

# ELBOW PARK

RESIDENT'S ASSOCIATION • SUMMER 2019 GAZETTE

- 
- Stampede Breakfast  
July 6 Must Register
  - Summer 5 Day Camps  
at the Clubhouse
  - Fall Classes:  
Tai Chi, Yoga for Healthy Aging,  
Pilates & Stretch
  - NEW Basketball Court Open
  - Bridge Games in the Clubhouse  
Drop In Mondays
  - Celebrate: Movie in the Park  
September 7
  - Check out the NEW Website  
[elbowpark.com](http://elbowpark.com)
  - Elbow Park Tennis is open to Everyone
  - Clubhouse Rentals

## Elbow Park Residents' Association

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

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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

Elbow Park is buzzing! Over the past year, the EPRA Board has grown to 13 members and it is inspiring to see what this group has accomplished. You may have noticed?

## More Events

Our goal to engage a wider demographic of residents has been progressing well over the past few months. The Clubhouse has been a hum of activity with the Kennel Club Pot Luck, Five Dollar Friday Happy Hour, Drop-in Bridge Games, Family Paint Night, Mobile Adventure Playground, +55 Group and Guided Biography. Our park is leased from the City which gives EPRA and our members the ability to make decisions about how we use it and what it offers.

## New Website

The Board worked extremely hard over a short period of time in order to update the functionality of our website. Although not complete, the membership specific website has provided the ability to book the Clubhouse Hall/Boardroom online, view a calendar of bookings and events, pay for rental fees and tickets online, donate online, streamline memberships & communication and allow volunteers to manage the site versus always relying on a professional. This website was a large undertaking that will help us reach our goal of improving communication to our members. Stay tuned for more website improvements.

## Please Join Us

Residents of Elbow Park share the love of our common backyard where neighbours can gather in our Clubhouse, in our own special park, playgrounds, sports areas and tree lined streets. We are lucky to live in a community where residents care for each, their homes, gardens and neighbourhood. The Elbow Park Residents Association is an investment in our community. Increased memberships will help to support many key EPRA initiatives and activities. Please join EPRA and get engaged in making our community the best it can be. If you are unsure, please ask our Membership Director to confirm the status of your membership.

## New Basketball Court

The Basketball Court is complete and OPEN! Many residents are enjoying the larger specialized court surface, new location and beautiful nets. A first time ever skills training session for 20 residents in grades 7-12 was a great success and evidence that Elbow Park loves basketball. Two more posts/nets will be installed on the West side of the court in the Fall when it will be less disruptive for our tennis courts. This court remains a multipurpose sport court and ball hockey & other sports are still able to be accommodated as a result of the flush positioning of the posts with the fence. Thank you to the Parks Foundation Saddledome for the grant and to several Elbow Park families for their matching donations.

## 14 -18 Year Olds Needed

EPRA wants to engage our 14-18 year old residents and partner with you in order to support your use of the park on some warm evening hours. We are open to communicating about whether we can provide you with something for the Celebrate event, a pizza night in the Clubhouse, a social around a fire pit in the future or more sport opportunities. Contact [events@elbowpark.com](mailto:events@elbowpark.com) to let us know your thoughts.

## New Development Committee

EPRA has developed a new committee with the mandate to create our own blueprint of what future development we envision for our unique community. The Development Committee will begin in September and will be a separate committee from the ongoing EPRA Permit Committee that is responsible for reviewing specific building permits with residents.



## Upcoming Park Rejuvenation & Storage Facility Project

EPRA has undertaken a project that will see the "Clubhouse Park" rejuvenated and a Storage Facility for the Clubhouse built. If our grant is awarded, EPRA will hire a landscape architectural firm to create a conceptual plan and assist with community consultation. EPRA will be consulting you about the hockey program, ice flooding, lighting of rinks, raised community garden beds, fitness area, pathways, fencing, naming of park and signage, playground fencing, off-leash hours, landscaping around Clubhouse, benches, accessibility to all, Storage facility, field usage and other ideas. Our park is leased from the City which enables us to make these decisions and pay for them!

