ELBOW PARK RESIDENTS ASSOCIATION Gazette

SUMMER 2022

elbowpark.com



Chad Peterson New Community Resource Officer > p. 5 People in the Neighbourhood Dr. Deb Putnam > p. 10 YAHOO! STAMPEDE BREAKFAST > p. 16

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

Shannon Kelsick, Clubhouse Manager ElbowPark.com/Hall-Rental Please note this is a part time position.

CONTACTS

President Lisa Poole president@	@elbowpark.com
Past President Jane Virtue pastpresident@	@elbowpark.com
Vice President Tara Baker vicepresident@	@elbowpark.com
Treasurer Dave Newby treasurer@	@elbowpark.com
Secretary Aletha Brooks secretary@	@elbowpark.com
Clubhouse Director Lindie Surrurier clubhouse@	@elbowpark.com
Communications Director Hails Kirker communications@	@elbowpark.com
Development Director Martina Walsh development@	@elbowpark.com
Events Director Sarah Geddes events@	@elbowpark.com
Grants Director Elrose Klause grants@	@elbowpark.com
History and Heritage Director Tracey Johnsonhistory@	@elbowpark.com
Membership Director Don Ballance membership@	@elbowpark.com
Safety Director and Traffic Liaison	elbownark.com

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

Councillor Ward 8	
Courtney Walcott	caward8@calgary.ca

Calgary Police, Community Resource Officer Chad Peterson CRO12@calgarypolice.ca

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

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Skip тне 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

Neighbour Day is Saturday, June 18. We are fortunate to live in a neighbourhood with great neighbours and a strong sense of community. I am grateful to those who stop to pick up a piece of garbage to help keep our community clean, dig up weeds or plant flowers in the community gardens or help a neighbour in need. I appreciate those who help organize community events that keep us connected, the tireless rink volunteers whose contribution spanned months and included many early, cold winter mornings and our heritage experts who share their knowledge so that we better understand the history of our neighbourhood and city. Thanks to all of you - every contribution big and small helps make Elbow Park a great place to live!

Kindness and consideration of each other goes a long way, including in the community parks. Dog owners, please remember that some people are frightened of dogs. Please make sure your dogs are under control and leashed if necessary, especially if there are children playing. The parks are for everybody to enjoy.

Kindness and consideration of each other also pertains to renovations and new home construction. Please be mindful of massing, heights, setbacks and the impact on the tree canopy, adjacent neighbours, the streetscape and the broader community.

The EPRA board is excited to share that funding has been secured for the park enhancement project at the community centre. More details will be forthcoming.

We hope you will join us for a toe-tapping Stampede breakfast on Saturday, July 9 @ 9-11:30am, featuring music from the legendary Steve Pineo.



INTERESTED IN GETTING INVOLVED?

We have openings for a Sports Director, a Volunteer Coordinator and a Gazette Delivery Coordinator.

KUDOS

Special thanks to Kelly Hewson for preparing the content for the Gazette, to Hails Kirker for her work on the online newsletter and to outgoing volunteers Mark and Davis Middlebrook for organizing the gazette delivery for the past several issues.

YAHOO PARDNERS,

Lisa Poole EPRA President So good to see our parks are full of kids and balls of all shapes and sizes.



HISTORIC BOULEVARDS:

SIFTON AND RIVERDALE

Curated by Tracey J. Johnson, EPRA Heritage Director

According to the city's Conserving Calgary's Historic Streets Plan, Sifton Boulevard and Riverdale Avenue are considered historic streetscapes.

