



# ELBOW PARK

## G A Z E T T E

Elbow Park Residents' Association [www.elbowpark.com](http://www.elbowpark.com)

WINTER 2015/16

### PRESIDENT'S MESSAGE

The big news for the last several months has been the status of the clubhouse renovation. With the superb dedication of the renovation committee, the herculean efforts of our fundraising team, and the unparalleled generosity of our community donors, we are very close to realizing the start of the project. Inside these pages you will find an update on the progress of the renovation and its most recent status.

The rinks are once again being prepared for the winter season. Our rinks are used almost constantly, from early morning skates to evening pick-up games, and it's thanks in large part to our volunteer squad for enabling us to have two full hockey rinks, and the pleasure rink.

We are planning our first Christmas Eve Celebration at the Clubhouse, taking place between 2 pm and 4:30 pm on December 24. The entire community is welcome, and you are encouraged to bring your neighbours, parents, children and grandchildren. There will be skating, fire pits, hot chocolate, crafts, and wine for the adults.

Finally I would like remind everyone to renew their membership if you haven't done so already. To register you can simply visit <http://elbowpark.com/membership/> for either online registration or to print out a form that you can mail in. Make sure you have an opportunity to get out and enjoy the wonderful winter weather that we've had.

Happy Holidays and all the best for the New Year!

**Paul Bryden**

President - Elbow Park Residents' Association

### YOUR CITY SECTION

**Check out these important updates from The City of Calgary:**

Explore what The City has to offer during the snowy season - from how to get around, stay safe and keep active. [calgary.ca/winter](http://calgary.ca/winter)

The Main Streets initiative listened to Calgarians to understand what works well or needs improvement for our main streets. [calgary.ca/mainstreets](http://calgary.ca/mainstreets)

Get moving with the City! We offer flexible, customizable recreation passes at 14 facilities throughout Calgary. If you are looking for an affordable way to stay active and healthy - our facilities and programs will keep you moving all year long. [calgary.ca/recreation](http://calgary.ca/recreation)

Family time is the best time! Come to Village Square Leisure Centre on Saturdays from 7-10 pm for 50% off regular admission. [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres)

Inuit Art Exhibition Available for Loan - Life Near Gjoa Haven is a stunning exhibit of 12 Inuit textile artworks is available for short-term loan from The City of Calgary Civic Art Collection to schools and community groups. Working with fabric and appliqué, artists offer traditional perspectives on daily life. [calgary.ca/publicart](http://calgary.ca/publicart)

#### DID YOU KNOW?

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls.

#### STAY CONNECTED TO THE CITY OF CALGARY

[facebook.com/thecityofcalgary](https://facebook.com/thecityofcalgary) [twitter.com/cityofcalgary](https://twitter.com/cityofcalgary) [calgarycitynews.com](http://calgarycitynews.com)

# CLUBHOUSE RENOVATION UPDATE!

The Elbow Park Residents' Association is pleased to report that we have succeeded in raising the necessary funds to begin the clubhouse renovation! Much of the funds were generously donated by community residents through past fundraising efforts. Those funds, coupled with several provincial and municipal grants, will allow the project to commence in the new year.

We are now in the process of obtaining City approvals and have hired both a contractor and project manager to ensure the project runs smoothly. Weather dependent, we should be able to break ground in early 2016. Hockey, pleasure skating and tennis will continue as usual, however a fence will be erected around the construction area for safety.

Our fundraising goal included establishing a maintenance fund dedicated to keeping the clubhouse in pristine operating condition for a number of years into the future. Accordingly, we continue to fundraise for that purpose and are hopeful that we can achieve a goal of \$100,000, which is expected to maintain the clubhouse for up to 15 years! Donations to the fund can be made online at <http://elbowpark.com/clubhouse-renovations/>, or by mailing a cheque payable to "EPRA" to 800 34th Avenue SW, Calgary, AB, T2T 2A3.

To see the latest plans and renderings for the new clubhouse see the following page and please visit: [www.elbowpark.com/clubhouse-renovations/](http://www.elbowpark.com/clubhouse-renovations/)

*The Renovation Committee*



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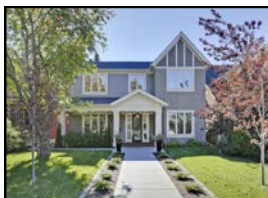
**MOUNT ROYAL**  
Offered at \$3,250,000



**MOUNT ROYAL**  
Offered at \$2,980,000



**ELBOW PARK**  
Offered at \$2,750,000



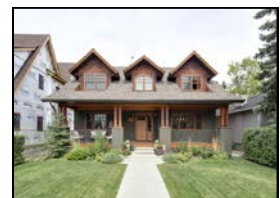
**ELBOW PARK**  
Offered at \$2,599,000



**ELBOW PARK**  
Offered at \$1,975,000



**ELBOW PARK**  
Offered at \$1,795,000



**ELBOW PARK**  
Offered at \$1,650,000

## Recently Sold:

Mount Royal - Offered at \$1,895,000 - Represented Seller  
Elbow Park - Offered at \$1,725,000 - Represented Seller  
Mayfair - Offered at \$1,550,000 - Represented Seller  
The Slopes - Offered at \$1,299,500 - Represented Seller  
Inglewood - Offered at \$1,199,000 - Represented Seller