## Thank You Donors & Sponsors

EPRA cannot proceed with our projects and events without generous donations from Elbow Park residents and sponsorships from local Businesses. Thank you to our donors and sponsors for making financial contributions toward our basketball court project, kitchen supplies, new Clubhouse chairs & tables, website development and numerous events. Your names will be listed in a new Annual Report and website unless you have specified that you want your donation to be anonymous. All donations receive a charitable tax receipt and EPRA now offers the ability to donate investment securities through our account at Raymond James.

**Your EPRA Board of Directors wishes you a happy and healthy summer!**





## SUCCESSFUL MONDAY Bridge Games will continue in the Fall.

The drop in bridge games for Novice & Advancing players has been such a great success at our Clubhouse that the games will continue in the Fall.

Games will be held every Monday afternoon and every Monday evenings, holiday Mondays included.

The cost to drop-in is \$10 per person and no partner is required. Clarende Duby from EndsInY is available to assist players to improve their game.

Our community Clubhouse is the perfect space to accommodate 20 plus games! Clarende provides coffee and snacks from the well supplied kitchen and our newly purchased chairs are working out wonderfully. Bridge has come to the Clubhouse and we can't be more pleased!



**at our Clubhouse!!**

If a day EndsInY you  
should be playing bridge!

### MONDAYS

Elbow Park Clubhouse  
800 - 34 Ave SW

### DROP-IN: \$10

No Partner required,  
we will guarantee a game!

Novice & Advancing Player  
Bridge Games

0-20 Masterpoints  
0-299 Master points  
(Stratified 0-49, 50-99, 100-299)



## Families Get Creative in the Clubhouse

Thank you to Tracey Johnson who organized a Family Paint and Pizza night held in the Clubhouse in May.

Each member of the family painted a portrait of an owl on their individual canvases. The instructor provided guidance for each step of the process.

It was a wonderful way for the families to spend time together on a Sunday evening. We want the clubhouse to be a hub of activity where people congregate to attend community programs, events, special interest groups and recreation.



## William Reid School Getting a Facelift

William Reid School will receive a "new building envelope" over the summer months. This means that major construction will be happening in July, August and part of September.

The exterior of the school will be renovated and will look more modern and contemporary. All the old windows will be replaced. For many classrooms, this will increase the size of the window and increase natural light. The windows will have blinds inside of them, allowing teachers to regulate the sunlight and heat in the rooms.

The play structure and yard will be unavailable during the construction period.



## Another Reason to Love Elbow Park



*Ron Dooley photographed this Bald Eagle in his backyard.*



*Miles Reid's photo of a great horned owl and baby in Sandy Beach this Spring.*



# Kiddo Creative

Music & Performing Arts Programs

## MAKING THE MUSICAL!



For Children Ages 6-10

**July 8-12** | 10 am – 3 pm | \$325/child

**July 29 - August 2** | 10 am – 3 pm | \$325/child

**August 12-18** | 10 am – 3 pm | \$325/child

All sessions held at Elbow Park Community Centre.

Children collaborate during the week learning the entire process of making a musical, from creating and writing to the final performance.

### The 8 part session includes:

1. Script Writing and Choosing Musical Works
2. Character Development
3. Prop Making and Creative Art
4. Costume Design
5. Set Design
6. Perfecting the Performance
7. Dress Rehearsal
8. Musical Performance

Children learn and participate through the creative process of making the musical from idea to execution while building confidence in themselves and social skills while in a collaborative setting. Children will be exposed to each aspect of the process and are encouraged to participate and contribute their ideas and creativity.

On the last day of the session the children will perform their Musical for the enjoyment of family and friends!

For more information and to register: [hello@kiddolife.org](mailto:hello@kiddolife.org) or 403 609 5775  
[www.kiddolife.org](http://www.kiddolife.org)

# Volunteers

## Make the World Go Around!

### BASKETBALL COURT

Thank you to the volunteer crew that helped get the sport court area ready for the new tiles.

