

JULY 2024

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FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



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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!

**A GOOD
REASON TO
JOIN TODAY!**

Volunteer on the Board

The community association needs volunteers to help make decisions, hold events, and represent our community. The first step is joining the association. Contact the board to team up with other Fairviewers and invest in our neighbourhood! We need you!

March 1, 2024, to February 28, 2025

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.

Your Fairview Community Association Board

President	Megan Federow president@fairviewcommunity.ca
1st VP	Wayne McNeely vp1@fairviewcommunity.ca
2nd VP	Alicia Davis vp2@fairviewcommunity.ca
Secretary	Michelle Stensrud secretary@fairviewcommunity.ca
Treasurer	Lisa Schooling treasurer@fairviewcommunity.ca

Directors at Large

Dave Eisenbart	Nicole McNeely
Les Sorenson	

The FCA board would like to thank Sam Koots, outgoing director, for his years of service. Sam was the driving force behind installing our pump track in Fairview. This was a significant, multi-year project that Sam led from the initial planning stages for the park, through to the installation and maintenance of the current, well-used pump track. He also took on the role of treasurer on the executive and committed countless hours to Fairview events. Thank you for everything, Sam!

Community Services Contacts

- **Police Non-Emergency Services:**
403-266-1234
- **Community Liaison Officer:**
Cst. Michael Colbert, mcolbert@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, accessarts.ca

Government Representatives

Councillor, Ward 11

Kourtney Penner

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

MLA, Calgary-Acadia

Diana Batten, New Democratic Party

calgary.acadia@assembly.ab.ca • 403-640-1363

MP Calgary-Midnapore

Stephanie Kusie, Conservative

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

Fairview in Focus

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The opinions expressed within any published article, report or submission reflect 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: Seventh day of the month for the next month's news. Comments, questions, and submissions are always welcome.

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news@fairviewcommunity.ca

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Box 78053, RPO Heritage
Calgary, AB T2H 2Y1

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403-252-5424

Email:

office@fairviewcommunity.ca

Website:

www.fairviewcommunity.ca

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PRESIDENT'S MESSAGE

Welcome to summer! It has been a busy spring, wrapping up with our AGM on June 6 and our super popular Wine and Cheese fundraiser. We invite you to our events popping up in the Sparking Lot (behind NaAC) over the summer, including the Grand Opening on July 20, 2024, where we will have games, outdoor activities, face painting, food trucks, and lots of other fun events!

At our AGM we heard from Ben and George on behalf of Midtown Station on the development happening over in Fisher Park. They spoke about the next steps in the process and will continue to communicate with the FCA and keep us as informed as possible. We'll continue to pass information along, on social media and our online newsletter (head to our website to sign up!) MLA Diana Batten also attended and shared a quick update about her role in the legislature and community activities.

Our membership re-elected several members of last year's board including Dave Eisenbart, Wayne McNeely, Nicole McNeely, Les Sorenson, Alicia Davis, Michelle Stensrud, and myself, Megan Federow. Our newest board member is Lisa Schooling, who will be our Treasurer and taking over for Sam Koots who is leaving the board this year. We'd like to thank Sam for all his hard work and the time he has contributed to the community, including being a driving force behind Fairview's pump track.

The board doesn't formally meet in the summer, our next board meeting will be September 10, 2024, at 7:00 pm. All residents are welcome to attend!

If you have questions, suggestions or thoughts we invite you to reach out to us at president@fairviewcommunity.ca, or through social media at [@fairviewwyyc](https://www.facebook.com/fairviewwyyc).

We'll see you out at our summer events!

Megan

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 or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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.

Babysitters

- Isaac, 403-463-8118 A • Abigail, 403-554-9034 A
- Charlie, 403-819-6785 A • Olivia, 403-998-8933 A
- Blair, 825-882-5557 A • Etta, 825-994-4127A
- Adam, 403-629-5672 B • Reese, 403-389-8795 B
- Ashlyn, 403-473-2829 B • Layla, 403-471-9004 B
- Mia, 587-998-9868 B • Julia, 587-573-0375 B
- Catie, 403-230-7662 B • Ayden, 587-891-7477 B
- Ryleigh, 825-561-6083 A

