

ELBOW PARK

RESIDENTS ASSOCIATION

FALL 2019

GAZETTE



Elbow Park Residents Association

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

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CITY OF CALGARY CALL 3-1-1

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Calgary Police, Community Resource Officer, Derek Havens
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Registered EPRA Members will receive an electronic copy of the Gazette in their inbox.

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



President's Message

by Jane Virtue

It has been a pleasure to meet and get to know more of you over the past year. Connecting with you is certainly the best part of this job!

It has also been rewarding to work with so many of you who have stepped up to volunteer and share your gifts with me and our community.

Over that past year, the EPRA Board has grown to include 14 strong Directors. It is inspiring to see how our volunteers find the time to contribute despite their other responsibilities with young families and work commitments.

Aletha Brooks is the one of our new Board members and holds the position of **Secretary**. Not only will Aletha be responsible for the minutes, but she will organize and store EPRA documents onto google drive so the information is not lost between Board transitions. With her past experience in Human Resources and Employee Relations, Aletha stepped into the job easily and has already made a substantial contribution.

Lindsay Cumming joins the Board in the new position of **Fund Development Director**. Lindsay has created a new Sponsorship package that we can provide to potential sponsors of our events and projects. She has also developed a Donor Recognition program that will be implemented soon. As the Senior Strategist, Donor Relations at Mount Royal University, we are lucky to have her.

Sarah Geddes, who runs her own media and PR company, Press + Post, has been our **Communication Direction** for the past few months. Sarah has generously donated her time and resources from Press + Post to help with our communication projects from printing posters to creating the new monthly digital newsletter sent out in September for the first time.

Lana Janmohomad, took on the **Event Director** position a year ago and has been instrumental in gathering volunteers to help her put on variety of events that include all ages and stages. Lana was the Chair of the Celebrate Committee this year and organized a wonderful event along with other dedicated volunteers. She is well suited for this job, as she just sold her 10 year old catering business and has moved into a new Human Resources job. Lana is assisting the Board to review our events and reconfigure how and what we offer in the future to best meet the needs of our community.

Tom Plunkett, our **Treasurer**, not only keeps our finances in tip top shape and manages the online payment system, but he also spends hours pruning the park trees and shrubs, organizes the tree pruning arborists, finds funding for our projects and arranged to have an account set up so individuals can donate securities to EPRA as an option of charitable giving.

Don Ballance, our **Membership Director**, has managed to grow our memberships to almost 480! This is almost 40% of our residents. Don organized a door to door membership drive and has developed a system that provides a clear picture of members block by block. Although we were short on volunteers to ring doorbells, we were able to knock on many doors. Don hopes to recruit Block Captains to assist with the drive in the Spring next year. Don has spent many hours creating the new system, getting brand new area maps and documenting everything in a "Playbook" so future volunteers will have information about the process at their fingertips. Oh, and, he also squeezed in time to review our year end financials just before leaving on his trip to Greece and Turkey!

Tom O'Leary, is officially our **Flood Mitigation Director** and ensures that Elbow Park is represented in Flood Mitigation matters. Tom is active in lobbying the governments to take action and build the Springbank Reservoir in order to protect our downtown and river communities.

Shannon Young, **Vice President**, has been active on the Board in many roles over the years. Although she is a full-time lawyer and mom of three who sits on other Calgary Boards, Shannon continues to offer Elbow Park her time. She has worn many hats and was Chair of the Celebrate committee for 6 years, the Safety Director, Interim President, and worked on the Clubhouse renovation. Shannon started and continues to organize the Christmas Eve Skating party.



Elrose Klause is the **2nd Vice President** and Past Treasurer and we rely heavily on her to help with financial filings, Casino spending rules, Charity rules and other complicated stuff. Elrose is almost retired from the Controller & Manager of Financial Services position at the Calgary Public Library. If we can keep her in the City, she will continue to help with events, representation on the Prospect Trail Committee and the financial review process.

Margo Coppus, past Secretary and now our new **Development Director**, is spearheading the new Development Committee. Planning and Development in Elbow Park is becoming more important as a result of this Council's focus on increasing density and "one size fits all" approach to future planning. Margo, with her Senior Architectural Technologist experience, is a great asset in this position. She has attended a multitude of City meetings in order to get a good grasp of the complicated nature of development permits, rezoning, land use bylaws, main street plans and Area Redevelopment Plans. Margo also sits on the EPRA Permit Review Committee.