Lakeview Village - Offered at \$1,179,000 - Represented Seller  
Altadore - Offered at \$1,175,000 - Represented Seller  
Elbow Park - Offered at \$1,079,000 - Represented Seller  
Meadowlark Park - Offered at \$849,900 - Represented Seller  
Elbow Park - Offered at \$750,000 - Represented Seller

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## GREG CLARK, MLA CALGARY-ELBOW

### GREETINGS TO MY ELBOW PARK NEIGHBOURS

2015 has been an eventful year and I am proud of our accomplishments. Here are a few highlights:

- The rebuild of Elbow Park School finally got underway
- Approval of the Springbank flood mitigation project
- The government stopped the floodway buyout demolitions



Looking forward to 2016 there is much more to be done, including a focus on safety and security in our community. The EPRA has taken the lead on this issue hosting a very well-attended community safety meeting in November. There are plans for future meetings in January and beyond. There has definitely been an increase in property crime in Elbow Park and I encourage you to keep an eye out. Lock your doors (home and vehicle), and if you are the victim of property crime, no matter how small it may seem, report it to the Calgary Police on their website <http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>. This helps the police track crime and will ensure they allocate the right resources to our community.

As your MLA I will continue to stand up for our neighbourhood and ensure flood mitigation stays on track, the floodway buyout program properties are resold to help make our community whole again, and I can't wait to join students, parents and neighbours as we celebrate the reopening of Elbow Park School in just over one year's time!

My door is always open. You can visit my constituency office on the second floor of the Britannia Shopping Centre or send me an email at [calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca)

Wishing you and your families the very best of the season and a very happy New Year!



## WARD 8 EVAN WOOLLEY

### SNOW AND ICE CONTROL

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

### BEFORE THE SNOW FALLS

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

### DURING AND AFTER THE SNOW FALLS

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit [www.calgary.ca](http://www.calgary.ca) to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

### WHAT YOU CAN DO

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.
- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit [www.calgary.ca/snow](http://www.calgary.ca/snow). If you have any questions, please contact me by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2430) or on my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)).

## CALGARY PUBLIC LIBRARY

### HOLIDAY PROGRAMMING

Jingle Bell Babies/Create a Holiday Card



Get in the holiday spirit with Calgary Public Library! Special storytimes for the Christmas season include Jingle Bell Babies for our youngest Library patrons, and Waiting for Santa for families with toddlers and preschoolers. School-age children can join the Bow Valley Calligraphy Guild to make something special for a family member in Create a Holiday Card. Visit [calgarylibrary.ca](http://calgarylibrary.ca) for program times, registration information, and to access more program listings in the current edition of Library Connect.

### CALGARY PUBLIC LIBRARY VOLUNTEER

*Opportunities for Teens and Adults*

Calgary Public Library is looking for adult and youth volunteers! Opportunities exist for special events volunteers as well as in programs that support literacy, computer technology, newcomers, and job seekers. Visit our website to learn more about our volunteer opportunities and to fill out an application: [calgarylibrary.ca/volunteer](http://calgarylibrary.ca/volunteer)

Share your skills and passions as a Calgary Public Library volunteer and help your community thrive!

### KEEP IN TOUCH

Follow us on Facebook and Twitter! [www.calgarylibrary.ca](http://www.calgarylibrary.ca)



## THE CITY'S MAIN STREETS INITIATIVE

### PUTTING YOUR INPUT TO WORK

The Main Streets initiative started with an intensive public engagement process to understand what local residents, businesses and main street users see as concerns, benefits or future opportunities for main street neighbourhoods.

In addition to reviewing this input, City planners are currently working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas. Once this information is compiled, they will report back on what has been learned and how your input has informed the Main Streets planning strategy.

Visit [calgary.ca/mainstreets](http://calgary.ca/mainstreets) to learn more and subscribe for email updates.



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## EARN YOUR WINGS AS A SNOW ANGEL!

Every act of kindness is as unique as every snowflake. The act of shovelling a neighbour's walk may look similar but the reason it is important to your neighbour is uniquely special. Helping a neighbour with their walkway will brighten their day, make the pathway safe for everyone and make you the local favourite. Win, win, win!

As you shovel your walk this winter, take a few extra minutes to clear a neighbour's too.

To learn more about the program or to find out information about recognizing a Snow Angel, visit [calgary.ca/snowangels](http://calgary.ca/snowangels).





# Vulnerable Person Self-Registry

**In the event of an emergency**  
the Registry provides important information to first responders  
when special attention may be required.



\*Registration is voluntary and free!

The Calgary Police Service has created a database where people can register if they have a physical, mental or medical condition that means they may require special attention in an emergency.

If you are a vulnerable person or care for a vulnerable person, then we need you to provide us with your information. Your privacy will be protected and the information you provide will only be used by first responders to help you or your loved one when you are in danger.

## How the registry works. >>>

The registry is open to anyone who spends a majority of their time in Calgary and due to a medical, mental health or physical condition, or due to a cognitive developmental disability, may require special attention in an emergency/disaster situation. Some examples include Alzheimer's disease, Autism Spectrum Disorder, Acquired Brain injury, mobility impairment, visual impairment, deaf or hard of hearing, cognitive/developmental disability or a mental health condition.