In 2011, Heritage Calgary evaluated the city's historic streetscapes to determine if they had historic significance, and thereby could be added to Calgary's Inventory of Historic Resources. Twenty-seven streetscapes located in 10 Calgary communities were identified as Calgary Historic Streetscapes by meeting the following criteria:

ASSOCIATION WITH WILLIAM READER

• all streetscapes were planted under the direction of William Reader, Parks Superintendent;

DOCUMENTED PLANTING DATE

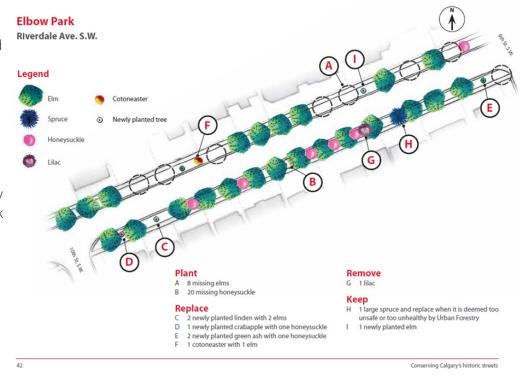
DEMONSTRATED INTEGRITY

- enough plant material is remaining to effectively illustrate the intent of the streetscape development
- continued use of the original plant material along with regular spacing between plant materials.

Originally planted in 1929, two streetscapes from Elbow Park were included - Sifton Boulevard SW (from Elbow Drive to 7 Street SW) and Riverdale Avenue SW (from 9 Street to 10 Street SW).

The Sifton stretch consists of two landscaped boulevards and includes the regularly spaced pattern of green ash trees (Fraxinum mandshruica) with a "manicured turf understory that separates the sidewalk from the south side of the carriage way with a manicured turf understory that is adjacent to the carriage way on the north side".

The Riverdale stretch consists of two landscaped boulevards and includes the regularly spaced pattern of elm trees (Ulmus americana) with remnants of honeysuckle shrubs (Lonicera tatarica) on the south side with a "manicured turf understory that separates the sidewalk from the carriage way on both sides of the street". There is a historic sidewalk stamp at 10 Street.



INTRODUCING ELBOW PARK'S NEW

Community Resource Officer



Hello, my name is Constable Chad Peterson. I have recently moved to the role of Community Resource Officer; I service Elbow Park and other communities around the beltline. If you have any questions or concerns, please do not hesitate to contact me at CRO12@calgarypolice.ca.

As the summer is approaching, we often see an increase in bike thefts. The Calgary Police Service has partnered with Bike Index to help recover stolen bikes. Bike Index is an international Bike register with over 800 000 bikes registered and is free to use. We often use Bike Index to return bikes to their rightful owner, often before the bike has been reported stolen.

https://bikeindex.org/

HEAT UP THE GRILL!!

Contributed by Mary Halpen

When I asked Mary what recipe she would suggest for our late Summer Gazette, it didn't her long to reply. Because it's getting to be barbecue season, she recommends a grilled pork tenderloin recipe. Specifically, Balsamic Honey Tenderloin, from Rest of the Best (pg 222).

This one is a favourite! Mary suggests grilling vegetables at the same time you're grilling the tenderloin. Cut any of all of the following in similar sizes: bell peppers, squash, sweet potatoes, little potatoes, and onions. Toss with olive oil and any seasonings.

Note that this recipe also works well in colder months as a sheet pan dinner, roasted at 375C.

BALSAMIC HONEY TENDERLOIN MARINATED AND SEARED, THIS PORK IS JUICY AND DELICIOUS. MY HUSBAND SAYS, "IS THIS ALL YOU KNOW HOW TO MAKE?"

MARINADE

2 TBSP. LIQUID HONEY	30 mL
2 TBSP. GRAINY MUSTARD	30 mL
2 TBSP. BALSAMIC VINEGAR	30 ml
I TBSP. OLIVE OIL	15 ml
I GARLIC CLOVE, MINCED	
SALT & PEPPER TO TASTE	

2 PORK TENDERLOINS

TO MAKE MARINADE: IN A LARGE BOWL, COMBINE INGREDIENTS.

ADD PORK TO MARINADE AND TURN TO COAT. MARINATE IN REFRIGERATOR FOR UP TO 24 HOURS.

