

# ELBOW PARK

## RESIDENTS ASSOCIATION

# Gazette

WINTER 2023/2024

elbowpark.com



*“Sunday skating party on Elbow river in Elbow Park, Calgary, Alberta.”, n.d., (CU1136265) by Unknown.  
Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources  
Digital Collections, University of Calgary.*

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Elbow Park Residents Association  
800 - 34 Avenue S.W., Calgary, Alberta T2T 2A3

**CONTACTS**

**President**

Lisa Poole ..... president@elbowpark.com

**Vice President**

Vacant ..... vice.president@elbowpark.com

**Treasurer**

Neil van der Wissel ..... treasurer@elbowpark.com

**Secretary**

Magda Dizep ..... secretary@elbowpark.com

**Clubhouse Director**

Vacant ..... clubhouse@elbowpark.com

**Communications Director**

Sandra Bjurstrom ..... communications@elbowpark.com

**Events Director**

Sarah Geddes ..... events@elbowpark.com

**Development Director**

Martina Walsh ..... development@elbowpark.com

**History and Heritage Director**

Tracey Johnson ..... history@elbowpark.com

**Membership Director**

Don Ballance ..... membership@elbowpark.com

**Volunteer Director**

Julie McFadyen ..... volunteer@elbowpark.com

**Traffic Director**

Martina Walsh ..... traffic@elbowpark.com

**Safety Director**

Pablo Limon ..... safety@elbowpark.com

**POLICE NON EMERGENCY LINE 403-266-1234  
CITY OF CALGARY CALL 3-1-1**

**Councillor Ward 8**

Courtney Walcott ..... ward8@calgary.ca

**Calgary Police, Community Resource Officer**

Chad Peterson ..... CRO12@calgarypolice.ca

*“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

# PRESIDENT'S MESSAGE

I would like to welcome four new EPRA board members who were elected at the 2023 AGM held on Wednesday, November 22. Many thanks to Sandra Bjurstrom, Pablo Limon, Julie McFadyen and Neil van der Wissel for putting their names forward.

I would also like to thank our outgoing board members: Marija Foster, Elrose Klause and Jane Virtue.

Marija did a wonderful job in her role of Volunteer Coordinator and was instrumental in the smooth operation of the casino. Marija has just had a new baby so we offer our thanks and congratulations to Marija and her family.



Elrose Klause has been an active and valued member of the board for the past 13 years. She held the position of Treasurer for 6 years and then became 2nd Vice President in 2018. In 2021, she became the Grants Director which was last year renamed to Fund Development Director. Elrose has a remarkable talent at grant writing and has kindly agreed to continue helping us seek funds, just not as a board member. Elrose's incredible dedication to Elbow Park has benefited us all and we are extremely grateful for her excellent service to the community.

Jane Virtue became the President of EPRA in 2018 and had a tremendous positive impact. She developed a strategic plan and successfully executed these goals and more. Most notable is her vision for the community centre enhancement project. The new shed is a drastic improvement over the sea cans that had previously been used for storage, which thankfully are now just a distant and unpleasant memory. Jane was Past President in 2022 and then had the portfolio of Special Projects Director last year. Many thanks Jane for your standards of excellence and your many contributions to the community.

There are a few Board members who are ready to step down from the board but who are willing to stick around and help with the transition so they're only partly ongoing. Dave Newby, our treasurer and Hails Kirker, our communications director have both made this gracious offer so we will not give them the full outgoing thank you at this time.

We have many exceptional people in our neighbourhood who contribute to the community in a number of different ways. Please know that every effort big and small is greatly appreciated.

We're looking for a Gazette Editor, a Sponsorship Director and an Elbow Park Representative for the South Calgary Arenas Society (SWAS). Please contact [info@elbowpark.com](mailto:info@elbowpark.com) for more information.

**SAVE THE DATE for a town hall meeting on Wednesday, February 28, 2024 to discuss blanket upzoning and restrictive covenants.**

*Lisa Poole*  
*EPRA President*

## DID YOU KNOW? . . .

Marijuana is dangerous for small children and toxic for dogs. Please ensure that any cannabis products are placed in the garbage and not left on the ground. There are reports of dog poisonings that resulted from ingesting cannabis products that were left on the ground at the community centre.

# DEVELOPMENT REPORT

## WEST ELBOW COMMUNITIES LOCAL AREA PLAN

A Local Area Plan (LAP) is a multi-community plan that looks at the overall area to develop policies for growth and change for the communities involved. The West Elbow Communities Local Area Plan includes: 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.