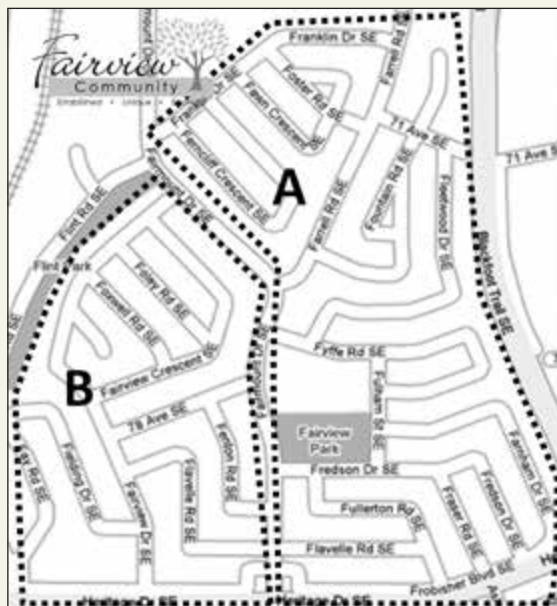
Pet Sitters

- Charlie, 403-819-6785 A • Jade, 403-808-9413 A
- Abigail, 403-554-9034 A • Danica, 403-408-6610 B
- Layla, 403-471-9004 B • Ayden, 587-891-7477 B
- Bryn, 403-808-4428 B • Danica, 403-312-2125 B
- Tatum, 403-312-2125 B

Snow Shoveling

- Charlie, 403-819-6785 A • Jade, 403-808-9413 A
- Blair, 825-882-5557 A • Ayden, 587-891-7477 B
- Adam, 403-629-5672 B • Danica, 403-408-6610 B
- Mason, 403-607-6610 B • Sam, 403-608-4688 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.



A colorful poster for the Sparkling Lot Grand Opening. The top features a banner with the words "SPARKLING LOT" in large, colorful letters. Below the banner is the Fairview Community logo. The main text reads "Sparkling Lot Grand Opening" in large, bold, blue letters. Below this, it says "Join us to celebrate the activation of the Sparkling Lot & completion of the seacan painting!". The date and time are "JULY 20, 2024 | 1PM - 3PM". The location is "8038 Fairmount Drive SE". The activities listed are "UZU Ice Cream • Food Trucks • Library Van • Games • Face Painting • Fire Truck". At the bottom, there are three logos: Calgary Foundation, City of Calgary, and Activate YYC.



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UPCOMING COMMUNITY EVENTS

Fairview Community Association 2024 Events

The community association has (tentatively) planned the 2024 Events Calendar. If there is an event you would like to participate in, either by volunteering the day of or helping to plan, please reach out to us at office@fairviewcommunity.ca or leave us a message at 403-252-5424.

Fairview Community Association Board Meeting Tuesday, September 10 at 7:00 pm

No meetings in July and August

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.

Fairview Community Association Fall Family Festival and Movie Night

Friday, September 13

Location: Flavelle Park

Mark your calendars for our most popular family social event of the year! There will be fun activities, popcorn, a movie, and a concession. If you would like to be involved in the planning of the event, make a suggestion for a movie, or help out on event day please email us at events@fairviewcommunity.ca or leave a message at 403-252-5424.

Event	Location	Date
Sparking Lot Events	Fairview Park	Ongoing through the summer
Movie in the Park	Flavelle Park	September 13, 2024
Outdoor Rink Set Up	Flavelle Park	November to December
Fairview Lights Festival	Fairview Community	Mid-December
Bowling with Santa	Toppler Bowl	December 8, 2024

**The exact dates will be confirmed closer to each event. Our social media platforms and website will be updated with the finalized dates and event details will be shared in the newsletter and through our email updates. To sign up for email updates, go to fairviewcommunity.ca/subscribe or follow us on social media. Find our Instagram @fairviewyc and Facebook at www.facebook.com/fairviewyc.

Drought-Tolerant Beauties: Transform Your Garden with Native Plants

by Alicia Davis

Recently, I had the chance to sit down with Fairview gardener Helene to chat about her use of native plants. I thought other Fairviewers might find her approach inspiring. Here's our discussion:

Interviewer (A): You mentioned that you have a hybrid garden. Can you tell us more about it?

