

ELB WPARK

**SPRING
GAZETTE
2017**



Elbow Park Residents' Association

800 - 34 Avenue S.W., Calgary, Alberta T2T 2A3
CLUBHOUSE HOTLINE: 403-287-2834

BOARD OF DIRECTORS

President Michael Murray

president@elbowpark.com

Vice President Shannon Young

vice.president@elbowpark.com

Treasurer Elrose Klause

treasurer@elbowpark.com

Secretary Margo Coppus

secretary@elbowpark.com

Traffic Lorna Fraser

traffic@elbowpark.com

Landscape Michael Martin

landscape@elbowpark.com

Safety Lisa Hynes

safety@elbowpark.com

Community Liaison Tyra-Lynne Herschel

community@elbowpark.com

Casino Diana Bloom

casino@elbowpark.com

Membership Evonne Whelan

membership@elbowpark.com

Development Committee Donna Conway

development@elbowpark.com 403-243-6053

Clubhouse Rental SanDee Philpot

clubchik@telus.net 403-243-1954

Gazette Advertising SanDee Philpot

clubchick@telus.net 403-243-1954

Website Max Polishevsky

webmaster@elbowpark.com

CITY OF CALGARY CALL 3-1-1

Councillor Ward 11 Brian Pincott


ward11@calgary.ca 403-268-2430

Councillor Ward 8 Evan Woolley

ward08@calgary.ca 403-268-2430

Calgary Police, Liaison Constable Gary Borrows

GBorrows@calgarypolice.ca

 President's Message	4
Ward 11 Councillor Message	6
Ward 8 Councillor Message	7
MP Message	7
MLA Message	8
School News	10
Community Services	11
Dog Park Update	11
Alberta Health Care	12/13
S2G+	14
Community Membership	15

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/ and click on "Gazette".

*"Thank you to
The Glencoe Club
for publishing the
Elbow Park Gazette!"*

A bright yellow cartoon sun with a smiling face, wearing large orange-rimmed sunglasses. It is holding a white rectangular sign with both hands. The background is a clear blue sky with a few wispy clouds, and green grass is visible at the bottom.

SAVE THE DATE!

FOR THE 4TH ANNUAL
ELBOW PARK
SUMMER SOLSTICE!!!
Saturday, June 17- 3pm

East Elbow Park
at the park - corner of 39th Ave & 4Ast SW

BBQ - Beer Tent - Bouncers - Street Hockey - B Ball
Face Painting and More

Fun for the Whole Family!

President's Message

HELLO!

As we count down our final days of winter and begin to prepare for spring, the EPRA board would like to thank several people. First, a huge thank you to Shannon Young, Carrie Wylie and all the volunteers who organized the popular Christmas Eve Skate - forced to deal with a clubhouse under construction and a morning snow storm - the party still went off without a hitch!



Also, we are very grateful to George Valentine and his crew of volunteers who not only continue to spend the winter clearing the skating rinks of snow, also put in some extra shifts to flood the rinks so that the neighbourhood had ice to skate on in time for the Christmas break.

We would also like to acknowledge Hans Gerritsen and his group of volunteers who kept the generator at the clubhouse running 24 hours a day so that the building remained heated and our water kept running, enabling us to flood the rinks. Most importantly, a huge THANK YOU to the neighbours who surround the clubhouse for putting up with the constant 'hum' from the generator for the two weeks that we were dealing with maintaining access to running water.



CLUBHOUSE PROJECT


As you may have noticed, construction is well underway. The committee, project manager, and contractor continue to keep on top of things so that the project stays on schedule. Construction is expected to be finished by the end of May!

We would also like to extend congratulations to Principal Carrie Dayman and all the teachers and staff on the opening of the new Elbow Park School! They did such a great job at keeping the 'school community' together over the past 3.5 years. Thank you also to both Earl Grey School and the community of Mount Royal for 'helping your neighbour out' and sharing your school grounds and resources with EPS.

IN THE NEAR FUTURE

In May and June we will be conducting our door-to-door membership drive to thank everyone for their support. In addition, East Elbow Park is planning to host their annual Summer Solstice party on June 17th. Stay tuned for more information.

MEMBERSHIPS

Thank you to everyone for their support and being so diligent in renewing their EPRA memberships. As a reminder, membership now expires at the end of the calendar year. Automatic renewals have been  place through our website with memberships now good until December 31, 2017 - please visit our website (elbowpark.com) to double check that your membership has been renewed - we thank you in advance for doing so.

See you at the park!

Michael Murray

President - EPRA



Elbow Park Tennis Club REGISTRATION FOR MEMBERSHIP

Join us for another season of outdoor tennis.
Look forward to several great events and socials.