Harvey Huebsch and Kent Brown shovelled and swept the court and piled up 400 kg of silt/dirt and clay.

John Bancroft (non-resident EPRA member) was a huge help with his trailer, tools, and expertise, Jason and Jacob Grelowski, and Mike and Joey Cowan and their kids all came and helped.

They took down, cut up and loaded the old tennis backboard into John's trailer, as well as shovelled up the pile of dirt and clay into the Cowan's truck and took it to the dump and disposed of over 1000 kg. They all did an awesome job and persevered through a rainy day.

### KITCHEN

Thank you to Jennifer Gamracy, EPRA member and volunteer, who donated most of the items we required in the Clubhouse kitchen. The space is now stocked with wine glasses, serving platters, large pots, cutting boards and everything else you need when using our beautiful kitchen. Thank you also to the "elf" that left the pots and pan set. It's fantastic.



## Lead Volunteer Needed

### for East Elbow Park Ice Rink

The Lead Volunteer is retiring! The East Elbow Park rink on 39th Avenue and 4A Street SW requires a new lead Adopt a Rink volunteer to be responsible for storing the flooding equipment, flooding the rink and snow removal. The city will provide training on flooding from a fire hydrant. Support to help with flooding and snow removal is available from a group of long serving neighbours.



# Trees Flourish

## After Generous Donation

Thank you to the Palmer Family for their generous donation of \$13,242.16 which covered the cost of the pruning and shaping of the trees under our care in the park. EPRA is grateful that the trees, after years of neglect, were able to receive some tender loving care as a result of this donation.



- Food Trucks
- Jumpy Castles
- Inflatable Obstacle Course
- Face Painting
- DJ Music
- Beer & Wine Tent
- and more!!

Elbow Park: 800 - 34 Avenue SW

TICKETS: [elbowpark.com](http://elbowpark.com)

# Five Dollar Friday

## Makes a Happy Elbow Park

The +55 Group hosted an incredibly successful Happy Hour on Friday, May 31. The \$5 entry fee included a free Signature drink and delicious hot and cold appetizers. Elbow Park neighbours mingled inside and out on a warm Spring evening. Elbow Park likes Happy Hour and now that we have the recipe for success, more will be planned in the future.

Thanks to the volunteers who helped during the event and to the organizing committee Kelly Hewson, Jennifer Gamracy, Susan Rigaux, Charlene Kroeger, Sue Constable and Lana Janmohamed.



## 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](mailto:contact_manager@elbowpark.com).



# Guided Biography

## for the +55 Group

Christie Simmons, from Bespoke Chronicles, met with the +55 group in the Clubhouse and lead a conversation about the process of Guided Autobiography work. She explained that “the process of Guided Autobiography can be a powerful catalyst for improved self-esteem, self confidence and communication within communities and families”. The group completed a writing exercise where Christie provided suggestions about how to get started in a writing project so that it is not overwhelming.



The attendees were surprised at how easy it was for them to write and how much they wrote in such a short timeframe. Although the stories were deeply emotional, many participants felt safe to share with the group. Christie guided the discussion with such a gentle, open approach that it was a truly inspiring experience.

To top it off, Christie, also a singer song writer, shared some of her pieces from her newly released CD Learn You by Heart. This +55 Group session was a delight! Please join the group when it meets again in September. Information can be found at [elbowpark.com/events](http://elbowpark.com/events).

### 10 WEEK GUIDED AUTOBIOGRAPHY SESSION

EPRA will be providing a 10 week Bespoke Chronicles Guided Autobiography Session for 10 participants in November for a fee. The process involves focusing on a different theme each session.

We 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'll be asked to write a two-page story on a particular theme and then share it with the other participants (you're only asked to share what you're comfortable sharing)

Stay tuned for a date in November. Email [president@elbowpark.com](mailto:president@elbowpark.com) to hold a spot.







# Summer Solstice

## Will it be the Last?

The committee who organizes the Summer Solstice each year is retiring. Really! So far, nobody has stepped up to take over the job. Will the 6th Summer Solstice be the last?