REMOVE PORK FROM MARINADE AND RESERVE LIQUID. PLACE PORK ON GREASED GRILL OVER MEDIUM-HIGH HEAT. BRUSH WITH MARINADE. CLOSE LID AND COOK, TURNING AND BASTING OCCASIONALLY, FOR ABOUT IB MINUTES, OR UNTIL INSIDE HAS JUST A HINT OF PINK. TRANSFER PORK TO CUTTING BOARD AND LET SIT FOR 5 MINUTES. CUT INTO 'S" (I CM) THICK SLICES. SERVE WITH NEW POTATOES, FRESH GREEN BEANS, AND SPINACH SALAD WITH PEARS, BRIE AND RASPBERRIES, PAGE 93. SERVES 4-6.

GARDENING TIPS

By Diane Poole

Here I offer some thoughts for those who are interested in what a garden can give back to you. Let's face it: A grand house with an unkempt yard and garden has no curb appeal. Even something as simple as raking and mowing the lawn and edging the paving around the front sidewalks, paths and driveways will improve the look and feel of your home. And while you're at it with the edger, don't forget to edge the flowerbeds. It's an easy, satisfying thing to do and the results are a cleaner, neater look.

The smallest house can shine with an interesting garden. The joy of gardening is that with very little effort – a few well-placed shrubs or a variety of plant colours and textures – you can create an appealing garden.

If you want to have a "happy" garden, think about the basis of almost everything. That is, a strong foundation. In the garden a strong foundation means rich soil. Some plants are very expensive and to plop them in dry hard soil does not give them a chance to flourish. Even if you only buy a small bag of soil and dig into the individual holes where you are planting your flowers and bushes, it will give them ahead start.

Before planting I always place my plants in a shallow container of water so the roots have moisture. I also gently release the roots (I'm sure many have dug up a dead shrub still in the firm shape of the container it came in; it never had a chance). The smaller annuals in the six pack may only need a little soak and a gentle pinch at root end if they have the shape of the container dried into place.

Children could have fun in a special place put aside for them to push their trucks, dig, and make mud castles. Consider a fairy garden with little creatures hidden among a space for them to plant a row of seeds.

A dog in a garden makes life more (interesting?)! I have a very large dog, so I have put a small wire fence around my beds. I am hoping next year he will be old enough so I can remove it.

Bushes and perennials are the backbone of your garden, but before purchasing these often expensive plants, please, please, please read the tags. Are you buying a plant that flourishes in sun or shade? Take note of how high it will grow and how much width it requires. Doing a little bit of research about plant requirements beforehand will save you a lot of grief. Once you plant your new perennials, you can fill in the gaps between them with cheerful annuals. Like perennials, choose annuals the fit the sun or shade requirements of your garden.

Your garden can fit your lifestyle; if you have no spare time or interest, a simple, easy- care one is for you. The City of Calgary's website https://www.calgary.ca/uep/water/water-conservation/ lawn-and-garden/water-wise-gardening-and-plants/water-wisetrees-and-shrubs.html offers lots of helpful advice for yard smart, low maintenance plantings.

As we get older, it is a pleasure for many of us to slow down and simply enjoy walking through our neighbourhood, admiring the variety and creativity of many gardens. It is obvious that for some residents, their garden is an art form while for others, it's a chore. If you fall in the latter category, make it easy for yourself. Purchase a couple of alreadyplanted containers and put them on your porch. Sometimes, just picking up the litter that blows onto one's yard, a weekly mowing, and a simple edging can make all the difference.



INAUGURAL EPRA Beer and Cheer

On Tuesday April 26, the Club House was the scene, for the first time since COVID hit, of a #IRL (in real life) community-hosted event!! Organised by the rocking team of Sarah Geddes, Leah Fraiberg, Tess O'Hara, Kennedy McDonough, and Alma St. Hilaire, over 60 neighbours enjoyed the beer tastings by Annex Ales and great nosh by Grumans. It was fabulous to see folks of all ages back together again, laughing, chatting, and cheering on The Flames as they beat the Predators with a goal in the final second of the third period.



