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# FARVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER
QIGONG IN THE PARK



airview

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# **Membership Update**

### Membership

Community Association memberships expire on the last day of February each year. You can purchase a membership anytime during the year.

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 your 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 set up a time for a contactless drop off of your membership card and pick up of your payment.

### Be a Part of Your Community Association Today!

**REASON TO** 

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A GOOD

# Get Informed on Community and Civic Life

Community associations provide information on important community and civic issues that impact your daily life, through regular newsletters and their online presence.

### March 1, 2023, to February 29, 2024

### Please make cheques payable to Fairview Community Association.

Name:	
Address:	
Postal Code: Phone:	
Email:	
Membership fee: \$20 per family (up to two registered adults and any number of children under the age of 18 living at the same residence)	
□ Yes, we are interested in volunteering	
□ Yes, I am interested in receiving updates by email	



### **Fairview Information**

### **Our Mission**

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	Vacant president@fairviewcommunity.ca
1st VP	Regan Klyn vp1@fairviewcommunity.ca
2nd VP	Andrew Gidden vp2@fairviewcommunity.ca
Secretary	Alicia Davis secretary@fairviewcommunity.ca
Treasurer	Sam Koots treasurer@fairviewcommunity.ca

### **Directors at Large**

Chad Chapman	Elizabeth Duerkop
Wayne McNeely	Michelle Stensrud
Dave Eisenbart	Megan Federow

### **Community Services Contacts**

- Police Non-Emergency Services: (Dist 6) 403-567-6600
- Community Liaison Officer: Cst. J. Tyerman, jtyerman@calgarypolice.ca
- Community and Neighbourhood Services, South Area: 311
- www.calgaryyouthjustice.com: 403-261-9861
- National Access Arts Centre (formerly In-Definite Arts): 403-253-3174, www.indefinitearts.com

### Government Representatives Councillor, Ward 11

Kourtney Penner ward11@calgary.ca • www.calgary.ca/ward11 • 403-268-2430

### MLA, Calgary-Acadia

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

### **MP Calgary-Midnapore**

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

### **Fairview in Focus**

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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	





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# **60+ Collective**



### Ikebana Classes

Members of the 60+ Collective shared some raving reviews of their time spent at ikebana class:

"I really enjoyed the class. It was very interesting. There

is more to the art of Japanese flower arranging than I thought! Rika and her husband are lovely people. We had tea and cookies to munch on. To top it all off, we took our arrangement home! There were only three of us in the class which was nice as she was able to help us a lot." - Carol

"It was great! Very well organized. Rika was wonderful in explaining the concepts of Ikebana and helping us arrange our foliage to achieve the proper flow. Her husband was a great assistant and offered good advice as well as taking professional photos of the finished arrangements. Thank you again for organizing this great opportunity and providing it free for us elder community members!" - Lynne

"Loved it! Makes me want to learn more!" - Donna

Free classes for 60+ folks are still available to sign up for June 9, 12, 23 and 26 from 1:00 to 3:30 pm. Email 60plus@fairviewcommunity.ca for more information or to sign up.

### **Tentative: Summer QiGong**

The 60+ Collective is looking forward to hosting a Qigong instructor for classes at Flavelle Park for eight weeks this summer! If you would like to participate, please contact 60plus@fairviewcommunity.ca.

Qigong pronounced "chi gong," was developed in China thousands of years ago and involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. It incorporates gentle movements, deep breathing, and mental attention.

We are planning our first class for June 16 at 7:45 am, continuing every Friday until August 18. There will be no classes on the long weekends of June 30 and August 4.

Come on out and try something new outdoors to keep your mind and body healthy - we'd love to see you!

Alicia Davis, 60+ Collective

# **Meet My Pet**



A great thing about Fairview is the diversity of pets we have here. We've got cats, dogs, lizards... and those are just the ones I've met! But there are some that I haven't had the opportunity to run into, and in this very specific case, I hope to not get too close!

Rae is very excited to introduce us to The Trio! These adorable (from afar) skunks live over on Fountain and have been

her little friends for years. Rae suspects they are longtime Fairview residents.

As anyone would, Rae has gone ahead and named them, the one skunk with a white round crown is Pinchie. Another has two stripes down his head and fittingly is named Stripe. They are silly, mostly harmless, and fun to observe.

Rae would like to remind everyone to please be respectful of them and not be mean. Animals of any sort deserve respect and kindness. They are just trying to survive like the rest of us.

A couple more handy reminders.

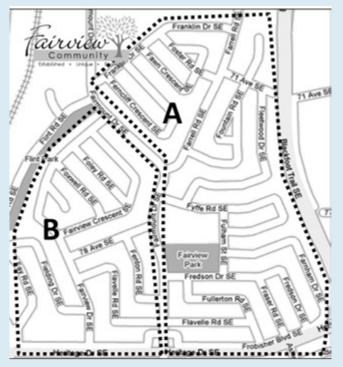
- Please do not feed Pinchie and Stripe, or any of their extended family members you may come across. They are wild animals and do need your help to survive, they can manage on their own.
- Do not try to approach the very cute skunks. Likely they are very soft, but any diseases they carry, you probably don't want. Also, I've heard they make a big stink if they are startled.

