



# **ELBOW PARK**

## **RESIDENTS ASSOCIATION**

# **G A Z E T T E**

**SPRING 2020**

# Elbow Park Residents Association

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Registered EPRA Members will receive an electronic copy of the Gazette in their inbox.

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

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# Presidents Message

As the COVID19 situation continues to evolve, this is a challenging and uncertain time in Elbow Park. We are fortunate to have the foundation of a connected community, caring neighbours and resourceful residents.

It is extremely important that EPRA make every attempt to ensure that residents are able to find assistance in a timely manner.

In an attempt to ensure that no resident is isolated or goes without assistance, EPRA has set up an information form (a survey link) sent by email. Volunteers can sign up to assist and those in need sign up to receive.

Assistance with grocery pickup, prescription pickup, outdoor upkeep and companionship by phone will be offered. Assistance for those who require help to become connected through computer or smartphone will also be provided.

We ask that volunteers be in low-risk groups and symptom free before signing up.

The survey was sent to EPRA members, however, that captures less than half of our households in Elbow Park. If you did not receive the email please go to [elbowpark.com](http://elbowpark.com) to find the link.

Please complete the survey and an EPRA volunteer will attempt to match a volunteer with a person in need and contact you.

In addition, we have been organizing Block Captains over the past month and we would like to expedite that process. If you are able to volunteer as a person on your block to be the key communicator please email [safety@elbowpark.com](mailto:safety@elbowpark.com) for more information.

If you are unable to access email or the website call Jane at 403-680-9320 and a survey can be completed over the phone.

Experts anticipate that social distancing measures will be required for 2 - 3 months. It is extremely important that we keep in contact with our neighbours during this time. Please keep EPRA up to date on what your needs are. Don't hesitate to reach out and ask for help! We've had lots of volunteers offer their services and they are available when the need arises.

These are uncertain times, however, we can be certain that Elbow Park will take this journey as a connected and neighbourly force.

Best wishes,  
Jane Virtue



## Relevant Contact Info

**Police NON-emergency** 403-266-1234 or online

**Health Link re: COVID19 or other Health questions** 811

**COVID19 Info from AHS** <https://www.albertahealthservices.ca/>

**COVID19 Info from Alberta Government** <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

**Emergency ONLY** 911

**EPRA Website** [elbowpark.com](http://elbowpark.com)

**Jane Virtue** [president@elbowpark.com](mailto:president@elbowpark.com) 403-680-9320



# Events in the Clubhouse

As a result of the mandate to close recreational facilities, the Clubhouse was closed on Monday, March 16. Those people who had rentals will be given a full refund. Unfortunately, our regular Pilates, Coffee Talks and Scottish Urban Dance are postponed.

In the meantime, our Clubhouse Manager, Lindie Serrurier and Assistant Manager, Zena Stirler will ensure that the building is ready when the time comes to gather our community together again.

## LET'S PLAN ON THAT! PLEASE SAVE THE DATES: Saturday, June 20

### Community Wide Block Party Bonanza

Get your block organized for a block party and EPRA will facilitate some special offers and assist you with the planning.

## Saturday, September 5

### 13th Annual Celebrate Movie in the Park

Bring your blankets and picnic to the Clubhouse park and enjoy the outdoor experience of movie watching with the family.

# Paying it Forward

## THANKS DONORS

Thank you Kelly Hewson for the \$500 donation and John Russell Uren for the donation of \$1000 made after our request in the last Gazette. We had asked for a donation to assist with the purchase of a new projector for our meetings, however, thanks to Gail Bell's donation of a quality used projector, we were able to use the funds for other Clubhouse improvements.

We were finally able to purchase EPRA signage with a portion of the funds. The Clubhouse was without signage after the renovation and we are pleased that we now have a prominent name and address on our front doors, signage above the fireplace that helps to claim the space as ours and a sign at the Hall entrance to help identify that space too.

We were also able to purchase a few other needed items such as a ladder, hot water urn and flip-chart with the remaining funds.

It is fun to note that John Russell Uren, a past Elbow Park resident who now lives in Vancouver, saw the story in the past Gazette about how Reed Simonton had wanted to "pay it forward". John and Reed had played many games on the rinks in the "good ole days" and John was inspired by Reed's donation to purchase hockey nets. EPRA relies on donations to assist with the upkeep of the rinks, our park and the clubhouse and we are happy about the "pay it forward" trend.

