

# ELBOW PARK

## RESIDENTS ASSOCIATION

# Gazette

SUMMER 2023

elbowpark.com



### **Old Homes, Great Stories:**

*First Steps in Designating your  
Home as a Heritage Asset*

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### **People in the Neighbourhood:**

**Don Campbell**

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### **Stampede Breakfast**

**YAHOO!**

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*“Thank you to Kelly Hewson for editing  
and to The Glencoe Club for publishing  
the Elbow Park Gazette!”*

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## SKIP THE DEPOT

Download the Skip the Depot App and book a pickup for your bottles, electronics and clothes. After the pickup your account will be credited with the recycle refund or you can donate to a charity of your choice, including EPRA. [skipthedepot.com](http://skipthedepot.com)

# PRESIDENT'S MESSAGE



This June marks the 10th anniversary of the flood that devastated hundreds of Elbow Park homes. Many of us lost personal belongings and important family keepsakes but gained strengthened relationships with neighbours as we supported one another and worked side by side to clean up the aftermath. There are many stories of generosity and kindness from this difficult time.

Small acts of generosity and kindness are still frequently observed in the community. Thanks to those who take the initiative to rake leaves in the playground, help carry something heavy for a neighbour, pick up garbage at the park, make time for friendly chit chat with passersby or for any of the other ways that we help and support one another. A friendly smile and a helping hand are always appreciated!

The significant enhancements to our park are finally nearing completion. These include the multipurpose storage facility, increased patio capacity for outdoor gatherings, and many smaller components that enhance use of our outdoor space.

Elbow Park Residents Association gratefully thanks the following organizations and individual donors for funding this project, which we would not have been able to complete without their support:

Government of Alberta - Community Facility Enhancement Program  
Government of Canada - Canada Community Revitalization Fund  
Donations from members of our community

Many volunteer hours of fund raising, concept design and project management have been dedicated to this project and I would like to thank Elrose Krause, David Newby and Jane Virtue for all their time and effort.

Hope to see you all at the **EPRA Stampede Breakfast** on Sunday, July 9!

**Lisa Poole**  
**EPRA President**

PS: Save the date for **CELEBRATE - Movie in the Park** on Saturday, September 16.

*Putting the final touches on the park enhancement project.*



# OLD HOMES, GREAT STORIES:

## FIRST STEPS IN DESIGNATING YOUR HOME AS A HERITAGE ASSET

*Submitted by Carolyn Ryder*

We purchased our 1912 Elbow Park house, Christmas of 1990 after previously living in another heritage home in Crescent Heights. We have always had an affinity for heritage homes, their quiriness and uniqueness. The Tudor Revival style foursquare in Elbow Park had not been touched in some 40 years so needed renovation. What swung the purchase in our favour was that the owner loved our enthusiasm for the house and the stories it told. We worked away at sympathetic renovation for years, including removal of seven layers of wallpaper! We brought our two children up here and are only the fourth family since the house was built.



Elbow Park has changed significantly since we moved here. In the first few years, we saw a steady stream of houses being moved or demolished. This was discouraging as the heritage nature of the neighbourhood was one of the reasons that first attracted us to it.

Through my work as Calgary's Story librarian, I was involved in many heritage projects and research, including the Governor General award-winning Century Homes Calgary project. The Century Homes Calgary project in 2012 and 2013 was an opportunity to celebrate and recognize the remaining heritage homes and tell their stories. One outcome of Century Homes was us connecting with the son of the previous owner and having an opportunity to learn some of their family history with the house. Unfortunately, the devastating flood of 2013 also had a severe impact on homes in the community, including our home which accumulated 7 feet of water in the basement.

I had been involved in workshops with heritage groups and Heritage Calgary on heritage designation so was aware of the process before committing to it. We contacted Heritage Calgary to start the process in 2022 as a way to recognize some of the history of Elbow Park, and also explore grant opportunities to assist in preserving historic homes which, of course, have numerous challenges.

The first step is to have the house included on the City's Inventory of Evaluated Historic Resources managed by Heritage Calgary. The Inventory is a list of properties that have been formally identified as possessing heritage value, and whose preservation is to the greater benefit of Calgarians. Inclusion on the Inventory is a formal acknowledgement that the property has significant heritage value but also entails no obligations or restrictions to property owners. It is not a legal designation and does not extend legal protection to the property, nor does it regulate the property. Placement on the Inventory does not involve registration on the title and the research associated with the Inventory process by Heritage Calgary is done at no cost to the property owner.

