

AUGUST 2021

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FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



IN THIS ISSUE:

- New Board Members Wanted
- Upcoming Summer/Fall Events

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PLUMBER



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BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 9

ALL ABOUT NASA

The Vehicle Assembly Building (VAB) at the NASA Kennedy Space Center is so large that it actually has its own weather! We always talk about the amazing things that NASA is doing in outer space, but how about this, on our very own planet! Incredible!

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Fri 8:30 am - 12:00 noon

FAIRVIEW INFORMATION

Our Vision

To promote and enhance a healthy, safe and productive environment for the residents of Fairview by providing access to programs, services and information, all while establishing a sense of community identity and belonging.

Board of Directors

President Regan Klyn
president@fairviewcommunity.ca
Elizabeth Duerkop
vp1@fairviewcommunity.ca
2nd VP Andrew Gidden
vp2@fairviewcommunity.ca
Treasurer Warren St. Laurent
treasurer@fairviewcommunity.ca
Secretary Alicia Davis
secretary@fairviewcommunity.ca

Directors at Large

- Stephen Alexander
- Chad Chapman
- Wayne McNeely
- Michelle Stensrud
- Mody Aravena
- Sam Koots
- Paul Bechthold

Community Services Contacts

- **Police Non-Emergency Services**
(Dist 6) 403-567-6600
- **Community Liaison Officer**
Cst. J. Tyerman, jtyerman@calgarypolice.ca
- **Community & Neighbourhood Services, South Area: 311**
- **www.welcomewagon.ca, 1-844-299-2466**
- **www.calgaryyouthjustice.com, 403-261-9861**
- In-Definite Arts 403-253-3174 www.indefinitearts.com

Government Representatives

Councillor, Ward 9

Gian-Carlo Carra
ward09@calgary.ca • www.carra4ward9.ca • 403-268-2430

MLA, Calgary-Acadia

Tyler Shandro, United Conservative
calgary.acadia@assembly.ab.ca • Ph: 587-885-1781

MP Calgary-Midnapore

Stephanie Kusie, Conservative
Stephanie.Kusie@parl.gc.ca • 403-225-3480

Fairview in Focus

Fairview in Focus is published monthly by Great News Publishing and delivered by Community Residents and Canada Post to all Fairview homes.

The opinions expressed within any published article, report or submission reflects those of the author, and should not be considered to reflect those of the Fairview Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so. The Community Association does not endorse any person or persons advertising in this newsletter, and publication of these ads should not be considered an endorsement of any goods or services. **Submission Deadline:** 7th of the month for the next month's news. Comments, questions, and submissions are always welcome.

Editor Email: news@fairviewcommunity.ca
Mail: Fairview Community Association
Box 78053, RPO Heritage
Calgary, AB T2H 2Y1

Messages: 403.252.5424
Email: office@fairviewcommunity.ca
Website: www.fairviewcommunity.ca



When you tell other people that you live in Fairview, how many times have heard the response "Where's Fairview?" You probably reply with "north of Acadia", "near Chinook Mall", by the "Farmer's Market", and such. To celebrate the spirit of our small, great, and apparently little-known community, we are now selling "where's fairview?" bumper stickers. They cost \$5 and all the money goes directly to the Community Association. You can purchase one online on our website fairviewcommunity.ca (via PayPal), or by emailing sam.koots@fairviewcommunity.ca and we will deliver one to you. BTW – they fit great on laptops, coffee mugs and iPads, as well.

Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Fairview Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Membership Update

Membership

Community Association memberships expired February 28, 2021. Purchase your 2021-2022 memberships today.

How do you purchase a membership? It's simple; just pick one of these convenient ways to get a current membership:

1. Fill out this paper form and mail along with payment to: Box 78053, RPO Heritage, Calgary, AB T2H 2Y1.
2. Complete the whole process online at fairviewcommunity.ca/membership in less than a minute via PayPal. A physical membership card will be dropped off for you shortly after your purchase.
3. Email membership@fairviewcommunity.ca and one of our volunteers can drop off a membership and pick-up payment (contactless).
4. Phone 403-252-5424 and leave a message with your name and phone number, stating that you'd like to buy a membership. A board member will return your call and setup a time for a contactless drop off of your membership card and pick-up payment.

