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Stampede breakfasts abound



Cindy Stephen
for the Federation of
Calgary Communities

Yahoo! For the next ten days, keep your eyes peeled for signs of free cowboy grub offered several times a day throughout the city while you mingle with Stampede spirited Calgarians and enthusiastic tourists.

Bankview Community Association (BCA) will plan for 700 people this year, based on turnout for their Stampede Breakfast in previous years. On July 17, starting at 9 a.m., attendees will be treated to pancakes, sausages, and beans, followed by a hay ride. Of course, families will be pleased to find child-friendly tents and activities for kids of all ages. A representative from the Calgary Inter-faith Food Bank will be collecting donations.

BCA President Doug Saunders credits "a very competent volunteer coordinator" for the recruiting and organizing of the 25 residents working to put on the annual breakfast.

"We have worked very hard over the last couple of years to build a good volunteer base," says Saunders.

The breakfast will be held at the community centre (2418-17 Street SW) which boasts a playground, basketball and tennis courts, and soccer pitch.

Saunders says Bankview is "a wonderful, dynamic and diverse," place to live where housing ranges from homes built between 1910 and 1912 to high end newly constructed condos.

Citadel Community Association (CCA) offers a breakfast with a green twist this year on July 10 from 9 a.m. to noon at their outdoor skating rink. Thanks to the City of Calgary and Conoco Phillips all plates, cups, stir sticks, napkins, and cutlery will be compostable - made from 100 per cent plant materials that will break down and become fertilizer. None of this waste will end up in the landfill. The \$1000 grant received will cover the difference in cost to use environmentally friendly supplies from Earth Distributors Inc. and the compost bins required for clean-up. With 1500 people expected, the additional cost is less than \$1 per patron.



Traditional cowboy breakfasts are offered several times a day across the city during Stampede.

Photo courtesy FCC

About a year ago, CCA President Vivian Eaton put out a call for people who wanted to talk about green initiatives and look at different ways to promote the breakfast as an environmentally friendly event.

"Last year, we had a pickup truck full [of waste] and this year there will be next to nothing," she said.

The committee is also using local products whenever possible. Patrons will receive one free entry to a draw for a rain barrel and other eco-prizes when they provide a suggestion to reduce ecological footprints.

Free to community members (non-members pay \$2 per plate) the climbing wall, petting zoo, three different bouncers, clowns, and fire trucks will be there to entertain families.

While the most common Stampede meal takes the form of a free breakfast of flapjacks, sausages, and coffee, some communities are hosting hotdog lunches or evening barbecues. Renfrew Community Association's Stampede Day at 811 Radford Road NE on Saturday, July 10 begins with a well attended breakfast, followed by a kid's carnival, a 100 car Show 'n Shine, and an adult-only outdoor saloon and chow wagon in the late afternoon. Complete with beer, burgers, hotdogs, and a live band, cowboys and their gals will

join in the horseshoe tournament and the Jail 'n Bail, where you can lock up your partner for a fair price. All funds raised go to offset the costs of the day. Stampede Committee Chair Irena Kangas says the annual event open to the public has been going for ten years and attracts more than 1,000 people.

Some communities are sponsoring non-food related events to bring neighbours together. The Sandstone MacEwan Community Association is kicking off Stampede Week with its annual Movie in the Park on Saturday, July 10 at Sandarac Park (located between the schools). The fun starts at 7:30 p.m., the movie starts at 10:15 p.m. (title TBA). Remember to bring a lawn chair.

Best wishes for a fun and safe Stampede in 2010 for the Federation of Calgary Communities.



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