Register TODAY at eptc.ws

eptc.ws

Ward 11

COUNCILLOR PINCOTT



This year as we celebrate Canada's 150th Birthday, my wish is for us to celebrate our diverse community, our unique landscape, and the connections between them. And, a birthday party just happens to be a great excuse for us to get to know each other better. There are many exciting initiatives in our city helping us to strengthen our communities and the connectivity between them for the next 150 years.

*Connectivity
is a word I
really like
and use
often.*

Connectivity is the quality, state, and capability we have of being connected to each other, within our communities, and across our city. For me, it captures what I strive to do, what The City of Calgary strives to do, and what our Community Associations strive to do.

Together, we are continually working to strengthen the connectivity between people and their environment, natural and built. We're continually working to improve the accessibility of those connections, whether that is a pathway to your local park, marked pedestrian crossings, or providing the option of a sliding scale fee for low-income transit passes.

When we talk about connectivity, we're also talking about our values – individually and collectively. As a city we value our parks and our pathway systems, our festivals and events, our educational institutions, our attraction for business and tourism, our ability to be innovative, our desire to be diverse and inclusive.

This year began with a small act of inclusivity, with Council voting to rename the Langevin Bridge to the Reconciliation Bridge. The Calgary Aboriginal Urban Affairs Committee has further recommendations on how we can heal our community, and achieve great things together. This small act of reconciliation

is an important first step along the path towards healing and understanding.

If you're wondering how to connect, a great place to start is your Community Association. Becoming a member to your Community Association supports events and local improvements in your area.

There are many ways we can support each other. Remember, a small act of kindness goes a long way!

If you have not, please subscribe to your Ward 11 Updates, and connect with your Ward 11 team at www.ward11calgary.ca.



VICTORIA PARK MASTER PLAN

The CMLC needs your help. We invite you to share your ideas and your ideals for East Victoria Park. How do you imagine enjoying this area? What experiences, new or improved, are possible here? What will help the community flourish over the decades to come? Tell us your vision for East Victoria Park's future! Please fill out our short community engagement survey.

Survey

<http://www.calgarymlc.ca/rivers-district-master-plan-survey>

Background info

<http://www.calgarymlc.ca/riversdistrictmasterplan#vision>

MP KENT HEHR

Looking back at Budget 2016 and forward to 2017

Our government focused on investing in the middle class and working towards a more innovative economy. By directly investing in Canadians and families we are putting our country in better stead with firmer foot forward into the future.

At the tail end of 2016 our government approved two major pipelines after consulting with Canadians, building up an environmental consensus with the carbon price, and creating the balance between the environment and industry. By doing this work we are building the framework to create long term prosperity of Alberta and all of Canada.

On the subject of building up long term prosperity for our country – my colleague in cabinet and fellow Alberta Liberal Member of Parliament, Infrastructure Minister Amarjeet Sohi, is continuing his work to invest in projects like the Green Line LRT, flood mitigation projects, and more for our city. Since the 2015 election our government has invested some \$3 billion into Albertan infrastructure: more than the last five years of the previous government combined.

Looking back at Budget 2016 we went forward with three of our main platform planks. First amongst them was the Canada Child Benefit which gave simpler, tax-free, and more generous and better targeted help to families. 9 out of 10 Canadian families benefit from higher payments under our newly implemented system – and is now on the way to lifting hundreds of thousands of children out of poverty.

Our second commitment was a middle class tax cut. As one of our first acts as a government was to cut taxes for nearly 9 million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

Thirdly – we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and specifically work with Albertans on accessing more benefits, these changes would support those impacted by the decrease in oil prices. Some of these benefits we extended benefits up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20 weeks up to a maximum of 70 weeks. Further to this – we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 will be a continuation of our work as a government. We are actively seized with supporting the middle class and working towards a better future for all. More details will be available at budget.gc.ca.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.

Calgary-Elbow

MLA GREG CLARK



Elbow Park School Reopens!

Most of us think the first day of school is in early September, but for the kids at Elbow Park School this year it was February 1. Nearly four years after floodwaters receded, Elbow Park School was reopened in its original location on 38th Avenue - bigger and better than ever!

The school suffered major damage as a result of water flowing beneath the foundation in the 2013 flood. Significant effort went into trying to repair and retain the school but the damage was just too severe. Although most of the original structure had to be demolished, the north wall, leaded glass windows and library timber ceiling beams were saved and incorporated into the new building.

The rebuild was funded through a combination of insurance proceeds and some provincial grants, and was raised about six feet to withstand greater than a 1-in-500 flood.

*... bigger
and better
than ever!*

The new school will have a similar capacity to the original building, approximately 250 students, but is built to modern standards to ensure it is accessible to all. If you've driven by the school on Sifton Boulevard you will have seen the glass wall on the new full-sized gymnasium, which replaced the smaller gym that was in place previously. The new facility is available to community groups after hours.