It is a self-registry, so the individual or their caretaker must enter their information into the system and it has to be updated/renewed 6 months, 1 year or two years from the initial application or it will be removed from the registry. Email reminders will be sent.

## How the information is used. >>>

The information in the self-registry will only be accessed when a vulnerable person is in danger or distress due to an emergency, and it will only be used to help the individual. Only first responders will have access to the information and it will be securely stored by the Calgary Police Service.

The registry will not be used to assist with criminal investigations.

## How to register. >>>

Register online at [www.calgarypolice.ca](http://www.calgarypolice.ca)  
(keyword: Self-Registry).

Provide the vulnerable person's:

- ✓ Name
- ✓ Date of birth
- ✓ Physical description
- ✓ Contact information
- ✓ Photo of face
- ✓ Methods of approach/communication
- ✓ Description of any life threatening medical conditions

Every profile is reviewed and an email will be sent to you confirming that the profile was entered into the registry, or explaining why it was not.

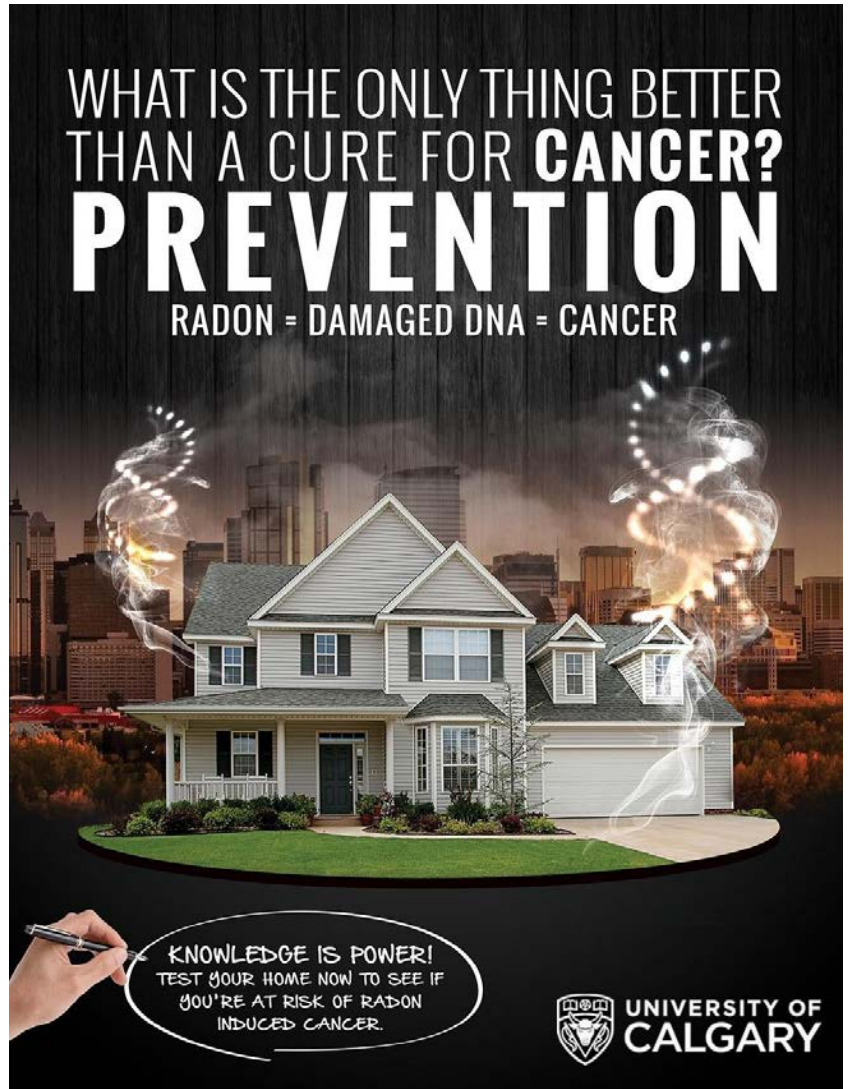
For more information, email [vulnerablepersons@calgarypolice.ca](mailto:vulnerablepersons@calgarypolice.ca)  
**or visit [www.calgarypolice.ca](http://www.calgarypolice.ca)**  
(Keyword: Self-Registry)