Donna Conway, **Chair of the Development Review Committee**, has volunteers in this role for 17 years. The Committee, including **Al McDowell** who has donated his time and expertise for over 10 years, **Peter Condic**, **Ryan Scarff** and **Margo Coppus** review development permit applications with residents and submit written comments to the City. This committee has spent hundreds of hours reviewing hundreds of permit applications over the years and has been instrumental in protecting the historical nature and unique characteristics of Elbow Park. In November, Donna will begin an extended leave of absence from the role, however, she will be available to provide guidance while away. Please contact Jane if you are interested in taking on Chair of this important committee.

As **Clubhouse Director**, **Jason Grelowski** is getting the Clubhouse more operational every day. Rentals have increased as a result of a better equipped kitchen, new chairs & tables on trolly carts, our new online booking system, regular cleaning and improved maintenance. Over the past year, many operational systems to keep the Clubhouse running have been put into place, most notably hiring **Lindie Serrurier**, into an expanded role.

Michael Murray, **Past President**, provides us with continuity to ensure we understand what the vision has been in the past. As an Account Executive at Toole & Peat Insurance, Michael has been helpful deciphering our insurance policy and implementing risk management strategies for our organization.

Lindie Serrurier, **Clubhouse Manager**, is new to Calgary from South Africa. She experienced shovelling snow for the first time at the Clubhouse last week! In between moving into her new home and settling her two girls into school, Lindie has been managing the online rental inquiries and payments, showing the space to renters, putting up bulletin boards, hiring people for all of the maintenance jobs and the list goes on and on! Oh, and she also volunteers for event organization and drags her husband Marc over to fix something or lift something really heavy.

Lisa Poole, **Director at Large**, provides guidance on many community issues. Lisa is the Founder and Editor of Dementia Connections magazine and website. We have learned a great deal about dementia, aging and how we EPRA can support this stage of life as a result. We are hosting a Memory Cafe on October 27 where everyone is welcome, including people living with Dementia and their caregivers.

We also have volunteers who have stepped up to sit on the **Traffic Committee**. **Linda McFarlane**, **Dave Newby**, **Graham McFarlane** and I will be meeting with a police Constable to discuss safety on 38th Ave. As a result of illegal turns or U-turns on 38th Ave, vehicles, attempting to miss the lights at Sifton, speed past Elbow Park school gaining speed as they travel up the 38th Ave hill.

Silkie Deemter, just stepped up as the **Social Events Chair**, and has already organized the first every Pumpkins & Pizza party to be held in the Clubhouse on October 27. There are dozens of volunteers who make it possible to host our events each year. The **Celebrate volunteers** just recently pulled off an amazing event once again last month.

We have been successful in getting the programming geared up for you in the Clubhouse this Fall. Bridge Drop In Games, Pilates, Yoga, Guided Autobiography, First Aid CPR and Bridge lessons are all scheduled and available for registration on our the upgraded elbowpark.com website.

It is clear from this report, that it takes a great number of dedicated volunteers to contribute to the vibrancy of this community. Of course, there are many other projects on the go and many opportunities for others to get involved. I hope you will be inspired to join us!

Why I Love Living in Elbow Park

**By Isabella Serrurier
- 9 years old**

In March 2019 I moved from South Africa to Elbow Park. I was really worried about leaving my home and my friends behind, but I discovered that it's amazing here. Elbow Park school is great! I made so many new friends and everybody was so welcoming. It's very green and fresh, unlike South Africa with lots of litter and extremely dry. It's also just the right temperature in summer. The playgrounds are super fun. We live just across the Christ Church playground, so we walk our dog Olaf there most days. "I love it here so much, and I never want to leave!" my younger sister Maddie says. The bike paths are amazing and it's super safe to go biking. You also don't have to wear uniforms to school, and you can keep your hair loose. I hope we never have to move again!