But the best story of all is how our community came together to support the kids of Elbow Park School during the rebuild. A huge thank you goes to the students, staff and parents at Earl Grey School who generously hosted the EPS kids for nearly three years. And the residents near Earl Grey also deserve a big, big thank you for your patience with increased traffic in the neighbourhood.

And a big thank you to EPS parents and parent council for your persistence in making this project a reality, thank you to the Calgary Board of Education for your professionalism during design, construction and move-in, and thank you to the provincial government for seeing the value in neighbourhood

schools. Thank you all!

As someone who grew up in the neighbourhood and lived here my entire life, I know how important Elbow Park School is to the fabric of our community. It is important for our kids to have a great, walkable school. It's important for our real estate values and the vibrancy of our community. And for all those who went through the trauma of the flood, seeing the school back up and running is a big milestone on our path to recovery.

Rest assured we will continue to push for the timely completion of flood mitigation to protect our schools, homes and businesses.

MLA for a Day

Mr. Speaker's MLA for a Day program gives Alberta high school students the chance to find out what it really means to be a Member of the Legislative Assembly. Participants learn more about the role of an MLA and experience firsthand what it's like to deal with diverse points of view when making decisions on provincial issues.

Last year I really enjoyed hosting a student from Calgary-Elbow. This year's program will take place Sunday, May 7 through to Tuesday, May 9 at the Legislature Building in Edmonton. If you are interested in joining me, you can find out more at www.assembly.ab.ca/visitor/Student_Zone or by contacting my office. Deadline for applications is March 24, 2017. The program is free to participants, including travel and accommodation expenses.

As always, I'd love to hear from you. You can contact me by email at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346.

TIMELESS LINDAL



LIFETIME STRUCTURAL WARRANTY. CUSTOM CREATED WITH YOU FOR YOUR LIFESTYLE, YOUR BUDGET AND YOUR BUILDING SITE. ANY FLOOR PLAN. ANY ROOF STYLE. MODERN. CONTEMPORARY. GREEN.

Lindal Cedar Homes and Sunroom Additions

Independently distributed by Prairie Cedar Homes*

#125 – 1228 Kensington Road NW; Calgary AB

**Top World Wide Lindal Dealer 2016; Canada's Top Lindal Dealer 2015, Top Lindal Dealer North America 2013, Top 10 Dealer Worldwide since 2006 (AB, BC, SK, MB)*

Building Across the Western Provinces ~ ~ Come Home To Lindal

www.LindalWesternCanada.ca

C: (403) 875-3904

O: (403) 452-5511

866-570-8551

School News

Western Canada High School

We are excited by the news from Theatre Calgary: They are introducing the first ever High School in Residence at Theatre Calgary with Western Canada's High School Theatre Arts Program. This initiative will create a year-long exchange between students and our theatre company including 10 free tickets for

Western Canada students at every opening night in the 17-18 season, access for students to attend rehearsals at various stages, workshops and artist talks in the classroom, and mentorship and support in various theatre disciplines from Theatre Calgary artists and staff toward a Western Canada Theatre

Program production. We will also provide assistance in promoting fundraising efforts to refurbish the Betty Mitchell Studio at Western Canada High School. "Being the first ever high school in residence at Theatre Calgary is such an honour for Western Canada High School. Because we are the school where

the amazing Betty Mitchell launched her professional theatre practice, and created what would become the beginnings of professional theatre in Calgary, we feel a special connection with Theatre Calgary's decision to acknowledge her in their 50th Anniversary Season. We are delighted for the support and

opportunities offered by Theatre Calgary to our own radical young theatre artists in the 2017-2018 season. No doubt there will be a great creative exchange, for all involved," says Caitlin Gallichan-Lowe, Drama Specialist and Drama Program Co-ordinator Western Canada High School.

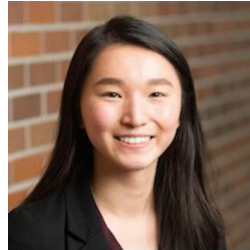
WESTERN CANADA WINS REGIONAL DEBATE CHAMPIONSHIPS

Open Gold Team and City Champs:
Noah Macdonald and Dylan Zhao



Western Canada Student awarded the LORAN scholarship!

HUI WEN ZHENG, LORAN SCHOLAR 2017



Hui Wen Zheng, is a Western Canada Student, she is one of six recipient of the Loran Scholarship in Alberta, the only one in Calgary.

Hui Wen co-founded and leads the multicultural club, edits a community blog and helped create a program connecting students to health science research opportunities.

For two years, she has been completing administrative tasks to support her school's large fine and performing arts program.

Hui Wen is also a member of the Mayor's Youth Council and a barista at a local café.