A working group that consists of community residents, business improvement area representatives, developers, non-profits, and City of Calgary staff will meet approximately eight times over the next two years. Many thanks to everybody who put their name forward for this role.

There is a separate Heritage Guidelines working group that will be focussed on heritage issues.

There will be opportunities for all community members to attend meetings and provide feedback at each stage of the process. You should have already received a feedback booklet in the mail. We will keep Elbow Park residents informed of future opportunities to get involved via our online newsletter.

## BLANKET UP-ZONING

In October 2023, Calgary City Council voted in favour of the Housing and Affordability Task Force recommendations. One of the recommendations in the omnibus package was to allow eight-plexes in areas previously zoned for single-detached (R-C1) homes.

This is known as “R-CG” zoning. While a single-detached home can cover up to a maximum of 45% of the property, an R-CG property can cover 60% of the property. While a single-detached home can be built to a maximum height of 10m (approx. 33 feet), an R-CG property can be built up to 11m (36 feet).

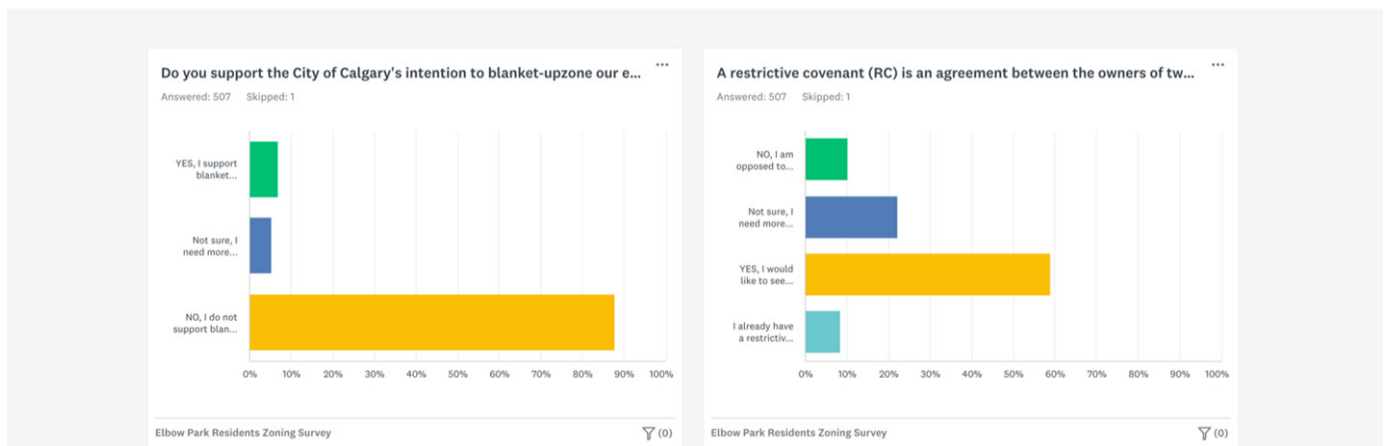
There are concerns about the lack of public input & lack of data to support this decision and the potential negative impact of a zoning change of this magnitude. Additionally, it is unlikely that blanket up-zoning will increase affordability, one of the stated goals.

This recommendation to blanket up-zone the entire city requires a separate public hearing. No date has been set but the public hearing is anticipated for Spring 2024.

## RESTRICTIVE COVENANTS

### Elbow Park Residents Zoning Survey

© SUBTITLE



In response to the city's intention to blanket up zone the entire city, several Elbow Park residents proposed adding Restrictive Covenants to parcels that do not already have one. A survey was conducted to find out the degree of interest in the broader community.

Results: There were 508 responses to the zoning survey.

**Question 1: Do you support the City of Calgary's intention to blanket up zone our entire city?**

- 35 or 7% respondents indicated they support blanket up zoning
- 27 or 5% of respondents would like more information
- 445 or 88% of respondents indicated they do not support blanket up zoning

**Question 2: Would you be interested in adding a RC to your property to retain the single-detached composition of Elbow Park?**

- 52 or 10% of respondents are opposed to Restrictive Covenants
- 113 or 22% need more information to make this decision
- 299 or 59% would like to add an RC
- 42 or 8% indicated they already have a restricted covenant

We will hold a town hall on **Wednesday, February 28** where there will be a more in-depth discussion on these topics.