I had done some historical research on our house previously, particularly for the Century Homes Calgary project which I was glad to share with the researchers, along with the stories and pictures of the previous inhabitants. We pointed out children's artefacts such as Muriel Underwood's carved initials on the side of the house and Richard Williams' 1950s cowboy themed light fixture. We also shared our discovery of two similar houses to ours in Lower Mount Royal. The process working with Heritage Calgary was very enjoyable and we were thrilled to learn more information about the architect and families when the research was completed.

We were very impressed with the diligence of Heritage Calgary in its research of heritage sites in Calgary and the commitment to honouring and advocating for the stories of our city.

Our home, known as The Hester residence, was officially added to the inventory early in 2023 and is now eligible to be designated as a Municipal Historic Resource. I would encourage anyone who has a heritage home to investigate this way of acknowledging and honouring some of Calgary's heritage.

## **WHY HERITAGE DESIGNATION?**

Sites listed on the Inventory of Evaluated Historic Resources may be eligible for Municipal heritage designation (legal protection) under the provincial Historic Resources Act. Benefits of designation are:

- Prevents a historic resource from being demolished and requires Heritage Planning approval for alterations to pre-defined historic elements
- Provides building owners access to financial incentives to assistance in their building's maintenance
- Allows the owner to retain all rights to the individual enjoyment of their property
- Does not affect the ability to sell or purchase property
- Does not affect activities in a building or on the property

## **HERITAGE DESIGNATION PROCESS**

The legal process to designate a site as a Municipal Historic Resource is governed by the Alberta Historical Resources Act, R.S.A. 2000 c. H-9 (the Act) and requires Council to pass a designation Bylaw.

In general, the process requires close collaboration and cooperation between the property owner and The City.

### **Step 1: Determine if the property merits designation as a Municipal Historic Resource.**

If a property is not listed on the Inventory, it must first be evaluated by Heritage Calgary to determine if it meets the Inventory's criteria and eventual designation as a Municipal Historic Resource.

### **Step 2: Request for Designation**

Heritage Planning only proceeds to designate heritage resources with the consent of the property owner, who must submit a written request to designate the property.

### **Step 3: Notice of Intention to Designate**

As part of this collaborative designation process, The City issues a "Notice of Intention to Designate" to the property owner and notifies Council.

The historic resource is temporarily designated for 120 days after the "Notice of Intention to Designate" is issued and Council is required to wait 60 days per the Historical Resources Act to pass the designation Bylaw.

### **Step 4: Complete Paperwork**

The City prepares all required paperwork including the proposed Bylaw and confirms the Bylaw content with the property owner.

### **Step 5: Designation of Property**

Council passes the Bylaw to designate the property as a Municipal Historic Resource.

### **Step 6: Registration of Land Title**

The City registers the Bylaw on the Land Title in question as required by the Historic Resources Act.

*Visit [heritagecalgary.ca](https://heritagecalgary.ca) for more information*

# WILLIAM REID SCHOOL



William Reid School grade 4 students and Elbow Park residents Finlay Sharp (left) and Kesler Douey (right) on a class trip at Heritage Park (March 21, 2023). Seen here in a Trading Post similar to the one that was established in the Elbow Park (East) area circa 1871-1875.

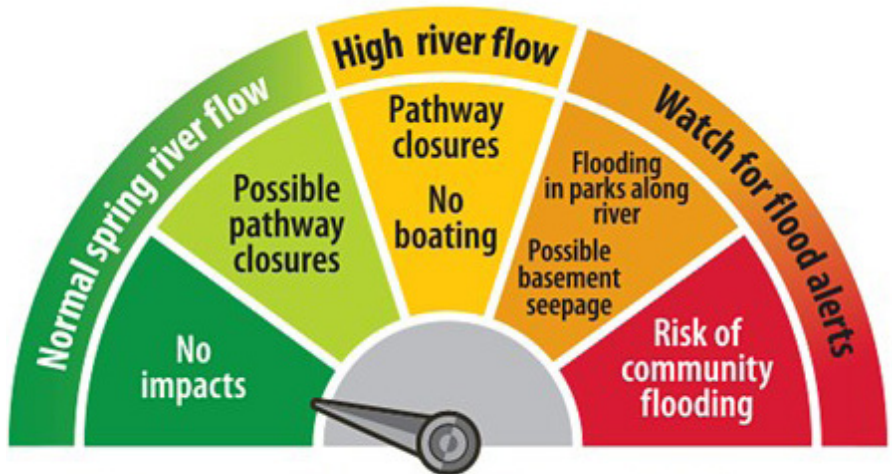
*Photo courtesy of Tracey J. Johnson*

## 2023 SEASONAL FLOOD OUTLOOK

This spring, the alpine snowpack is below average and with high temperatures, snow began to melt at the end of April. The precipitation forecast for May to July is normal, with above-normal temperatures forecast. Our chances of flooding this year are normal.