If you have any concerns regarding skunks on your property, please head over to www.calgary.ca and search for wildlife.

### Michelle Stensrud, Roving Reporter

If you have a pet and want to be featured in our Fairview in Focus newsletter, please email michelle.stensrud@ fairviewcommuity.ca.

### **Fairview Youth Services Directory**



### Why Hire Fairview Youth?

Supporting local youth helps them develop a sense of responsibility, purpose, and connection to the community. Young people are energetic, flexible, and open-minded, and are looking to develop their skills and talents.

# We're Looking for Young Fairview Lawn Mowing Entrepreneurs!

Are you interested in providing lawn mowing services in the upcoming months? Contact us at news@ fairviewcommunity.ca to be added to the directory! We are also always looking for young people in Fairview who are interested in providing babysitting or pet-sitting services year-round. A parent or guardian must sign off on your listing.

### **Babysitters**

• Julia, 587-573-0375 B

- Adam, 403-629-5672 B
- Abigail, 403-554-9034 A
- Ashlyn, 403-473-2829 B
- Olivia, 403-998-8933 A
- Blair, 825-882-5557 A

### **Pet Sitters**

- Bryn, 403-808-4428 B
- Tatum, 403-312-2125 B
- Jade, 403-808-9413 A
- Danica, 403-408-6610 B

- Isaac, 403-463-8118 A
- Reese, 403-389-8795 B
- Charlie, 403-819-6785 A
- Layla, 403-471-9004 B
- Mia, 587-998-9868 B
- Etta, 825-994-4127 A
- Danica, 403-312-2125 B
- Charlie, 403-819-6785 A
- Abigail, 403-554-9034 A
- Layla, 403-471-9004 B

The 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. Information provided is used solely in "Fairview In Focus" and can be discontinued upon request. To add, change, or remove information from the directory, call 403-252-5424 or email news@fairviewcommunity.ca.

# **Upcoming Community Events**

### 60+ Collective Qigong in the Park Flavelle Park

Weekly, starting June 16 at 7:45 am. It will continue every Friday until August 18.

(No class on the long weekends of June 30 and August 4)

The 60+ Collective will have a qigong instructor come to Flavelle Park for eight weeks this summer! If you would like to participate, please contact 60plus@ fairviewcommunity.ca.

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

### 10th Annual Calgary Neighbour Day Saturday, June 17

Neighbour Day is an annual event celebrated in Calgary on the third Saturday of June. The event encourages Calgarians to get to know their neighbours and build stronger, more connected communities. Get together with your neighbours for a BBQ, crafts, or games, or connect with your community association. This is your opportunity to celebrate community spirit and kindness and meet your neighbours.

### Fairview Family Festival and Film Night – Coming Soon! Friday, September 8

### Flavelle Park

Mark your calendars for our most popular family social event of the year! Details are still getting worked out for the event, but the movie, popcorn, and concession planning are already underway!

If you would like to be involved in the planning of the event, make a suggestion for a movie, or volunteer at the event please email us at events@fairviewcommunity.ca or leave a message at 403-252-5424.

### Fairview Community Association Board Meeting Tuesday, September 12, 7:00 pm Location TBA

Board meetings are held the first Tuesday of each month (with some exceptions). All members are welcome and encouraged to attend by contacting secretary@ fairviewcommunity.ca.

Do you have an idea for a community event? Contact any board member or email events@fairviewcommunity.ca.

# Flavelle Adopt-A-Rink Update

We had a great season of skating and hockey! I believe Fairview may have been one of the last communities still skating so late into the season. There was an army of volunteers (actually about twelve) that came out for the take-down of the boards and cleanup. I can't thank you all enough for all your help through the season, from the volunteers that show up when we need extra hands for a flood, to the ones that just show up in the middle of the night with some hot water to patch a hole they saw.

Thanks to Jason Mohler for stepping up to be in charge of the rink this year, I can now assure you that we will have it back for next season as well. I will still be helping and a liaison for the Rink Crew to the FCA.

To end the season officially, I would like to share a story I heard during the take-down last month.

Jason's son, Jack probably used the rinks more than anyone. Jack was out there honing his hockey and skating skills daily. While he was there, there were also plenty of other kids who were older playing hockey, like Adam Lima-Coelho and Mick Saruwatari (also Wolverine Hockey Players). Jason was thanking Adam for the time he spent sharing his knowledge and working with Jack. Apparently, Jack's hockey coach asked Jason if he was putting Jack into other hockey schools or clinics because Jack had progressed so much and gotten so much better with his shooting that he assumed he must be getting professional help. I have to say that there is a bunch of time and hard work that goes into creating and maintaining the outdoor rink, but stories like these are exactly why we do it.