Gardener (H): Absolutely! My garden is a blend of food forest, native plants, and cultivar plants. I grow a variety of fruits like pears, apples, plums, strawberries, currants, gooseberries, raspberries, haskaps, and goji berries. I also cultivate herbs such as oregano, tarragon, and mint, along with many annual vegetables. Three years ago, I discovered the value of incorporating native Alberta plants into my garden, and it transformed everything. These plants are not only drought-tolerant but can also thrive in our unique climate—handling temperatures from +15°C in January to snow in July!

A: Wait, such plants exist?

H: Yes, and they are beautiful too. I love spending time in the mountains, and having similar flowers in my yard is simply amazing. I started many from seeds, purchased some as plugs, and I'm part of the Alberta Native Plant Rescue group. We work with construction companies to rescue plants before they clear sites. For example, we've rescued plants from a highway project near Cochrane and a future residential area close to Seton. It's important to note that it's illegal to take flowers from the wild, so these organized events are fantastic opportunities to get free plants and contribute positively to the environment.



Smooth Aster (*Symphotrichum laeve*) and Butterfly

A: If I want to help bees, do I need to keep a beehive?

H: Contrary to popular belief, you don't need a beehive. Honeybees are actually from Europe. Alberta is home to 375 species of native bees, which are far more efficient pollinators but require the right kind of plants for food. This is where native plants come in, and it's much less work than maintaining a beehive. I recommend watching videos by Doug Tallamy; his insights were an eye-opener for me and can be for anyone interested in this journey.

A: So how do I get started? Should I buy a wildflower seed pack?

H: Most wildflower seed packs available are from the USA or eastern Canada and don't contain native Albertan species. We have two local shops—Wild About Flowers and ALCLA—that sell genuine Alberta native plants. Learning the Latin names of plants is crucial too. Early on, I mistakenly bought beebalm and Jacob's Ladder thinking they were native, but they were not. Using your phone to verify plant names while shopping can help. Another great way is to join a rescue event, visit the local shops mentioned, or even drop by my place if I'm in the yard. I've collected many seeds and am happy to share them with fellow Fairview residents. My goal is to foster a native plants community, and it's wonderful to see more people adding flower beds or replacing their lawns with native plants.

Since I increased the variety of native flowers, I've noticed new birds and bees visiting my yard. I love it. It's always a surprise.

A: It sounds like a lot of work, no?

H: Not more than other plants. I'm in front of a computer all day, so spending time outside is relaxing. And I love all the new people I've met since I changed my front yard. Most of them pass by when they walk their dogs and stop to chat.



Meadow Blazing Star (*Liatris ligulistylis*)

A: How can people find your place?

H: Head to Fredson Drive near the diamond field and look for the yard with no grass. You'll see two other similar yards on Fraser Road; their owners were a source of inspiration for me.

I see over 15 gardens in Fairview with native plants in their front yard. Join us!

Free local resources:

- friendsoffishcreek.org/grow-with-us/
- www.calgary.ca/water/programs/yardsmart-design-garden-bed-for-native-wildflowers.html



Brown-eyed Susan (*Gaillardia aristata*) with two native bees

Word of the Month

Tintinnabulation: *noun* (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.

Cats, Canines, & Critters of Calgary



Leo and Toby, *Coach Hill Patterson Heights*



Oreo and G, *Thorncliffe*



Riley and Ozy, *Coach Hill*



Sir Gawain and Sir Tristan, *Woodbine*

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Good Food Box in Fairview

The Community Kitchen Program of Calgary offers a monthly Good Food Box program in Calgary communities. Fairview is fortunate to have Blair Fasan as our Good Food Box volunteer program coordinator.

Each Good Food box contains a variety of fresh fruits and vegetables and there is local pickup right in Fairview! The content varies weekly due to seasonal availability.

Box options include

Small Box: \$30 – approx. 15-20lbs of fruits and vegetables

Medium Box: \$35 – approx. 25-30lbs of fruits and vegetables

Large Box: \$40 – approx. 35-40lbs of fruits and vegetables

Orders and deliveries for Fairview are currently scheduled for:

Order Date	Delivery Date (Wednesday)
August 20	August 28
September 17	September 25
October 15	October 23
November 12	November 20
December 3	December 11

*Schedule may change depending on depot and box numbers. Visit www.ckpcalgary.ca/goodfoodbox for up-to-date information.