Next up on our list, a Baby Change Table. Our little babies don't have anywhere safe for their diaper changes and we'd love to provide this service. If you are interested in making a donation for this item they are priced at around \$320.

# Thank You

## RIDEAU SCHOOL VOLUNTEERS

We had a very successful meeting regarding Future Development in Elbow Park held on February 27 with very good attendance.

Thank you to students from Rideau School, Gillian, Emma, Keelin and Claire (and I'm sorry if I missed anyone!) for volunteering to set up and take down the chairs and coffee station for this large gathering.

Thanks also for volunteering to stay longer to organize and tidy the Clubhouse kitchen. With the increased rentals of the Hall, the kitchen has seen some heavy usage and a good re-organization was needed. Thanks to the superb work of this group of volunteers, our kitchen is back in order and ready for business when we open again.

This is a great example of the benefit of partnering with our local schools. We are able to share our Leased Park and benefit from access to some great volunteers!

## 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.**



# Designation of Historic Resources

BY: JOHN HEFFER

I love Elbow Park! The varied architecture of its older homes gives this century-old neighbourhood a charm that few can match. I have owned one of those older homes since 1970, and as I have watched older homes replaced by new ones, not always in compatible styles, I have wondered how to preserve the character of the neighbourhood for current and future residents, and how to preserve my own home.

I had heard about the process of designating a home as a 'Heritage Resource', and to get more information, I attended in November 2018 a workshop called 'Demystifying Designation' hosted by Calgary Heritage Initiative. The speakers represented the City, the real estate industry, buyers, sellers and owners of designated 'Municipal Heritage Resources'. I was so reassured by these speakers that I proceeded with Designation and now am the proud owner of a 'Municipal Heritage Resource'. I'll be making improvements (to non-designated features), but they won't be wasted on a tear-down.

Now my reason for writing this piece: If you have an older home that you cherish, anywhere in Calgary, I encourage you to attend the next 'Demystifying Designation' workshop (they are held periodically) and learn what it's all about. A starter web site is: [www.heritagecalgary.ca/designation](http://www.heritagecalgary.ca/designation).



# Cool Way to Clean the Ice Rinks!

Chris, a Calgary resident, built a machine that cleans ice similar to the process that the large Zamboni uses. He came out and demonstrated on the Pleasure Rink.

The machine took several passes to shovel the snow. He hand shovelled the multiple shovel dumps left at the side of the rink. He then filled up the body of the machine a couple of times with water and after several laps, voila!, smooth clear ice.

The machine is considerably cheaper than the larger machines and comes in at about \$30,000. It is battery operated so it is quiet, doesn't require as much maintenance and doesn't have the smell and mess of fuel. It's very safe and easy to drive so volunteers can use it.

It's something to consider for the future. Who knows. Maybe Elbow Park will want to invest in this "cool" machine.



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# Are Row-Houses coming to Elbow Park?

- Guidebook for Great Communities Approved at PUD
- Applications to West Elbow Local Area Plan Deadline March 22
- Final Approval of Guidebook through Virtual Council Meeting April 27
- Guidebook will direct future changes to RC1 communities when Land Use Bylaw Amended

The “Guidebook for Great Communities” (Guidebook) was APPROVED at the Planning & Urban Development Public Hearing on March 4. Council will make the final approval of the document on Monday, April 27. Council will implement a system for the Council meeting to occur through some type of Virtual system.

In addition to the approval of the Guidebook, there were changes made to the Municipal Development Plan (MDP) in order to reflect the direction set out through the Guidebook.

Elbow Park will be effected with the implementation of the Guidebook. It is highly recommended that you take the time to familiarize yourself with it. The Guidebook will be a statutory document that provides the foundation for what changes will be made to the Land Use Bylaw in the future. The Land Use Bylaw dictates the type of use of our community in regard to the type of housing. Currently, the houses in Elbow Park are all designated as RC1 (Single Detached Residential Homes).

At the moment, there is nothing preventing someone from applying for a Development Permit for a different type of housing such as a Row-house right now in Elbow Park. They would need to apply through the PUD and Council if it was different from an RC1. Once the Guidebook has been approved, that process will not change. It may change, however, when the Land Use Bylaw is amended and, at the moment, there is great uncertainty as to what that will look like. It is possible that the change will make it easier for developers to purchase land and build a Row-house without restriction. This is also dependent on real estate value and economy may simply provide restrictions in certain areas.