---



**Stay Fit, Stay Active!**

**Garmin Fitness Trackers:  
Your Ultimate Workout Companion**

Shop local @ **GPS CENTRAL**  
8 - 711 46th Ave SE, Calgary, AB  
[gpscentral.ca](http://gpscentral.ca)

The advertisement features three Garmin fitness trackers against a topographic map background. The central device is a smartwatch displaying a cycling route with metrics: 0.42 mi, 3S PWR 175↑, GUIDE 150, SPLIT 185↑, GUIDE AVG 165, AVERAGE 155, SPEED 18.6 m/h, and GRADE 2%. The left device shows a weekly running summary: This Week 30.0 mi, 10.65, 1:08:20, 6:25/mi. The right device shows activity icons for MTB, Open Water, Trail Run, Bouldering, and Ski.

# PEOPLE IN THE NEIGHBOURHOOD: JOHN HEFFER

Interviewed by Kelly Hewson



In chatting with long-time Elbow Park resident, John Heffer, I quickly learn how much the events of the past—history-- and the materials of the past that exist in the present—heritage-- matter to him. So much so that he has even written his obituary. When I expressed surprise at his preparedness, he answered, “Well, who else do you want to tell your story?”

I’ll give it a try.

Born into a banking family in Toronto, John, along with his twin, Kathryn, grew up in Oshawa, Winnipeg, and Calgary. In Calgary, the Heffers lived on 13A Street twice, once on 3410 Ave SW (1949) and then on 3621 Ave SW (1952). When his father, Arthur, was promoted by the Bank of Commerce, the family moved into the house that came with the job—3207 6th SW. This is the very same house that John purchased in 1970 when, hired by Husky Oil two years earlier, he and his wife, Linda (d.2012) moved from Winnipeg to Calgary. Except for a two-year secondment in Denver, it is where he has resided since.

Knowing that “life is short,” John retired early. He and Linda certainly didn’t waste time lollygagging. Before Linda’s death, the couple took fifteen travel study trips run by Lois Kokoski at the University of Calgary. Particularly appreciated were those destinations John refers to as

“cultural head scrambles:” the Soviet Union, India, Egypt, Peru, and Bolivia. In addition to travelling, the Heffers opened their home and hearts to families through the Calgary Catholic Immigration Society. These families—whose photos and hand-made gifts don the mantle of 3207 6th St SW-- added much to Linda and John’s lives. Hailing from Serbia, Lebanon, Croatia, Vietnam, Sri Lanka, and Iran, they remain connected to John, celebrating holidays and other milestones with him.

Some Elbow Parkers may know John from his membership on the Heritage committee, a sub-committee of the EPRA’s Development committee. Perhaps you’ve walked by his house, a designated heritage home, and read about its history. Or you may have attended a workshop John offered on Designating a Heritage Home.

With the city moving to blanket up-zoning, we know changes are coming. As someone who “doesn’t like change - I accept it but don’t seek it”—John is hopeful that whatever changes do come won’t affect the consistency and feel of Elbow Park’s streetscape. Heritage homes are a significant feature of our neighbourhood; designating them is important to ensure continuity with the past and keeping elements of it alive in the present.

As John showed me around his home, I was made aware of the original baseboards, radiators, and beams as well as a laundry chute (I was envious!) in the main floor bathroom. In that same bathroom was a photo of a child bathing in a sink. This child was a member of the family who rented the house from John and Linda for the two years they were in Denver. The sink the boy was bathing in was the very same sink I was standing over, impressed not only by its width and depth, but its longevity.

What you might not know about John is that he works in the Christ Church archives, indexing—wait for it—obituaries. He has been golfing since he was fourteen and can with sincerity say that he enjoys a bad golf day almost as much as a good one. An appreciator of jazz, John likes what he calls “old guys’ stuff “ – melodic –and is a regular attendee at Buckingham Palace house concerts as well as Cliff Bungalow’s first Monday jazz offerings. He still gets the Globe and Mail delivered, and fiction— “it leaves more to the imagination”-- is his preferred genre. At present, he’s re-acquainting himself with the works of Graham Greene. |John further distinguishes himself by being one of the few male attendees at Literary Kaleidoscope ([www.literarykaleidoscope.ca](http://www.literarykaleidoscope.ca)), a long-standing speakers’ series for book lovers run by several Elbow Park residents out of the Marda Loop Community Centre. He has, as have those running the series, wondered why more men don’t attend: “Don’t men read, too?”

