

SUMMER 2017

Keeping our Community Safe

You've likely heard about recent serious incidents in Elbow Park that have left many of us feeling less safe in our community. Elbow Park remains a safe place to live and play, but there are things we as neighbours can do to reduce the risk of crime entering our neighbourhood.

THINGS WE CAN DO ACCORDING TO THE CALGARY POLICE SERVICE

Keep refundable beverage containers out of your blue recycling bin

Having refundables in our laneways is a risk factor within our control. See page 14 for ideas on what to do with refundable bottles instead.

Report, report, report!

Report all property crimes and suspicious activity to the Calgary Police Service non-emergency line: 403-266-1234. If you feel threatened or witness a crime in progress call 9-1-1. No report means no record and no increased patrol response.

Know your neighbours

Keep an eye on your neighbour's house when they're out of town, keep an eye on neighbourhood kids when you see them out playing.

Stay up to date!

Sign up for your Elbow Park Residents Association membership and join our mailing list: www.elbowpark.com. Like the Elbow Park Facebook page for updates on safety and other issues. For urgent news on issues of safety, we suggest you follow the Calgary Police Service on social media, through sites such as Facebook or Twitter.

Elbow Park Residents' Association

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

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CITY OF CALGARY CALL 3-1-1

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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

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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!"*

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

Sian Russell

Age: 16 Phone: 403-689-8840

email: siankrussell@gmail.com

Qualifications: babysitting course

Elliot Carter

Age:12 Phone: 403-921-9297

Qualifications: Red Cross Babysitting
Course

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

President's Message

SUMMER IS HERE!

The neighbourhood is green and everyone's yards are looking great! In May we just finished the Casino Fundraiser – special thanks to Diana Bloom for managing yet another casino, and much appreciation to the volunteers who worked the shifts. It was great to see some of the same faces back for another year as well as some new faces - some volunteers ended up working two shifts and others stepped up last minute to fill in the remaining spots. On the topic of volunteers... thank you to the folks who showed up to take down the hockey boards and put them away for the summer.

Current chatter in our community is shared between the clubhouse construction and the safety of our alleys. We are happy to report that the clubhouse construction is close to being finished. Drywall is up, painting is imminent and kitchen is about to be installed. We don't have a firm date as of yet, however, we expect to be finished in June and plan to have a grand opening party – details to come.

Regarding the safety of our alleys, our garbage and recycling bins have attracted an unacceptable level of activity from people outside our community – some blocks/alleys experiencing considerably higher traffic than others. Following the May long weekend, Lisa Hynes (EPRA – Safety) met with the Calgary Police Service to come up with guidelines on how to minimize the unwelcome activity in our alleys – please see the front cover and inside this Gazette for a list of things we can all do to keep our alleys safe. Thank you to all board members who have stepped up to assist with 'Community Safety' ideas, as well thanks to Greg Clark, MLA, for making a personal phone call to see how he could help Elbow Park out with safety.

UPCOMING EVENTS

Saturday, June 17 - Summer Solstice in East Elbow Park

Starting at 3 pm. Please go to our website (elbowpark.com) to purchase tickets and thanks in advance for your support!

Saturday, July 8 - Stampede Breakfast

9 am to 11 am, hosted by the Elbow Park Residents' Association and the Elbow Park Tennis Club. Activities include pony rides, bouncy castles, face painting, music, pancake breakfast and more! Free admission, please save the date in your calendars, hope you can make it!

Lastly, thanks for everyone's support in renewing their EPRA membership. Not sure if your membership has been renewed? Please visit our website at elbowpark.com or email info@elbowpark.com for assistance.

See you at Solstice!