ELBOW PARK SCHOOL Bottle Thrive

FRIDAY APRIL 21, 2017

7:30 - 11 am

at the Elbow Park Clubhouse

Simply collect and drop off all of your recyclable cans, bottles and drink containers (i.e. milk, juice, wine, beer, water, etc.).

Spy Hill Bottle Depot will once again generously collect the recyclables at no charge.

**** Please drop off glass bottles in boxes and all other containers in plastic bags ****

UPCOMING DATES

Friday, June 23, 2017

Last year's bottle thrive was a HUGE success, raising over \$3,000 towards the purchase of grocery gift cards for our partner school, James Short Memorial.



Community Services

BABYSITTING

Madison Garman

Age 11 Phone: 403-968-2864

Qualifications: babysitting course

Neve Russell

Age 18 Phone: 403-700-7293

email: neverussell@hotmail.com

Qualifications: babysitting course, first aid/CPR/police clearance

Siân Russell

Age: 16 Phone: 403-689-8840

email: siankrussell@gmail.com

Qualifications: babysitting course

Please email gazette@elbowpark.com to advertise your community service.

Dog Park Update

Residents might have recently noticed some new signs at the park adjacent to the clubhouse. After several complaints about dogs entering and running through the playground area, it was decided that we needed some clearer rules about the off-leash area of the park.

As seen in the the image below, the official off-leash area is the hillside, not the playground and it's immediate area.



It is a unique situation that the rest of the park is controlled by the Elbow Park Residents' Association, and after careful consideration of the needs of everyone in the community, it was decided that the park itself will remain an off-leash area, however only at posted times:

6-10 am and 6-10 pm

The exception to that will be for specific events such as soccer games, community carnivals, etc. We hope that everyone will respect these rules so that all are able to use and enjoy the park.

As always, picking up after your dog and keeping your dog under control will help to keep the park an off-leash area for years to come.



Burns and Scalds



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

Degrees of burn

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

First Aid for burns

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

Prevention of burns

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

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

Bicycle Helmet Safety



Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

TIME TO REPLACE YOUR HOME-TURF?

Take the Quiz

1. Does your yard need a landscaping facelift?
2. Would you like to add splashes of colour, texture, and interesting shapes to your yard?
3. Would you like to add year-round interest with rocks, stone work or dormant plants?
4. Are you considering installing landscape lighting for security or aesthetics?
5. Would you like to attract natural pollinators and birds?
6. Do you have low wet spots in your lawn?
7. Is your lawn bare in places from walking or dryness?
8. Have your trees matured, causing shady patches and drawing moisture from your lawn?
9. Are dandelions a menace?
10. Are you concerned with your children or pets playing on lawns treated with chemical fertilizers or herbicides?
11. Is fairy ring a problem?
12. Are you getting tired of mowing, especially on slopes and around tight spots?
13. Is your summer water bill getting out of hand because of lawn watering?
14. Do you want to cut back on your expenses for lawn care services and products?
15. Are you concerned with looming water shortages and City watering bans?
16. Do you have an underutilized rain barrel or composting bin or would you like to install them?
17. Does your yard slope toward the street, causing rain and sprinkler water to run-off?
18. Would you like to contribute to habitat and biodiversity near the Elbow River?
19. Would you like to help protect water quality in the Elbow River?

If you answered yes any of these questions, then why not plan to replace some of your boring old lawn this spring?

An impressive selection of drought and shade tolerant plants, some selected from native species, is available in Calgary. Consider the slope of your lot, capture drainage, and install permeable surface materials to minimize sediment and pollutant runoff into the river through our storm water system.

Visit calgary.ca and search “yardsmart” for more information, tips and videos. The Calgary Horticultural Society, (calhort.org) is a great source of information for gardening success in Calgary. Their annual Garden Show is at Spruce Meadows on April 29 & 30, 2017 from 9 AM to 5 PM.

Photo credits: The Calgary Horticultural Society



Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus

Community Membership

EPRA's annual membership runs from January to January. You can register online at elbowpark.com/membership or fill out the form below and mail a cheque payable to Elbow Park Residents' Association.

FAMILY/SPORTS \$40

Family use of sports facilities including hockey, skating, tennis, basketball, etc. Your membership also supports community projects and the maintenance and enhancement of local area parks and buildings.

SINGLE/SENIOR \$25

Use of sports facilities including hockey, skating, tennis, basketball, etc. and participation in EPRA social events. Your membership also supports community projects and the maintenance and enhancement of local area parks and buildings.

2017 MEMBERSHIPS

Name(s) _____
(Please include full names of both partners if applicable.)

Address _____ Postal Code _____

Phone _____ E-mail: _____

EPRA MEMBERSHIP (check applicable):

- ☐ Family/Sports \$40 \$ _____
- ☐ Single/Senior \$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
Or go to www.elbowpark.com to purchase your memberships online.



Always bundle your plastic bags before recycling

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

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



MX 419706