He is surrounded, he says, by wonderful neighbours: among them, snow angels, garage-door fixers, block party-throwers, and yard-cleaners. John returns the good deeds by rabbit-sitting and cat-feeding. Recently he has taken on some memorial garden maintenance. During one of his regular walks, he noticed the broken sundial in Gerry Shaw Park in East Elbow. He fixed it. On a later walk, he noticed it was broken again. Again, he fixed it.

As I was finishing another of the Girl Guide cookies John served me, I let him in on an open secret. “You’re a legend, you know.” He looked puzzled and wondered why. “ It’s those EPRA Casino stints of yours. Those back-to-back shifts that have the managers not to mention the volunteers in awe of you.” With what I’ve learned is characteristic calm, John answers: “I want to be the Banker. And if being the Banker means doing back-to-back shifts, so be it.” After all, he concludes, “you live through it.”



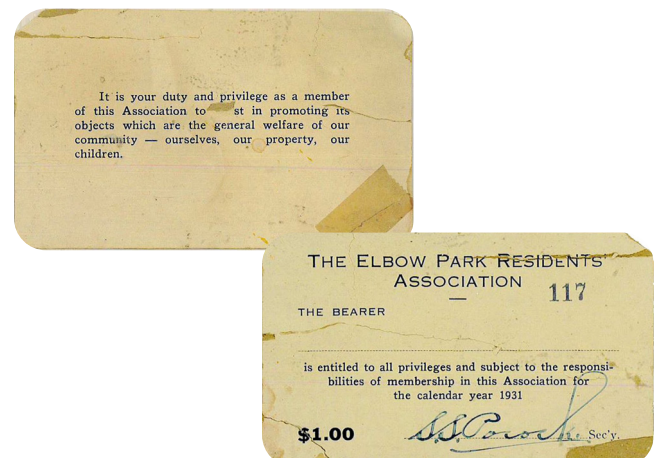
# HISTORIC MEMBERSHIP CARD

**Curated by Tracey J. Johnson**

The area that would become Elbow Park was annexed into the City of Calgary in 1907, with the first houses popping up in 1909 (not including the handful of original homesteads that were located here from the 1880s with one still standing to this day!). The Elbow Park Residents Association (EPRA) is one of the oldest community associations in Calgary (arguably the oldest), formed in 1912, and formally established in 1930. Since then, thousands of Elbow Park residents have joined EPRA over the years and taken an active role in making Elbow Park the welcoming, vibrant community we know and love.

Recently, a 1931 EPRA membership card was donated to the community. Local resident Barb Morin found the card in her home, left there by a previous family -- the “Jacques” of Jacques Funeral Home (listed at 240 17th Ave W under the “Undertakers” section of Henderson’s 1931 Calgary Directory). The yearly membership fee on the card lists \$1 per calendar year, with the card being the 117th issued. Our fees are a bit higher, and we now have almost 700 members (with about 55% of residences being members – the highest ratio in the city thanks to the hard work of our Membership Director Don Ballance!).

EPRA will preserve the membership card at the community hall, so that we can continue to keep our community history close by and on display for future Elbow Parkers.



# Sara Villamil Yoga

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and schedule details



# Keep Moving...

*at the Elbow Park Community Studio .*

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Pilates with Props,  
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Functional MOVERS, Tuesdays 9am

Pilates Mat Strong,  
Sundays 9:30am & Tuesdays 6pm

Beginner Mat Pilates, Sundays 11am

Pilates for Athletic Conditioning,  
Thursdays 6pm



Please visit  
[www.Christypilates.ca](http://www.Christypilates.ca) for  
more details



# DID YOU KNOW THAT...?

The Inventory of Evaluated Historic Resources is a list of sites that have been identified as possessing significant heritage value, and whose preservation is considered to be to the greater benefit of Calgarians.

Inclusion on the Inventory is a formal acknowledgement of heritage value, and in most cases does not extend legal protection to the property, nor does it regulate the property. It is, however, the first step toward obtaining legal designation if a property owner wishes to pursue that.

Municipal legal designation falls under the purview of the City of Calgary and is managed through municipal bylaw. Legal designation includes the character defining elements of a particular site that are considered to be of heritage value. It prevents the demolition of a building and guides the property owner as to how to make sympathetic alteration. In exchange for agreeing to protect character defining elements, property owners may be eligible to receive incentives, and/or grant funding to assist in the restoration, rehabilitation, or preservation of the property.