- Michael Murray, EPRA President

*A BIG thank
you to our
wonderful
casino
volunteers!*

Bliss Aime
Cathy Bjorndalen
Diana Bloom
Paul Bryden
Ian Bwint
James Clayton
Margo Coppus
Joanne Dial
Robert Dick
Chris Dorland
Oscar Flechas
Lorna Fraser
Rhonda Fulton
Lori Fyke
Christine Hampshire
John Heffer
Harvey Huebsch
Scott Kearl
Elrose Krause
Chris LeGeyt
David Leslie
Robert Logan
Carol Mannas
Jeff Nawolsky
Andrea Valentine
Chris Visser
Griff Witcher
Jill WItcher
Paul Wright

Community Announcement

Hear speakers from Gibbs Gage Architects and Stuart Olson Construction tell the story of the rebuilding of Elbow Park School. All donated funds support the education of urban indigenous youth through the Rotary Tom Jackson Stay in School Program. Wednesday June 21, 2017 from 6-9 p.m. Save your spot with a minimum \$50 donation: www.arttalks.ca

TICKETS
Selling Fast!
Get Yours Today

4th
Annual
Neighbour
Day Party

ELBOW PARK SUMMER SOLSTICE!!!!

Saturday, June 17- 3pm
at the park - corner of 39th Ave & 4A St SW

Dinner - Beer Tent - Bouncers - Face Painting - BBall - Street Hockey & more
Fun for the Whole Family!!

Tickets available online only at elbowpark.com - Limited Quantities - **No Door Sales**

Adults: \$25 Children 4-17: \$10 3 and under FREE!

Help make this day special and volunteer for a 30 minute shift
please contact Kelli at kbmartin@me.com

For Elbow Park Residents' Association members and invited guests



Neighbour Day

One of my biggest goals when running for office was to build, nurture and grow diverse and activated neighbourhoods. While all of our communities might look different, the thing that makes Calgary so great are the people who live here. Passionate and engaged Calgarians are found in every corner of our city and it's been awesome to meet so many of them in my role as your City Councillor so far.

Our inner city and established communities are not only diverse in age, gender, income and ethnicity but also in what they value in a city. These different perspectives are a big part of the constant dialogue surrounding how we make our neighbourhoods better. Personally, I think the best way to increase and improve our city is to get to know each other.

Neighbour Day is held every year on the third Saturday of June and is an opportunity for neighbours to come together. The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Whether you're having a front yard barbecue, a garden party, a street clean-up or setting up some games in a local park, I encourage you to be a part of the neighbourhood you want.

For every other day of the year, The City of Calgary offers a wide variety of community-based programs and special events for children, youth, families, adults and seniors across Calgary. There's a range of opportunities to take advantage of to help build strong and inclusive neighbourhoods where citizens are empowered, connected and involved.

Make Saturday, June 17 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate or contact my office at 403-268-2431 or ward08@calgary.ca for more information.



Are you ready to party?

Join us as we celebrate 150 years of Confederation on July 1, 2017 with our many civic partners and sponsors!

Begin the day with a hearty pancake breakfast at Confederation Park or Fort Calgary, and end it with some of the most fantastic fireworks ever seen at the Centre Street Bridge.

Throughout the day, there will be activities and exhibits to inform, activate and delight every member of the family! Immerse yourself in our Indigenous and Francophone cultures on Prince's Island Park, or be amazed at the pageantry and culinary delights in Chinatown.

Enjoy Canadian music, arts, crafts and delicious food at venues throughout the city, including Eau Claire, East Village, Stephen Avenue Mall and Riverfront Avenue, or take part in storytelling and activities at the Central Library. You can even discover Studio Bell at a special discounted rate or check into the King Eddy for live music all day.

Help us show our national pride by participating in the Enmax Living Flag at Fort Calgary this year, and re-affirm your personal pride as a Canadian at the CIBC Canadian Oath, being held at Olympic Plaza.

You won't want to miss a minute of this year's Canada Day events! Please visit our Canada Day page at Calgary.ca for times, locations, road closures and updates as we put the final plans in place.

See you there!



Green Cart Recycling

Green cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program. You'll receive everything you need to get started.

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By November 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit calgary.ca/multifamily.

TIP OF THE MONTH

Say NO to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

What Should I Do With These Items Instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.





*2017 is Canada's
150th anniversary!
This July celebrate with
friends, family, and the
greater community our
nation's sesquicentennial!*

THE 2017 CALGARY STAMPEDE | July 7-16, 2017

The Calgary Stampede is more than the greatest outdoor shown on earth - it's our opportunity for the community to come together and celebrate our heritage, traditions, diversity, and civic pride. After all, Calgary is the heart of the new west.