# BECOME A CITIZEN SCIENTIST & PROTECT YOUR FAMILY FROM CANCER

Cancer researchers want you to test your homes for radon gas. Written by The Robson DNA Science Centre (part of the Arnie Charbonneau Cancer Institute at the University of Calgary). Did you know that even non-smokers can get lung cancer? Did you know that the cause of these cancers may be in your home, but cannot be seen? Each year one to four thousand new Canadian lung cancer cases are caused by inhaling a colourless and odourless gas called radon, the leading cause of lung cancer in non-smokers. Radon is a natural part of soil gas, the air that exists in the ground underneath our homes that can seep through foundations and accumulate in houses. The problem is that radon is radioactive and, once inhaled, will damage the DNA of the lungs, enormously increasing the risk of those lung cells turning into cancer. What is especially scary is that decaying radon can even precipitate in lungs, where it sticks forever constantly emitting radiation. It is no wonder that the World Health Organization classifies radon as being just as cancer-causing as asbestos or mustard gas. University of Calgary cancer researcher Dr. Aaron Goodarzi is helping understand radon-induced cancer in Alberta, and has been collecting data on the levels of household radon in the four quadrants of Calgary as well as Cochrane, Okotoks, High River, Canmore and many other surrounding towns. The data collected by his lab indicates an alarming trend: 1 in 5 of our homes contain radon over the maximum acceptable concentrations indicated by Health Canada. "Radon gas is, for the Southern Alberta, a significant public health concern but one which is largely invisible to the public eye. Without question, if you live in a home with high radon,

your lungs are being exposed to DNA-mutating radiation that can cause lung cancer even in people who have never smoked a day in their lives." says Goodarzi, who is a member of the Robson DNA Science Centre at the University of Calgary's Arnie Charbonneau Cancer Institute. Dr. Goodarzi's team, which includes doctors who treat lung cancer at the Tom Baker Cancer Centre, wants to collect as much data on household radon in Alberta as possible, and are urging the public to volunteer to test their homes starting this November, which is Lung Awareness Month. They have contracted certified professionals to provide tests which are very simple to conduct and are available (at cost) for only \$45. All data will go towards cancer research efforts in Alberta, and will be made anonymous (meaning researchers only get readings by postal code region) to preserve confidentiality. Volunteers will receive their own radon readings and professional advice on what to do if their home comes back high. Dr. Goodarzi stresses that the prospect of high readings are no reason to panic or avoid testing. "Knowledge is power" he says, "and it is far preferable to know about a potentially life-threatening problem, and have the chance to remove it, than being in the dark until it is too late - meaning a cancer diagnosis. Having a high radon level is like finding you have a leaky roof, it is no reason to move from the home you love. You just fix it. And once fixed, the problem is gone. Home values are improved by radon testing (and mitigation of any problem) as you now KNOW that your home is 100% safe from a cancer-causing problem very common in the Prairies." If you are interested in becoming a citizen scientist and testing your house, please visit [dnascience.ca/radon](http://dnascience.ca/radon)



SIGN UP THIS WINTER TO TEST AND BECOME A CITIZEN SCIENTIST AT [WWW.DNASCIENCE.CA/RADON](http://WWW.DNASCIENCE.CA/RADON)





# Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

## **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

## **When operating a vehicle:**

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.



## HOUSE MONITORING / COMPANION SENIOR CARE

My name is Caroline Hantho I grew up in Elbow Park, I am starting a house monitoring business as well as care and help for the elderly. I am starting this business to support myself and my daughter. Services are listed below!

### SENIOR CARE

- Diet monitoring
- Medication reminders
- Errands and shopping
- Walks (after assessment of safety issues)
- Playing cards, sharing a hobby.
- Most importantly I can provide companionship and conversation

### HOUSE MONITORING

- Taking care and feeding small pets (cats or dogs)
- Checking furnace and water heater
- Watering plants
- Picking up mail
- Checking perimeter of property
- Running errands
- Provide wait services if you need work done to your home or are expecting deliveries

### SERVICE FEES

- \$20 per hour for house monitoring
- \$25 per hour for companion senior care
- Pet fees to be determined depending on the care that is required
- \$50 per day for house sitting
- Wait services \$20 for first hour, \$15 an hour after that

I can provide references from residents in the community.

Thank you,

*Caroline Hantho*  
403-831-2170  
Safehouse1415@gmail.com



## HOLIDAY SAFETY

A message from the Federation of Calgary Communities  
**BUILDING SAFE COMMUNITIES PROGRAM**