Watch this video recording of Heritage Calgary's October 2023 "Demystifying Heritage" event to learn more about the differences between the Inventory and designation.

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# NEWS FROM THE BELLS

**Submitted by Yolande Hasselo (Tower Secretary)**

Fall surely has been a busy time for the ringers. A keen listener in the community may have noticed the rich sounds of the bells coming from the tower on days other than the usual Thursday evenings and Sunday mornings.

On a sunny Saturday afternoon in October, Christ Church's entrance was beautifully decorated with white flowers and silk ribbons. Inside the groom and many guests were eagerly awaiting the arrival of the bride. Eight change ringing bells could be heard announcing the happy news over the Elbow Park community.

When a couple decides to have their marriage blessed in this historic church at the heart of Elbow Park, they can request the bells to be rung. Even though all ringers are volunteers with busy lives, we always strive to honour such special requests. We usually ring for approximately 15 minutes before the wedding and 15 minutes after the service. During the service, the ringers descend from the ringing room to have a cup of tea and a peek at the wedding dress. As the service nears completion, we re-assemble in the tower to ring the bells for the newlyweds.



Weddings can be a stressful time, and this one was no exception: the wedding rings were missing! As a search party went looking, the bells kept ringing and ringing. But all was well in the end. The rings were found, and the bride finally arrived by carriage. As we were waiting to ring in the newlyweds, the driver and his horse Rosie took three ringers for a ride. Thank you, Rosie! You did a great job pulling the carriage up and down the hills of Elbow Park.



Ever since their installation in 1955-57, the bells have provided a soundtrack to Sunday services, public celebrations, weddings, and historic moments. For Remembrance Day, on 11th November as well as the following Sunday, the bells are rung half-muffled. Muffles are leather pads that are strapped on one side of the clapper with some very heavy-duty Velcro straps (see picture on the right). When ringing, one will hear the bright strikes first, followed by soft “doof-doof” sounds. This year the band rang a Quarter Peal (50 minutes non-stop) in honour of the brave soldiers, aircrew, and sailors who have served in the Canadian Armed Forces. We must never forget the sacrifices they have made, many with their lives, for our freedom.



## BELLS, BELLS, BELLS

How many other activities can you think of that are several hundred years old and still used for their original purpose? Come and have a look at what 's up in Elbow Park's bell tower. You will see the sign outside on 8 Street when the ringers are in. If you have any questions about the bells, learning to ring, our new simulator and/or would just like to know more about something of the Old World in Calgary, please don't hesitate to contact me at [yth.cal@icloud.com](mailto:yth.cal@icloud.com).

That's All.. Stand NEXT...



*From left to right: ringers Eliza, Margaret, Yolande, Lindsey, Eric, and Robyn*

## FUN TIMES INSIDE THE CLUBHOUSE...



# SCOUTS CANADA



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.

So far since coming back in September our Cub group (8-10-year-olds) has been very active, going on a camping trip, museum visit, games, songs, a trip to Golden including visiting a wolf sanctuary, a Halloween party, and an Indigenous drum circle, with more camps and fun activities planned for the upcoming months.

Scouting begins as young as 5 years old with levels going up to adulthood (Beavers, Cubs, Scouts, Venturers). Outdoor discovery, community service, physical activity, and hands-on learning are at the heart of the Scouting program. Stimulated through teamwork, personal challenge and exploration, girls and boys develop the self-confidence, values and problem-solving skills that will guide them through every future adventure, at every stage of life. It's the perfect place for kids to be kids, to make lifelong friendships, and to become better prepared for success in the world.

The age categories are Beavers (5-7), Cubs (8-10), and Scouts (10-14). If you are interested in having your son or daughter join, interested in volunteer opportunities, or if you just want to learn more, please contact Tracey Johnson at [history@elbowpark.com](mailto:history@elbowpark.com) or visit [scouts.ca](http://scouts.ca).



## BEST OF BRIDGE:

# LEMON SHORTBREAD TARTS

You'll find one of Mary and the gang's very favourite Christmas baking recipes in their first cookbook: The Best of Bridge, page 197.

## SHORTBREAD TARTS

Use tiny muffin tins - approximately 1 1/2" diameter.

This will make about 3 dozen.

1 Cup Butter

1/2 Cup Icing Sugar

1 1/2 Cup Flour

1 Tbsp Cornstarch

Mix ingredients in mixmaster. Don't roll but pat into muffin tins with your fingers to form shell. Prick the bottoms with a fork and bake for 20 minutes at 300°F to 325°F. During baking time, prick bottoms again if the shells puff up. These may be made in large quantity and frozen. Filling is below.