It is important to remember that river flooding in Calgary is caused by rain events, with melting snowpack contributing a small amount to flood flows. Large rainfall events typically happen from mid-May to mid-July and can be challenging to predict in the mountain areas where we may only have 24 hours or less to confirm what's coming. That's why it's important Calgarians are ready for flooding anytime during the season, possibly on short notice.

There are great resources on [calgary.ca/floodinfo](https://calgary.ca/floodinfo) to help residents understand their flood risk with online interactive maps, steps to take to be prepared for flooding and links to useful resources to help stay informed throughout the season.



### Elbow River Conditions

There is also have a river conditions dial on the website, which provides Calgarians with a quick snapshot of the daily river conditions during high river flow season (May 15- July 15). As of Jun 3, 2023, there is low risk for flooding. Please check the website for current updates.

**Kyle White**

Public Program Coordinator  
Natural Environment and Adaptation, Climate and Environment  
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T403 268.5757

# JANE'S WALKS OF ELBOW PARK



The first weekend in May saw several Jane's Walk tours being held in Elbow Park. Jane's Walk is a global festival that started in Toronto in 2007 by friends of Jane Jacobs to honour her legacy as a writer & activist. Since then, more than 200 cities around the world participate in Jane's Walks every year. In Calgary, over 50 walks were organized by the Federation of Calgary Communities.

EPRA's Heritage Director, Tracey J. Johnson, reprised her historic walking tour; A Walk Through History: Elbow Park's Hidden Heritage, for a second year. She introduced the crowd to some of our heritage buildings, prominent past residents, and the community highlights of one of Calgary's oldest neighbourhoods. From colourful characters, to streetcars, to the old telephone building, Tracey's walk took participants back in time to Elbow Park's earliest years, and painted a picture of what life was like in this unique and picturesque community a century ago. To everyone's delight, there was even a surprise visit by local actor Bryan Douey portraying the ghost of real estate developer Freddie Lowes.



Our community was also the setting for A Literary Walk of Elbow Park, hosted by local author, and former Historian in Residence at the Calgary Public Library, Shaun Hunter. The weather ranged from spitting to a downpour, but the audience showed up and stayed. She introduced the crowd to writers from one hundred years ago who have called Elbow Park home and gave a glimpse of the fascinating fabric of Calgary's early literary world.

# NEWS FROM THE ELBOW PARK BELL RINGERS

*Written by Yolande Hasselo*

Did you know that CBC Radio 1, the Homestretch, invited the bellringers to their studio? If you missed them, here is the link: <https://www.cbc.ca/listen/live-radio/1-97-the-homestretch/clip/15983273-janes-walk-church-bells>.

CBC Radio, the Jane's Walk organization and EPRA kindly supported and promoted the "Celebrate Coronation Day in Elbow Park" event that set 400 years of history echoing around the Elbow Park communities. The secular practice of change ringing has a deep connection with the British Royal House that started in the 16th century. Whereas last September the bells announced the passing of Queen Elizabeth's with their sombre Dong-Dongs, on May 6 the world's largest and loudest instrument celebrated the coronation of Canada's new King with its bright strikes. The band rang for 47 minutes straight, pulling their ropes over 1320 times without stopping. In the church garden an array of ringing activities awaited a steady stream of visitors.

Curious about what the bells and their ringers are all about, and sad you could not make it on Coronation Day? Not to worry, the tower will be open for visitors again on August 5 as part of Calgary Historic Week. Don't forget to book your FREE tickets online <https://chinookhistory.ca/historic-calgary-week>. Places are limited, so book your space soon.