Once the Guidebook is approved, the Land Use Bylaw will remain, however, it will eventually be amended. It may remain for a few years, however, eventually Council will amend the document to reflect the changes dictated by the “Built Form” and “Modifiers” listed in the Guidebook.

The Multi-Community Local Area Plan (LAP) is the second part of the City’s “restructuring” plan. Elbow Park has been included in the “West Elbow Local Area Plan” and the process for the applications to sit on the working group began on March 2. The deadline for applications is March 22.

The West Elbow LAP includes the 16 communities of: Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.

According to [engage.calgary.ca/WestElbow](http://engage.calgary.ca/WestElbow) “Anyone who is interested in the project can get involved. This includes anyone who lives, works or visits in the area, anyone who owns property or land, anyone who is considering opening a business in the area or proposing a new building or development in the area.”

## I encourage you to

- familiarize yourself with the Guidebook, especially the Built Forms & Modifiers
- Apply online as a resident or development industry participant for one of the 52 spots on the West Elbow LAP
- Write to All Councillors and Mayor
- if you are concerned about the process to have the Guidebook approved through a Virtual Council meeting instead of postponement
- with specific suggestions as to how the Guidebook can be improved
- For example: Add another category of Low Density Urban Form (provide details)
- For example: Add a modifier (provide details)
- copy the email/letter to [development@elbowpark.com](mailto:development@elbowpark.com)
- go to [elbowpark.com](http://elbowpark.com) and find the links on the recent NEWS posts
- Email Address: [CouncillorWeb@calgary.ca](mailto:CouncillorWeb@calgary.ca)
- Email Address: [TheMayor@calgary.ca](mailto:TheMayor@calgary.ca)

# 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](http://elbowpark.com) for online registration OR use this membership form below and mail or drop it off to 800 34 Avenue 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](mailto: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.



# Community Garden Concept

## for Elbow Park

There has been a bit of scuttlebut about the possibility of developing a Community Garden in Elbow Park. There are people interested in the idea, however, not yet a volunteer to take on the task of coordinating the group to meet and investigate. If you are interested in this project and want to do some research and investigating while maintaining social distance, send an email to [history@elbowpark.com](mailto:history@elbowpark.com). Tracey will give you the contacts of the other volunteers so that this project can get off the ground.

## Last Chance to be Heard

### Elbow Park Survey

Thank you for the fantastic response to our online survey! We will keep it open for another few weeks to ensure that those of you who missed it still have an opportunity to have your voices heard.

Find the Survey online at [elbowpark.com](http://elbowpark.com).

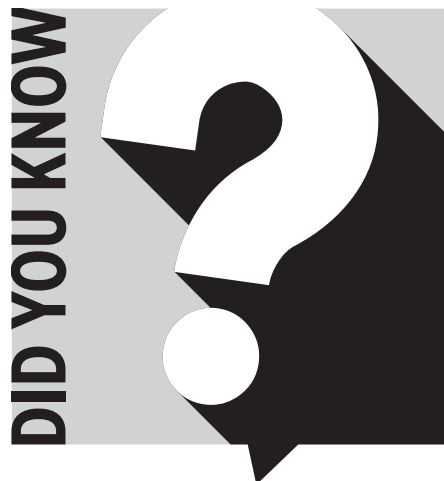
Thanks to our Board volunteers Amy Norman and Sarah Geddes, the survey is very easy to complete yet provides valuable information.

The questions on the survey are quick to respond to and vary in topics such as your views on Community Gardens, Events, and Communication preferences. Don't miss out! Make sure you let us know your thoughts.

### SOCIAL DISTANCING

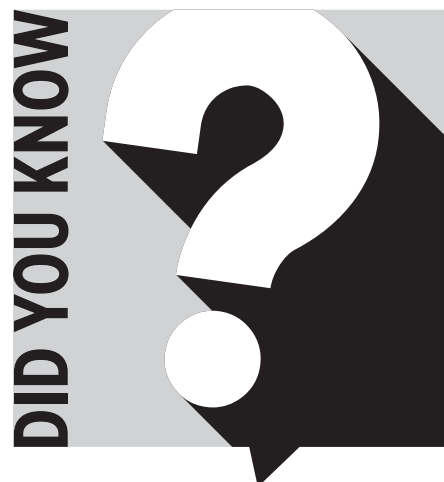
## Hockey Board Take Down April 18

Spring will eventually Spring and we will need to get the field ready for Soccer to take over. Let's plan on taking down the Hockey Boards on Saturday, April 18. We will need to come up with a creative plan on how to complete this task using social distancing! I think we are up to the challenge don't you?