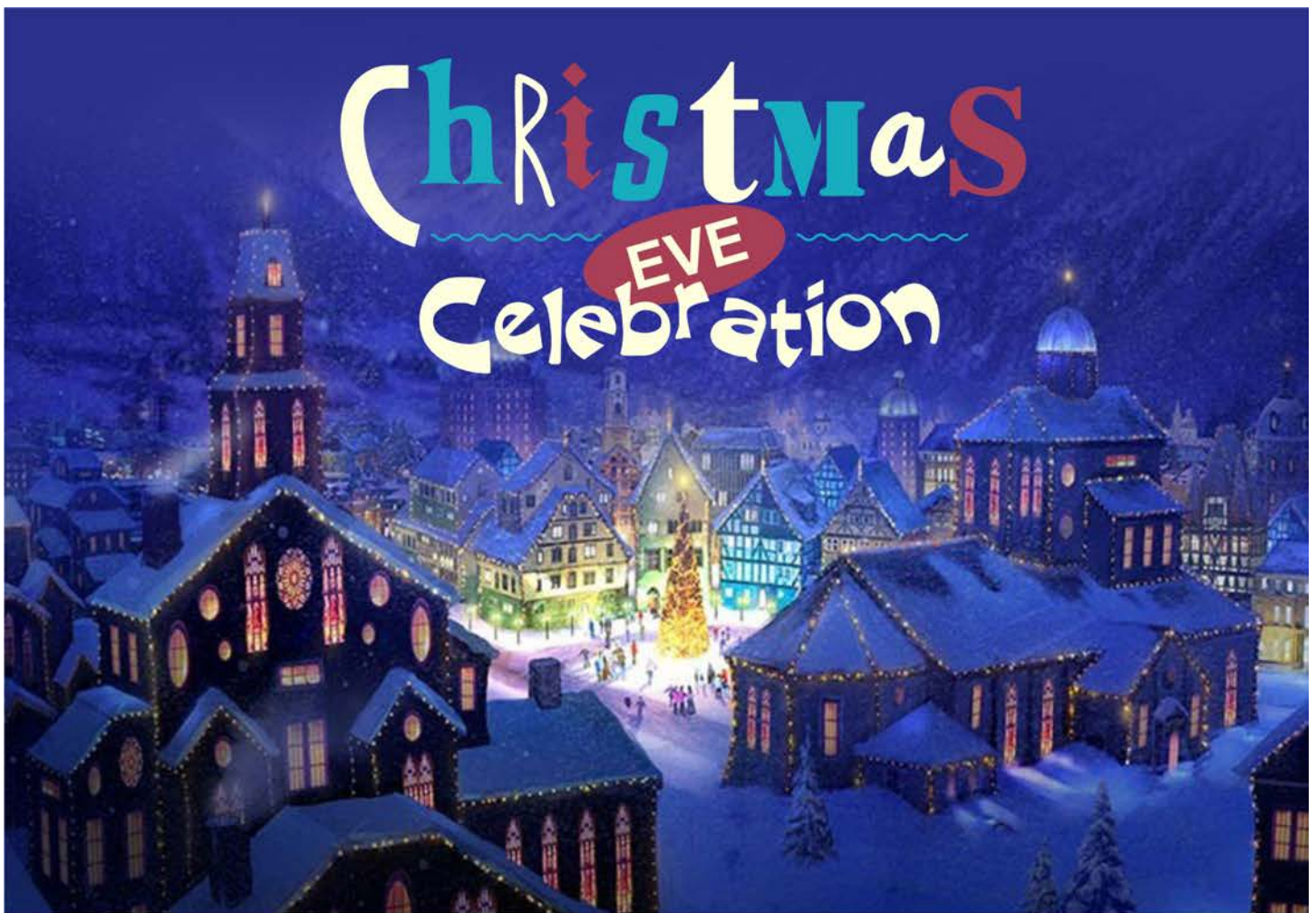
The holiday season is prime time for car prowlers and thieves. Gifts and valuables left in vehicles can make their job easy. Here are a few tips to help reduce your risk:

- When you exit or enter your parked vehicle, stop and take a look around the area
- Before leaving your parked car, always lock the doors
- Park in a well-lit area, use parking lots frequented by others
- Put all valuables and gifts in your trunk. If that's not possible, conceal gifts and other valuables
- Try not to unload gifts in your vehicle and then leave it unattended in the same parking spot. Car prowlers might be on the lookout for shoppers traveling back and forth from stores to unload gifts.
- Never leave your car running unattended
- If you park in an attached garage, always lock the door leading from the house to the garage and the garage door
- After opening an automatic gate to underground parking, wait for the gate to close before you park

Prevent crime by reporting suspicious behaviour to police at 403-266-1234. Call 9-1-1 for a crime in progress.







# Christmas EVE Celebration

**THURSDAY, DECEMBER 24 | 2-4:30 PM**  
ELBOW PARK CLUBHOUSE

## Everyone Welcome!

- Warm by The Fire Pits
- Drink Hot Chocolate or Wine
- Crafts for the Children

Bring your skates, hockey sticks or just your good cheer!  
We will also be accepting donations for the food bank.

**This event has been put on by the Elbow Park Residents' Association.**

## WARD 11 BRIAN PINCOTT

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Hello winter! Typically in Calgary, this time of year means more snow and less construction. However, Ward 11 is in the middle of many large scale projects that mean the construction and snow seasons may overlap this year. The growing pains that some of our communities are experiencing due to these transitions will eventually end, I promise! These infrastructure changes will allow Ward 11 communities to become better connected, to one another and to the city, and work more efficiently together.

Once completed, the Flanders interchange project will allow for smoother access to Mount Royal University, decreased traffic funnelled down Crowchild Trail, and safer bus stops with increased visibility.

The Southwest BRT is another project in the planning phase. It will be built within the existing right of way on 14th Street SW, not requiring reconstruction of the noise barriers. The addition of dedicated transit lanes will allow for 15,000 to 20,000 vehicles to be removed from 14th Street. Extending from Woodbine to downtown, it will also allow residents to commute within a predictable time while also creating access to Rockyview Hospital, Heritage Park, Glenmore Landing, and Mount Royal University.

It is snow and ice season, which means roads can be a headache for Calgarians. The city is working hard to stay on top of it with the introduction of some new sanders and graders. It was time to retire the old machines that have been hard at work since 1974! The city now has 92 sanders and 26 graders that will be roaming the streets to make sure they are safe and clear for everyone. The city has also purchased new two-ton trucks with graders to be better able to address snow concerns in smaller areas and cul-de-sacs. Reminder, sidewalks adjacent to your property must be cleared within two days of snowfall and no shovelling into the streets! Let's all work together to keep the sidewalks and roads clear.