## Discover the Living Tradition of Change Ringing in Calgary

Saturday, August 5, 2023 at 4:00 PM MDT

3602 8 Street Southwest, Calgary, AB T2T 3A7

🎫 \$0.00   👤 40

Come and Play One of the World's Largest and Loudest Instruments in Elbow Park. This is one of only 7 change-ringing towers in Canada.

## RINGING IS FUN FOR ALL

Ringers love to welcome visitors, whether these are experienced from other towers or those who want to see what's up in the belfry. Since the beginning of this year, on several occasions the ringing room has been filled with voices of excited children, their parents and scout guides.

Looking around with bright eyes, none could hide their anticipation to hear all about the big bells hidden away in the Christ Church bell tower.

Our Ringing Master, Eric Bumstead, is an accomplished instructor with lots of patience; he skillfully guides people of all ages in their first pull-off. Eric is assisted by Margaret Gamble, an experienced ringer and instructor from England who joined the band in October last year. When children are a bit too short to pull off a bell, we put them on a box or two. Otherwise, they can have a go at chiming a bell. Chiming is much harder and all children showed their awesome muscle power!



# MORE ON THE SCOUTING EXPERIENCE

Is your child ready for some fun and adventure? Maybe scouting is the answer! It's got a bit of everything to keep kids engaged and interested. Outdoor discovery, community service, physical activity, and hands-on learning are at the heart of the Scouting program. If you are interested in learning more about Scouts or want to learn about volunteering opportunities please contact the Sara Scout Hall Group Commissioner at [cerichw@yahoo.ca](mailto:cerichw@yahoo.ca).



***Eric teaches a scout cub to chime the one but largest bell in the tower.***

A Big "Thank YOU!" for the scouts climbing up into the ringing room. Not only did they bring much joy into the tower, young scout Bryson composed a new named sequence for the eight bells: C(high)-F-D-E-G-A-B-C(low). Keep an ear out on Sunday mornings between 9.45-10.30pm to hear this special gift.



# WEST ELBOW LOCAL AREA PLAN

Elbow Park is one of 16 communities that has been assigned to the West Elbow Local Area Plan which will be launching in fall of 2023 and is expected to take 2-3 years to complete.

The other communities involved are: Altadore, Bankview, Cliff Bungalow, Erlton, Garrison Woods, Mission, Mount Royal (upper & lower), North Glenmore Park, Richmond, Rideau Park, Roxboro, Scarboro, South Calgary and Sunalta.

The purpose of a local area plan is to provide direction for future growth and change. Apparently, its too much work for The City to manage a redevelopment plan for each individual community so they've grouped several communities together.

Participants in the local area plan working group will include community residents, businesses, community associations, city planners and developers.

We will keep Elbow Park residents updated on the progress of this plan.



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*Villains Soccer*



# PEOPLE IN THE NEIGHBOURHOOD: DON CAMPBELL

On June 28, 2023, Don Campbell, Edmonton-born, 4th- generation Canadian, and Elbow Park Resident since 1967, will be turning 100.

Don grew up in South Edmonton with two siblings. His father was a conductor for CP Rail and would come home from work with an ice cream brick that the family would sit on the front porch eating. To this day, Don loves ice cream.

Some of his fondest memories growing up were cleaning off the community rink and playing hockey with the neighbourhood kids. In the summer, he would hitch a ride on the McGavins Bread horse-drawn delivery wagon. One day, the horse spooked and was a runaway, with Don on board. Such excitement for a young kid.

As a child during the Depression, he recalls the family going to the movies where the theatre gave away different pieces of dish sets. Over time, his family collected various pieces. Don still has one of his mother's platters from the theatre "give away."

As a teenager, he worked as a chauffeur for an elderly woman in West Edmonton; this early work experience may have led to his love for restoring antique automobiles and 'tinkering' with cars of all kinds.

After graduating high school, during WWII, Don wanted to enlist in the Navy. However, they were not taking new recruits at the time, so he signed up to build the Alaska Highway. When recruitment re-opened, he signed up for the Canadian Navy and served on a corvette on the North Atlantic convoys. (This fits with his volunteering at the Naval Museum, which is part of The Military Museums here in Calgary).

Some things the neighbours know him for are climbing on his roof in all seasons; his annual Grey Cup parties; and snow clearing for various neighbours. What appeals to Don about Elbow Park is its design, genuine sense of community, and residents who, over time, have been 'a group of fine people'. When asked about changes in the neighbourhood over time, Don notices that seniors in the community now have their children and grandchildren here, keeping the spirit and heart of Elbow Park alive.