This is the 90th Anniversary of the Elbow Park Residents Association.

Magistrate D. Cameron Sinclair officially opened the two EPRA rinks in our Clubhouse Park on Dec 12, 1941.



There are currently 418 Active EPRA Members and 89 Members from last year that have "Lapsed" Memberships. 11 Non-resident Members. You can go to [elbowpark.com](http://elbowpark.com), login with the person's name in the household that signed up and check your status. A membership is \$40 per household.

# Garbage Containers

## in Park

A few years back the City Parks department “donated” the two garbage containers located in our LOC (License of Operation or, better known as the “Clubhouse Park”) to our Community Association, EPRA.

Unbeknownst to us, it then became our responsibility to collect the garbage from these containers. For the last few years, an unknown contractor has been collecting the garbage without charging us and we had no idea that this wasn’t suppose to occur. Unfortunately, during the Christmas break the service stopped and we were left in a lurch.

Oops! We thought that it was the City’s responsibility and we were unprepared. So, the garbage overflowed and it was unpleasant to say the least.

In the meantime, I’ve been trying to find a contractor that will pick up the garbage for us. This is not an easy task. At the moment, we are still unable to find a contractor who will take on this small contract and at a cost we can afford.

Once the ice thaws around the garbage cans, the two cans will be moved onto City owned land located along a strip near the escarpment. This will be less convenient than the current locations at the corner of 7 St & 34 Ave and near the Clubhouse, however, I am hopeful that this will be temporary.

Once we find a contractor to take over the service, we will be in a position to purchase the garbage cans with the funds donated by Valentine Volvo. We will purchase four new containers and place these in two original locations, and two extras in new locations. Stay tuned!

# Ward Boundary Review

## for Councillor Elections

Need something to occupy your mind for awhile? Take a look at the City of Calgary Ward Boundary Review at [engage.calgary.ca/wardboundaries](http://engage.calgary.ca/wardboundaries). It’s a good mind exercise and probably worth your while to weigh in on your view about the boundaries that separate the wards for electing our City Council.

The wards are currently inequitable in population representation by Councillors across the City and there are two scenarios the City is considering.

Volunteer Lara Presber reviewed the scenarios and has made a few observations. You will need to go to the engage website to follow along.

In Option A chart, we lost a lot of population but the boundary looks very similar. She notes that the black lines are existing and red lines are proposed and the blue dots are the communities effected. We gain a chunk north of Heritage to Glenmore and gain Cliff Bungalow.

In Option B, the South boundary is the same but the ward would grow significantly to the East and grabs a lot of Ward 9. This scenario captures the industrial area east of Macleod, which doesn’t add much, but does grab Inglewood and Cliff Bungalow.

One other interesting factor to note is who should be making final decisions about ward boundary changes. City Council is making the ward boundary decisions and some people question if this is a fair process when it influences election results. If that bothers you, send in your comments via the City survey online.



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— will —  
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# CONCEPTUAL PLAN RENDERING