So take the time, get out, and enjoy! And like every year, the Calgary Stampede has special days on offer so the fun times last longer.

- Parade Day | July 7 FREE entry from 11 am - 1:30 pm
Go straight from the Parade to the Park!
- Cenovus Family Day | July 9 FREE entry 8 am - Noon
The first 20,000 guests get a FREE Breakfast!
- Canada 150 Day | July 11 FREE all day entry for seniors 65+ plus and a FREE WestJet Skyride!

For all the details and more special Stampede events go to www.calgarystampede.com

CANADA 150: BEYOND JULY 1

Calgary Chinese Cultural Centre Street Festival | July 1-7

To Celebrate Canada 150, the Calgary Chinese Cultural Centre Street Festival is a new week-long festival of Chinese Culture that will bring Calgarians to the core of their City's Chinatown. This event is open to all Calgarians and offers tours, tea tastings, and street performances. Attendees will make their own Chinese handcrafts and learn about fusions between Chinese and Western medicines.

2017 Discovery Pass | Free Admission to Parks Canada

Come visit Canada's parks for free and pick up your pass at www.KentHehrMP.ca/Canada-150

The weather is warming up and camping and hiking season is in full swing. So grab your free 2017 Discovery Pass that provides you free admission for the entire year to Parks Canada! So this year's trips to Banff, Lake Louise and Jasper become that much more affordable for you and your family!

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.

Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

HEAT EXHAUSTION

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

HEAT STROKE

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

FIRST AID

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

PREVENTION

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



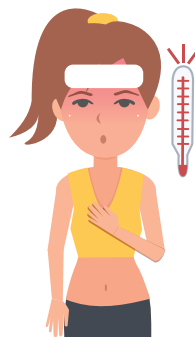
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Elbow Park School

The “official” opening of our new school on May 5 was truly a magnificent event! A variety of dignitaries, CBE staff, families, and community members attended. The students of Elbow Park School represented their learning sharing music, song, poetry and film related to our school-wide study of identity. In concert with Canada’s sesquicentennial, students have been learning about themselves in relation to their school, their community and the world, and in addition, how they can contribute to the public good and feel a sense of belonging and empowerment as citizens. It has been a wonderful year of learning as we begin to settle nicely into our new, old home. Thanks to everyone who has encouraged and supported us during our many transitions the past few years.

Many thanks from students and staff to all our volunteers for their support this year! Elbow Park School held it’s annual volunteer tea on May 26 to celebrate and entertain those who so generously give of their time to make our school so great.

Grade 5/6 students headed to outdoor school at Camp Chief Hector May 30 to June 2. Summer-like weather, learning in the great outdoors, forts and furs, sleeping in tipis and playing the animal game were highlights.

It has been another busy year at Elbow Park. We are looking forward to many events as we complete the school year: Dad’s BBQ, staff appreciation, sports day, talent show, fun lunches, and our grade six farewell. The staff and students at Elbow Park School wish our community a wonderfully warm and relaxing summer with family and friends!

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William Reid School



A new playground is going into William Reid School, our local public French immersion school for Kindergarten to Grade 4 students. The old playground was built in 1995 and it was getting increasingly expensive to maintain.

We could use your help to build the new playground! We need about 45 volunteers over three days to help build the new playground. We'll be asking parents, of course, but neighbours are welcome, too. We expect the build to take place sometime during the week of July 10th. If you'd like more information about this volunteer opportunity, please email Susan at wrplayground@gmail.com.

You can also find information about this project at: <http://wrplayground.weebly.com/>.

It's going to be a great playground for the children of our community, and we can't wait to see it go up!

~ William Reid School Playground Committee

Dogs and Playgrounds

Although new signs are in place at the Elbow Park community fields, the EPRA is still receiving complaints about dogs entering and running through the playground area.

Just a reminder, the only official off-leash area is the hillside, not the playground and it's immediate area. It is important for dogs to stay out of the playground area, as they are not allowed within five metres of the equipment.

We want residents to understand that Elbow Park is a very unique situation in that although the park to the east of the playground is controlled by the Elbow Park Residents' Association, the playground and it's adjacent area are not, and the city has the right to ticket those who do not obey city bylaws.