Don attributes his long life to good genes, good parents, a great and adventurous upbringing, good relations, and participating in community activities with and for others. Things like Rotary, the Metropolitan Calgary Foundation for Seniors, CRYISIS Stay-in-School Initiative, and the Polio Campaign are important to him. His hope for Elbow Park is that it can maintain its high standard of commitment and responsibility.

When asked for his words of wisdom, Don Campbell gave us these: "be kind; offer a helping hand when needed; stay involved; treasure family; enjoy life; and respect others." Fine words, indeed.



## HAPPY 100<sup>TH</sup> BIRTHDAY, DON!

## LOCAL LORE:

# SKIING IN ELBOW PARK

*Curated by Tracey J. Johnson, EPRA Director of History*



In winter, before ski hills like Sunshine and Lake Louise existed, Calgarians had fun in the snow and ice curling, skating, and playing hockey. In 1920, when skiing was still relatively unknown in Calgary, it made its first known debut in Elbow Park.

In the fall of 1919, a small group of Scandinavians in Calgary decided to form a ski club. Two had competed in the cross-country race at the first Banff Winter Carnival in February 1917 (one taking second place). They set out to find a place in the city to build a hill for ski jumping. The club needed money to pay for the ski jump, so their membership fee was a stiff five dollars for men and three for ladies, raised to ten and five respectively, at a time when five dollars a day was a decent wage.

The group had chosen the south escarpment of the Elbow River, overlooking Riverdale Avenue in the district of Elbow Park, as a site for a jump. Realtor Freddy Lowes, a well-known Calgary sportsman (and the main developer of Elbow Park), owned the property and gave the club permission to use it. In return the club made him the honorary president. A tower was still necessary to create enough speed for a decent jump, so the club built a 40-foot structure.

The first contest was organized for February 16 and 17, 1920. The dates took advantage of the fact that the fourth Banff Winter Carnival was scheduled for the previous week. This ensured that top jumpers, some of international calibre, would be on hand to inaugurate the Elbow Park jump.

## **ELBOW PARK SKI TOURNAMENT - GRAND OPENING**

The event roused considerable interest among Calgarians, with the Calgary Herald reporting a turnout of over 4,000 people (at a time when the population of Calgary was only about 60,000!). Prominent Calgarians in attendance included Lady Lougheed and Miss Dorothy Lougheed, and Mr. D.C. Coleman, vice-president of the CPR. The club arranged special streetcars to deliver spectators to the area. The club got some top talent to come to the city, including the reigning world champion, Anders Haugen of the U.S., and the Canadian champion, Nels Nelson of Revelstoke.

Calgary had never seen anything like it. On the edge of the escarpment overlooking the Elbow River on the south edge of town stood a 40-foot wooden tower. It had a snow-covered ramp on one side that stretched partway down the hillside and terminated abruptly in a jump.

True to form for Calgary, just before the big day, the weather warmed up, and the club members frantically carted snow over to the jump to create a long enough run-out for the landing. On the day of the competition, reduced to just one day, the crowd wallowed in slush and mud. Sticky conditions meant the longest jump of the day was only 95 feet and the short run-out meant competitors had to resort to frantic maneuvers to stop, much to the interest of spectators.

As the crowd watched, daredevil Anders Haugen, on long skis, started down the ramp. Gathering speed, he hurtled off the jump, flew gracefully through the air and landed, breaking hard to stop before reaching the end of snow and pitching headfirst into a muddy field. Ninety-five feet was a disappointment for the world record holder at 213 feet, but the conditions were not ideal. The assembled spectators, standing in the mud and slush of a February chinook, loved it. Skiing had made a spectacular debut in the city, under the auspices of the Calgary Ski Club.

## **STAMPEDE WINTER CARNIVAL**

The competition attracted the attention of the general manager of the Calgary Exhibition and Stampede. Seeing that ski jumping was clearly a crowd-pleaser and impressed by the success of the Banff Winter Carnival, he wanted to organize one for Calgary. However, the jump in Elbow Park was too far away from the exhibition grounds in Victoria Park, so they built a new jump at the Stampede grounds. To make up for the lack of a suitable hill, a steel-frame tower was built on top of the grandstand. The local papers claimed the jump tower would be nearly 80 feet high, on top of the 55-foot height of the stand.