ELBOW PARK DEVELOPMENT COMMITTEE REPORT

Development Update

Submitted by Martina Walsh

Thinking of renovating or building a new home? We urge you to acquaint yourself with the Elbow Park Development Guidelines, which can be found at https://elbowpark.com/ under the Development tab.

RECENT DEVELOPMENT APPLICATIONS

- 3419 6th Street SW New home construction application. Opposed by neighbours & EPRA due to height, setback and lot coverage concerns, permit approved. Neighbours filed an appeal that was heard on June 2, 2022. Decision is pending.
- 3911 Crestview Road SW proposed subdivision of parcel into two lots. Opposed by neighbours and EPRA due to concerns associate with overdevelopment, subdivision approved.
- 1140 Lansdown Avenue SW addition of pergola/deck. Supported by EPRA
- 313 40th Avenue SW New home construction application. Conditional support of the development based on acceptance of suggestions brought forward by the neighbours.
- 3719 14th Street SW (situated in Marda Loop, across the street from Elbow Park) – Application for a land-use redesignation from R-C2 to Direct Control (DC) which to allow for 10 units on a 50 ft lot. Opposed by neighbours, including a petition with over 1000 signatures. EPRA opposed to this land-use redesignation. Approved. EPRA is extremely disappointed with this approval.
- 6. New 'Contextual' Single Family Dwelling Approvals
 - 3634 10th Street SW
 - 3808 12th Street SW
 - 915 38th Avenue SW
 - 3910 Edison Cr. SW

Heritage Calgary Engagement

Josh Traptow, Executive Director, Heritage Calgary

Late last year, we reached out asking for your community association's participation in an anonymous survey that would help shape a framework Calgary-based organizations and groups interested in pursuing plans for Naming, Renaming, Commemoration, and Removal (NRCR) could use to guide their own NRCR projects.

We are pleased to advise the NRCR Handbook is now available for public use. The handbook includes 12 naming and commemoration principles to consider for NRCR projects as well as an eight-step process to guide users to understand a project's relationship to the place on which it is located, engage with the community in a meaningful way, and seek a thorough understanding of the historical and contemporary context through research.

A Final Report was also released, which outlines the project approach as well as research and engagement findings. It also provides recommendations for Calgary communities, for the City of Calgary in the context of policy, reconciliation, and civic supports, and for Heritage Calgary going forward.

The framework is available online at https:// www.heritagecalgary.ca/naming. We encourage you to review it and consider if there are any NRCR projects you would like to undertake in your community. If you have any questions or require assistance implementing this framework, please do not hesitate to reach out.

What affects one neighbourhood affects us all. Thank you for your participation in helping to ensure Calgary is reflective of our city's historical diversity.

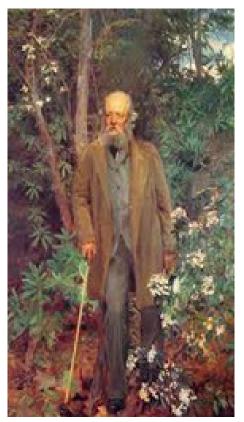
Olmsted Heritage Tour, Garden Walk, and Tea

The Scarboro Community Association has kindly invited Elbow Park residents to their Olmsted Heritage Tour on Saturday, July 23, 2022, starting at 11 am at the Scarboro Community Hall, 1737 14th Avenue SW.

\$35 + GST includes lunch, a guided tour, and access to nine gardens. Directions and self-guided maps will be provided at the Hall.