Be a Part of Your Community Association Today!

**A GOOD
REASON TO
JOIN TODAY!**

Special Events

Many events are provided throughout the year which provides families an opportunity to meet others in the community and have some fun. Events include stampede breakfasts, craft fairs, skating parties, recycling days, and many others.

March 1, 2021 to February 28, 2022

Please make cheques payable to *Fairview Community Association*.

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

- Membership fee: \$15 per Family (up to two registered adults and any number of children under the age of 18 living at the same residence)
- "Where's Fairview" Sticker: \$5 each
- Yes, we are interested in volunteering
- Yes, I am interested in receiving updates by email



Fairview Youth Services Directory



Add, change or remove information from this listing call 403-252-5424 or email news@fairviewcommunity.ca

BABYSITTERS

- Emily, 587-707-9923 B
- Caitlin, 403-245-3428 B
- Nadia, 587-830-6556 B
- Rhiannon, 403-253-0330 A
- Payten, 403-258-0429 A
- Riley, 403-831-6406 A
- Julia, 587-573-0375 B
- Adam, 403-629-5672 B
- Tania, 587-433-6558 B
- Reese, 587-998-9868 B
- Abigail, 403-554-9034 A
- Charlie, 403-819-6785 A

SNOW SHOVELLING

- Adam, 403-629-5672 B
- Danica, 403-408-6610 B
- Mason, 403-607-6610 B
- Sam, 403-608-4688 B
- Charlie, 403-819-6785 A

Now looking for youth interested in doing snow shovelling. Contact news@fairviewcommunity.ca to get on our list!

PET SITTERS

- Emily, 587-707-9923 B
- Rhiannon, 403-253-0330 A
- Bryn, 403-808-4428 B
- Danica, 403-312-2125 B
- Tatum, 403-312-2125 B
- Charlie, 403-819-6785 A

Fairview Community Association accepts no responsibility as a regulatory body and does not endorse or screen any of the people who are listed in or who use this directory. This informat ion is used in the "Fairview In Focus" newsletter and can be discontinued upon request. Add, change or remove information from this listing call 403-252-5424 or email news@fairviewcommunity.ca.

Upcoming Community Events

Pump Track Grand Opening

Tentatively scheduled for Friday, August 27 at 5:00 pm at the Pump Track in Flint Park.

We hope to have riding demos, a ribbon cutting, and an opportunity to thank those who helped get this unreal project built! Stay tuned to the website, Facebook, and Instagram for more details.

Heritage Station Pop Up

August 11 to 14

September 1 to 4

Sustainable Calgary is putting on a pop-up space activation project at the Heritage LRT, turning it into a Pedestrian Plaza for 4 days at a time during 3 different weeks this summer. There will be vendors, food trucks and entertainment! Check out the "Confluence Project" on Sustainable Calgary's website for more info.

Movie in the Park

To be held the evening of September 10, at Flavelle Park. Check out the Fairview Community Association Facebook page for your chance to vote on the movie selection.

Community Association Board Meetings

Tuesday, September 7, 7:00 pm

Tuesday, October 5, 7:00 pm

Tuesday, November 2, 7:00 pm

Board meetings are held the first Tuesday of each month (no meetings July or August). All members are welcome and encouraged to attend by contacting secretary@fairviewcommunity.ca.

Do you have an idea for a community project or event? Contact the Fairview Social and Events Committee by emailing events@fairviewcommunity.ca.

Wine Survivor Wrap up

A huge thank you to all the participants in our first ever "Virtual Wine Survivor" which took place in May. This was a trial run and hopefully next year we can once again host an in-person Wine Survivor at the "Wine and Cheese" event in Spring 2022. This year's event had 150 participants and raised over \$4,000 that will go directly back into the great programs and events that the Fairview Community Association does on an ongoing basis. Thank you to Andrew and Emily Giddens who organized and ran the whole event!

Seeking a Sense of Control AKA Perfectionism

by Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



We all know one or maybe we are one. Ever been referred to as Monica from Friends? Perfectionism involves the relentless striving for extremely high standards. Judging our self-worth based largely on our ability to achieve these standards and continuing to set demanding standards despite the cost associated with striving for them. Sometimes when our self-worth depends on our achievements, we push ourselves to attain unrealistically high standards. We may act in ways intended to ensure we meet these standards such as checking, correcting, etc., and then judge ourselves harshly and focus on our mistakes. We may criticize ourselves when we fail to meet our standards, affecting our self-worth.