Like the Elbow Park competition, the jumps at the first carnival in 1921 were disappointing. Snow was in short supply and the tower was poorly designed. The company supplying the steel had changed the design, resulting in a terrifyingly steep run down and a badly angled ramp that threw jumpers too high – many of the competitors blanched upon inspecting the jump. None dropped out, and numerous crashes added to the entertainment. The problem of ensuring sufficient snow, however, would return to plague the carnival repeatedly. The subsequent year, snow had to be shipped from Lake Louise by rail to the grounds. Even the usually optimistic Calgary Herald commented that perhaps Calgary was not the best place for a winter carnival.

## **INTEREST DWINDLES**

Skiing did not catch on in the city for another decade. Part of the blame was probably jumping itself. Although popular for spectators, it was the realm of daredevils, and did not draw people to skiing. Skiing was left to the odd individual or two messing around on their own, mostly kids occasionally seen on the hillsides in Elbow Park near Christ Church, or above Riley Park in Hillhurst. But the sport remained an oddity in Calgary.

## **ELBOW PARK RESIDENT POPULARIZES SKIING IN THE 1930S**

John Southam, part of the Southam publishing family of Ottawa, was sent to Calgary in 1932 at 23 years old to work as the assistant business manager for the Herald. Sometime in 1933, Southam took the initiative and put a notice in the Herald calling a meeting of interested skiers and the Calgary Ski Club was reborn, incorporating in 1935. From 1935 until his death in 1954, Southam resided in Elbow Park at 635 Sifton Boulevard.

## **OTHER SKI CLUBS AND ELBOW PARK SKI JUMPS IN THE 1940S AND 50S**

In 1946, Fens Sterne, who had helped hold the CSC together during the war, along with some fellow Scandinavians built two small ski jumps in Elbow Park on the Christ Church hill. They formed the Sitzmark Ski Club which focused on teaching children and beginners how to ski and after a good start – up to 40 kids were coming out for club outings – the club faded away within a season.

The Chinook Ski Club was founded in the early 1950s, taking up quarters down by the Glenbow Reservoir. They got permission from the city to use the steep hill above Sandy Beach on the Elbow River, at the end of 50th Avenue SW, and built a small shack as a clubhouse at the top. Vandals, with a stolen bulldozer, pushed their clubhouse down the hill during the summer of 1953, but the club quickly rebuilt it. After 1955, there is no mention again of the club. The poor snow years of the middle fifties may have been responsible for the club's disappearance.

From the city's first racetrack and polo grounds, to establishing the first community association in 1912 (formalizing in 1930), to its first ski jump, Elbow Park has made quite a mark on the history of Calgary.

**Sources: *Calgary Goes Skiing: A History of the Calgary Ski Club* by David Mittelstadt (special thanks to the Calgary Ski Club for donating a copy to EPRA); *Calgary Herald*; *Henderson's Calgary City Directories*;**



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# CASINO FUNDRAISER: KA-CHING!

A huge shout-out to Joanne Aime, casino coordinator, and Marija Foster, volunteer coordinator, for their considerable efforts in organizing and staffing the Elbow Park Residents Association fundraiser at Cowboys Casino, May 5th and 6th. To those community members who took many hours out of their weekend to run chips, open cash boxes, organize bills, count money, count it again, wrap elastics around bills, chat in the volunteer lounge, eat chicken fingers, chips, anything to stay awake, the EPRA sincerely thanks you.



Volunteers include: Rhonda Fulton, Karen Sharp, Alfred De Witte, Andrea Gould, Dean Clemenson, Alison MacIsaac, Ian Carts, Collin and Michelle Heath, Paul Bryden, John Heffer, Beth Riley, Jan Ogden, Corey Ogden, Dave Meidl, Pat and Catherine Magnan, Mary Jensen, Hails Kirker, Lori Fyke, Amy Norman, Elrose Krause, Sam Ross, Kent Foster, Kelli Bellew Martin, Sandy Martin, Dianne Dame, Kate Wood, Kelvin Wood, Susan Roskey, Richard Roskey, Derrick Newman, Carol Mannas, Lahav Wolach, Regan Davis, Jeff Thurston, Ian Bwint, Lisa Poole, Cam Kernahan, Patrick Murphy, Kelly Hewson

Special thanks to John Heffer who was at the casino Friday evening until 3:00 am, only to return to Saturday morning at 11:00am for his next shift!