Another way we can work together is to become Snow Angels. While this winter is not expected to be especially snowy and white, if you are able to help a neighbour in need when it snows, please do especially for our seniors. If you are the recipient of someone's Angel Efforts, please call 311 and let the city know!

The annual Christmas Tree Recycling program is back again this year. By recycling your real Christmas tree, you will help keep nearly 35,000 trees out of the landfill. The Christmas tree program will be running from December 26, 2015 to January 31, 2016. All the mulch from Christmas tree trunks will be available at no charge from the East Calgary Landfill. The mulch is intended for residential use only and must be loaded by hand. You are welcome to take one or two truckloads!

Please stay connected to your community association and all the great events they have planned for the winter season. Engaging with your community association is a great way to build a stronger community and get to know your neighbours.

I hope that you and your family enjoy the upcoming holiday season, and that it's full of lots of love and laughter!

Please contact me with any questions or concerns. If you have not received my seasonal Ward Update email and would like to, please sign up at [www.ward11calgary.ca](http://www.ward11calgary.ca), or by emailing my office at [ward11@calgary.ca](mailto:ward11@calgary.ca). Feel free to connect with me on Twitter @bpincott, or on Facebook at Brian Pincott, Councillor Ward 11.





# BIODIVERSITY IN THE CITY, THEN AND NOW

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Way back, in March 1976, The Calgary Field Naturalists' Society published "a portrait" of the Elbow River valley from the end of Riverdale Avenue south to the Glenmore Dam. We might not call such a report "a portrait" today but the Elbow valley was very fortunate to have the expertise of Daphne Denton, Steve Herrero (the bear expert), Susan Kitchen and Sandy Denton who painted a vivid picture of what and whom were living in the valley at the time.

Covering a total area of 210 acres this part of the Elbow River valley and associated benchlands was described as a "composite of natural communities (riverine forest, coniferous forest, Aspen woods and aquatic communities) with grasslands as the continuous peripheral community." With the variety of habitats and proximity to water our experts set to work to observe and record the area's flora and fauna. Additional observations were recorded during the summers up until 1980. Following is a summary of what was recorded.

## FLORA

Fungi: 30 species

Lichens: 11 species with the comment that further study will probably reveal more.

Mosses: 18 species – *Pylaisiella polyantha* was the most common moss found

Ferns & Allies: 4 species

Gymnosperms: 3 species (junipers and spruce)

Flowering Plants (Monocots): 47 species

Flowering Plants (Dicots): 205 species

## FAUNA

160 species were identified in the natural area including 23 insects, 4 fish, 2 amphibians, 1 reptile, 117 birds of which 36 of these were breeding species and 13 mammals.

Our resident naturalist, Gus Yaki, was thrilled to find out about the 1976 Calgary Field Naturalist publication, through his friend Steven Herrero. This will give Gus and his merry band of naturalists (anybody who is interested, of course) an opportunity to assess the current state of biodiversity within this area. Gus plans to conduct a 15 month long inventory or bio blitz. When more details emerge we will let you know.

If you are an expert in fungi, lichens, mosses, ferns and their allies, insects, amphibians, birds, trees and/or flowers please email, [ramcleod@telusplanet.net](mailto:ramcleod@telusplanet.net).

*Robin McLeod*

*On behalf of S2G+*



*Golden Crowned Kinglet - Photo by Dan Arndt*

S2G Preservation Society was formed in September 2004 in response to growing pressures on inner city neighbourhoods and green spaces brought about by Calgary's rapid rate of growth. The focus of S2G is the preservation, conservation and protection of the environment and natural history of the lower Elbow River, its valley and contiguous bench lands. For more information on S2G contact: Robin McLeod, [ramcleod@telusplanet.net](mailto:ramcleod@telusplanet.net) or Karen Paul, [karenpa@telusplanet.net](mailto:karenpa@telusplanet.net)

## UPCOMING EVENTS: CHRISTMAS BIRD COUNT

For the 2015 schedule go to: <http://www.naturecalgary.com/birding/bird-counts/>



## COMMUNITY NEWSLETTER

## 9-1-1 IS FOR EMERGENCIES

What to expect when calling 9-1-1 in an emergency and tips for using 9-1-1 and the non-emergency lines appropriately.

Before the police, fire department or ambulance arrives, Calgary 9-1-1 is there. As the FIRST of the first responders, 9-1-1 employees serve as the vital link connecting citizens to the help they need. Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls.



If you need to call 9-1-1 or a non-emergency line always remain calm, answer all the questions the 9-1-1 officer asks you, and stay on phone line until they tell you to hang up. The most important piece of information a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting you the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. That's why it is so important to always pay attention to your surroundings and know your location – whether you're at home, on the highway, or in a park.

Another way you can help emergency responders is by preventing accidental 9-1-1 calls. Each day Calgary 9-1-1 centre receives over 300 accidental calls. Officers have to call each of those callers back to confirm an emergency response is not needed. Not only does this take up a lot of time, but it also could be tying up an emergency line for someone who desperately needs help.