Over 500 people attended on a beautiful day for this 6th Annual EPRA event held in the quaint park on 39th Avenue and 4th Street in "East" Elbow.

Kids of all ages played ball hockey and 9 square in the street, body bumped in the inflatables, played volleyball and enjoyed themselves with games on the playground.

Everyone enjoyed the delicious BBQ that had the best pulled pork ever, in addition to hot dogs, burgers, salad and beans.

Jeremy Farkas, our City Councillor, enjoyed the Marble Slab bubble gum ice cream while others dipped into the Poko popcorn.

Socializing in the beer tent was a great opportunity to meet neighbours new and old. It is a great way for Upper, Lower and Riverdale quadrants of Elbow Park to get over to East Elbow.

Thank you to the organizing committee Denise Volk, Ellie Siebens, Brenda Leeds Binder, Carol Kearn, Kathy Motherwell, Anne Cataford and all of the volunteers that helped on event day. Let's hope it isn't the last! The committee will lend their support to a new committee so that this tradition can continue.





# DEMENTIA

## Elbow Park Resident

My wife has dementia and we are both frightened.

Her greatest fear is having others find out. We have hidden it well for a few years now, however, as it is starting to become obvious to people that something is amiss, we are starting to tell a few close friends. Embarrassment and anxiety around Dementia is real.

We are afraid. We know that stigma and stereotypes of a diagnosis of dementia will test friendships and we may find that friends withdraw from our lives. From our research, we know this is common. We hope that our friends will have the courage to stay by our side and not provide excuses to avoid us. Please don't abandon us.

I'm worried that people will speak to me instead of to my wife when asking about her health, isolating her even more than the condition already does. Dementia can be a very lonely and isolating condition for everyone in the family.

It was difficult to get my wife to seek early diagnosis through a geriatrician. Early diagnosis could improve the wellbeing of my wife. It didn't help that her lung specialist made demeaning remarks and claimed that geriatric assessment was only for old people with walkers and wheelchairs. Even health care professionals can play a negative role in the process of stereotyping and stigmatizing dementia.

Stigmatization leads to social isolation and has emotional, behavioural and social implications, including diminished self esteem, a feeling of anxiety and the development of a sense of shame and a fear of judgement of others.

Over the past few years, my wife's illness has had significant impact on my life. In order to meet her needs, I have given up almost all of my "outside" activities, almost all of my professional endeavours and any significant travel. I do play one sport for short periods of time, however, this is becoming increasingly difficult because my wife wants me in her sight lines or she becomes fearful. Isolation is a very real threat, not only for her, but me also. Isolation can lead to feelings of loneliness.

Her children and her grandchildren are most supportive and encouraging, but, frankly they all have busy lives and it is most unrealistic to expect commitments from them. I'm grateful that when required in the future, I can hire a caregiver and make some modifications to my home.

My family physician, The Glencoe Club and the Alzheimer's Society are great resources and have been instrumental supporting my learning. So far I have learned to:

1. Refrain from making any negative or adverse commentary about her condition except to refer to it as a "normal unintended condition".
2. Refrain from ever criticizing her for memory lapses. This undermines her confidence in herself and decreases her self esteem.
3. Speak to each other when we can have eye contact. Our hearing is already compromised now that we are in our mid-80s so shouting up a flight of stairs just leads to frustration.
4. Take over the social calendar and accept it as one of my jobs.
5. Share my story in order to inform others about the stigma of dementia. Done!

Please reach out to me and share your thoughts or questions. Contact me through [president@elbowpark.com](mailto:president@elbowpark.com) with subject "Dementia" and Jane will forward it to me.

# Protect the Character of Elbow Park

by Margo Coppus,  
EPRA Development Director

We are a green inner city neighbourhood, defined by its many front porches, large trees and lilacs. Just walk through the community during the spring to take in all the blossoms and see the yards exploding in colour. Many homes date from the 1920's, lovingly detailed and maintained. The design of Elbow Park facilitates meeting your neighbours and EPRA would like to keep it that way.