The first tour will start at 11:15 am, with the following tours starting every hour thereafter. For tickets, go to https://www.scarborocommunity. com/event-4839681

"The enjoyment of scenery employs the mind without fatigue and yet exercises it; tranquilizes it and yet enlivens it; and thus, through the influence of the mind over the body gives the effect of refreshing rest and reinvigoration to the whole system." ~Frederic Law Olmstead



Heritage Walking Tour

Content contributed by Don Ballance, John Heffer, and Linda Wiggins

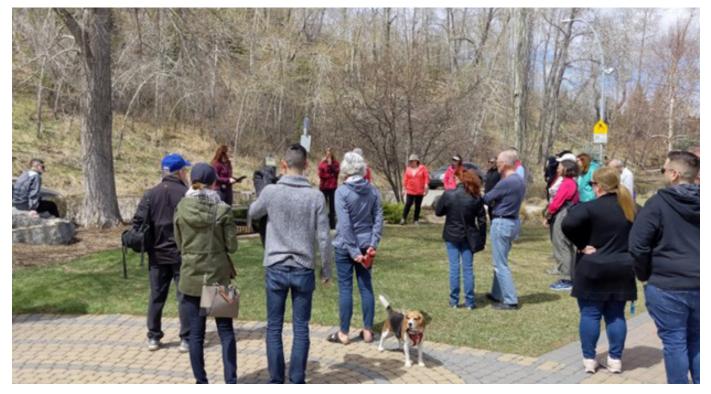
On Saturday May 7, a group of about 40 people participated in the first Elbow Park Community Heritage Walking Tour. Organised by EPRA's very own History and Heritage director, Tracey Johnson, and assisted by a member of Jane's Walks, we were treated to an incredibly well-researched, interesting, and informative afternoon tour.

We began at Christ Church where Tracey opened the proceedings with a land acknowledgement. A discussion about the church bells ensued with one of the walking tour participants being a bell ringer. We then passed the AGT building before heading to John Heffer's century home; he very kindly put up his century home banner and storyboard so participants could read about his home's historical significance. Our tour continued on 6th Street north as we viewed the sandstone homes near the Glencoe and learned that the one on the pie-shaped lot was the former site of the Anglican church offices.

From there we ventured east to 29th Ave and the river, the site of the real estate developer Freddie Lowe's house, and thereafter to a mirror of his house on Elbow Drive and 30th avenue. We continued down Elbow Drive south toward Sifton, noting the memorial gardens dedicated to Freddie Lowe as well as Gerry Shaw, located in Wood's Park.

What walking tour of Elbow Park would be complete without a glimpse of the infamous murder-suicide house on the southwest side of Sifton! (See the EPRA website under History for more details). From there we walked past the Elbow Park School, learned about its renovations post-flood, before ending on the north side of Sifton Boulevard in a back alley where we saw the remains of a former homestead.

We are fortunate to have in our community a person who is so passionate about and committed to communicating our history to us, and to reaching out to those 'old-timers' who can add personality and detail to that history. Thanks so much to Tracey for all her efforts in organizing this excellent tour.

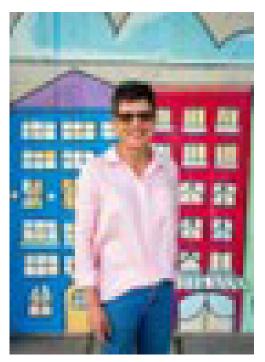


PEOPLE IN THE NEIGHBOURHOOD:

Dr. Deb Putnam

In 1994, Deb and her husband bought a 40-foot lot on Riverdale Avenue for \$235,000, a sum "we thought was going to kill us". But they managed and soon built a house close to her childhood home. Apart from her schooling years, Debra has lived in the neighbourhood since 1970. She loves the sense of community, the camaraderie, the continuity, and the very important fact that there are public schools within walking distance. It has been a genuine pleasure for her to see her kids grow up and thrive in Elbow Park.

After graduating from medical school in 1991, Dr. Deb, as she is affectionately known, went to work—as a hospitalist, in low-risk obstetrics, and general practice. After ten years, she re-focussed on family medicine. While she finds most aspects of her medical experience rewarding, she quickly realized she "clicked with angsty teens."