Next time, we hope to encourage new (and younger) volunteers to step up and help us with our most important fundraiser of the year. Come with a few friends and the time passes quickly. Every casino event raises enough money to keep our facilities open and the surrounding grounds maintained for 2 years! This frees up other Club funds to support important community priorities such as events, programming, future facility expansions, and other initiatives.



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# BEST OF BRIDGE:

## A LUCIOUS CHOCOLATE DESSERT ANYONE?

### Chocolate Volcanos with Raspberry Coulis

**A guaranteed hit – easy and absolutely decadent!  
Prepare and freeze these serving-sized desserts ahead of the time,  
then cook them while you enjoy your dinner.**

#### Ingredients

1 1/2 Tbsp. instant espresso granules  
(or instant coffee granules)  
1 Tbsp. boiling water  
1/2 cup flour  
1/4 cup cocoa powder  
3/4 tsp. baking powder  
6 – 1 oz. squares semisweet chocolate  
2/3 cup butter, softened  
1/2 cup sugar  
3 large eggs

#### Raspberry Coulis

10 1/2 oz. pkg. frozen raspberries, thawed  
1/3 cup sugar  
1 – 2 Tbsp. Grand Marnier liqueur  
(orange juice is a good substitute)

#### Instructions

To Make Volcanoes: Dissolve coffee granules in boiling water. Set aside to cool. Grease 6 – 4 oz. ramekins. Using a whisk, combine flour, cocoa and baking powder in a small bowl. Reserve. Melt chocolate in a double boiler. Add butter and sugar and stir until smooth. Transfer to a large bowl. Using an electric mixer, beat in eggs 1 at a time on medium speed. Add dissolved coffee and flour mixture and continue beating until fully mixed. Raise mixer speed to high and beat for 6 more minutes (there must be something good on TV!). Pour batter into ramekins and tightly wrap with plastic wrap. Freeze overnight or up to 2 weeks..

To make raspberry coulis: Combine raspberries and sugar in a blender and puree until smooth. Strain through a sieve (or a clean j-cloth) to remove seeds. Add liqueur and store in refrigerator.

Preheat oven to 375 F. Take ramekins out of freezer and remove plastic wrap. Bake volcanoes for 18 minutes – no longer! Cool on rack for 5 minutes. The outsides will be crusty and the centers will be gooey – sort of like your average volcano. To serve, drizzle individual plates with raspberry coulis. Invert each ramekin onto a plate and add a small scoop of ice cream.



# PRESCHOOL PLAYGROUP

AGES 0-4

**WEDNESDAYS 10:30 AM - 12 PM**  
**at The Clubhouse**

Come have some fun and meet some new friends!  
Are you a teenage looking for some volunteer experience? Please contact  
Lindie Serrurier at [lindieserrurier@gmail.com](mailto:lindieserrurier@gmail.com) to find out how you can help.





# EPRA MEMBERSHIP

Many residents believe they are members of Elbow Park Residents Association; 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

- Block Captains
- Direct link to Police Constable
- Maintenance of Clubhouse and EPRA Park
- Kennel Club
- Loyalty Program
- Good Neighbour Program
- Monitoring of Development
- Clubhouse Rental Discount
- Park Enhancement Project
- Voting Privileges at AGM
- Digital Newsletters & Gazette
- New Residents First Year Free

### 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  1 Year \$40  2 Year \$80  3 Year \$120 \$ \_\_\_\_\_

Additional Donation \$ \_\_\_\_\_ (tax receipt will be sent) \$ \_\_\_\_\_

Do you want to be recognized for the Donation?  Yes  No

Name to be used for recognition: \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

### NEW TO ELBOW PARK? FIRST YEAR IS FREE

Welcome to our neighbourhood. Contact Don at [membership@elbowpark.com](mailto:membership@elbowpark.com) to activate your free membership.

WRANGLE YOUR FAMILY AND NEIGHBOURS  
AND JOIN US FOR SOME STAMPEDE FUN!

★★★  
**ELBOW PARK**  
**STAMPEDE BREAKFAST**

**EPRA CLUBHOUSE**



**ENTERTAINMENT BY STEVE PINEO**

**PANCAKE BREAKFAST**  
**SPONSORED BY THE GLENCOE CLUB**

**ELBOW PARK**  
RESIDENTS ASSOCIATION

PLEASE REGISTER AT [ELBOWPARK.COM](http://ELBOWPARK.COM)