Would you like to join me on a NEW committee, the EPRA Development Committee, to start thinking about how we can preserve what we love about Elbow Park? Contact Margo at [development@elbowpark.com](mailto:development@elbowpark.com) for more information.



## EPRA President's Stampede Breakfast

**SATURDAY, JULY 6**

The EPRA will be hosting the 3rd annual Stampede Breakfast on Saturday, July 6 between 9-11 am at the Clubhouse. Attendees must have a valid EPRA membership and must register online or by emailing [president@elbowpark.com](mailto:president@elbowpark.com) to attend this free event.

The Glencoe, once again, will provide their delicious breakfast and EPRA will provide pony rides for the children, country music and fun for the whole family.

The EPTC (our Tennis Club) will be serving the same breakfast on the Tennis patio for the tennis tournament.

The Stampede breakfast has been renamed the "President's Stampede Breakfast" and is "hosted" by Past EPRA Presidents and Board members.

If you are a past Board member we encourage you to sign up for the breakfast and identify yourself, your Board position and what year you served. We want to ensure that the work of past EPRA Board members is recognized and this breakfast is a way that we can not only say thank you for your past work, but, also provide a way for you to connect with EPRA again. It's easy, you just have to sign up and show up!

## EPRA Development Mandate Work in Progress

### COMMUNITY

- To continue to build a safe, diverse, vibrant multi-generational community.
- To offer cultural and recreational activities for all ages.
- To encourage interaction with neighbours by having front porches, free standing backyard garages (no long breezeway walls)
- Backyard suites could be a great way to keep the community affordable for multi generation families, but should be carefully designed to fit in and be respectful of neighbours.

### HISTORICAL

- To preserve the heritage and character of the community, which consists of mostly single-family homes, beautifully maintained gardens, large trees, green boulevards and open spaces.
- To identify historical streets and collect historical facts/stories.

### GROWTH

- To keep ahead of the City's growth plans and create our own blueprint of how we see future development in our community.



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## ELBOW PARK TENNIS CLUB

*Home to the best clay courts in Calgary.*

**JOIN TODAY!** 403-243-7342

Membership  
application forms  
available at  
**EPTC.ws**



- FANTASTIC VALUE
- UNPARALLELLED PLAYING SURFACE
- FUN SOCIAL EVENTS

## Shocking News!

### **AED IN CLUBHOUSE**

EPRA was able to purchase an AED (Automatic External Defibrillator) for the Clubhouse and it is stored on the wall in the Hallway near the kitchen.

This particular Zoll AED Plus uses voice prompts and visual indicators to guide the rescuer through the resuscitation sequence. The rescuer needs to place the electrode pads onto the “patient’s” chest, turn on the machine and await instructions.

Given that our Clubhouse is a sports facility and hosts many events with large gatherings, we felt it prudent to provide an AED.

EPRA has scheduled a day long CPR Class for Saturday, October 5 in the Clubhouse. Participants in this course will learn to activate Emergency Medical Services, provide assistance to an adult, child, or infant whose heart has stopped or who is choking, learn to recognize signs and symptoms of stroke, and learn 2-rescuer CPR. AED instruction is also included.



## **CLUBHOUSE PROGRAMS**

### **TAI CHI**

Mondays 9-10 am

### **PILATE & STRETCH**

Tuesdays 9:15-10:15 am *with Christie Hayne*

### **+55 GROUP**

Every other Wednesday 2-4 pm

### **YOGA FOR HEALTHY AGING**

Thursdays 9:15-10:15 *with Phyllis Lindsay*

*Check [elbowpark.com](http://elbowpark.com) calendar for details.*

## Elbow Park

### **Kennel Club**

A group of residents who know each other through their dogs exercising in our Park, organized an “open to all” event that was held at the Clubhouse on May 9. The potluck and BYOB party was a fun event with lots of good food and good cheer. Some of the attendee’s nametags included the dog’s names, usually with the dog’s name first and in bold. This was a great opportunity for this group of neighbours to gather together to visit with each other without the distraction of their dogs. If your group wants to plan a similar event please contact Lana at [events@elbowpark.com](mailto:events@elbowpark.com).