With some supplemental training, Debra transitioned to a youth mental health-directed practice. She absolutely loves her work with teenagers, a demographic that only a special few can reach. What are some of her strategies? "It's so important to know, see, and listen to who people are. To receive their stories and circumstances without judgement." "When you do this," Deb continues, and "it doesn't take years of education to achieve, you become someone these kids can trust and respect and thereby make an enormous difference in their lives." The Bus goes out to schools on a regular rotation, and Deb, an attending nurse and a social worker often find themselves responding to range of requests—from snacks and condoms to replacement IDs to next month's rent money. "What happens on the bus stays on the bus," says Dr. Deb, and it's this safe, secure environment that keeps youth who wouldn't normally access health care coming.

In addition to her work at The Alex Youth Centre, Dr. Putnam teaches a 6-month fellowship course for physicians called CanREACH. She is particularly proud to be part of this initiative training primary care physicians to be adept at diagnosing, assessing, and treating pediatric mental health concerns. As if she doesn't have enough on her plate, she works 2 days a week in a community health setting in Bridgeland.

We wind down our conversation with Deb making a few observations. First, she could never have done the kind of work she is doing now right out of med school. Life experience and time has allowed her to get to the point where she realizes "you can be caring without carrying" – a mantra she lives by and offers to her patients. She adds, too, that she learns as much as she teaches. When I ask for an example, she offers this: "these youth aren't concerned with the balayage that went wrong or the pimples that just keep coming. They are thankful for very basic things like having shampoo to wash their hair. A bus ticket to get home with. A decent computer to do their homework on."

While she is sobered by some of the young people she sees and the situations they are in, she refrains from expressing what she considers unhelpful emotions. That is her message to her own children. "These kids don't need your guilt or pity. Just don't take for granted what you have and where you are. Treat everyone as a human being. Have empathy. We all want some of the same things. To be content. To have friends."

When I ask Dr Deb what's next, she responds that she is happy to keep on working and doing the best she can to spread the word—to psychologists, physicians, and teachers-- about mental health.

Some of us may have seen The Bus. It's been parked in various places in the neighbourhood: in the Putnam's driveway, in a neighbour's, and recently, next to the Elbow Park Club House. Many of us have stepped inside. Deb's heart has been absolutely filled to bursting by this community's support not only financial, but in volunteer efforts.

I conclude by asking her what is it that allows her to continue to "care without carrying. Along with the unflagging support of her husband and kids, and the family's engagement in both outdoor and indoor activities alike, Deb adds this: "There is nothing like a walk in Sandy Beach. It's almost meditative. To take a breath in, and give thanks to the life I'm in. Can you imagine what it must be like to be locked up on the 40th floor in an apartment tower in Shanghai?"

THANK YOU, ENMAX!

Elrose Krause, EPRA Grants Director

Our community has been selected for Enmax's Energising Spaces Grant. The rink lighting is a huge part of our outdoor hockey and skating season, and while our precious lighted service our community for more than thirty years, we have known for several years that our old bulbs were at the end of their life.

The new lights were not installed until March at the very end of our outdoor ice season, but still in time to be noticed by residents who walk their dogs in the park. Their full impact will be noticeable later this year when our cycle of fewer hours of sunlight, and outdoor winter activities resumes. We also look forward to a positive impact on our electricity charges. A huge thank you to ENMAX for providing the funding.



Babies & Toddlers Drop-In Play Group

WEDNESDAY MORNINGS, 10:30 AM - 12 PM STARTING WEDNESDAY MAY 25 AT THE CLUBHOUSE

We welcome babies and children up to 3 or 4 years old to play. This is not a formal class, but a chance for neighbourhood parents and their children to meet and visit. No need for registration. For any queries, contact lindieserrurier@gmail.com



ELBOW PARK

Walking Tour and Christ Church Bell Tower Experience

SATURDAY JULY 23, 2022

If you missed the first tour in May, here is another opportunity to join Elbow Park Residents Association's Heritage Director, Tracey J. Johnson, as she explores the heritage buildings, prominent past residents, and community highlights of one of Calgary's oldest neighbourhoods. If you caught the May tour already but are intrigued by the addition of the Christ Church Bell Tower, you can join the tour at the end just for that portion. Bell ringers will be on hand for a demonstration and can share more about the English tradition of change ringing that started in the 16th century.