To order your Good Food Box, text Blair at 587-578-5683 your name, email, number of adults and children and box size before the monthly order date. A confirmation text will be sent with instructions for payment, pick up date, time and location in the community of Fairview. Payment must be made to secure your box. Pickup must take place on the date and during the specific time.

Call or text Blair at 587-578-5683 or email blairfasanyc@gmail.com with any questions.



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Thank You Community of Fairview for a Great Community Cleanup!

Thank you to the Community Cleanup Event Organizer, Community Association President, and residents of Fairview.

On behalf of the City of Calgary, the Community Cleanup Program led by Community Strategies and Waste and Recycling Services would like to thank the Community Association event organizer, your volunteers, and the residents for a job well done at the Community Cleanup this year.

As a token of appreciation for all your hard work in keeping your community clean, safe and vibrant and in acknowledgment to your residents, we have attached a little thank you note.

Again, thank you for your valued partnership, and community spirit, and hope to see you again next year!



GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



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Take Part in the Foam Recycling Pilot

by *The City of Calgary Waste and Recycling Services*

A six-month pilot project began on May 13 to collect foam packaging (also known as Styrofoam) for recycling at any of our three City landfills. Calgarians can bring foam packaging for recycling to the designated area at a landfill free of charge.

Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.

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					9		8	5
		9					4	
		1		5				
				1		4		2
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Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

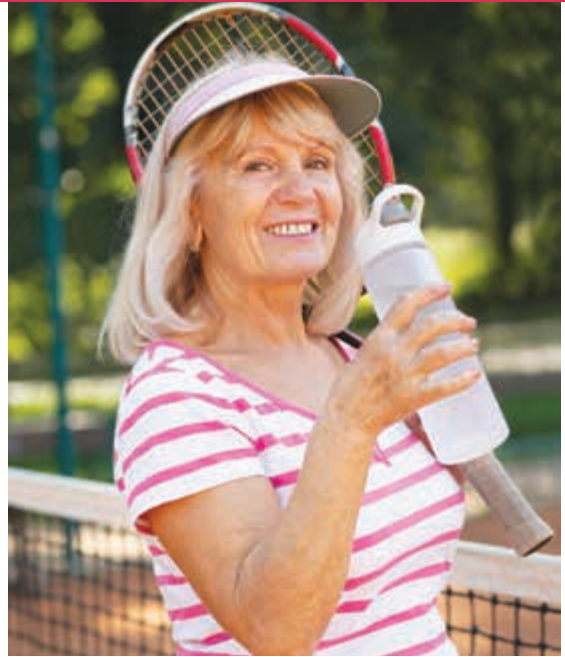
- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.



- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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Call Bob: 403-461-3490



Cleaning Services	Mat Rentals
<input checked="" type="checkbox"/> Dry Cleaning	<input checked="" type="checkbox"/> Standard
<input checked="" type="checkbox"/> Tablecloths	<input checked="" type="checkbox"/> Waterhog
<input checked="" type="checkbox"/> Napkins	<input checked="" type="checkbox"/> Scraper
<input checked="" type="checkbox"/> Table Skirts	<input checked="" type="checkbox"/> Logo
<input checked="" type="checkbox"/> Chair Covers	Paper Products
<input checked="" type="checkbox"/> Massage Sheets	<input checked="" type="checkbox"/> Tork Dispensers
<input checked="" type="checkbox"/> Face Cradles	<input checked="" type="checkbox"/> Paper Towel
<input checked="" type="checkbox"/> Gym Towels	<input checked="" type="checkbox"/> Centre Pulls
<input checked="" type="checkbox"/> Face Cloths	<input checked="" type="checkbox"/> Toilet Paper
<input checked="" type="checkbox"/> Chef Coats	<input checked="" type="checkbox"/> Facial Tissues
<input checked="" type="checkbox"/> Coveralls	
<input checked="" type="checkbox"/> Microfibre Cloths	
<input checked="" type="checkbox"/> Dish Rags	

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

Know the signs of **STROKE**

F

Face

is it drooping?

A

Arms

can you raise both?

S

Speech

is it slurred or jumbled?

T

Time

to call 9-1-1

Beat stroke

Call 9-1-1 FAST

heartandstroke.ca/FAST

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