**This could
be your ad!**

\$75 1/4 page

\$150 1/2 page

\$300 full page

**If you would like
to advertise in the**

Elbow Park Gazette,

**contact
manager@elbowpark.com.**

Green Cart Pickup

MOVES TO EVERY OTHER WEEK IN NOVEMBER

With winter on the way, green cart pickup will change to once every other week starting in November. Find your new winter schedule online at calgary.ca/collection. You can also sign up for free reminders or download the free Garbage Day app so you never miss a collection day.

Did you know?

Your carts must be out by 7 am on pickup day.

GREEN CART YARD TIPS

It's that time of year to rake up the leaves and prep your yard for winter. Follow these composting tips:

- Extra leaves and yard waste belong in your green cart. Put it all directly into the green cart.
- Fill paper yard waste bags for extra branches and leaves. Roll the top of the bag closed.
- Extra yard waste put out in garbage bags will not be collected.

Find more green cart information at calgary.ca/greencart.



Memory Cafe

Join us for coffee or tea in a warm and welcoming environment. Everyone is welcome, including people living with dementia and their caregivers.

No speaker, no agenda, no program - just an opportunity to meet people and build friendships.

**Sunday, October 27
from 2:30 - 4 pm**

EPRA Clubhouse
800 - 7 Street SW

\$5 charge

Register elbowpark.com
or 403-243-0480





Join our Citizen Science Redd Count Opportunity

Calgary River Valleys, (CRV), is a not-for-profit organization led by volunteers dedicated to building a strong and effective voice for river valleys protection and water quality in Calgary. We have a few openings for volunteers to join us for our annual citizen science research project to count the “redds” (spawning nests) of Brown Trout in the Elbow River. We will again do two Redd Counts this year. The first will take place on Friday, November 8 for the Lower Elbow and the second will be on Saturday, November 9 for the Upper Elbow. If you see people walking in the river at that time, that’s what they’re doing. This redd data tells us about the health of the river ecosystem over time. The location of redds can also be used to ensure land use decisions do not negatively impact Calgary’s blue-ribbon trout fishery.

Volunteer biologists will lead the counts, which will involve walking and rafting in the river, identifying, geo-locating, and counting the redds. Everything will be provided for volunteers, including chest waders, PFDs (lifejackets), and a hot lunch on shore. If you are interested, contact us by phone or email through the Contact Us page on our website at CalgaryRiverValleys.org. This project is funded by the City of Calgary Water Resources and by the Land Stewardship Centre.

Going back to where we used to go (before 2013)

This year, we will once again be able to count redds in a part of the Elbow that was closed from sedimentation due to the 2013 flood around Elbow Island at the Mission Bridge. The City of Calgary has completed a major portion of their project to reclaim fish spawning grounds in our rivers, using pre & post-flood data provided by Calgary River Valleys’ annual redd counts in the lower Elbow River. With support from both Alberta Environment and Parks and Fisheries and Oceans Canada, The City developed a plan to compensate for the damage from the flood and conserve this important habitat. The City’s plan has three main goals: mapping the existing fish habitat, determining habitat preferences, and creating and implementing a prioritized list of compensation projects.

Existing habitat was mapped to provide an updated record of what exists within the city limits. The Bow, Elbow, Nose Creek, West Nose Creek and Fish Creek were all included in the study. Fish habitat mapping breaks the river down into several habitat types, including runs, riffles, pools, snags, backwaters, cascades and rapids. You can find out more about the City’s fish compensation program on the Calgary.ca website.

Other River Stewardship Volunteer Opportunities

CRV is working hard on Phase 2 of our Riverbank Makeover Project. Please help us with the research component of our Phase 2 project. By completing our short survey, you will be entered into a draw to win a \$150 prepaid Visa or MasterCard gift card. The secure survey link is here: <https://www.surveymonkey.com/r/5VPHW78>

Interested in Learning How to Do Your Own Riparian Restoration Project?

CRV is currently developing a summary document for community groups and landowners interested in doing their own riparian restoration project to help protect our rivers. This informative, user-friendly guide will direct you through the steps required to implement your own riparian restoration project. Keep reading this local newsletter to learn about our recommendations, or keep an eye on our website.



Attend Council Meeting October 21 and Write a Letter to Oppose Rezone

Despite widespread community opposition, the Planning Commission approved the application to rezone the property located at 313 40 Ave SW from RC1 to RC1N (Narrow Infill Lot). City Council will make a **final decision** at a Public Hearing on October 21 around 9:30 am and if you do not want this rezoning to occur, you need to show up and oppose it.