Walking Tour

3-4:30 pm (beginning and ending at Christ Church)

Bell Tower Bonus Experience

4:30 pm at Christ Church



Basement church 1913. Unpaved 34th Avenue on right.



1st Superstructure, pictured between 1921 and 1947.

SCOUTS CANADA



IN YOUR COMMUNITY

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.

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), with Elbow Park zoned for the Calgary 10th Sara Scout Hall, located in Rideau Park.

If you are interested in having your son or daughter join up for the new year or if you just want to learn more, please reach out to your Sara Scout Hall Community Representative for Elbow Park, Tracey Johnson at tjohnson200@hotmail.com



ELBOW PARK BLOCK CAPTAINS

DO YOU KNOW WHO YOUR BLOCK CAPTAIN IS?

Amy Norman, Director of Safety EPRA

In early 2020, the Elbow Park Residents Association, alongside the Director of Safety, started to build up a hub of Block Captains in the community. As many of us know, living in an inner-city community, we are often targeted for acts of crime, in particular, garage and car thefts, and home break-ins. While being alert to crime and trying to prevent it is the responsibility of all of us, we believe that knowing your neighbours and improving communication is critical in these efforts.

The primary function of the Block Captain is to act as a communication link between neighbours on a block, as well as the wider community through the EPRA. Over the years, we have encouraged community members to take on this role, collecting contacts on their blocks and sharing relevant information. During the pandemic, neighbours were able to connect with isolated neighbours. share incidents of crime, connect on issues such as development permits and advocating at the City on local issues. We are so grateful for the EPRA members who have taken on this role. At the moment, we have almost 20 blocks covered through this initiative!

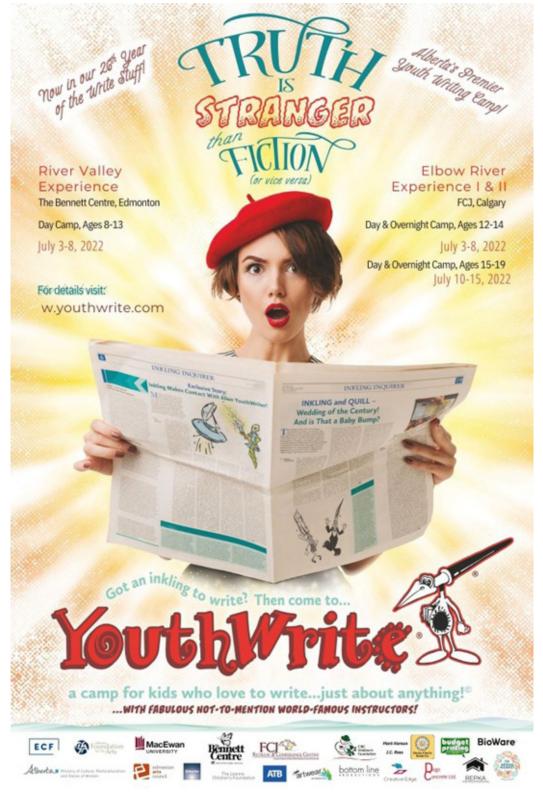
We are always looking for community members who are interested in taking on this role, or supporting current Block Captains. Do you know who your Block Captain is? Please be in touch with Amy Norman, Director of Safety (safety@ elbowpark.com) if you have any questions or would

like to get involved. A strong community starts with all of us. Let's work together to prevent and support those who have experienced crime.



YOUTHWRITE SUMMER CAMPS

This summer YouthWrite (the camp for kids who love to write . . . just about an ything!©) is going to be sensational! Our instructors this summer are truthfully buzzworthy. The camps are going to be fabulous! Let your young people know to be ready for wordplay, shenanigans, campfires, and sing-a-longs!





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 for online registration OR use this membership form below and mail or drop it off to 800 34 Aveneu 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

Iname(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?	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 to activate your free membership.



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