Unrelenting standards are so unrealistically high and inflexible that we are unlikely to be able to meet the standard or we will only be able to meet the standard at a considerable cost. When an unrelenting high standard is not met, instead of concluding that it was unrealistic, the perfectionist will conclude that we did not work hard enough or failed. In the future, some of us will give up all together, while others will try even harder. Unfortunately, even if a high standard is achieved, most perfectionists do not feel happy about this for very long.

Some of us might see it as a fluke. or decide that the standard set was not high enough and set a higher one next time.

Perfectionists also engage in a range of unhelpful behaviours to make sure we are continuing to meet the high standards we set for ourselves, such as procrastinating, avoidance, checking, correcting, list making, slowness, etc. These types of behaviours keep the perfectionistic thinking going, because if you keep behaving this way, you may never have the opportunity to test out whether your perfectionistic thinking is true. These behaviours may be time consuming, done at the expense of other important activities and may delay or interfere with attempts to meet the standard set.

We usually tend to interpret things according to what we expect. We perfectionists tend to pay attention to any evidence that we may not be achieving so we can correct these immediately. Perfectionists also have an extreme view of what success and failure is, with no middle ground, causing us to judge ourselves more harshly than others would. Perfectionists display patterns of unhelpful thinking styles that may include the following:

- Black and white thinking - Seeing only extremes, no shades of grey.
- ‘Should’ing and ‘Must’ing - Putting unreasonable demands on self and others.
- Catastrophizing - Blowing things out of proportion.
- Jumping to conclusions - Assuming that we know what others are thinking or can predict the future.

Rules and assumptions that are flexible and accurate are helpful guides for living. However, rigid rules such as, “the job is not done unless it’s perfect” and inaccurate assumptions such as, “if I make a mistake the business will fail” tend to cause some of us to focus single-mindedly on doing things perfectly. Instead, take time to realize that in most cases, it’s anxiety creating this unrest and allow yourself to surrender to the feeling and let it go.

Book suggestion: *Good Enough* by Jen Petro-Roy.



Explore Fairview

The City of Calgary and the FCA have partnered to bring, the Fairview Seniors (60+) Explore Fairview Series

The first of the series will be Nordic Pole Walking.

The group will meet at a new park in the neighbourhood each week for four weeks starting in September. The city will provide the poles to use, at no cost and this program is free for all senior members.

Outdoor Active Nordic Pole Walking- Enjoy the company of other like-minded people while you reap the benefits from walking with poles! Your instructor will teach you the proper techniques that will get you the best workout and results. This total body workout will enhance your core, posture, joints, and confidence.

Please contact alicia.davis@fairviewcommunity.ca for more information on dates and registration. Inquire early as spots are limited.

Community Board Members Wanted

The Fairview Community Association is looking for new board members to join our current pool of diverse, positive, and engaging directors. Board members are volunteers, and the time commitment is only a few hours per month. This is a great way to get involved in your community, at an exciting time in Fairview's history. Projects like our recent playground revitalizations, the Pump Track project, the on-going Fairview Park planning process, and events like Movie in the Park and Explore Fairview were all initiated by volunteer board members.

New board members are typically elected at our Annual General meeting. If you have any questions or would like more information, please contact a member of our current board. Their emails can be found in the "Fairview Information" section of this newsletter.



Heritage Time Out

**McDougall United Church,
8516 Athabasca Street S.E.
(No religious content, non-denominational)**

At Heritage Time Out practitioners of quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art at McDougall United Church. Unfortunately, we are not meeting at the current time due to the COVID-19 restrictions. We anticipate that we may not meet again until January 2022, until we are sure we can meet in a way that is safe for everybody. If COVID restrictions are completely lifted by the time you read this, please contact Lori at McDougall United Church, 403-252-1620, for further information in case we are able to start meeting earlier.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

BASEMENT WINDOWS R-US: New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Member of the BBB. Call 403-201-0317 or cell 403-660-0612.

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BRAIN GAMES SUDOKU

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Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden

Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival



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