# Mobile Adventure Playground

The City of Calgary brought out their mobile adventure playground to the Clubhouse field and many families came out for the fun at this free event. Kids found some very creative ways to build, climb and play with the variety of objects available. The Clubhouse kitchen worked well for a concession stand that we will get youth to operate in the future. EPRA will partner again with the City to bring this type of family fun to our parks.



## Wanted Hockey Program Coordinator

There are 5 rinks in Elbow Park, one in Upper Elbow, one in East Elbow and three at the Clubhouse Park (2 Boarded Rinks and 1 Pleasure Rink). We have many volunteers that help with the rinks, however, EPRA requires a volunteer to spearhead the program.

This year will be a critical year to have someone in this position when decisions are being made about how many hockey boards to put up, flooding of the tennis area, hockey budget development, conceptual park plan, hiring out for rink maintenance, equipment needs and hockey programming. Contact [president@elbowpark.com](mailto:president@elbowpark.com) for more information on this position.

## Basketball/ Sport Court is OPEN!

The new basketball/sports court is open and is beginning to see some action. Check out the beautiful new court for a full court basketball game, 3 on 3 or just shooting some hoops. In order to not disrupt tennis, the two final posts/nets will be installed in the Fall.

Congratulations and thank you to Kent Brown for leading this project from start to finish!

Thank you to the Calgary Parks Foundation & Saddledome Foundation for a \$20,000 grant and to all of the Elbow Park residents who generously donated funds to match the grant. Over \$20,000 was raised from over 50 individual residents of Elbow Park. EPRA will provide the funding to finish the installation of the final two posts. Stay tuned for an official opening celebration in the Fall.





## Hot Off The Press

# Storage Facility Plans

Thank you to Byron Brook from Brookwright Developments for volunteering his time and funds to have the storage facility floor plans and renderings completed for EPRA. These plans are a result of a group of residents, the Glencoe Club and the EPRA Board putting their heads together.

The original plans for the newly built Clubhouse included a basement that was designed to meet all storage needs, however, as a result of the flood, the City would not provide a permit for a basement. The Clubhouse was a large project on its own and past Boards and volunteers worked tirelessly to get that project done. Now, we are on to Phase Two!