Please also email a letter of opposition to **PublicSubmissions@calgary.ca** before the deadline of October 15. Send your email letter to all of the councillors at **councillorweb@calgary.ca** and Mr. Nenshi at **themayor@calgary.ca**.

There is still an opportunity for the community to be heard, but, only if a large group of people show up at the Council meeting and if the Councillors receive a stack of letters in opposition.



at our Clubhouse!!

If a day EndsInY you should be playing bridge!

MONDAYS

at Noon

Elbow Park Clubhouse

800 - 34 Ave SW

DROP-IN: \$10

No Partner required, we will guarantee a game!

Beginning & Advancing Player Bridge Games

0-20 Masterpoints

0-299 Masterpoints

(Stratified 0-49, 50-99, 100-299)

Clarende.Duby@shaw.ca

Pilates & Stretch

in the Clubhouse

OCTOBER 22 - NOVEMBER 19

TUESDAYS AT 9:15

with Christy Hayne

\$75 for 5 sessions or \$18 Drop In fee

Register at elbowpark.com or with Christy at

terrifffamily@shaw.ca

This combo class of pilates and stretching is taught by our own Elbow Park resident and very accomplished Christy Hayne from Yoga Mandala.

This class focuses on using a variety of Pilates props to engage and strengthen all the muscles which contribute to your core strength, your deep abdominal and lower back muscles, and pelvic floor muscle. Improve your posture and functional fitness; this class ends with an extended stretching component. All levels welcome.

Based upon the principles of Joseph Pilates Method, this class will strengthen your "powerhouse" which in turn will leave you with a healthy spine, agile body and feeling longer and taller!



Christy is a lifelong lover of movement who has lived her passion to the fullest from her earliest days. Beginning in childhood as a tree-climbing, multi-sport athlete and gymnast, Christy discovered dance in her teens, eventually winning a place in Calgary's own Decidedly Jazz Danceworks, where she spent a decade as a professional dancer. In a NYC modern dance master class, Christy was

introduced to the practice of Pilates, which in the 1980's was gaining traction with dancers as a system of conditioning that supported the intense physical demands of full-time dance training and performance. The controlled repetition of sequences designed to improve core stability through the strengthening of deep intrinsic musculature, the refining of larger back and lower body muscle groups, and improving connections between breath and movement, became a passion as well as a preferred personal practice. A mother of two, an avid runner, and a lover of outdoor pursuits, this practice became a new career when Christy received her Stott Pilates Certification in 2004 and began teaching in Calgary. Christy returns frequently to New York to study and after coming on board at Yoga Mandala in 2012, also completed a 200 Hour RYT training. An inspirational as well as experienced teacher, she often shares with her students a favourite quote from Joseph Pilates: "You are only as old as your spine feels"; skillfully guiding them towards their personal best, and that oh-so-rewarding "Aha" moment.



Lilac Branches

FEEDING TWO YOUNG ORPHANED MOOSE

Last month, Tom Plunkett and his boys piled all of the clippings from the lilac bushes in our park into a U-Haul and took them out to the Alberta Institute for Wildlife Conservation to feed the two young orphaned moose that were rescued.

According to Casper at the AIWC, moose gain a kilogram per day, so you can imagine how much food they go through. Casper said “We can have a pile that’s probably twice as tall as me and they’ll eat through that in no time.”

AIWC says the calves could be released back into the wild in the spring.

“We will release them together, because they’re tightly bonded,” Jansen said, “and usually, moose don’t leave their parents until they are about two years old.”



Centre City crime rates are at an all-time high and city council needs to get in front of this alarming situation before it’s too late.

The 2017 closure of the Victoria Park Police Station coincided with the opening of the Sheldon Chumir safe consumption site in the Beltline and we are seeing unprecedented levels of mental health and addictions issues that I don’t believe the CPS mobile command vehicle was intended to address.

A MESSAGE FROM

Jeromy Farkas

COUNSELLOR WARD 11

As of today, Calgary remains the only major city in Canada that does not have a permanent police station in its downtown.