To avoid making an accidental call ensure your cell phone is locked before placing it in your purse, pocket or backpack. Also, remove the battery out of old cell phones before giving them to your children to play with. Even an inactive cell phone can dial 9-1-1. Finally, if you do accidentally dial 9-1-1, do not hang up. Stay on the line and tell the officer what happened so they don't have to call you back.

For more information visit <http://bit.ly/911inyyc>



## HELP THOSE IN NEED THIS HOLIDAY SEASON

### THE CALGARY FOOD BANK

Every year Calgary's 150 community associations, the Federation of Calgary Communities, and other community partners across the city join Mayor Naheed Nenshi in the Mayor's Annual Christmas Food Drive, in support of the Calgary Food Bank.

Last year, over 40 community associations participated in the event and with their residents helped raise more than \$14,000 in food and funds – more than triple what community associations raised in 2013!

We invite YOU to help us raise even more this year by donating non-perishable food items at your local community association throughout the month of December!

Items on this year's "Holiday Wish List" include canned fish, vegetables and fish, soup, rice, pasta, pasta sauce, peanut butter, fruit juice, baby food and formula, and diapers.

In addition to your local community association donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com) for more information on items to donate and drop-off locations.







## FRESH FOOD

These items must be donated directly to the Calgary Food Bank **Warehouse Door #3** to ensure they are distributed in a timely matter while still fresh.

## SPECIALTY HAMPERS

We provide items for those with Celiac Disease, Diabetes, Prenatal considerations and Renal issues.

Consider donating gluten-free, low sodium, sugar-free:

- Baby food in jars
- Formula with Iron
- Pull-top meals and soups

## NOT SURE WHAT TO DONATE?

Our clients are our neighbours. Think about what you and your own family enjoy or use often.

## HOW TO DONATE

1  
2  
3

Drop off non-perishable food in the Calgary Food Bank donation bins at any major grocery store.

Drop off fresh or non-perishable donations directly to the Calgary Food Bank Warehouse:

**5000-11 Street SE, Food Donations Door #3**

Hold a Food Drive and have your non-perishable food picked up by our drivers.

Help us meet Canada's Food Guidelines by donating items on our wishlist:



**PEANUT BUTTER**



**PASTA**



**PASTA SAUCE**



**BABY FOOD +  
FORMULA**

## CANNED FOOD



**TOMATOES**



**FRUIT**



**SOUP**



**GREEN VEGGIES**



**MEAT/PROTEIN**



**FISH**

5000-11 Street SE | Phone: 403.253.2059

Charitable #: 130 167 349 RR0001



@CalgaryFoodBank



/CalgaryFoodBank

## HOURS OF OPERATION

### ADMINISTRATION

Monday to Thursday — 8 a.m. to 4:30 p.m.

Friday — 8 a.m. to 4 p.m.

Closed Saturdays, Sundays and public holidays.

### WAREHOUSE

Monday to Thursday — 8 a.m. to 7 p.m.

Friday — 8 a.m. to 3 p.m.

Closed Saturdays, Sundays and public holidays.



# CHRISTMAS TREE RECYCLING PROGRAM

## MAKE IT A GREEN CHRISTMAS - RECYCLE YOUR REAL TREE

By recycling your real Christmas tree, you will help keep nearly 35,000 trees out of the landfill and help our collection crews stay on schedule during a busy time.

## CHRISTMAS TREE PICKUP

We will pick up real Christmas trees from households that receive residential garbage collection from The City. Your tree must be out by 7 am on Friday, January 8. Place your tree on the ground near where you put your black or blue cart and leave it out.

## WHEN PREPARING YOUR TREE

- Remove all lights, ornaments, tinsel, string, garland and tree stands
- Do not bag or wrap your tree (including recycling tree bags)

## CAN I PUT MY TREE IN MY BLUE, BLACK CART OR GREEN CART?

### BLUE CART

Christmas trees are not recyclable through the Blue Cart program. Do not place your real (or artificial) tree in your blue cart. For more information on what is acceptable in your blue cart, please visit [accepted blue cart recyclables](#).

### BLACK CART

If your tree is cut into small pieces and placed in your black cart with the lid completely closed, trees will be collected as garbage. Trees placed in black carts will not be mulched.

### GREEN CART

Communities in the Green Cart Food and Yard Waste pilot will be included in the Christmas Tree Recycling Program as usual. Christmas tree trunks do not compost well and should not be placed in your green cart. However, Christmas tree branches can be placed in your green cart, so long as the lid can close all the way.

## WHAT DO YOU DO WITH RECYCLED TREES?

Trees are recycled by chipping them into mulch, which is available for garden/yard use while quantities last. You can get mulch at no charge from the East Calgary Landfill. The mulch is intended for residential use only and must be loaded by hand. Calgarians are welcome to take one or two truckloads.

## WHERE CAN I USE CHRISTMAS TREE MULCH?

The mulch created from Christmas trees can be used around evergreens, for yard and garden displays, and is helpful for water retention and weed control.

## PLEASE NOTE

The mulch is acidic and may affect tender annuals such as plants and flowers. Consult your local greenhouse for more information.