### These plans include storage for:

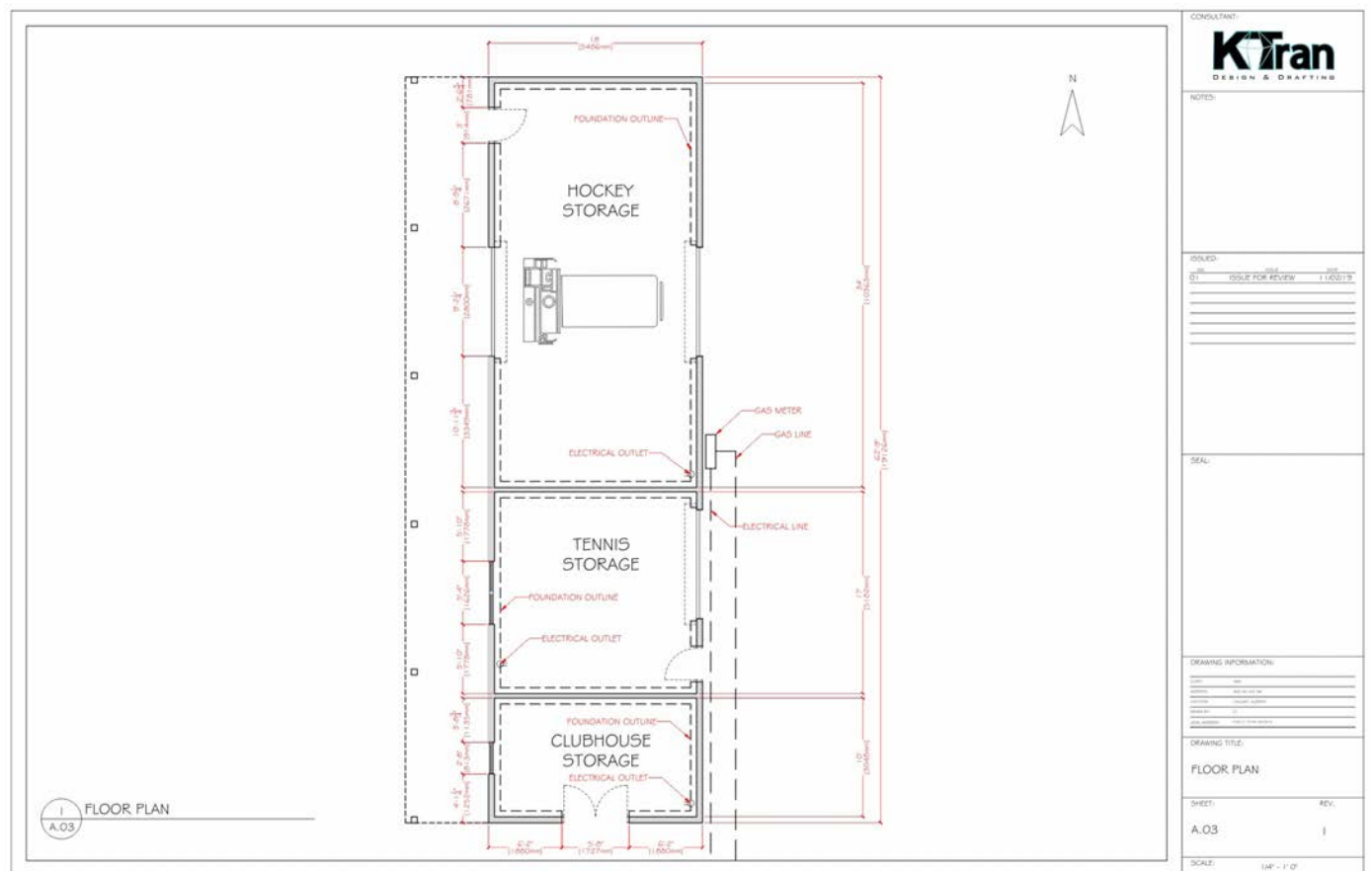
- Clubhouse (extra tables, event supplies, program supplies etc)
- hockey boards (2 sets)
- hockey nets, posts, shovels etc
- Villains soccer & other sports
- ice resurfacing machine (with room for potential mini Zamboni....Yup, we have big dreams!)
- tennis nets, wind shield, clay supplies, clay roller, patio furniture etc.

### Features of the Facility:

- new rubber hose with a reel and water supply for ice flooding will be located in the hockey area & easily accessible to the rinks
- overhang on the front provides coverage for skaters to lace up in the winter
- floor heating throughout in order to provide easy startup of the Zamboni (or ice resurfacer) and protection of items
- two garage doors on each side allow Zamboni to drive out onto flooded tennis courts and the boarded rinks on the West side
- the garage door adjacent to the tennis courts provides access for the clay roller and equipment
- the building is placed right up to the tennis court in order to eliminate the need for a fence and prevent an unsafe gap
- the side doors provide easy access from the Clubhouse to the storage
- the design reflects the same design as the new Clubhouse
- this building will replace the unsightly Sea-Can, two large dilapidated storage sheds and a metal shed

A Community Facility Enhancement Grant will be submitted and matching donations will be sought in order to fund this large project! Community Consultation has begun! There will be meetings booked in the future, however, if you would like to provide any feedback now, please email: [president@elbowpark.com](mailto:president@elbowpark.com).











EPRA President's 3rd Annual

# Stampede Breakfast

**FUN FOR THE  
WHOLE FAMILY!**

**Saturday, July 6**

**9-11 am**

**at the Clubhouse**

**PONY  
RIDES!**

Must have a valid EPRA  
membership and must  
register online or by emailing  
[president@elbowpark.com](mailto:president@elbowpark.com)  
to attend this free event

**COUNTRY MUSIC!**

**PANCAKE  
BREAKFAST!**