That is why I am working with fellow inner-city Councillor Druh Farrell to ask for an immediate review of the closure of the Victoria Park Police Station. The purpose is to have this information ready in time for our debate on the budget in late November.

At that time, I intend to push for options to restore a permanent “brick and mortar” Downtown Police Station.

I believe it is imperative that we not only look for measures to combat crime and keep our communities safe, but that we also support the officers working in the downtown core.

Resources are thin for essential services and I believe reopening a brick and mortar police station will improve efficiencies for our frontline officers by cutting down on their travel time from other parts of the city, as well as provide an overall positive impact on the community. Council is proceeding with billions of dollars of investment in the downtown core on projects such as the Green Line, BMO Centre expansion, and new arena. We need to be ready for policing needs and anticipated population growth.

As part of the review, we are asking city administration to explore options such as whether corporate land or lease holdings could assist in reopening a downtown police station. All possibilities are on the table – including potential partnerships with volunteers and private organizations.

A timeline for the planned Service Optimization Review by Calgary Police Services remains unknown and although potentially valuable, does not offer immediate relief to combat the rising crime rates that are making daily life difficult for those living and working in the downtown core.

I have heard from our communities and it is apparent the social disorder erupting from the downtown is trickling into those communities bordering downtown and along transit corridors.

Please connect with our office with your questions or concerns regarding this proposal.



Introduction to Awakening the ENNEAGRAM

The **ENNEAGRAM**, a personality roadmap, to help us to become more present.
The course will teach us how to live more fully and freely.

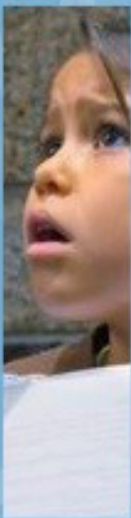
Catherine Bell,

*award winning and best selling author
is offering her first public Enneagram course.
She normally teaches this to Boards and Teams.
The Enneagram is a profound personality roadmap
that teaches us how to be better
leaders and human beings.*

October 23 & 24 | 8 am – 12:30 pm

**Elbow Park Community Centre
800 34 Avenue SW, Calgary
with Catherine Bell
\$500**

**Register at: [https://awakenedcompany.com/product/
introduction-to-awakening-the-enneagram/](https://awakenedcompany.com/product/introduction-to-awakening-the-enneagram/)**



**MARDA LOOP
JUSTICE
FILM
FFST
2019**



November 12 - 17, 2019
www.justicefilmfestival.ca

f @JusticeFilmFestival

t @justicefilm

@mardaloopjusticefilm

#MLJFF2019

8 WEEK GUIDED

Autobiography Session

Begins November 5 at the Clubhouse with Christie Simmons

Register at elbowpark.com or 403-243-0480 for \$250



Join Christie Simmons, from Bespoke Chronicles, for an 8 week Guided Autobiography program. The group will look at experiences like major turning points, family, health, work, even death, and tackle exercises and questions that will help spark your creativity, self awareness and memories.

For each session, you will be asked to write a two page story on a particular theme and share it with the other participants (you are only asked to share what you are comfortable sharing).

Christie Simmons grew up in Elbow Park and remains an active community Here is her story:

She is a writer and designer with Bespoke Chronicles -- an organization that captures and produces personal life stories, family histories, memoirs, thoughts, ideas, values, adventures... combined with photographs and images in beautifully designed one-of-a-kind keepsake books.

Christie has spent the last 25 years capturing an array of stories and ideas in writing. Beyond the work she is doing now to gather and help share individual life stories, she has worked as a freelance writer for a broad variety of organizations and contributed numerous pieces to the Globe and Mail's extra sections. She maintains active connection with other members of the now defunct Association of Personal Historians and has just earned certification in Reminiscence and Lifestory Work through the University of Wisconsin-Superior.

She says: "The cultural and personal value in sharing life stories and experiences is massive and I am enormously honoured to be doing this work. It's wonderful working with people who want to pass along their values and beliefs -- people who want to seize the opportunity to tell those close to them who they are, what they've seen, what they've done with their lives. The books I help create — whether they celebrate a milestone, capture a family history or simply share personal stories and adventures — become family heirlooms and in some cases valuable societal treasures.