## ELBOW PARK AND CLUBHOUSE GROUNDS IMPROVEMENTS

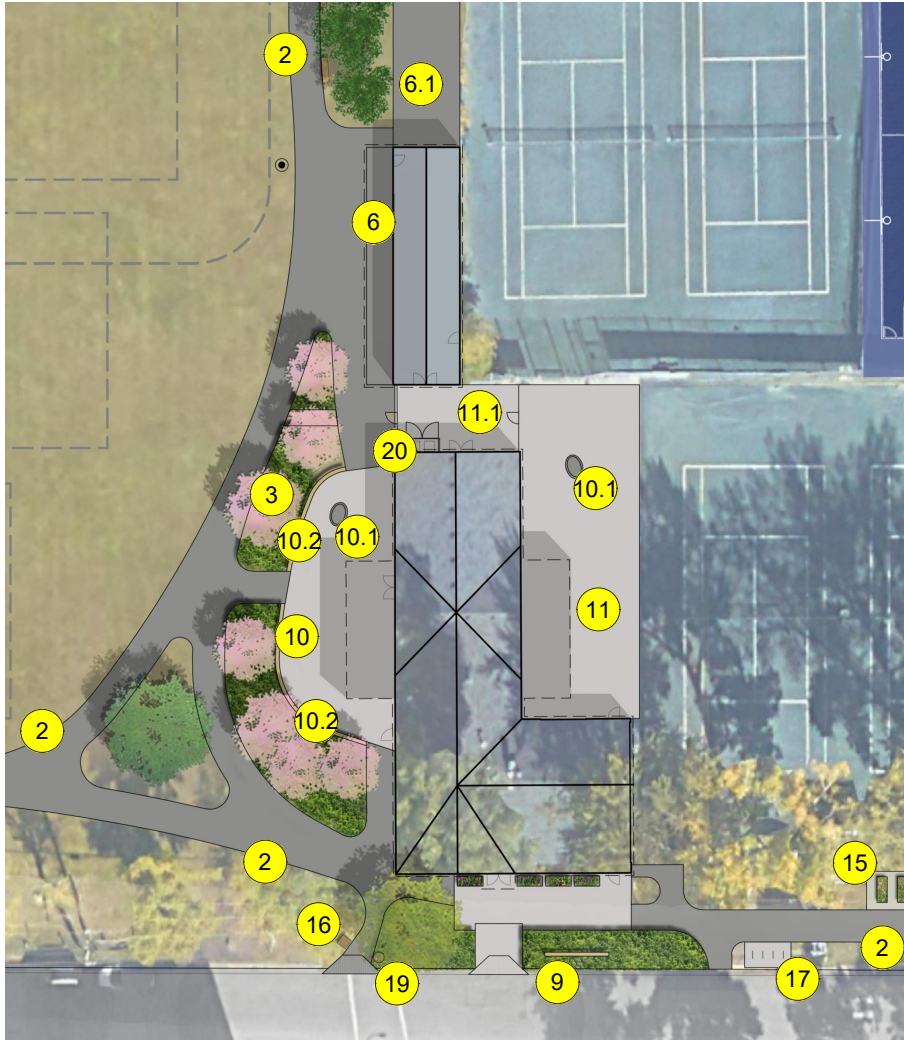


- 1** Park entry points connecting into the park with identity signage and information boards with universally accessible wheel chair ramps
- 2** Interior park pathway loop to provide contiguous universal access around the park for pleasure walking and promenading around the park and to create a contiguous and consistent interior park field edge. With seating benches and new trash receptacles
- 3** Evergreen trees and small non-fruiting flowering trees along the current tennis fence interface to create continuous treed interface with the interior of the park and to soften the transition from the tennis court facility and fencing to the park
- 4** Infill and additional new larger trees to continue and strengthen the tree interface along the interior field
- 5** Open, unobstructed interior park field (removal of current light poles, old basketball court paving, and baseball backstop fencing)
- 6** New winter and sports equipment storage facility structure. Facade aligned with current Clubhouse
- 6.1** Tennis practice area
- 7** Allocation on the field for one single lit seasonal ice skating rink closer to the clubhouse and new storage structure for easier and quicker access
- 8** Allocation on the field for seasonal youth soccer fields. Villains F.C. field dimensions: 18.3 x 27.4 meters (20 x 30 yards)
- 9** Entry Plaza at the Clubhouse main access doors to strengthen the visibility and identity of the Clubhouse with a feature signage wall
- 10** West Patio to provide a social interaction space with seating and a season fire pit and to create a better transition between the Clubhouse and the open park field. Recognition bricks set into the low wall defining the patio
- 11** Expanded amenities (seating, warming elements, dog fencing) in and near the interior East Patio of the Clubhouse
- 12** Contiguous fencing around current playground and gated entry points to eliminate conflicts with dogs using the park. Potentially add lighting to the illuminate the playground
- 13** Informal outdoor exercise area (granular paving and poles to attach resistance equipment)
- 14** Basketball and youth gathering plaza with feature seat elements
- 15** Potential community garden area (large ornamental pots rather than in ground plots)
- 16** New trash receptacles
- 17** New bicycle racks
- 18** New water fountain for people and dogs
- 19** New community announcements postings board around existing power pole
- 20** New garbage bins enclosure  
Existing backstop to remain



# CONCEPTUAL PLAN RENDERING

## ELBOW PARK AND CLUBHOUSE GROUNDS IMPROVEMENTS



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**6.1** Tennis practice area

**9** Entry Plaza at the Clubhouse main access doors to strengthen the visibility and identity of the Clubhouse with a feature signage wall

