility and end up contaminating the proper recyclables instead.

Here are a few tips to follow:

- Refuse. Unless you actually need a plastic straw or cutlery don’t take one.
- Reuse. Wash and reuse plastic straws and cutlery a few times before disposing in the garbage.
- Keep reusable cutlery on hand so you’ll always have something to use.
- If you’re not sure what to do with an item, find the answer on the online search tool at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).

#### **New for 2017**

New ward boundaries will be going into effect during the 2017 Election. Checking your ward will ensure that you know which candidates are running in your area. Candidate profiles will be available online after 12 noon on September 19, 2017. Visit [www.electionscalgary.ca](http://www.electionscalgary.ca) to check your ward and see candidate profiles.

Voting is an important responsibility for every Canadian. It is how we shape our communities and choose which leaders will represent us. Voting connects citizens with the political process and with each other. When you take part in an election and express your view, you make democracy work. For more information on the 2017 Municipal Election visit [www.electionscalgary.ca](http://www.electionscalgary.ca) or call the Elections & Census Office at (403) 476-4100 (option 2).

#### **2017 Municipal Election: Vote for your Mayor, Councillor, and School Board Trustee**

This Fall Calgarians will vote for their Mayor, Councillors, and School Board Trustees in the 2017 Municipal Election. Voters can choose to cast their ballot during the Advance Vote from October 4 – 11, excluding October 9 (Thanksgiving) or on Election Day, October 16. There are many ways to vote, so be sure to check the website

[www.electionscalgary.ca](http://www.electionscalgary.ca) for a complete list of voting options. Voting station locations will be available online after September 19, 2017, or you can watch the mail for your official Election Guide.



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Split-Level	2	\$405,625
Townhouse	3	\$535,796
Condo	5	\$224,100
Villa	4	\$509,875
<b>TOTAL</b>	<b>108</b>	
Average Days on Market	<b>29 Days</b>	

## 7 Bedrooms



**\$714,500**

139 Edgehill Court NW

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

## South Backyard



**\$569,900**

7063 Edgemont Drive NW

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

## Varsity Estates



**\$969,900**

57 Varsity Estates View NW

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

## Extensive Upgrades



**\$789,900**

19 Sage Bank Place NW

- custom-built 4 bedroom+bonus two storey
- RV parking, quartz counters, 2 fireplaces
- finished walkout, on greenbelt, views

## South Backyard



**\$699,900**

150 Hampstead Circle NW

- 5 bedroom+den two storey, Goldmark
- fully finished, granite, hardwood & tile
- central air, walk to Hamptons School

## Extensively Renovated



**\$829,900**

130 Scenic Park Crescent NW

- Maillot 3 bedroom two storey walkout
- Brazilian cherry floors, granite, 2 fireplaces
- fully finished, gourmet kitchen, upgrades

## Golf Course Views



**\$439,900**

99 Citadel Meadow Gv NW

- sunny Shane Homes 3 bedroom two storey
- bonus room, fully finished, West-facing
- big backyard, newer roof & granite

## Beautifully Updated



**\$602,175**

529 Edgebank Place NW

- upgraded 3 bedroom+den two storey
- vaulted ceilings, designer kitchen, granite
- built-ins, West backyard, close to schools



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