In addition to personal history work, I funnel my writing and creative efforts towards songwriting and am an active, performing songwriter (see christiesimmons.com)."

Safety Director

**VOLUNTEER
SAFETY DIRECTOR
REQUIRED IMMEDIATELY**

Elbow Park has seen an increase in car and garage break-ins, theft of items off porches and an increase in vandalism. There are many strategies that a neighbourhood can implement in order to decrease this type of activity, however, Elbow Park's Safety Director position is currently vacant. This is an EPRA Board position, however, if that doesn't fit for you, we can make this a Sub Committee of the Board and you can be the Safety Coordinator as the Chair.

MANDATE

1. Collaborate with City Police on crime prevention initiatives for Elbow Park area and report crime to residents in a timely fashion
2. Organize safety initiatives such as Walk to School days, sidewalk chalk on roadways and crosswalks, speed signs on streets, etc.
3. Promote a program to decrease refundable containers in Blue Bins
4. Create "Crime Updates" and communicate to members
5. Provide recommendations to improve safety in our parks
6. Facilitate residents to participate in discussions that will assist in crime reduction

If you may be interested and just want more information, let Jane know via email at president@elbowpark.com

EPRA Membership

Many residents believe they are members of Elbow Park, however, when they check the database it turns out they are not. Please go online to elbowpark.com for online registration OR use this membership form below and mail or drop it off to 800 7 St SW T2T 2A3, make cheques payable to EPRA.

MEMBER BENEFITS

Meet Your Neighbours

Pub nights, kids' events, 55+ program, yoga, movies in the park, skating parties, Stampede Breakfast, pot lucks, happy hour, Kennel Club and others.

Stay Current

Stay current on our initiatives with our newsletter, website, and Facebook page.

Exclusive Members-Only Discounts

Discounts from local merchants, on Clubhouse rental, and newsletter advertising.

Clubhouse Open and Park Maintained

Skating room, community hall, playgrounds, green spaces, walking paths, skating rinks, tennis, soccer fields and basketball courts.

Have Your Say

Ability to vote at the AGM on community and redevelopment issues and election of Board Members.

MEMBERSHIPS

Name(s) _____

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

Address _____ Postal Code _____

Phone _____ E-mail: _____

Children's Names and ages: _____

EPRA MEMBERSHIP (check applicable):

☐ Household Membership \$40 \$ _____

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

Total Enclosed: \$ _____

NEW TO ELBOW PARK? FIRST YEAR IS FREE

Welcome to our neighbourhood. Contact Don Ballance at membership@elbowpark.com in order to activate your free membership.

AUTOMATIC RENEWAL

If you don't want to be bothered signing up every year, activate it in your personal profile using your membership log-in and password.

The Sheriffs were in Town!

The sun came out and the rain dried up just in time for the third annual Stampede Breakfast this past July.

Past EPRA Presidents, Michael Murray, Paul Bryden, Barb Mathies and Diane Poole donned their plastic Sheriff badges and visited with neighbours as they enjoyed a fantastic breakfast provided by The Glencoe Club.



Barb Mathies 2000-2008, Diane Poole Jane Virtue (current)

Communication Board

A new posted signage board has been installed at the corner of 7th Street and 34th Avenue in order to facilitate communication messages to residents living in Elbow Park. When you are walking in the park, driving by or posting a letter in the mailbox, take a look to see what's happening at the Clubhouse and around the hood.





Pumpkins & Pizza

SUNDAY, OCTOBER 27, 5-7 PM
Come on down to the Clubhouse for pumpkin carving and pizza.

Pumpkins, stencils and carving tools provided in the pumpkin cost of \$10 each.
2 Pizza Slices and a Beverage for \$7 will be available to purchase at the event.

Register online at elbowpark.com/EPRA-events

Yoga for Healthy Living

in the Clubhouse

OCTOBER 31 - NOVEMBER 28

THURSDAYS 9:15 AM

with Phyllis Lindsay

\$75 for 5 week session or \$18 drop in fee

Register at elbowpark.com or with Phyllis at

phyllis.a.lindsay@gmail.com



There's no way around it, our bodies change as we get older. Postural habits, stress, trauma, illness all cause subtle changes to the structure and shape of our bodies.