**10** West Patio to provide a social interaction space with seating and a season fire pit and to create a better transition between the Clubhouse and the open park field. Recognition bricks set into the low wall defining the patio

**10.1** Seasonal fire pit

**10.2** Recognition bricks set into low retaining wall defining the patio

**11** Expanded amenities (seating, warming elements, dog fencing) in and near the interior East Patio of the Clubhouse

**11.1** Fenced-off area for dogs for visiting dog owners

**15** Potential community garden area (large ornamental pots rather than in ground plots)

**16** New trash receptacles

**17** New bicycle racks

**19** New community announcements postings board around existing power pole

**20** New garbage bins enclosure

DID YOU KNOW



You can sign up for Garbage Collection reminders at <http://calgary.ca/collection> and you can get your bottles picked up from your house and proceeds donated to EPRA (or other charity) by contacting Skip the Depot.

# Dealing with the ever-changing news about COVID-19

**By Julie Freedman Smith and Gail Bell of Parenting Power**

News about COVID-19 keeps changing. Here are some tools to help every parent:

## **Kids read our emotions**

If news of the virus has got you worried, plan to talk with your kids about it. Otherwise, they may start attributing your mood to something that they have done:

*Why is mom worried? Maybe I've done something wrong?*

*Is Dad mad at me? He hasn't stopped frowning for days.*

## **Share simple, age-appropriate facts that are relevant to your child's day-to-day life**

When sharing news with kids, use facts and keep them age specific.

**Kids under 5:** Our job right now is to do a great job of cleaning our hands and keeping our hands away from our faces.

**Kids 5+:** What is your understanding of the situation? Let's talk about your concerns and make a plan to do what our family can to stay healthy.

## **Share your feelings and support those of your children**

This may feel like a scary time, and we are feeling a bit worried. It's easy to get scared but we want you to know that we are a team and we know that we can discuss our concerns and figure out a plan to keep our family safe.

If you are scared or worried, you can always talk to us about how you're feeling. We'll help you to know how things will work out okay. Don't be worried about protecting us.

## **Once you've talked things through, move forward and don't overdose on media.**

Talking about fears, "what-ifs" and worst-cases can be helpful because kids get those imaginative ideas out of heads, and it's easier to know what they are thinking if they tell you. From there, you and your kids can work together to make plans for those eventualities or rule them out completely. Once you've made a plan, proceed as normal. Keep news broadcasts to a minimum as children have a hard time discerning that one piece of news repeated every 15 minutes isn't 4 bad things happening every hour.

## **Create a sense of control: Build a family schedule**

The simplest way for families to gain a feeling of predictability is to create a family schedule. Get clear as parents about what's important. Then, involve the kids. Children feel comfortable when they know what's expected. Map out a plan for your family and get it up on the fridge.

## **What should be in the plan?**

Time for

- reading together (this is a must for younger children)
- being active
- being outdoors
- quiet
- playing together
- looking after the house (chores)
- preparing and cleaning up from meals – planning this out means that boredom is not leading to lots of overeating.
- sleep – everyone needs to be getting good sleep so that we can be at our best to handle this ever-changing new normal.

## **How to manage working from home**

Plan what your kids will do while you are working. If more than one parent is home, it may be easier to trade off: One parent works all morning while the other works intermittently and is on-call with the kids; then they switch after lunch. Create lists with your kids of things they can do independently and then set them up for success. When it's time for together time, drop the work and be with the kids.

## **Join our Stay At Home Family Challenge on the Parenting Power Facebook Page and build some great habits for your family while everyone's at home.**

Send us your questions: <http://parentingpower.ca/email-question/>

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# Crime Stats Update

The Elbow Park community experienced 2 crimes in January 2020, in comparison to 5 crimes the previous month, and 4 crimes in January one year ago. Elbow Park experiences an average of 6.0 crimes per month. On an annual basis, Elbow Park experienced a total of 72 crimes as of January 2020, which is down 23% in comparison to 93 crimes as of January 2019. Total Elbow Park crimes is calculated as the sum of break & enters (dwelling, commercial, and other premises), theft from vehicles, theft of vehicles, assaults (non-domestic), commercial robberies, street robberies, and non-domestic 'other' violence.

Our community experienced 1 break and enter (B&E) crime in January, in comparison to 2 B&E crimes in December and 3 B&E crimes in January 2019. On an annual basis, Elbow Park experienced a total of 26 B&E crimes as of January 2020, which is down from 31 B&E crimes as of January 2019.