The park itself will remain an off-leash area at the posted times of 6-10 am and 6-10 pm, with the exception being 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.



Live on the Elbow River?

INTERESTED IN CONSERVING YOUR REAL ESTATE?

Riverbanks, by nature, are fragile environments. In the winter and springtime riverbanks are subjected to the grinding forces of ice as water ebbs and flows and ice levels change. Depending on the mountain snowpack, temperatures and precipitation the Elbow River can turn into a raging muddy-coloured torrent in late spring/early summer. The energized water can collapse banks and in severe cases rip down trees and, well, we know what happened in 2013.

Steep earthen banks, banks on the outside curve of a river bend and shallow-rooted (i.e. Kentucky bluegrass) vegetated banks are most susceptible to the erosive forces of water. If concerned about your real estate floating down the river assess the health of your stream bank.

STREAMBANK RIPARIAN HEALTH CHECKLIST

(adapted from Cows & Fish – Alberta Riparian Management Society - <http://cowsandfish.org>)

1. Is 85% of your riverbank covered with vegetation of any kind?
2. Is 50% or more of the plants on the riverbank taller than knee height?
3. Are willow, dogwood and/or silverberry (wolf willow) growing along the stream edge?
4. Is there a diversity of ages among trees and shrubs on the riverbank?
5. Is Kentucky bluegrass less than 15% of the bank vegetation?
6. Are weeds (thistles, scentless chamomile, knapweed and dandelions) less than 15% of the bank vegetation?
7. Are there exposed and eroding soils or slumping banks due to recreational activities?
8. Are there no retaining walls, riprap or bank stabilizing features (i.e. man made structures)?
9. Are there wildlife sightings or fish present in the water?
10. Are plants vigorous and healthy, producing plant litter and potential foraging opportunities?

If you answered yes to seven or more questions it is likely that your riverbank is healthy. The tangled mass of plant roots is holding on to the soil. Above ground the vegetation is slowing the water dissipating its erosive energy. In addition the vegetation is trapping and filtering contaminants from runoff, water quality is improved, important habitat for birds, insects, animals and fish is provided and resiliency of the riverbank to recover from floods, droughts and/or human-caused disturbance is increased.

If you answered yes to less than five of the questions it is likely that your streambank is in poor health and your real estate (i.e. land) might be at risk. So plant your riverbank and reap the many benefits from one single action. Your bank will thank you in so many ways.

- Robin McLeod



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



What Can I Do with my Refundable Bottles?

Many of us put refundable beverage containers in our blue recycling bins instead of returning them to the Bottle Depot for a refund. For some, it is a matter of convenience. Others want to help people who use bottles as a source of income. But the Calgary Police Service tells us that having refundables in our laneways can increase the risk of inviting crime into the community. Want to help? Consider donating your bottles to other social agencies! There are several options...

ELBOW PARK SCHOOL BOTTLE DRIVES

Elbow Park School holds several bottle drives throughout the year. The next bottle drive is on Friday, June 23 from 7:30 to 11 am. Drop off your bottles in front of the Elbow Park Residents Association clubhouse. The money raised supports families in need in the James Short Memorial School community. The principal of the school distributes gift cards purchased with bottle drive proceeds to help provide basic necessities for these families. Watch this space or the Elbow Park Facebook page for next year's bottle drive schedule!

THE ALEX BOTTLE PICK-UP

The Alex Community Health Centre, a community organization providing health services to at risk Calgarians, will pick up bottles from your house on a weekly, bi-weekly, monthly or as needed basis and issue you a tax receipt. See www.thealex.ca for more information and to schedule pick-ups.

BLOCK BOTTLE DRIVES

Groups of neighbours can organize their own informal bottle drives and donate the proceeds to a charity of their choice. The Calgary Drop-In and Rehab Centre and the Mustard Seed are worthy organizations.

WHAT IS REFUNDABLE ANYWAY?

Any beverage container you pay a deposit for upon purchase. In Alberta, that includes:

- Beer, wine and soft drink containers
- Milk containers
- Juice containers, including tetra packs



ELBOW PARK SCHOOL **Bottle Thrive**

FRIDAY, JUNE 23, 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 ****

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.



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**



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