Let go of what you 'think yoga is' and what a 'pose should look like' and come out and try our new class. Improve strength, balance and mobility, calm the mind and improve sleep. It will be a gentle, well supported class using different props as required.

Yoga has been a part of Phyllis's life for more than 45 years. As a 'Baby Boomer' herself, she understands the needs and challenges of our changing bodies as we grow older. She's been teaching a similar class 'Gentle Yoga for Healthy Living' at a local yoga studio for 2 years with great success and teaches private and community classes.

At the core of Phyllis's classes is the notion of 'functional' yoga. It's never about creating the 'perfect' pose, but slowly and consistently working on the pillars of a healthy, sustainable practice focusing on balance, stability, mobility and strength.

Phyllis presently holds the following recognitions:

Yoga Alliance RYT200

Yin Yoga levels 1 and 2 (50 hours)

JOIN THE NEW

EPRA Social Committee

The Social Committee is truly a FUN way to be a part of the Elbow Park community!

This committee will continue to build on the events that were hosted last year such as Chili Night, Celebrate, Pub Nights, Summer Solstice, Happy Hours and Family Nights.

The events will continue to occur, however, because we will be hosting more smaller events more frequently during the year, the large Celebrate and Solstice event will be reconfigured to better utilize our volunteer and financial resources. You won't be disappointed!

Thank you Silkie Deemter for volunteering to Chair this new committee. The committee has already organized the Pumpkins & Pizza night to be held on October 27. Check all of our new events and programs at elbowpark.com

If you are interested in being a part of the fun, email Lana at events@elbowpark.com and let her know you want to join. EVERYONE WELCOME.

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EMERGENCY FIRST AID



Level A & AED

SATURDAY, NOVEMBER 23

8 - 4 pm in the Clubhouse

\$110

Register at

elbowpark.com/EPRA-events

This CPA class will be taught by St John Ambulance as a private session for Elbow Park residents.

Babysitters, Parents, Grandparents and Good Samaritans will find this the perfect class for them.

In this one-day course, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives. Topics include: CPR and choking for adults, shock and unconsciousness, severe bleeding, head & spinal injuries, major medical conditions, and AED training and certification.

The Clubhouse is now equipped with our own AED (automated External Defibrillator) Join the class to learn how to use it! They save lives.

Flood Mitigation

If you would like to stay in the loop about what Calgary River Communities Action Group (CRCAG) and Flood Free Calgary are doing to assist with flood mitigation for Elbow Park, please go to their sites and sign up to receive their emails. protectcalgary.com and www.floodfreecalgary.com

Calgary River Community Action Group

MINISTERS OFFERS CLARITY ON PREMIER'S SR1 COMMENTS

Last Monday Premier Kenney made some comments that were surprising to us, given the very clear statements made by both Minister of Transportation Ric McIver and Minister of Justice Doug Schweitzer at our AGM the week before.

Both Ministers stated the Government's full support and effort behind the completion of the Springbank Off-Stream Reservoir (SR1) to mitigate floods on the Elbow River.

The Premier's comments suggested that if the legal barriers to SR1 seemed insurmountable, it may abandon course and consider an alternate project. That was surprising to us - particularly being six years into a likely 10-year process to get a flood mitigation project operational.

In our view, if SR1 comes to a halt for any reason (be that regulatory challenges, opposition challenges or, worse: the Government's lack of staying power) the Elbow River will see **no upstream mitigation project ever constructed**.

It was encouraging, however, to hear the Premier reiterate his commitment to **protect Calgary from flooding as quickly as possible**.

A NEW PROJECT WOULD FACE MORE CHALLENGES THAN SR1

We know that all flood mitigation projects (upstream or local) will face some measure of opposition, including court challenges (as has occurred with SR1) and regulatory process and scrutiny.

The last three years (the CEAA application process started in 2016) have only confirmed to us that halting SR1 and starting a new project would guarantee **no new project ever being completed**. Why do we feel that way?

- If an alternate project were to be started, in lieu of SR1, the project would be subject to the new and untested Bill C-69 "Impact Assessment Act" (the one Premier Kenney calls the "No New Pipelines Act").
- A project like the McLean Creek (MC1) alternative would attract many and more varied stakeholders opposing the project.
- In view of the length and difficulty of such a project, in our opinion, there is no series of governments in the future that will have the staying power to see another new project through to completion. (At least not until we're devastated by the next flood.)