# ELBOW PARK RESIDENTS' ASSOCIATION

## COMMUNITY MEMBERSHIP

Membership in our community continues to be strong and for just \$40 per family or \$25 for seniors, it is excellent value for all.

Our annual membership drive runs from September to September starting with our door to door campaign in the fall. If you miss your neighbour at the door, we make it easy for you to mail in the form with your payment at your convenience or you can find a form in every Gazette. You can also get the information you need from our website at [www.elbowpark.com](http://www.elbowpark.com) and pay online. It is that easy!

We look forward to your continued support in our 2015/2016 campaign.

*Rhonda Fulton, Membership*

## FAMILY/SPORTS \$40

Family use of sports facilities including hockey, skating, tennis, basketball, etc. In addition to community projects and maintenance and enhancement of local area parks and buildings

## SINGLE/SENIOR \$25

Supports maintenance and enhancement of local parks, buildings, and community projects

## NON-RESIDENT \$25

Non-Resident use of sports facilities including hockey, skating, tennis, basketball, etc.



## 2016 MEMBERSHIPS

Name(s) \_\_\_\_\_

(Please include full names of both partners.)

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

EPRA Membership (check applicable):

☐ Family / Sports \$40 \$ \_\_\_\_\_

☐ Single / Senior \$25 \$ \_\_\_\_\_

☐ Non-Resident \$25 \$ \_\_\_\_\_

☐ Additional Donation \$ \_\_\_\_\_ (tax receipt will be sent) \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Your financial support is appreciated. Please mail the completed form and cheque payable to  
EPRA, c/o Rhonda Fulton, 3808 9th Street SW, Calgary, Alberta, T2T 3C9 - SORRY NO REFUNDS  
[www.elbowpark.com](http://www.elbowpark.com) - memberships available online

# ELBOW PARK RESIDENTS' ASSOCIATION

800 - 34 Avenue S.W., Calgary, Alberta T2T 2A3

## CLUBHOUSE HOTLINE: 403-287-2834

### EXECUTIVE OFFICERS/DIRECTORS

President/Director	Paul Bryden	(c) 403-399-6650	president@elbowpark.com
First Vice President	Michael Murray		vice.president@elbowpark.com
Second Vice President	Lorna Fraser		events@elbowpark.com
Treasurer/Director	Elrose Klause	(h) 403-243-0378	treasurer@elbowpark.com
Secretary/Director	Danielle Dawson		secretary@elbowpark.com
Director, Traffic	Lorna Fraser		traffic@elbowpark.com
Director, Landscape	Michael Murray		landscape@elbowpark.com
Safety	Shannon Young		safety@elbowpark.com
Events Coordinator	Vacant		events@elbowpark.com
Director	Susan Bennett	403-247-0533	rivervalleys@elbowpark.com
Director	Diana Bloom		
Director	Alex Wylie		

### OTHER OFFICERS AND COMMITTEE CHAIRS

Development Committee	Donna Conway	403-243-6053	development@elbowpark.com
Membership	Rhonda Fulton	403-243-3538	membership@elbowpark.com
Tennis	Shaun Richards	403-244-1549	tennis@elbowpark.com
Casino	Diana Bloom		casino@elbowpark.com
River Valleys	Susan Bennett	403-247-0533	rivervalleys@elbowpark.com
Clubhouse Rental	SanDee Philpot	403-243-1954	clubchik@telus.net
Gazette Advertising	SanDee Philpot	403-243-1954	clubchick@telus.net
Website	Max Polishevsky		webmaster@elbowpark.com

### COMMUNITY ACTIVITIES AND SPORTS

Grassroots Hockey	Kevin Murray		admin@grassrootshockey.ca
Community Soccer	Paul Valentine	403-243-5261	paul@valentinevolvo.com
Calgary Villans Soccer	Calvin Campbell	403-973-5814	campbell@cvfc.ca
Christ Church		403-243-4680	christchurch@telus.net
<i>(Preschool, Youth Club, 20's and 30's Club, 50+ Club, Inn from the Cold)</i>			
Ware on Earth Studio	Leanne Springer	403-243-0348	wonearth@telus.net
Brownies	Michelle Cooke	403-592 0221	michelle.cooke@calgary.ca
Yoga	Glenda Morrison	403-287-0568	glendamorrison@shaw.ca
Pilates	Christy Hayne	403-243-7306	terrifffamily@shaw.ca

### CITY OF CALGARY CALL 3-1-1

Councillor Ward 11	Brian Pincott	403-268-2430	ward11@calgary.ca
Councillor Ward 8	Evan Woolley	403-268-2430	ward08@calgary.ca
Calgary Police, Liaison	Constable Gary Borrows		GBorrows@calgarypolice.ca

**ELBOW PARK NOW OFFERS ELECTRONIC COPIES OF THE GAZETTE EMAILED DIRECTLY TO YOUR INBOX. IF YOU WOULD LIKE TO OPT IN TO RECEIVE AN ELECTRONIC COPY OF THE GAZETTE, PLEASE VISIT [WWW.ELBOWPARK.COM/](http://WWW.ELBOWPARK.COM/) AND CLICK ON "GAZETTE".**

**THANK YOU TO THE GLENCOE CLUB FOR PUBLISHING THE ELBOW PARK GAZETTE!**