I look forward to seeing everyone next year. Don't forget - if you want to get on the volunteer call list for the rink, please contact me or find us on Facebook at "Flavelle Rink Crew."

### Wayne McNeely

wayne.mcneely@fairviewcommunity.ca



# Beautification Committee -Fairview Park

The FCA has received a generous grant from the Federation of Calgary Communities (FedYYC) to activate and energize a portion of Fairview Park. The Activating Spaces Grant is designed to help communities turn spaces into places!

We have received the gift of some seating and a spinning puzzle tower to bring into the park and encourage people to spend some time there. The Beautification Committee is planning some fun outside games, picnic tables, and some paint to liven up the space! These features and activities will be in Fairview Park temporarily.

Do you have time, paint, or outdoor activities to donate? You can reach us at beautification@ fairviewcommunity.ca to volunteer.



# Heritage Communities Local Area Plan

The Heritage Communities Local Area Plan (LAP) was approved by the City's Infrastructure and Planning Committee on April 5, and now will move forward to Council on June 20. In addition to the City's engagement with current residents, the FCA has been involved in the working group for the project, composed of community association representatives, residents, and some industry representatives, since it began in 2019. The FCA submitted a letter of qualified support to committee for the plan in its current final draft form, which you can find on our website.

We welcome input and questions from residents. You can contact our working group representative, Elizabeth at Elizabeth.Duerkop@fairviewcommunity.ca, and find more information and useful links at engage. calgary.ca/heritage.



# SAFE & SOUND

# **Backyard Play Safety**

### from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

### Lawn and Garden Tools

- •Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### **Insect Bites and Stings**

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- •To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

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# Do You Have a Drug House in Your Neighbourhood?

### A message from the Federation of Calgary Communities

Drug houses don't just happen in other neighbourhoods. There are drug houses in all types of neighbourhoods. "Drug houses" are homes that are used for the production of illegal drugs, such as methamphetamines, marijuana, and cocaine. Due to the hazardous chemicals used and the fire hazards posed, drug houses are a serious threat to the community.

Drug dealers look for locations where neighbours do not communicate and isolate themselves. This makes it easy to intimidate those neighbours that do notice drug activity. Drug dealers like neighbourhoods that say, "It can't happen here."

# How Can You Identify a Drug House in Your Neighbourhood?

Most drug houses have similar identifying characteristics. Watch for the following:

- **Strange Odours.** Smells to be aware of include ammonia, acetone, acid, and solvents.
- Frequent and Unusual Traffic Flow stop, enter, leave. Watch for frequent visits by different cars, at any time of the day or night. Be suspicious of vehicles with obscured or absent license plates. Watch for excessive foot traffic to and from the house or property and loitering in or around the house.
- **Property Alteration.** This includes covering windows and patio doors with items other than curtains or drapes, barricading windows and doors, and disconnecting fire alarms.
- **Bright Interior Lights.** High-intensity, 1,000-watt lamps are commonly used in the production of methamphetamines and cannabis.
- **Constant Humming Noises.** Like that of a fan or a transformer on a hydro pole.
- **Tenants Who Own Expensive Items**. Especially if they appear to be unemployed. Expensive cars, cell phones, home entertainment systems, etc.

- Extensive Security Measures. Beyond typical home security. This includes fencing, guard dogs, lookouts, etc.
- Little Property Maintenance. Unkempt yard, little to no furniture.
- Increased Noise and Crimes. Loud voices, fights, gunfire, radios, especially at night. Increase in crimes like auto burglaries, robbery, vandalism, and assault, as well as active prostitution in or around the neighbourhood.

Prevention is the best way to stop drug houses!

You can reduce the chance that a drug house moves into your neighbourhood. Meet and get to know your neighbours and your Police Community Liaison Officers. As problems develop in the neighbourhood, work with law enforcement to resolve them quickly.

# What Should You Do If You Suspect a Drug House in Your Neighbourhood?

- Communication is Key. Talk to anyone and everyone: neighbours, the police, the SCAN Unit (Safer Communities and Neighbourhoods), local Crime Stoppers, anyone in the government who can help you get rid of the drug house. You will not solve the problem yourself - the only way to shut down a drug house is through teamwork.
- **Keep Records.** Set up a calendar and a log to take down license plate numbers, car colour and make of suspicious vehicles, date and time of activity. Record the time and date of incidents surrounding the drug house, such as shots fired, screaming, burglaries, vandalism, etc. Report this information to the police.
- **Be Patient.** Police have to work within the law, and so do you. It may take time to gather enough evidence to shut down the drug operation legally, so don't be discouraged.

### Phone Numbers to Call to Report Drug House Activity:

- Emergencies: 911
- Calgary Police Service: 403-266-1234
- SCAN Unit (Safer Communities and Neighbourhoods): 1-866-960-7226



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