We've had six years of work and massive public expense on SR1 to date, with likely another 18-24 months to get full approval and another three years of construction. Our government cannot let that investment go to waste because of completely anticipated and manageable opposition, only to start the whole process over again with a much lower chance of success.

RESPONSES FROM MINISTERS:

When we raised our concerns in separate phone calls with Minister McIver and Minister Schweitzer, we were assured that there is absolutely no change in the Government's course to see SR1 through to full in-service completion: it will do what is necessary to secure regulatory approval, address stakeholder concerns, address litigation that may result and to ultimately protect this city.

From **Minister Schweitzer**, we received the following statement (as did our members who wrote in their concerns):

Good afternoon all-

Thank you for your email. Our office has been in touch with the office of the Minister of Transportation, and is pleased to provide you with the following response to your concerns.

Our government is committed to completing the regulatory approval process of the Springbank Off-Stream Reservoir project (SR1) without delay. This is a key part of our priority to provide flood mitigation to the City of Calgary.

The Minister of Transportation is working hard to provide the regulators with the information they have requested. This is a highly complex process, which the Minister will continue to prioritize to ensure that SR1 proceeds without further delay.

The Premier correctly noted, as did Minister McIver at the CRCAG AGM last week, that the federal environmental assessment process is unpredictable and lengthy. This does not change our government's support for SR1.

It is critical that we remain focused on this process, despite the ongoing opposition to this project. Our government's commitment to SR1 remains and will continue as we work through the regulatory process.

Sincerely, Doug Schweitzer

Minister McIver assured us that his original mandate letter requiring him to complete SR1 has in no way been altered.

We also impressed upon the Ministers the importance for all members of Government, including the Premier, to stay on message consistent with the UPC's policy statement before the election. Here it is again:

RESPONSE FROM THE CITY:

Lastly, we asked the City to once again confirm, at a high level, why it has supported SR1 following its own analysis.

LET'S GET ON WITH IT!

As an aside and for all those opponents who've long suggested that Calgary's residents and businesses that are at risk of flooding should simply move out of harm's way, the City has actually done that rough calculation. \$43 Billion is a bit pricey, no?

So we ask this Government to please stay the course, stay on message, get married to SR1 and GET IT DONE.

Regards,
Your CRCAG Board



CALENDAR OF EVENTS

OCTOBER 23 & 24

8 am - 12:30 pm

Introduction to Awakening the Enneagram

SUNDAY, OCTOBER 27

2:30-4 pm

Memory Cafe

SUNDAY, OCTOBER 27

5-8 pm

Pumpkins & Pizza

TUESDAYS, NOVEMBER 5

for 8 session Guided Autobiography

THURSDAY, NOVEMBER 14

6:30 pm

Wine & Cheese AGM

SATURDAY, NOVEMBER 16

7:30 pm

Learn by Heart Album Release

SATURDAY, NOVEMBER 23

8 am - 4 pm

First Aid & CPR Class

TUESDAY, DECEMBER 24

4 pm

Christmas Eve Skating Party

FRIDAY, JANUARY 17

5-8 pm

Happy Hour 2

FEBRUARY 14

6:30 pm

Valentines Chili Party



Book your Calendar for the **Wine & Cheese AGM**

THURSDAY, NOVEMBER 15 AT 6:30 PM

Join the EPRA Board for a short AGM with a Wine & Cheese Social to follow.

This is a great opportunity to not only visit with neighbours over a glass of wine, but to wander through the displays and provide your feedback on the two major projects planned for the “Clubhouse Park”.

1. **The Conceptual Park Plan** for the park adjacent to the Clubhouse includes pathways, seating areas, changes to hockey rinks and other ideas. The architectural firm, 02 Planning & Design, will be available to present the plans showcased on display boards. Your feedback is needed!
2. **The Storage Facility:** Brookwright Development will be present to provide the plans for the Storage Facility. This building will replace the current Sea-Cans and dilapidated wooden sheds in the park. Storage is needed for our hockey boards, ice resurfacer, tennis nets, clay court materials, tables & chairs and other supplies.