Elbow Park experienced 1 vehicle related crime (theft of or theft from vehicles) in January 2020, in comparison to 3 vehicle related crimes in the previous month, and 1 vehicle related crime in January 2019. On an annual basis, Elbow Park experienced a total of 43 vehicle related crimes as of January 2020, which is down in comparison to 59 vehicle related crimes as of January 2019.

A comparison indicates that Elbow Park ranks below Mission, Altadore, Cliff Bungalow, South Calgary, Parkhill, Upper Mount Royal and Erlton in numbers over the past year.

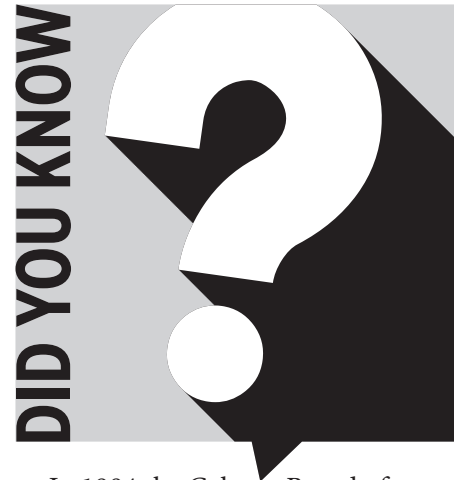
I encourage you to report any minor crime to the Non-emergency line at 403-266-1234 or online in the future in order to ensure that police have record. They base their budgets and staffing on statistics and it is beneficial for us to report!

## STORAGE FACILITY BUILD: Grant Denied

Unfortunately, the Government of Alberta "Community Facility Enhancement Grant" was denied. It is not surprising given that the fund had been reduced with the latest budget round, however, I was still keeping my fingers crossed. This was a "matching" grant and we were making good progress on collecting funds for our portion after the significant donations from Mike and Barbara Morin and another Anonymous Resident donor.

The \$125,000 grant is required in order for us to start the build of the Storage facility in the Clubhouse park. The storage facility will store hockey, tennis and Clubhouse articles including the hockey boards, ice machines and tennis nets and roller.

We will get started on sending applications for other grants. This will of course delay the process, however, we will persevere. Until then, we will continue to use the two wooden dilapidated sheds and metal Sea-Can and keep our fingers crossed that funding will come soon.



In 1984 the Calgary Board of Education was proposing to close down William Reid School. A few years prior to this it appeared that the school would have to close due to lack of enrolment. The French Bilingual Program was then introduced and was very successful. At the time, William Reid had a capacity of 150 and was 90% full. Residents opposed the closure of the school and fought to keep it open. Today, thanks to that community effort more than 35 years ago, William Reid is still in operation with a capacity of 320 students, more than double than before. It still maintains the 90% full rate, though there is now, due to high demand, a waiting list every year with a lottery in place for kindergarten students.

# Volunteer Appreciation

I am so busy asking so much of our EPRA volunteers that I don't take the time to thank them properly. I would like to take this opportunity to make a best effort attempt at acknowledging the incredible volunteers that make Elbow Park an amazing place to live!! Each and every one of these people provides a service to our community and I want to share with others some of their accomplishments. There are many more volunteers out there not included here, but, I wanted to at least touch the surface!

## **Don Ballance**

Membership sales, multiple email reminders, working with the membership program, grant application, completing a financial review at year end saving us in fees, assisting with monthly finance reporting, event planning, Kennel Club, creating contact lists and assisting with operations.

## **Aletha Brooks**

Thanks for recording superb minutes from our Board meetings, organizing the Google Drive Documents and participating fully as a Board member.

## **Byron Brooks**

Providing expert guidance on the Development Committee and providing resources and expertise for the creation of the storage facility plans.

## **Kent Brown**

Coordinating the basketball project from applying for the grant to installation. Researching product, meeting with the contractors, soliciting funds, donating, coordinating with Parks Foundation and getting signage made.

## **Margo Coppus**

Chair of the Development Committee right now is a massive job! It means sitting in council chambers for hours, attending information sessions regarding the Guidebook, reading the lengthy documents in order to interpret them for residents and organizing town hall meetings. That is on top of the "usual" job of organizing meetings to review the development permits, of which, Elbow Park has many!

## **Elrose Klause**

Development Committee member, completing grant applications, meetings for the Concept Park Plan and event helper.