## LEMON CHEESE FILLING

2 Eggs

2 Tbsp Butter

1 Cup Sugar

Juice of 2 Lemons and a bit of Peel

Combine all ingredients in pan and bring to a boil. Reduce heat and cook, stirring constantly for 15 minutes. Cover and cool in refrigerator. This filling will keep well in refrigerator for a long time. Only fill the shells as they are required.

**And outside the clubhouse...**

# MAKING TRACKS

**Submitted by Justin Kangaroo**

What are those strange markings in the snow? Are they moose tracks? Or maybe the markings of a beaver dragging a branch? Look again... those are skinny ski tracks. Yes that's right, the Elbow Park Residents Association is trialing setting cross country ski tracks around our Association building after big snowfall events. Initially, we will be skiing a small loop in to set the track, so please grab your gear and try it out. If this gains support, we are looking to buy dedicated grooming equipment. Finally, if you want some basic tips on how to ski, an at-your-own-risk, learn- to- cross- country ski day will be set up shortly after the next big snowfall. Please send an email to [info@elbowpark.com](mailto:info@elbowpark.com) if this is of interest to you.



As this is a multi-use field we understand that our furry friends and others will trample on the ski track but thank you in advance for trying to keep off the trail until the next chinook wipes it out.

# MAKING ICE: NEWS FROM THE ELBOW PARK ICE CREW

**Submitted by Scott Jenkins (on the crew's behalf)**

What a start to the skating season at Elbow Park! If you can believe it our first "customers" hit the rinks on November 30th. Your Elbow Park Ice Crew volunteers have been flooding the hockey rinks twice a day to help get the season started. As well, flooding on the tennis courts for the two pleasure skating rinks has started.

A bit of warmer weather during the days will slow us down a bit but the sun is only out for a few hours, and we continue to make progress in the evenings. The new Ice Shack building and water hook-ups, hoses and proximity to all rinks has made things easier, so once again thanks to everyone who supported the construction of the new storage building.

A special thank you to the Calgary Flames for their donation of shovels. We asked that they be autographed, which they obliged, but it was a couple of the maintenance folks at the Saddledome that signed them. Now that the hockey boards are set up and we have space in the storage building, we'll be doing a big clean and setting up a tool bench so we can take care of the equipment.

Stay tuned for a date for an orientation for the new volunteers and anyone who wants to learn the difference between a two- stage and three- stage snow blower and how to change a shear pin in an Ariens power brush.

Thank you as always to our amazing group of volunteers! We are hopeful to have the rinks in the best shape ever for the annual Christmas Eve skating party!





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IN SITTER

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SCAN THE CODE





The Anglican Parish of  
Christ Church  
Elbow Park

# Advent at Christ Church

Check out the various church services in December at Christ Church, Elbow Park (3602 8th St SW).

All are welcome - it's a great way to get into the Christmas spirit!

Dec 17   4:30 pm	nine lessons & carols
Dec 24   4:30 pm	family service
Dec 24   9:00 pm	candlelight service

[christchurchcalgary.org](http://christchurchcalgary.org)

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**\$150 | 1/2 page**

**\$300 | full page**

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# MEMBERSHIP REPORT

## **Elbow Park Residents Association Membership Report For the 11-month period ended November 30, 2023**

Membership statistics are reported on a calendar year basis that match the current membership year ending December 31. YTD Membership Statistics are as follows:

Membership Type	November 30	
	2023	2022
Resident	650	593
EPRA Community Membership %	54.4%	49.6%
Non Resident	27	22
	<u>677</u>	<u>615</u>

Note: Resident includes multi year and new resident memberships.  
No pending unpaid memberships have been included.

Membership grew by four members in the month.  
New resident and multi year memberships  
continue to be popular with our members.  
Membership renewal reminders will be sent out soon via email.



# 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.

# Christmas Eve

## SKATING PARTY

DECEMBER 24 | 2-4:30 PM

Elbow Park Rinks: 800 - 34 Avenue SW

- Elbow Park Residents Association Members and Guests!
- Bring Your Skates, Hockey Sticks, or Just Your Good Cheer
  - Cash Donations for the Food Bank Welcome
    - Warm Yourself by the Fire
  - Drink Hot Chocolate or Wine and more . . .

Hosted by

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**RESIDENTS ASSOCIATION**

to Celebrate Our Wonderful Neighbours