## **Lindsay Cummings**

Development of Fund Development policies, coordinating and implementing donor thank you cards, developing Annual Report, developing Loyalty Program and most recently creating the "Neighbour Connect" support system in response to COVID19.

## **Bob Dick**

Coordinating volunteers for the casino, attending the casino, completing the paperwork and reporting on casino.

## **Sarah Geddes**

Hours of work implementing the monthly digital newsletter despite the frustrations with the system, volunteering at every event, providing communication expertise to the Board, designing and printing thank you cards, offering services free of charge from her communication business press and post and development, implementation and interpretation of the Elbow Park Survey.

## **Jason Grelowski**

Many hours spent clearing the clubhouse of the mice infestation, working with plumbers to figure out the frozen pipes, managing the regular cleaning and maintenance and doing odd jobs himself.

## **Tom Plunkett**

Hours of work spent on keeping the finances in order, setting up GIC investment, setting up investment charity option for donors, managing hockey rink maintenance, manual labour in the park maintaining our trees, shrubs and hedges and PR for our major donors.

## **Tracey Johnson**

Researching Elbow Park history sources, contributing to newsletter, community garden discussions and an active member of our Board.

## **Lana Janmohamed**

Events organizer extraordinaire, setting up the microphone and speakers for meetings, taking payments via the mobile card reader, making big batches of popcorn and hotdogs, coordinating volunteers and getting our community to gather for good clean fun!

## **Kennel Club Members**

Organizing pot lucks and assisting with the clean up of the park, including dog waste that isn't from your own dog.

## **Amy Norman**

Organizing every block in Elbow Park to get a Block Captain, developing the survey and collating results, attending meetings regarding safety and our homeless population and assisting at events.

## **Tom O'Leary**

Attending meetings regarding flood mitigation and development issues, providing informal legal direction.

## **Lindie Serrurier**

Although in a paid position, we know that Lindie spends many hours on top of that volunteering to coordinate the hall rentals, update the website, manage the maintenance and organization of the Clubhouse, cleaning up after mice, putting up signs, meeting renters, hundreds of emails and opening and closing clubhouse.

# Stay Mentally Healthy through COVID-19

(excerpt from Licia Corbella, Calgary Herald March 17, 2020)

Social distancing or self isolation may be the best way to manage COVID19, however, the practice may take its toll on our mental health. There are a few recommendations that may help for those of us self-isolating at home.

- Decide on a routine and stick to it. For instance, wake up at the same time every morning.
- When you get up, get dressed and make your bed. That way you have accomplished two things, and you won't be tempted to get back into bed
- Get dressed in a way as though you're going to be interacting with people. That doesn't mean you need to put on a suit & tie or stockings heels, but it does mean you shouldn't wear stained sweat pants either.
- Create a to-do list, even if it's as small as taking the recycling to the blue bin, and phoning a couple of people, or writing a few notes.
- Instead of looking at this like a bad thing or scary thing, you want to reframe this time as an opportunity to have the time to do something that you always wanted to do and didn't have the time. Call it a "personal sabbatical" rather than social distancing or self-isolation.
- By all means stay informed by reading the newspaper and watching the news but don't keep the 24 hour news channel on all day.
- There are all sorts of free online courses. Try [openculture.com](http://openculture.com). The website states "Use your time in isolation to learn everything you always wanted to: free-online courses, audio books, ebooks, movies...and more.
- Do use technology to stay in touch with others. Do telephone family and friends rather than text. It is important to stay connected.
- Do Facetime, Skype or use Zoom so you can see one another. This might actually serve to increase communication.
- Do help those whom you know are alone and may need help.
- If you are feeling down, reach out. Call the Distress line at 403-266-HELP (4357)
- And, don't forget to fill out the survey and let EPRA know when you need assistance. Volunteers are willing to pick up groceries, prescriptions and complete outside tasks. Or, they can always just call to say hello on a regular basis. Don't be afraid to reach out. We all need to look after each other during this strange and uncertain time.



## ELBOW PARK TENNIS CLUB

*Home to the best clay courts in Calgary.*

# JOIN TODAY!

Registration is  
now open, visit  
**[eptc.ws/membership](http://eptc.ws/membership)**  
to sign up!



## OPENING DAY

Friday, May 15  
BBQ 6-8 pm  
*(weather permitting)*

• FANTASTIC VALUE • UNPARALLELLED PLAYING SURFACE • FUN SOCIAL EVENTS